



# Balance Your Health

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## HAPPY NEW YEAR, 2012!!

With 2012 well on it's way, we are all getting into or getting back to a routine. We can often struggle to establish some of our healthier routines after the festive season.

Being that we are creatures of habit, we can take advantage of this reality and focus on what we want to achieve this year, and what we expect from ourselves and our health. We at Balance are here to help you achieve your goals, call us today to establish a plan to take action.

All it takes is 21 days to establish a habit, if we can make a conscious effort to establish a new healthy habit for the initial time required a pattern becomes second nature.

From establishing a better eating plan, changing your internal health or involving exercise in your life, these are all patterns for success towards optimum health, along with being the basic requirements to live without illness or injury.

We can always better ourselves, it is ultimately up to you as to how much, but know you don't need to do it by yourself. We are here to help, providing a professional yet friendly environment using a scientific approach as well as holistic methods to approach your health naturally.

By Glenn Austen

## Tips to avoid overindulgence

Overindulging in foods and alcohol can lead us feeling bloated, uncomfortable and sometimes slightly guilty. Here are a few tips when you know you're likely to give in to temptation;

Eating psyllium husks **before a big day of eating** (ie Christmas day) will help to fill you up and make it easier to resist overeating.

- **Avoid stuffings** and **replace** with brushed herbs and olive oil. Put plenty of fresh salads on the table
- Position food away from you and don't buy foods high in sugar in fats
- **Encourage walking** after eating
- **Drink plenty of water**, this will not only fill you up, but prevent hangovers in case of overindulgence in alcohol. **Soups** are a great way to fill up on water, veges and fish/meat.
- Try to **avoid too much stress** - take time out for YOU! Stress of course is bad for your health
- in general - it also causes your body to store fat in case of **fight or flight response**. Stress will also have you reaching for the carbs....
- Veges, apple cider vinegar, lemon juice in water, decreased stress levels (and decreased inflammation from loss of fat) will help to achieve an **alkaline state** in the body. An **acidic state will suppress break down of fat (lipolysis)** to reduce acid production.

**Restrict desserts** - have only one or two. Have fresh fruit and yoghurt. If you must have pudding have a small portion.

By Kelly Thomas



## Chinese New Year—Year of the Dragon

The year of the Dragon is considered the luckiest of the 12 zodiac signs. Unlike the malicious figure the Dragon holds for us in the West, it is held with much esteem in the East. The Dragon represents great wisdom, power and strength. It is likened and embodies such leaders as the Emperor. The Dragons body is said to encompass all aspects of the animal kingdom. The energy of the Dragon is yang within yang, the most powerful of combined energies. Being a water element year, good luck will flow like a teeming river rather than a stagnant pond. Therefore predicted for 2012 will be the end of difficult times felt by most, and the beginning of a new era. We should relish this abundant cycle, in all aspects of our lives, and value our good fortune, using our store for not so abundant cycles. Wishing you all a happy, healthy and prosperous 2012. By Clancy Nankervis.

Is your body too acidic?  
If you are having problems losing weight—this could be the problem.

Call us to discuss the quick and easy testing process.



## TOP 10 REASONS to see a Naturopath for weight loss



Have you got a muffin top or bulging tummy? Do your clothes feel tighter than normal?

**OFFER EXTENDED DUE TO POPULAR DEMAND...**

Book before the 30th March 2012 to receive the following offer...

**Shake It Offer includes:**

- \* X5 weekly naturopathic consultations
- \* X5 VLA tests to track results
- \* Welcome pack inclusive of; tote bag, shaker, recipe book, diet guide
- \* Choice of x1 box of Keto bars OR x1 Shake It Protein powder
- \* Total Package: \$355 (Total value \$575 so saving of \$220)

Call us today to get started!



1. **Education!** Education is crucial to losing weight and keeping it off. It's important to know how different foods interact with our body.
2. Your Naturopath will look at your **whole health**—it's not JUST about losing weight, but feeling great as well.
3. We can do **further testing** to help ascertain reasons as to why it may be difficult for you to lose weight. Could you have an underactive thyroid? Food allergies? These conditions make weight loss difficult.
4. We can perform functional tests such as **Bioimpedance testing** on site. Bioimpedance testing will measure fat and muscle mass, cellular health and hydration levels.
5. Do you know what foods contain which nutrients? We can help you get the most out of your foods, including where to buy them and how to cook them.
6. **Practitioner only products** such as the Metagenics brand we stock at BCM are high quality products with dosages appropriate for a therapeutic effect.
7. A qualified Naturopath has studied Nutrition AND anatomy and physiology for 4 years + continuous ongoing education. By using physical examination, testing and years of practice we can help ascertain how your body is assimilating food.
8. **Bush flower** remedies and **homeopathics** can help with the emotional element of eating. Depression can lead to increased binge eating followed by feelings of guilt and shame—leading again to depression. A cycle which we can help you to break.
9. Having someone to **report to** on a weekly basis will help to keep you on track. It's hard to lose weight by yourself and not have support. A naturopath will help keep you on track and offer support when needed.
10. After a special weight loss program, we don't leave you stranded. Follow up consultations and a 'healthy eating plan' are essential to making sure you stay on track with your health.

By Kelly Thomas

### WE WELCOME A NEW MEMBER TO BCM!

We would like to welcome our new Chinese Medicine Doctor, herbalist and acupuncturist, Maria Hondas. Maria has completed a Bachelor of Health Science in Chinese Medicine and Acupuncture as well as Human Biology. Maria has completed her studies at RMIT University in Melbourne as well as in China where she worked in a hospital for six months using acupuncture and Chinese herbal medicine. Maria incorporates her knowledge of western medical science (human biology) with traditional Chinese medicine to take a very holistic approach to treatment. Maria is a general Chinese Medicine doctor treating a wide range of health issues including women's health, children's health digestive issues, hay fever, allergies, fatigue, tennis elbow and general muscle or joint issues.

A treatment may involve acupuncture, cupping, massage and Chinese herbal medicine to get your health back on track. Maria is available and is taking new patients on Friday afternoons and Saturday mornings.