



Holistic Medical Centre

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Women's health

There are a bundle of things that can perplex the female body so we are going to discuss a few of these things with a focus on helping you understand ways of not only treating but preventing problems. Cell changes are known to occur with chronic (long term) inflammation and irritation so to prevent abnormal smears, some of the following tips may be useful. Make sure thrush or other infections are treated promptly (regular checks are important), replace the healthy bacteria if you are taking antibiotics (discuss this with us if you get a prescription for antibiotics) and if you find condoms irritating try different brands. If you are particularly sensitive to chemicals, it may be wise to alternate the use of tampons with sanitary pads if possible. Nutrients that are important are zinc, (high in oysters), selenium (high in Brazil nuts), a sulphurous compound found in vegetables such as cabbage, cauliflower, kale, Brussels sprouts (taste great roasted) and broccoli. This is also found in its active form as a supplement and is known as Di-indole methane (DIM for short). This is very useful for

all aspects of women's health as it promotes healthy estrogens and discourages unhealthy estrogens. PMS has many and varied problems associated with it. If premenstrual breast tenderness is the only problem then 3000mg of Evening primrose oil a day is magic. For premenstrual irritability and headaches high-dose magnesium and B vitamins are wonderful. If there is a lot of teary, emotional, sad episodes prior to the period 5HTP to increase serotonin levels is great. Please note that 5HTP is contraindicated if you are on any type of anti depressant. If some of these symptoms are present but the cycle is short or erratic then a herbal remedy in the form of Vitex agnus castus (Chaste tree) for a minimum of four months is excellent. If the periods are very heavy or prolonged this needs to be investigated by a doctor to rule out any medical conditions. In the absence of any medical problems, bilberry is absolutely fantastic for a couple of months while increasing your intake of purple fruit (especially blueberries).

Especially good if you bruise easily, bleed easily or have spider veins. The dose of bilberry should be standardised for quality so that you get 60mg of anthocyanosides per day. If you suffer from period pain there are a couple of solutions. Magnesium is very good for the cramping, spasmodic kind of pain and omega 3 fish oil is great for the aching dragging pain that radiates to the back and down the legs. A high potency fish (not flax) oil should start at 400mg a day (6000 for standard over the counter oils) for one month then reduce to 2000mg a day ongoing. We are now doing spot urine tests to assess iodine status due to its emerging importance in breast health and women's health generally. We are surprised at the degree of deficiency. Please ensure any multi you take contains iodine, karengo (NZ sea vegetable condiment) is a good dietary source and think about 1 drop a day of Lugols oral iodine solution. It is not expensive but is very important.

Our favourite quote

Am I not destroying my enemies when I make friends of them?
Abraham Lincoln

Health tips

Good news! We have said many times how important berries (especially the purple ones) are for your health. There is a wholesale supplier of frozen berries in Morningside. FFOVCS Williams is at 9 Taylors Rd Morningside near Briscoes and the website is: www.ffowcs.co.nz You should eat purple berries if you bruise easily, bleed easily, have broken blood vessels, haemorrhoids or varicose veins or just want to look after your blood vessels.

Happy Patient File

After reading last months newsletter about inflammatory bowel we had a patient visit us to discuss his concerns. We have done a referral for a colonoscopy as he may have some level of inflammation but in the meantime he studiously followed the cooked food principles we outlined while taking a probiotic with the *Saccaromyces boulardii* Yesterday he happily reported that he has had a 100% improvement in symptoms which he has had for 20 odd years. All while on the waiting list! This is an outstanding result and a testament to his determination.

More information

We are delighted that Dr Inga Schader is starting back with us at the beginning of July. This will be good news for those who sometimes have difficulty getting a same day appointment. To help us with the issue of being able to get through at busy times, we are delighted to welcome Rhian to the team as receptionist and admin assistant. We are also updating our phone system shortly. From the beginning of July, there will be a subsidy available to the

25-44 age group. The biggest difference will be in the short acute GP only visits. If you call wanting to talk to the doctor, please ask for one of the naturopaths as they are easily available and can answer many questions and sort many issues. The doctors are very busy and it is difficult for them to get back to you in the time frame you may be expecting. If you are running 10 or more minutes late, please do not be

offended if we ask you to re-book for another time as we are trying to avoid long waiting times for everyone. As promised; article two from the United Nations Universal Declaration of Human Rights. *Article II*
Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, political or other

opinion, national or social origin, property, birth or other status. Furthermore, no distinction shall be made on the basis of the political, jurisdictional, or international status of the country or territory to which a person belongs, whether it be independent, trust, non-self governing or under any other limitation of sovereignty.