

Burraneer Wellness Centre Newsletter



February - March
Issue 1

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Welcome to the New Year!

Welcome to 2006! I hope that you are feeling refreshed and rejuvenated after the silly season. If December and January were your months for indulgence then make February and March your months of atonement.

If good health is your priority this year, I hope this bi-monthly newsletter helps you to understand your health a little better. If you would like to see an article on any area of health and nutrition included in the newsletter, please let us know.

Nutrient Highlight: The Marvels of Magnesium

Research has highlighted that supplementation with magnesium can reduce fatigue, prevent muscular pain, cramping and spasm, prevent migraines, enhance fertility and athletic performance and relieve PMS. Magnesium also enhances the absorption of calcium and therefore is a key nutrient for bone strength.

The key word for Magnesium is ENERGY. Magnesium is a key nutrient for all cellular processes to produce energy. The number one complaint with people deficient in Magnesium is fatigue. Other symptoms indicating magnesium deficiency include migraines, cardiac arrhythmias and muscle cramping and spasm.

The CSIRO found that magnesium intake was deficient in 50% of Australian males and 39% of females. Magnesium is found in green vegetables, grains, nuts, legumes and chocolate. Food processing and cooking reduce natural occurring magnesium, as does a diet high in alcohol, caffeine and soft drink. Stress also depletes our magnesium levels.

Low magnesium increases the risk of cardiovascular disease as magnesium has a role in keeping both blood pressure low and cholesterol low.

Athletes are dependent on magnesium for energy production. Studies have shown that in athletes magnesium has an oxygen sparing effect, increases the clearance of lactic acid and muscle strength and improves performance.

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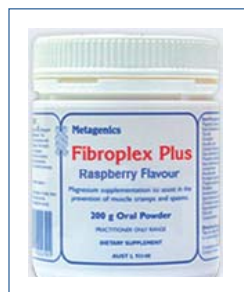
Specials & Savings

Fibroplex Plus 200mg

Now \$33.00 save \$10.00

A great tasting Magnesium supplement with added minerals to support the nervous and muscular system. Gentle on the stomach and suitable for prolonged exercise.

Available in Raspberry or Tropical



Active Mag-Cal (60 Tablets)

Now \$25.00 save \$7.00

A Combination of Magnesium, Calcium with cofactors to maximize absorption.

Safe to use during pregnancy and for children.



Allergies or Food Intolerance?

Allergies usually manifest in the first 12 months of life. While the symptoms are similar, allergies should not be confused with food intolerances.

Food Intolerances are more common and result from a reaction to chemicals in food, commonly salicylates, amines and glutamate (eg MSG).

Allergies are an immediate immune response to a specific protein found in food, pollens, house dust, animal hair or mould. True allergic reactions include symptoms such as constant sneezing, asthma, rashes, eczema, upset stomachs and diarrhea.

Food Intolerance can bring on similar symptoms to allergies, as well as symptoms such as headaches, bloating, and lethargy. Food intolerance has been associated with irritable bowel syndrome, chronic fatigue syndrome and behavioral disturbances in children.

In Children, food intolerance can manifest as; colic, prolonged crying, nappy rash, constipation, constant colds and runny nose, ear infections, behavioral and sleep disturbances.

People with allergies and food intolerance commonly seek out a naturopath. Along with changes to the diet, a naturopath can use herbal and nutrient supplements to dampen the immune systems response and improve the digestive system in order to increase resistance and nutrient absorption and reduce the duration and severity of symptoms.

Natural therapies and traditional herbal remedies that have been used for centuries to treat asthma, hayfever, eczema and hives.

Recommended Reading:

“Kid-Friendly Allergy Cookbook”, by Lynne Rominger, Leslie Hammond “

“The Complete Guide to Food Allergy and Intolerance” by Jonathan Brostoff, Linda Gamlin

“While the symptoms can be similar, allergies should not be confused with food intolerances, which are more common and result from a reaction to chemicals in food.”

Common Sites for Allergic Reactions

mouth
(swelling of the lips or tongue, itching lips)

airways
(wheezing or breathing problems)

digestive tract
(stomach cramps, vomiting, diarrhea)

skin
(hives, rashes or eczema)



Clinic Updates

- EFTPOS facilities are now available
- To complete a Health Appraisal Questionnaire online go to <http://www.metagenics.com.au/haq/> and enter Krista's practitioner number 42877

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