

CAULFIELD NATURAL HEALTH CLINIC



Autumn 2014

NATUROPATHIC CORNER

Boosts Kids' Brains with Food

Did you know:

Half of the energy children get from their food intake goes towards making their growing brains work. We can choose for them the **SUPER FOOD** so what they eat – will make them smarter!

Focus on a healthy, well-rounded diet, low in processed foods and rich in fresh, whole foods, such as fruits, vegetables, whole grains and legumes.

The following foods are HIGHLY recommended to boost their brain power, improve learning, understanding and memory:

- **FISH OIL:** Omega 3 fatty acid-rich foods like salmon, tuna, avocado, flaxseed oils, almonds and walnuts, all will enhance problem solving and memory.
- **EGGS:** Children have a developing memory center, which is formed during the first 6 years of life. Choline is an important nutrient in this process. Eggs also contain folate, iron, vitamin A and D, which are important for normal growth of children..
- **BLUEBERRIES:** Full of flavenoids, these nutrients help improve memory, learning and general thinking.
- **AVOCADO:** Naturally rich in healthy fats (omega-3), avocado improves blood flow to the brain, supporting brain ability.
- **IODINE:** Iodine is an essential nutrient that we need in very small quantities, taken regularly. Low iodine levels could reduce the young children's IQ by 15 points. Hence all bread containing salt must be salted by iodised salt (by law).
- **WHOLEGRAINS:** such as oatmeal, whole-grain breads, and brown rice contain a large amount of Vitamin B that can help enhance memory retention and re-call abilities in children.
- **BREAKFAST:** lots of studies are showing that skipping breakfast will reduce attention and learning ability and food choices for the rest of the day.

Genya Fleischer & Galia Atteslander, Naturopaths

HOMEOPATHY

- Anxiety, Depression, Insomnia, Emotional Problems?
- Behavioural problems or learning difficulties in children?
- Allergies – hay fever, sinusitis, asthma, eczema, urticaria?

HOMEOPATHY IS THE ANSWER FOR YOU!!!

Homeopathy treats you as a WHOLE and not merely your symptoms. Safe and subtle homeopathic remedies stimulate body's own ability to fight illness, resolve susceptibility to disease and restore health and immunity. Individualistic homeopathic treatment gives you long term remission of your complaints in the most natural, effective and reliable way.

HOLISTIC HEALTH FOR THE ENTIRE FAMILY!

Vanmala Shroff, Homeopath

SMOOTHIE for KIDS

Blend in a blender until smooth.

- 1 cup plain yogurt
- 1 cup vanilla soy milk
- 3 peaches
- 1 banana (to really make it creamy)
- 1 tablespoon of flax meal

Why flax meal? Because Flax meal:

1. Keeps kids regular (in the digestive sense)
2. The Omega-3 supports brain development, making kids smart.
3. Great source of fiber (kids need 5 grams per day, plus age.. so, a 5 year old needs 10 grams of fiber per day)
4. The Omega 3 has anti inflammatory properties!
5. The omega 3 can help kids who suffer from dry eyes.

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OSTEOPATHY CORNER

Headaches in Children

Headaches in Children and Teenagers

Headaches are a common condition in children and adolescents. Statistics show that five and eight out of 10 children suffer from headaches each month. They are generally not serious and can either be mild or very severe in nature, however, if your child suffers from them more often it can be upsetting. The most common headaches in children are tension headaches and migraines.

Tension Headaches - feel like a tight band around the head. Are due to stiffness and muscular tension around the head and neck.

Migraines - described as 'throbbing' in the head. Symptoms include light sensitivity, pain on one side of the head, nausea/vomiting, dizziness. Generally it runs in the family.

Treatment can involve manual therapy, natural therapies, medications and avoidance of triggers. Speaking to your health care provider will help ascertain your best options.

Osteopath

Information taken from: Royal Children's Hospital (http://www.rch.org.au/kidsinfo/fact_sheets/Headaches_in_children_and_teenagers/)

REMEDIAL MASSAGE CORNER

Every aspect of our lives connects to our 'state of health'. When we follow the Laws of Nature we have high vitality, abundant energy, physical strength, acute senses, radiant appearance, optimal healing, good memory, strong intellect, cheerfulness, creativity and much more.

Low vitality and pain are the body's warning systems telling us something is wrong. When we listen to it, it can provide stimulus and motivation to make changes that generate health, happiness and long life.

As a remedial massage therapist I utilise various therapeutic approaches such as Shiatsu, reflexology, Neurostructural Integration Technique (NST) that have beneficial effects on the body and mind.

NST employs a series of specific moves. Initially the body responds to these moves by becoming extremely relaxed. This relaxation creates a shift in the structural status, providing a window of opportunities for various spinal, somatic, cranial and autonomic reflexes to be activated, bringing about a comprehensive resetting of the whole body.

During the process the body attempts to return to its optimal structural position and sets in motion a very powerful corrective energy flow, initiating healing, balance and greater health.

Zhanna Khortik, Remedial Massage & Beauty Therapist

PHYSIOTHERAPIST CORNER

Pain

- 1/3 of Australians are in pain, and 1 in 5 report it is constant
- occurrence of pain increases as people get older
- there are two types of pain, acute and chronic
- acute pain is a normal response to tissue injury and is usually short lived
- chronic pain persists beyond the normal healing time, and generally lasts longer than three months
- studies suggest that a persons outlook and the way they cope emotionally with chronic pain can affect their quality of life

Things than can help manage pain include: pain relieving medications, physical therapies, exercise, relaxation and stress management techniques.

Shanee Fleischer, Physiotherapist

Information taken from <http://www.betterhealth.vic.gov.au>