

Massage and herbal medicine news

August 2010

Father's Day

This year Father's Day is Sunday 5 September. This is a day for Dads' to be celebrated for their contribution to family. I have gift cards which can be used for massage to help the males in your life to relax or to help them with a specific problem such as lower back, neck or shoulder issues. So give me a call and I can arrange to mail you a gift card or you can call in to pick it up.



Allergy Season

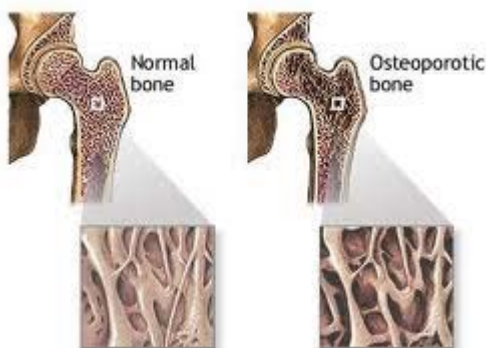
The season is upon us. Called allergic rhinitis or more commonly hay fever, it is caused by irritants such as pollen from trees or grasses. Dust mites, cat and dog hair, some foods and even cockroach droppings can also affect some people! Those lovely golden flowered wattle trees are beginning to flower but not so good if you suffer from hay fever! Most of you who show the characteristic symptoms of sneezing, itching eyes, watery eyes, inflammation of the nasal passages and sometimes a sinus headache across the brows will know all about it!



So from a herbal point of view I can help reduce the inflammatory and allergic response, strengthen the immune system, and treat the acute symptoms of catarrh, that blocked up feeling. Other herbs may need to be used if the allergy is deep seated. So, if you would like some help with your hay fever give me a call or e-mail me to make an appointment.

Bone health— Osteoporosis and bone facts

Building strong bones takes a lifetime. During the years the body builds new bone and loses old bone. Some bone loss is normal from about 35 years onwards. So, for young and middle-aged adults, the goal is to maintain bone mass and strength by building as much new bone as you lose through the ageing process. As we grow older bone loss occurs faster than bone growth. To keep bone loss. Thus, getting enough calcium, vitamin D and exercise is important at all stages.



Osteoporosis (OP)

This occurs where bone loss is greater than bone growth in our older years. It is a silent disease as people cannot feel their bones getting weaker until they have a fracture. Osteopaenia is a precursor to osteoporosis, but not all people with osteopaenia will develop O.P. In Australia 2.2 million are affected by OA. 11% are men and 27% are women age 60 and over. Women have a higher risk because of the drop in oestrogen in peri and post menopausal years. So what can we do to keep our bone density up?

Newsletter and saving the trees

I send the newsletter to many of you by mail and would like to cut down on paper wastage and time taken to mail them. So, if you would like to receive this by e-mail it would be greatly appreciated. I lost some e-mail addresses due to a problem, so if you receive this letter by mail again perhaps you could resend your e-mail address. By the same token if you do not want the newsletter please let me know too.

Appointments and cancellation policy

Please be aware that I do have a cancellation policy printed out under my schedule of fees. It says: 'It would be appreciated if you would give at least 24 hours notice if you wish to cancel otherwise a cancellation fee equivalent to the length of the consultation will be charged'. This policy is in place so that I can schedule in another client in your time slot. So please be mindful of this.



Bone health– Osteoporosis and bone facts continued

Diet and lifestyle factors

- Exposure to sunlight for 20-30 mins. per day to increase vitamin D levels
- Avoid smoking – Smokers have lower oestrogen levels and thus bone density.
- Exercise – Weight bearing and resistance exercises are essential. Exercises such as walking, running, tennis, football codes, resistance training – weights and theraband and high impact loading such as jumping(skipping is very good) . Exercise daily or every second day for 60 mins. for maximum benefit.
- Reduce salt, caffeine and soft drinks - Calcium is excreted into the urine when salt and excess caffeine is consumed. Soft drinks contain high levels of phosphorus which bind calcium, making it less available for bone building.
- Reduce animal protein – Excessive protein intake increases calcium loss, whilst lack of protein is related to poor recovery from fractures.
- Acid-alkaline balance and the Mediterranean diet – A recent study from Greece found that a modified version of the Mediterranean diet containing high levels of alkaline fruits and vegetables, fish and olive oil was beneficial to bone health.

Supplements

Calcium

Research suggests that Calcium Citrate is 22-27% better absorbed than calcium carbonate. Recommended daily dose is 1200mg. If you can get at least half of this from the diet so much the better, but if you have high cholesterol dairy may not be the way to go.

Vitamin D

If skin exposure is not possible then 800-1000IU of vitamin D is needed per day, in the form of cholecalciferol.

Fish oils

The essential fatty acids in fish oil of DHA and EPA tend to increase bone formation and reduce bone loss. Inflammation in the body is one of the factors causing bone loss, thus the anti-inflammatory action of fish oils help here.

Drug interactions

Calcium may decrease the absorption of certain drugs such as antibiotics and bisphosphonates (Fosamax, Actonel). Thus take calcium 2 hours away from these drugs. **Calcium** should be used with caution if you are taking thiazide diuretics. These are used for fluid retention caused by heart disorders.

Vitamin K found in some calcium supplements should not be taken in people taking warfarin.

Quote of the quarter

'Whatever you appreciate and give thanks for will increase in your life' - Sanaya Roman

That's all for this quarter.
Thanks for reading.

Kind Regards,

Penny Wade