



Holistic Medical Centre

Dr Jackie Mills, 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

92 Owens Rd
Mt Eden
Ph 09 632 1900

August 2009

Why do I feel so tired? *Part one*

There are many reasons why you might feel tired and it is a good idea to understand why you are tired. This way you can do the most appropriate things to resolve the problem and avoid wasting time and money on things that are not helping. The goal is always to have more vibrant health and be more able to enjoy and contribute to others and to your environment. For simplicity we have broken it down into seven main areas although you will notice that there is a lot of crossover in these areas. 1) Sleep issues—insufficient quality and/or quantity 2) Nutritional deficiencies and hormonal imbalances 3) Burnout/adrenal fatigue after a period of prolonged and significant levels of stress 4) Slow metabolic rate i.e. energy production within the cells of the body is non optimum 5) Problems with getting oxygen into the

muscle, brain and other body tissues 6) Blood sugar fluctuations 7) Something or someone in the environment that is an ongoing source of unhappiness. These are usually things such as a work mate, family member or friend that invalidates or criticizes in an ongoing way. Another common cause of tiredness is working in a job that one truly dislikes. 1) Vitamin D, magnesium assist with promoting good sleep. Supporting melatonin production and melatonin prescriptions are also helpful as covered in our earlier newsletter on 'Insomnia'. 2) The key nutritional insufficiencies which need to be addressed for energy are folate, B12, vitamin D, iron and protein. 3) Long term stress can have a detrimental effect on adrenal hormones such as DHEA and cortisol leading to fatigue, low mood and sleep disturbances. Vitamin B5 is an important nutrient for the adrenal glands

and different types of ginsengs can be useful in optimising adrenal function. It is also useful to remember that vitamin C is used in the production of adrenaline so the more adrenaline you use the more aware of vitamin C status you need to be. 4) Thyroid function sets the metabolic rate and the nutrients required to support optimal production of metabolic energy include: vitamins B1, B2, B3, zinc, selenium, Co enzyme Q10, alpha-lipoic acid and acetyl-L-Carnitine. Lastly and very importantly is **regular exercise!** 5) Exercise is the best way to stimulate circulation and promote oxygen delivery. Nutrients that support the delivery of oxygen into the tissue include iron, vitamin E and Co enzyme Q10. Please remember to only take iron supplements when you are deficient in iron and only until the deficiency is corrected.

Our favourite quote

If we all worked on the assumption that what is accepted as true is really true, there would be little hope of advance.
Orville Wright 1871 - 1948

Health tips

In times of stress we recommend making exercise and a good dose of fresh air an absolute priority. Useful nutrients include 3000 to 4000mg of vitamin C daily, a good quality B complex with good amounts of B5 and if you especially depleted a good ginseng tonic from a registered naturopath or medical herbalist.

Happy Patient File

A breastfeeding mum and her eight month old baby both had a particularly nasty case of eczema with the baby in particular having severe head to foot eczema. Last week after 6 weeks of treatment mum and baby were dramatically better as to be almost completely free of symptoms.

More information

We would like to sincerely welcome Nicole Adams to our team. Nicole is an experienced practice nurse who is also trained as an Anthroposophical nurse using Rudolf Steiner principles. Nicole is a registered smear taker and can do smears for our women for \$35 as well as B12 injections, dressings and is available by phone for our patients. Karin is our registered vaccinator and will continue to provide the immunisations. As an anthroposophical nurse, Nicole's many other skills include: homeopathic prescribing using Weleda reme-

dies, the use of herbal teas for some ailments, tools for managing childhood fever naturally, application of external remedies including oils and poultices as well as rhythmical body oiling to invigorate and nourish the individual on many different levels.

Article twenty eight from the United Nations Declaration of Human Rights. Article XXVIII

Everyone is entitled to a social and international order in which the rights and freedoms set forth in this Declaration can be fully realized.

The history of the Declaration:

On December 10 1948, the General Assembly of the United Nations adopted and proclaimed the Universal Declaration of Human Rights. The assembly then called upon the member countries to publicize the text of the Declaration and "to cause it to be disseminated, displayed, read and expounded principally in schools and other educational institutions, without distinction based on the political status of countries or territories."

For any parents who would like to educate their children

on their human rights, we have provided a link below to a website where all of the thirty human rights can be viewed as a series of thirty short ads which beautifully demonstrate each of the thirty human rights visually in a way that children can understand and relate to. We encourage parents to view them and if you would like your local school to have a copy then you can order a free DVD from the same website.

www.youthforhumanrights.org