



# Holistic Medical Centre

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## What is mental health?

This is a very interesting question and one which we address on a daily basis in the clinic. We would like to answer this question for you from our perspective which we hope provides some clarity on the subject. The word 'mental', is from latin mentalis meaning mind. Mirriam Websters definition of mental: of or relating to the mind; *specifically* : of or relating to the total emotional and intellectual response of an individual to external reality."

Another way of stating this could be, how one perceives life and handles the challenges, losses and triumphs that are an inevitable part of being human. Most would agree that perception and ones emotional or intellectual capacity is strongly influenced by physical wellbe-

ing. A few consecutive nights of insufficient sleep, vitamin D deficiency or underactive thyroid is evidence enough of this fact. Common sense, therefore, would suggest that any mental health program or intervention would first address any and all physical factors impacting ones mental and emotional wellbeing. Taking care of ones physical, nutritional and hormonal health can only add benefit to any counseling program one enters into. In fact one could argue that lack of sleep and significant fatigue may actually make therapy more difficult for both the practitioner and patient.

Fatigue and poor sleep are the most obvious examples of this, but there are many other factors, including: hormonal imbalances (thyroid, oestrogen, progesterone and testosterone), nutritional deficiencies (especially folate, zinc,

B6, B12 and vitamin D). We cannot recommend highly enough the importance of being in the best physical shape possible before embarking on any type of psychotherapy. We have many psychotherapists who would wholeheartedly agree with this approach. A person who is exhausted with poor sleep and migraines does not necessarily have the wherewithal to delve into the mind.

What we are always aiming for is a calm, relaxed, well fed, well rested person with no hormonal imbalances or nutritional deficiencies. Ideally, one would then feel more able to confront life and has or can access the resources they need to respond to all the challenges and triumphs that have and will come their way.

## Our favourite quote

"Being busy does not always mean real work. The object of all work is production or accomplishment and to either of these ends there must be forethought, system, planning, intelligence, and honest purpose, as well as perspiration. Seeming to do is not doing."

Thomas A. Edison 1847-1931

## Health tips

Remember if you are intolerant to soy flour and soymilk the types of symptoms you can expect are itchy skin, irritable bowel, headaches, urinary irritation as well as chronic ear, nose and throat congestion.

## Happy Patient File

A lovely 48 year old woman recently visited us with thyroid issues, fatigue, irregular cycle, breast tenderness and PMT. Correcting her thyroid function and providing nutrients including iodine resulted in great energy levels, an absence of breast tenderness, a regular cycle and most PMT symptoms were gone. A very happy patient!

## More information

Dr Donald Palmers talk on digestive health was a great success and thanks to all who came along to the talk. Our upcoming talk by Dr Helen Smith on children's health 0-5 years has met with tremendous interest. We are full for the July 14th talk but we are keeping names of those interested in the talk and it looks like we will be running this talk on at least two more evenings. Anyone can attend. If you are interested, please let reception know.

Recently a mother brought her 9 year-old boy to see us who had lifelong fatigue, recurrent illnesses and was pale

although his iron levels were normal. He was given a small dose of zinc and B vitamins that contains an activated form of folate and B12. Mum was delighted and surprised when we spoke to her a few days later that her son was dramatically better. His cheeks had colour and his energy levels were great and she commented that she cannot believe that she had lived with the situation for 9 years. When our body absorbs folate and B12 these nutrients then need to be transformed through many different forms to become usable to the body This process is called methylation and the

form of folate our body uses is actually called 5-Methyltetrahydrofolate. Our body has to activate (methylate) these nutrients and some people do not appear to do this well. Rarely, there is a genetic reason for this but why this is so for other individuals remains unknown. Because blood tests measure total levels of B12 and folate, not the active forms, these problems can remain undiscovered. Clues are fatigue, pallor, listlessness and sometimes frequent infections of the ear, nose and throat, digestive tract or respiratory tract.

## Article twenty seven from the United Nations Declaration of Human Rights. Article XXVI

- (1) Everyone has the right freely to participate in the cultural life of the community, to enjoy the arts and share in scientific advancement and its benefits.
- (2) Everyone has the right to the protection of the moral and material interests resulting from any scientific, literary or artistic production of which he is the author.