



Holistic Medical Centre

Dr Jackie Mills, Dr Glenn Twentyman, Dr Mike Foster. Dr Kerry Lamb, Dr Donald Palmer, Dr Ruth Cameron. Clinical Director: Dr Helen Smith
Nurse: Karin. Naturopaths: Nellie, Nicola & Rebecca

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Weight loss and Cardiovascular health

As we mentioned in our last email, our new nutritionist Nicola has started with us and we are enjoying having her on board. For those of you who would like assistance with developing a program for weight loss then Nicola is the person to see. She can develop a personal nutritional program for you which will include an exercise program that utilizes her skills as a personal trainer. Nicola will work in with the doctors also to ensure that all hormonal factors are addressed. This will involve a one hour consultation to gather all relevant information, after which a personal program tailored for you will be created. During your one-hour follow up, Nicola will go over your whole plan with you and ensure you know exactly what to do. After this, there will be monthly visits to track your progress and make sure you are doing well and improving. Dr Mike

Foster has a particular interest in prevention in the area of cardiovascular health. He is now doing extended consultations to address cardiovascular health with the aim of reducing the overall risk of having heart disease. One of the things he is doing for patients is the DAN test; named after Bulgarian professor, Svetoslav Danev This is a test that involves placing sensors on your torso which are connected to a computer. The computer is then able to analyze heart rate variability and pulse rate velocity. The computer then gives a printout of the analysis, proving a wealth of information. Heart rate variability may be used to predict an increased risk of chronic illness prior to any clinical manifestations and is an indicator of physical and mental stress. This information provides us with an idea of your overall health risk as well as giving us an idea of your functional (physiological) age. There is also an analysis of the heart beat (ECG) to look for things

such as extra or irregular beats. Pulse rate velocity looks at how flexible/elastic the large, medium and small blood vessels are by looking at how well they respond to postural changes. The test itself only takes ten minutes to perform. From this we can extrapolate data to create a specialised program to optimize cardiovascular health and address all risk factors. This will be done with Nicola and will involve a nutritional and exercise program. Mike will also use a body analysis machine called bioimpedance to which measures total body fat, visceral fat (fat around organs), total body water, bone mass and total muscle mass. The ratios between these figures are important health indicators that could be improved over time with appropriate interventions. This would involve a one hour visit with Dr Mike Foster and to do the analysis and a one hour visit with Nicola to work out a plan.

Our favourite quote

Alone we can do so little; together we can do so much.
Helen Keller 1880-1968

Health tips

For pregnant and breastfeeding mothers it is important to ensure you have healthy bacterial flora. This is because, immune cells are exposed to bacteria in the digestive tract which is important in the 'education' of the baby's immune system. In lactating woman immune proteins (called immunoglobulins) 'educated' in the digestive tract by bacteria travel to the breast milk to provide protection to the baby and further support baby's developing immune system.

Happy Patient File

We recently had a lovely woman in her 40's come to us with lots of fatigue, poor concentration and premenstrual irritability, breast tenderness with sugar cravings. With some very simple nutritional additions including B vitamins, fish oil and iodine. She reports an absence of breast tenderness, good energy and very minimal pre menstrual mood changes.

Free introductory lectures coming soon!

Some of you have asked us to provide educational talks and now that we have the building, we are delighted to offer you the first of many educational talks.

Dr Donald Palmer will be doing a free lecture at the clinic on a Tuesday June 16 at 7pm. Donald has a particular interest in digestive health and the name of his talk is 'Organic On The Inside'. During this talk, Donald will explain exactly what probiotics and prebiotics are and many and varied roles in

promoting digestive health. He will also discuss how digestive health has a strong influence over general health and well being including immune function.

Please email Nina at the email address below with ideas for free introductory lectures that you would be interested in attending. At the moment we are considering an evening lecture on immunisations for parents and parents to be as well as a separate evening talk on children's health. If you would like to register your

interest for either of these talks early, email Nina on nina@holisticmedicalcentre.co.nz

Article twenty five from the United Nations Declaration of Human Rights. Article XXV

(1) Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the

right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.

(2) Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.