

CAULFIELD NATURAL HEALTH CLINIC



STARTING 2015

Getting in touch with your natural built-in stress reliever!

I had never really thought about breathing until I found myself at a yoga retreat. Using breath was the first skill I learned and we started every day not with a coffee but with a "panting like a dog" breathing exercise. Breathing simply works and responds to our environment. It speeds up when we are stressed and need more oxygen and it slows down when we sleep. And vice versa how you react to your environment or a situation can be changed by your breathing rate.

Deep breathing shifts the body out of sympathetic nervous system control ("fight or flight") and into parasympathetic mode ("rest and digest"). This reduces the presence of cortisol and other stress hormones, and preserves the body's immune function. Deep breathing stretches airway tissue and improves heart and lung function and these positive changes can help improve serious conditions such as asthma and heart disease.

Deep breathing for relaxation can also influence gene expression related to inflammation, oxidative stress, and cellular metabolism. What's that? Simply breathing can help keep you looking and feeling young!

So where do you start? How can you make breathing work for you?

The easiest way to kick-start your breathing balance is to become aware of changes in your breathing. What happens to your breathing rate or rhythm if you are running 10 minutes late picking the kids up from school? What about if you're running a work presentation? How does that differ from when you relax after a long day at work? When you are stressed, the physiological changes that occur, such as rapid heart rate and shorter/quicker breaths can be helpful to your cause, but how much of your day is spent in that state? And does it cause any physical pain, such as headaches, neck pain, and increase your use of medication?

If it does then it's time to jump on the breathing bandwagon and get your breath to work for you. Here's a nice and easy breathing exercise that I like to teach my patients. It works wonders!

1. Take a few breaths in and out to prepare.
2. Now as you reach the top of your inhale, bring your awareness to the moment between the inhale and the exhale.
3. Then let your awareness recede as you exhale.
4. Repeat for 5-10mins or at anytime of the day when you need to reconnect to your body. This exercise is a type of easy meditation and is great to do first thing in morning and last thing at night.

For more great breathing exercises have a look at this website
<http://www.elephantjournal.com/2013/09/best-breath-practices-5-energizing-pranayama-techniques/>

So if you want to do something towards better health, simply take a deep breath! It is free, easy, and one of most effective ways to reduce stress, improve lung function and maintain your blood pressure and heart rate, not to mention keep you calm and happy! All it takes is a little bit of daily practice, which lucky for us can be done anywhere and anytime!

Breathe Well.

Osteopath, Dr Dana Klas

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SPICES AS OUR MEDICINES

The spices in our food, not only add flavour and smell, colour and better presentation, but help to resolve and prevent various medical conditions.

GARLIC: Is considered the natural antibiotic, reduces blood pressure and cholesterol. It warms the body, helps with detoxification and with combating and preventing viral diseases.

Cinnamon: Is truly a power spice. Just half a teaspoon daily can dramatically reduce blood glucose levels in those with type 2 diabetes. Cinnamon is also proven to reduce triglycerides, LDL ("bad" cholesterol) and total cholesterol, as well as ward off urinary tract infections.

Cayenne: Promotes circulation and boosts metabolism as well as offering relief from menstrual cramps and fibroid tumours.

Cloves: Is a powerful anti-fungal and anti-microbial, used to promote digestive health. While it tastes fantastic in chai tea, you can also use it externally for dental pain (apply the oil) or add it to a footbath to get rid of athlete's foot.

Cumin: Is high in antioxidants, minerals like iron, copper, calcium, potassium, manganese, selenium, zinc and magnesium and contains high amounts of B-complex. The active principles in the cumin may increase the motility of the gastro-intestinal tract as well as increase the digestion power by increasing gastro-intestinal enzyme secretions. Cumin is also used to help with sleeplessness, and because of its antiseptic properties is great to take when you feel a cold coming on.

Turmeric: Is used for auto-immune-related inflammation and pain. Turmeric is also a fantastic source of indirect antioxidants .

Ginger: Helps controlling nausea of all types, especially effective in curbing motion sickness, and postoperative and chemotherapy-induced nausea. Ginger is an excellent digestive, aiding in the absorption of food, and elimination of gas and bloating. Ginger stimulates circulation so it is good for cold hands and feet.

Genya Fleischer & Galia Atteslander, Naturopaths

Exercising Safely This Summer

Here are some tips to help avoid dehydration or heat illness whilst exercising during the hot summer months

- stay hydrated; drink plenty of water before, during and after exercise
- take rest breaks, ideally in the shade
- avoid exercising during the hottest part of the day
- wear light coloured, light weight, loose fitting clothing
- wear sunglasses, sunscreen and a hat

don't forget to have fun!

Shanee Fleischer, Physiotherapist

information taken from www.sma.org.au

What Cravings Really Mean

Are you craving CHOCOLATE!!!

You are looking for MAGNESIUM (magnesium helps to switch off your stress response)

Make sure you reach for the over 70% dark chocolate as well as nuts and seeds.

Are you craving SUGAR!!!

You are looking for ENERGY.

Make sure your diet is rich with fats, fruits and proteins. (eg. Ricotta, fruits, nuts)

Sandra Buchanna, Chiropractor

Turmeric Ginger Lemonade

- 4 cups water
- 1 teaspoon turmeric powder (or a 3-inch strip fresh turmeric root, peeled)
- 1 teaspoon ginger powder (or a 4-inch strip fresh ginger root, peeled)
- honey or dark-liquid stevia, to taste
- lemon slices, or the juice of a full lemon (to taste)

Put water into a small pot and bring to a boil. Make sure that the water has come to a full boil. Add turmeric and ginger to the boiling water and reduce to simmer for 8 to 10 minutes. This will extract the beneficial compounds from the turmeric and ginger. Remove the pot from the stove. Strain the tea into a cup through a fine-mesh strainer to filter out the particles of turmeric and ginger. Add sweetener and lemon to taste.

Zhanna our massage therapist recently undertook a Feldenkrais Method workshop.

The Feldenkrais method is aimed to reduce pain and joint restriction by increasing ones awareness of themselves helping to improve overall body function.