

Welcome to the first issue of our Newsletter in 2012

Another Year has begun and we hope you all enjoyed the Christmas holiday season. This time of the year most of us make new year resolutions and following on from our December Newsletter about “Change” we’ll endeavour to help you along with articles on health — physical and emotional.

We look forward to seeing you throughout the year to help you get well and stay well.

SUGAR

Sugar is not your friend! It may feel like your friend when it comforts you on a lonely evening, but it is actually an evil, backstabbing friend that erodes your health and your youth!

Regular sugar consumption is actually THE worst thing you can do to your health. The world health organisation recommends that for women sugar be limited to 25g (6 teaspoons) per day, most women in the US consume 100g (22 tsp) per day and Australian figures are similar.

Sugar is a “Carb” and worse than any other carbohydrate—it’s the KING of Carbs. So if you think you are doing the right thing by cutting out potato and rice but you’re eating sugar you are on the wrong track. For some people it may be necessary to eat a bit of rice or potato with dinner to feel truly satisfied and this will avoid the craving for sugary snacks later on.

Sugar Addiction is real! Most of us know that sugar is bad for our health but we seem to be unable to give it up! That’s because most of us have a sugar addiction!

Refined sugar has a chemical drug like effect on the brain. It is addicting in the same way that alcohol and cigarettes are. No wonder it is SO hard to give up! Most processed and pre packed foods contain sugar or corn syrup so read labels carefully and opt for fresh.

See our Sugar Detox article on the last page.

Rapid Aging

Need another reason to avoid sugar? Then consider that it causes skin and other body tissues to age more rapidly.

Sugar causes the release of excess insulin. Insulin has been shown to limit the lifespan of cells. It is the chemical signal that determines when a cell has lived long enough and it’s time to die.

Also when sugar binds to the protein in our tissue and skin, it causes them to stiffen and form cross links which damage tissue integrity and function. This results in poor skin tone, wrinkling and aging. This process is accelerated when blood sugar is high, such as after a sugary meal or snack.

Need more convincing? Consumption of refined sugar directly contributes to the following health issues:

| | |
|----------------------|--------------------|
| Diabetes | Thrush / Candida |
| Heart Disease | Immune Dysfunction |
| Elevated Cholesterol | Depression |
| Cancer | Acne |
| Alzheimer’s Disease | Eczema |
| Osteoporosis | Attention Deficit |

Rethink what a normal diet is! Years back chocolate, cakes, cookies, lollies, sweet breakfast cereals were considered special treats, now we consume them daily.

Astrology Health and Australian Bush Flower Remedies

Starting with this months news letter we will in turn examine each Star sign and how to minimise the worst and bring out the best aspect of each with the use of Bush Flower Essences.

Each star or sun sign expresses distinct personality traits and people born under a particular sign will behave and react in fairly predictable ways. When an astrologer draws up your birth chart they make a map of the sky as it looked at the exact time of your birth in that exact place. Many of the planets may fall into different star signs and as each planet represents a different part of your personality, we are all unique blends—this explains the differences between people of the same sun star sign and that’s why we often feel as if some of the traits of other signs apply to us as well.

The most important part of our birth chart are our sun sign, moon sign and ascendant or rising sign. Sometimes this energy is not flowing freely and shows in negative ways. It does not have to stay like this. Flower essences work on blockages and balances on the etheric body and so work in harmony with astrological influences. We are here on this earth to learn, heal and grow and bring into balance the energies of our birth chart.

CAPRICORN 22 Dec— 20. Jan

Constitutional Bush Flower Remedy for Capricorn is Red Grevilla.

Capricorn is ruled by Saturn the Lord of Karma and Time. Capricorns embody the work ethic

Balanced Capricorn Energy:

Punctual, organised, realistic, disciplined, responsible, conservative, respectful, cautious, thrifty, traditional, quiet, tactful, reserved, ethical, committed, persevering, dependable, loyal, patient, practical, objective, rational, efficient, grounded, ambitious, successful, and achievement oriented

Out of Balance Capricorn Energy:

Resistant to change, stuck, wet blanket, depressed, pessimistic, rigid, critical, overly frugal, workaholic, perfectionist, burdened, resentful, bitter, guilty, remorseful, intolerant, isolated, cut off from emotions, sluggish, overwhelmed by responsibilities

Should you wish to unblock any of those negative Capricorn Energies contact us for a personally tailored balancing Flower Essence Formula

Cures for Menstrual Pain and Irregularities

Chinese Herbs:

The Royal College of Obstetricians and Gynaecologists now recommend Chinese medicine as an effective treatment for endometriosis, period pain and other pelvic issues.

Acupuncture:

Assists acute pain and helps regulate the menstrual cycle.

Menopause symptoms such as hot flashes also respond well to Acupuncture

What a normal menstrual cycle should be like:

26-32 days in length. It should be a 4–5 day flow at most.

You should not be getting any:

Pain, clotting, spotting, breast tenderness, bloating, fluid retention, changes in mood such as irritability or teariness. These are all signs of irregularities and possible major issues and need to be addressed.

14 DAY SUGAR DETOX

- **Commit to 14 days sugar free** - “cold turkey” works best to really get past the cravings
- **Plan ahead for your sugar withdrawal** - choose a time when you will not have too many demands or birthday parties etc
- **Forgive yourself!** You are not a bad person because you like sugar. Your genes and a western diet are stacked against you. This is your opportunity to escape sugar and give yourself a gift of better health!
- **Eat regular meals** - with lots of protein, vegetables and healthy fats (including coconut milk and butter, cold pressed olive oil etc) and healthy starches such as potato and rice.
- **Sleep 8 hours** - Sleep deprivation causes sugar cravings so don't make it harder on yourself
- **Nutritional supplements to reduce cravings** - B complex, Magnesium, Zinc, Chromium and a herb called Gymnema. If you really need something sweet use Xylitol or Stevia
- Be gentle with yourself you will need more care and comfort during your detox - lie in the sun a little, have an acupuncture treatment to assist your liver with the detox and give yourself a treat such as a massage or a nice movie (take an apple instead of chocolate!)

Do not wait - the time will never be

“just right”

Start where you stand, work with whatever tools you may have at your disposal now

Better tools will be found as you go

CLINIC HOURS

| | |
|-----------|-------------|
| Monday | 8-1pm/2-5pm |
| Tuesday | 9-1pm/2-5pm |
| Wednesday | 8-1pm/2-5pm |
| Thursday | 9-1pm/2-6pm |
| Friday | 8-5pm |
| Saturday | 9-12 noon |

Please note we are now open all day Friday and also SATURDAY mornings

Phone 54 83 80 88

Acupuncture can treat a wide range of disorders:

Neurological, Cardio Vascular, Respiratory, Digestive, Uro-Genital, Skin, Eyes, Musculo-Skeletal, Sporting Injuries, Psychological

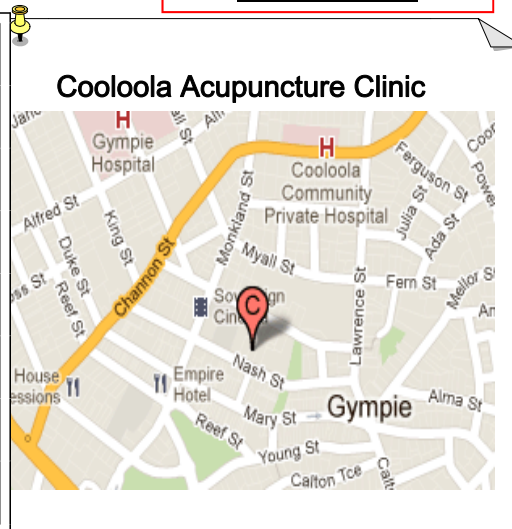
Therapies used

Traditional Chinese Acupuncture

Pain Free Laser Acupuncture

Cupping and Bowen Therapy

Naturopathy, Chinese Herbs, Prescription Herbal Medicine and Vitamins



January 2012

NEWSLETTER



Cooloola Acupuncture Clinic

Welcome to the January 2012 Issue of our Newsletter



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