



# Holistic Medical Centre

Dr Inga Schader, Dr Glenn Twentyman, Dr Mike Foster. Dr Kerry Lamb, Dr Donald Palmer, Clinical Director: Dr Helen Smith Nurses: Karin and Nicole. Naturopaths: Nellie, Nicola & Rebecca  
[www.holisticmedicalcentre.co.nz](http://www.holisticmedicalcentre.co.nz)

92 Owens Rd  
Mt Eden  
Ph 09 632 1900

September 2009

## Why do I feel so tired? *Part two*

Continuing on from our last newsletter on reasons for fatigue; **6) Stable blood sugar levels.** White flour and white sugar are both refined (simple) carbohydrates and they behave in a similar way in the body. They are released quickly into the bloodstream resulting in a spike in blood sugar levels followed by a sudden drop. This is due to an excess release of insulin. Adrenaline is also released to assist with stabilising the blood sugar. The sugar spikes and lows throughout the day can cause fatigue, a feeling of being jittery, spacey and on edge, sugar cravings and irritability. The answer is to 1) increase your intake of protein and whole grains such as brown rice, unrefined rye, oats (porridge) and quinoa which are complex carbohydrates. These types of carbohydrates are released slowly into the blood stream and therefore provide a lasting energy

source. There is an earlier newsletter on protein available on the website and we have handouts at the clinic that provide advice on how to boost protein. Soon this will be available online as a download for everyone. 2) Reduce your intake of white sugar and white flour It is also wise to reduce your intake of caffeinated drinks as this can aggravate the situation. 3) Eat more regularly and include nuts such as almonds and walnuts. Ensure there is some protein included which each of the three main meals throughout the day. If you would like our handout on increasing protein please feel free to ask reception when you are next in. 7) The final reason we mentioned is environmental. Things such as spending time doing things that are not fulfilling a strong purpose you may have or having someone in your life that is critical and seems to make less of your achievements and goals in

an ongoing way can sap your energy. Reinvigorate any prior goals that you aspired to or creating new ones to look forward to can really give you a new zest for life. Choosing to spend time with those that support and encourage your goals and aspirations will provide any needed encouragement. Food sources of nutrients: **B vitamins** - whole grains, nuts, seeds and Brewers yeast. Try popcorn with brewers yeast and salt or (even better) kelp sprinkled on top for seasoning. Kelp contains iodine; important for healthy thyroid function. **B12** - meat, tempeh, fish and seaweeds such as nori. **Protein** - eggs, meat, fish, nuts, lentils, chickpeas, beans, and tofu. Hummus and nuts are good to include in snacks. **Zinc** - oysters are best, small amounts in beef, lamb, sunflower seeds and Brewers yeast. **Selenium** - Brazil nuts. **Co Q10** - Sardines and mackerel

## Our favourite quote

“You can't get a cup of tea big enough or a book long enough to suit me”

C.S.Lewis 1898—1963

## Health tips

If you interested in understanding thermography and its uses, we will be holding a free information evening to explain how thermography differs from mammography and why it does not replace mammography or ultrasound for breast screening. If you are interested, please let us know and we will call you when a date is set.

## Happy Patient File

A lovely 42 year old man came to us recently with fatigue and mood issues as well as being on blood pressure and cholesterol medication. He was wanting to come off the cholesterol medication due to the side effects. After correcting nutritional deficiencies and addressing hormonal health he is feeling the “best he has felt in years” and is finding he is much more energetic and productive on the weekend.

## Update and Chicken Pox

Many of you will be very happy to hear that Dr Inga Schader will be returning from maternity leave and will be seeing patients on Tuesdays 9-1 starting from October 6

If your child has Chicken Pox we have outlined some tips below. Chicken Pox usually starts with the symptoms of a cold along with a fever. This is followed by the appearance of the spots which become very itchy. The virus is no longer contagious one week after the spots first start to appear. The severity of the

rash varies from mild to severe depending on the child. It is important to keep the fluids up to avoid dehydration. Vegetable or chicken, vegetable soup is an excellent food. It is advised that you avoid contact with pregnant women while the virus is still contagious. A fever below 39°C is generally fine but please make an appointment with a doctor if you have any concerns or if the fever is staying above 40°C

A soothing solution for the itch is to run a bath for your child and place a muslin bag filled with oats (either quick

or rolled oats is fine) and let that cloud the bath. It softens the skin and really eases the itch. Some find calamine lotion is excellent for soothing the itch and some parents find it too drying. If you are in the latter group Aquaderm cream by Mediessence (not aqueous cream) is useful for moisturizing. Chickweed cream is also useful for itchy skin.

Homeopathic remedies for chicken pox or chicken pox-like symptoms follow:

**Rhus tox 30c** - This is the main remedy for chicken pox and the guiding symp-

toms are: Intense itching, worse at night and for scratching. Eruptions may be large with lots of pus. The child is restless and cannot sleep.

**Pulsatilla 30c** - child is sensitive, clingy, weepy and wants affection. Very little thirst even with fever. Child feels worse in a warm room and better for open air.

**Ant tart 30c** - Rash appears slowly, rattling cough and blisters are large. We generally advise 1 dose 4 times a day and cease taking the remedy as soon as symptoms improve.