



# COOLOOLA ACUPUNCTURE CLINIC

Helping People to get well and stay well

## Newsletter

February, 2008

### Special points of Interest

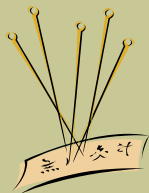


### Booking your Appointments

To save disappointment it would be a good idea to pre-book your appointments. Especially Tuesday, Wednesday and Thursday afternoons as these times fill up quickly. While this is good for business and shows we are doing our job, it also means that people need to book to save disappointment

### Cancellations

Please give 24 hours notice when cancelling your Appointment. We do have patients on a waitlist, that would benefit if we could give them notice.



### Clinic Hours

Monday 8-1pm/2-5pm  
Tuesday 9-1pm/2-6pm  
Wednesday 8-1pm/2-6pm  
Thursday 9-1pm/2-6pm  
Friday 8-1pm.

Unit 3  
21 Nash Street  
GYMPIE QLD 4570  
Phone 07 5483 8088

## 7 good reasons why you need vitamins & mineral supplements.

Many people believe that a well balanced diet provides all the vitamins and minerals necessary for optimum health and well being. However, in reality our 21st century Western diet is not capable of totally nurturing our bodies and our eating habits are not conducive to optimum Digestion. Taking supplements are a safe and very effective method of rectifying any deficiencies and ensuring an adequate and balanced nutrient intake.

But how can this be so?

1. **Poor food quality**—remember what tomatoes used to taste like? Once they were nutritious, sweet and juicy and full of flavour. Need to say more!
2. **Our busy lifestyle**—eating on the run, fast food, too many coffee's and that extra glass of wine. No wonder you get that afternoon slump!
3. **Dieting**—a diet by nature restricts food groups so you always need supplements.
4. **Special requirements**—children, teenagers, the elderly, pregnant women and sports people all have special dietary and supplementary requirements.
5. **Sickness**—you can't expect to rapidly recover from an illness, disease, operation or injury without the correct nutrient intake. It's a must.
6. **Hormonal issues**—PMS, blood sugar disorders, diabetes and thyroid problems all respond positively to dietary therapy and appropriate supplementation.
7. **Metabolic issues**—food allergies, digestive disturbances, irritable bowel, cardiovascular disorders, etc, all improve with appropriate supplementation and dietary therapy.

So throw away those half finished vitamins and minerals that are probably approaching their use by date and drop in to the clinic and have a chat about your real nutrient requirements.

At Cooloola Acupuncture Clinic we only prescribed practitioner only products this means you are guaranteed value for your dollar.

### Did you know?

- If you grow your own chillies, water more as they grow, will make them less hot.
- Too much eggplant may cause blurred vision.
- Honey in warm water before bed will ease a dry throat and a dry cough and assist with dry constipation.
- The bitter flavour of dandelion reduces heat and damp, especially in the heart. Liver, spleen and lungs. It can help reduce bladder infection.
- Bloating and pain during menstruation is often due to damp and cold, so even in summer it makes sense to support the spleen with warm, cooked foods especially before and during menstruation.

### A Juice a Day

Reduce Acidity—celery, asparagus, pineapple or lemon  
Stimulate digestion—pineapple, paw paw, apple and lemon  
Improve circulation—ginger, wheat grass or berries  
Reduce nausea—ginger or mint  
Boost the immune system—garlic, tomato and radish



### Affirmation of the Month

I have never been a millionaire. But I have enjoyed a crackling fire, a glorious sunset, a walk with a friend and a hug from a child. There are plenty of life's tiny delights for all of us.

### Maintenance Plan:

For those people that would like to come minimum twice a month, please ask us about our maintenance plan which will save you money. For enquiries please ask Bruce or Tania.