



Welcome to another issue of our Newsletter

Yes, the busy Christmas period is just about here again and it may seem as if there are not enough hours in the day. To ensure you are still able to look after yourself we have extended our clinic hours to: **Friday all day** and also **Saturday morning** from now on. So we look forward to seeing you and helping you stay well.

HOW HEALTHY IS YOUR POO?

Ok this subject may be a little awkward but what your poo looks like tells you a lot about your general health and wellbeing. If you don't pay attention to your bowel health your whole body and your brain function can be affected. If you have children ensure to make bowel health a very normal topic of discussion. So, YEP.. you will have to take a closer look at the colour and shape of your poo.

A HEALTHY POO:

1. Tells you when it's ready to come out
2. Needs no coaxing
3. Has a good shape (like a brown banana)
4. Is well hydrated

HOW TO SIMPLY TEST YOUR POO TRANSIT TIME:

To easily check how long it takes, simply eat some very brightly coloured food such as beetroot. Make sure you eat at least one or two whole beets. Remember when you have eaten them and keep checking your motions until you see a dark red poo. You could also eat corn. It is actually not a vegetable but a grain and passes through the digestive tract mostly undigested and is also useful to check transit time. A well working digestive system averages 12-24 hours. Two or 3 bowel movements a day are optimal. Many children poo after each meal.

SIGNS OF UNHEALTHY POO:

1. No urge
2. It hurts
3. Looks like little balls
4. There is Blood or mucus
5. Is always loose and fast

A FEW TIPS FOR BETTER BOWEL HEALTH

- Drink plenty of water or Herbal Teas—average 30 ml per kilo of your weight eg. 80 kg = 2.4 ltrs
- Reduce: **Coffee**—it dries out the bowel
Refined sugars—breeds bad bacteria
Antibiotics—strip away good bacteria - use Probiotics after Antibiotic treatment
Processed Foods
- So just remember to cut out the **CRAP**
- Remember to chew well—it kick starts the digestive process
- Eat stacks of Vegies & Fruit—remember to eat food that looks like nature
- Don't mistake whole wheat for whole grain—use spelt flour, quinoa or gluten free
- Use a good quality Probiotic at regular intervals for optimal digestion and nutrient absorption

DIGESTION

To understand why it is helpful to eat in a certain way, it is important to consider what happens to food once it is inside us. Good digestion occurs when the body can extract the pure substances of food and expel any substances as waste that are not useful. With this the stomach and the spleen are most useful.

Spleen Energy pushes nutrition up and Stomach energy pushes waste down. Poor posture after eating blocks the downward momentum of the stomach energy and hinders the spleen energy to move nutrients up. If food is stuck in the stomach, it creates flatulence, if it is stuck too long, acids start to rise and the nutrient value of the food is destroyed.

Take a stroll after eating!

How much you eat is important.

Under-eating will mean a lack of energy because there aren't enough nutrients consumed to support energy (Qi). Skipping meals will exhaust Qi.

Over-eating on the other hand squashes too much food into the digestion system so that it can't work efficiently. Over eating blocks Qi and for older people it is really important to understand that over eating is bad for the heart.

The flow of Qi affects your overall health and also the condition of your skin.

SKIN

According to Traditional Chinese Medicine proper functioning of the body energy system directly affects facial beauty and the ageing process. When the internal system is vibrant with abundant energy (Qi) and blood, the essence becomes sufficient to be distributed to the whole body including nourishment to rise to the head and face. A facelift can make a face look 10 years younger but without a healthy radiant glow it cannot be considered young and beautiful because it lacks the vitality that can only be obtained from inside out.

FACIAL ACUPUNCTURE

Cosmetic Acupuncture and Facial Rejuvenation treatments are now available with Bruce at Viva Beauty Clinic Gympie. For appointments Phone 54839800 Viva Beauty Clinic.

Needles are placed in the body to treat constitutional imbalances and start circulating Qi and blood throughout the body. Then needles are placed in the face. This maximises the flow of Qi and blood to the face to nourish and treat problems such as discolouration, wrinkles and sagging skin.

Some may feel nervous at the start but soon will drift off into a relaxing state. Once the needles are in place you may have a tingly feeling like waves of energy flowing through.

After the needles are removed, a nourishing facemask is applied. Once the mask is removed you receive a high quality moisturiser and lovely facial massage. Jade Rollers are used to call forth Yin and nourish the skin.

DID YOU KNOW

- Long grain rice is better for summer and short grain rice is better for the colder months. Basmati rice is lighter than other varieties and is best when you are trying to lose weight.
- Mulberries benefit the kidneys, blood and liver. They may be helpful for people with ringing in the ears or dizziness, blurred vision or night blindness. They can also benefit people who have joint pain, anaemia, insomnia and premature greying of hair. Pass those Mulberries!
- Mature carrots are usually sweeter than immature ones. Carrots are a wonderful spleen food. Cooked carrots can be used to improve any digestion problem. When the spleen is working well the body is more likely to turn food into muscle rather than fat. Carrots also strengthen the lungs and liver function.
- A partially steamed onion cut in half, wrapped in a piece of cloth and placed over the ear will ease earache in a very short time. Let onion cool till comfortable before application. Make sure you keep the onion out of direct contact with water when softening it. The warmth and fumes will ease the pain.

With Christmas on our doorstep once again, remember our great Gift Voucher option and start someone you love on their road to better health

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

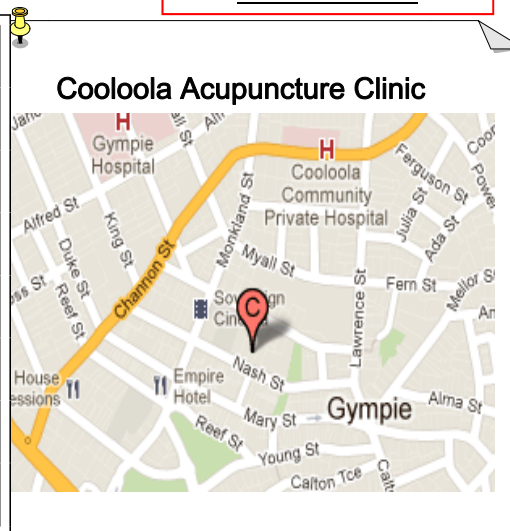
Phone 54 83 80 88

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



NOVEMBER 2011

NEWSLETTER



Cooloola Acupuncture

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Inside this Issue:

- Bowel health
- Skin
- Cosmetic Acupuncture