

Headaches
getting you down?

It doesn't have to be your normal!



Feeling
FABULOUS or
FLAT at 40?



And so
much
more!

Leading Edge Natural Medicine... *at GfE!*

A holistic clinic, wellness boutique, and complete herbal dispensary,
GfE is everything you need and more...

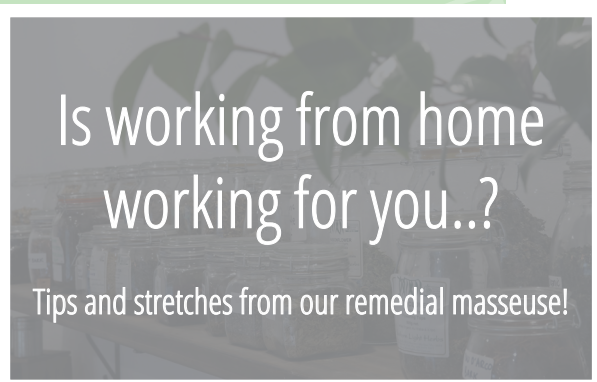


Delicious
recipes!



COFFEE...

to drink or not to drink,
that is the question...



Is working from home
working for you..?

Tips and stretches from our remedial masseuse!

RECIPES | HELPFUL ADVICE | EXPERT REFLECTIONS | GISBORNE HEALTH ESSENTIALS

Gisborne Health Essentials



Bound by a light-hearted mandate that you feel nurtured from the moment you walk through the door, Gisborne Health Essentials, affectionately known as 'GHE', is just as charming as it is good for your health and wellbeing.

With beautiful products to make people smile, tailored professional advice, a herbal dispensary, and a holistic clinic offering services including naturopathy, nutrition, acupuncture, kinesiology, facials, and relaxation and remedial massage, all your wellbeing needs are taken care of.

Our beautiful space invites you to delve into your wellbeing in a more nourishing and in-depth way. Providing the essentials for good health, GHE offers an enriching lifestyle based on traditional and natural remedies.

We are lucky to have some wonderful, wise, and whimsical characters working with us at GHE. Our qualified and passionate team have put together some great pieces to share with you in this issue of the GHE Magazine; GHE - Leading-Edge Natural Medicine.

Enjoy,
The GHE team. x

CONTRIBUTORS

Naturopath, Director
Leisa Blanch

Naturopath
Caroline Luher

Naturopath
Irene McGowan

Naturopath
Nicole Woodcock

Acupuncturist/Chinese Medicine
Michelle Downes

Kinesiologist
Naareda Thompson

Beauty Therapist
Cassandra Booth

Massage Therapist
Tom Moore

Editor, Layout & Design
Emily Jones

What you'll find...

Jiwamu

'Jiwamu' is the name for our signature wellness treatments dedicated to relaxation and wellbeing. Our luxurious packages use certified organic products, rich in botanicals and herbal extracts. Each treatment is specifically designed as a holistic experience, allowing you to enjoy the healing power of nature and therapeutic touch to establish relaxation, health, and longevity.

Kinesiology

Kinesiology is a complimentary healing method that uses the muscles in the body to pinpoint imbalances in the physical, emotional, mental, and spiritual bodies. Using non-invasive and often very simple corrections, the body restores itself to its own natural state.

Remedial Massage

By addressing pain and injury first, then working on increasing range of movement and correcting posture, remedial massage helps to improve how we perform everyday tasks and positively impacts our physical health and wellbeing.

Our massage therapist employs a wide range of techniques including myofascial tension, trigger point therapy, cupping, ischemic pressure, and transverse firctions.

Naturopathy

Naturopathy is based on the idea that the body has the inherent ability to heal itself. It's a holistic practise that includes a range of techniques including the use of herbal remedies, flower essences, soft tissue manipulation/Bowen Therapy, as well as dietary, nutritional, and lifestyle advice and support.

Naturopathy can provide effective support for a wide range of conditions including digestive issues, hormonal issues, fatigue/stress/anxiety-related concerns, and chronic pain.

Our practitioners consider environmental and lifestyle factors as well as genetic and biological factors when assessing your personal situation and developing a treatment plan.

Chinese Medicine & Acupuncture

Traditional Chinese Medicine (TCM) incorporates a range of techniques including acupuncture, cupping, tuina (Chinese massage), moxibustion, gua sha, and ear candling. TCM is a complementary healthcare practise that can provide support for chronic conditions. Chinese Herbal remedies may also be recommended in conjunction with the treatment.

Herbal Dispensary

Leading the way in natural medicine, GHE is complete with a fully-stocked herbal dispensary. What's more, we offer an over-the-counter service, allowing us to support you in treating simple ailments such as colds, coughs, hayfever, allergies, sleep, anxiety, and stress. We always have a naturopath in store and ready to assist you with our dispensary products.

Holistic Boutique

The products in the GHE boutique are centred around improving health, and nurturing and supporting wellbeing. The GHE values are never compromised; we only stock products and brands that we fully support and believe will enhance our clients' health in every way.

From organic makeup, pure essentials oils, and skincare, to organic herbal teas and off-the-shelf supplements of the highest quality, as well as raw vegan, gluten-free treats, and a wonderful range of crystals.



Come and visit us...

Based in the heart of beautiful Gisborne, at the base of the Macedon Ranges, our holistic clinic and shop are open six days a week. Book an appointment with one of our practitioners or simply drop in and say hello; we're always happy to meet new faces and see how we can support you in being your best self.

03 5428 4484 | 43 Brantome Street Gisborne, VIC 3437 | @gisbornehealthessentials | www.healthboutique.com.au

Leisa Blanch

The Future of Natural Medicine is Here

The future model of natural medicine is here...at Gisborne Health Essentials

With an increasing focus on our health and a need to be proactive and ensure we stay healthy, Gisborne Health Essentials (GHE) has the perfect future model to help people achieve their health goals! Whether you need to take a deep dive and some serious action, or you just feel rundown and need a herbal remedy mixed up for you on the spot, GHE has the capability to service you directly over the counter, or recommend the right GHE practitioner(s) to see to get the best results for you.

"At Gisborne Health Essentials (GHE), we provide the essentials for good health through professional and tailored advice; our enriching health and wellness clinic and boutique; inspirational workshops; resources and journal writings; and collaborations to further support our clients along their health and wellness journeys."

The GHE experience is about feeling nurtured from the moment you walk through the door. Customers and clients can take a deep breath and relax, knowing they are in good hands with natural, evidence-based medicine, tailored to them and their unique life experience. With a naturopath always available in the shop, customers can come in and experience herbs 'over the counter' for simple ailments. It's medicine without side effects. Providing an enriching lifestyle and supported by an incredible team of practitioners for one-on-one consultations and workshops, clients are inspired to take charge of their health.

Gisborne Health Essentials provides naturopathy, nutrition, Chinese medicine, acupuncture, kinesiology, remedial massage, relaxation massage, and a range of organic and indulgent facials and bodywork.

As a team of qualified practitioners, our commitment to working together and sharing feedback and insights means better results for our clients.

"We acknowledge each individual client's particular situation; we help them to feel relaxed as we empower them to work through their health concerns."

The GHE model is based on collaboration and servicing the needs of our community, in whichever way works for the individual. So, whether it's a chat; a recommendation; multiple practitioners working together on your case; specific testing such as bloods, DNA testing, hair mineral analysis, organic acids, and other gastrointestinal testing; or a referral to another health practitioner, the team at GHE will put YOUR needs first and will strive to find the best results possible for you.

We are all unique and beautiful individuals, therefore, our health and wellbeing is individual too. You deserve the best of care.

We are at a pivotal moment in history where we truly have the opportunity to BE the change we wish to see in this world.

If we have learnt anything from 2020, it's that the world is our oyster IF we choose to see it that way and take action. Being proactive about your health is a huge part of this picture. The healthier we are, the more self-aware we are, and the more we work through trauma, stress, and current circumstances, the stronger, richer, and more fulfilled we will be. Which will, in turn, see us recover more quickly and be able to find the inner happiness we all strive for.

What does optimal health and wellbeing look like for you? And remember not to look outside of yourself for validation or for the answers; take a few deep breaths, and ALWAYS be true to yourself.

At GHE, the team love guiding you through the processes to find your true potential.

Michele Downes

Are headaches getting you down?

There is a broad variety of reasons why people come for Traditional Chinese Medicine (TCM) treatment; one of the more frequent, treatable ailments is headache. Headaches can occur with exasperating frequency, and this debilitating condition can negatively impact every single aspect of day-to-day life. Headaches can be classified as primary headaches if they are identified as the main issue, but for many people, headaches are experienced as a result of other conditions.

There are many types of headaches, but the five key classifications of headache in Western Medicine are:

- tension;
- cluster;
- sinus;
- migraine; and
- (general) headaches.

In Traditional Chinese Medicine, diagnosis does not follow these classifications, and instead focuses on the 'acupuncture channel' and/or 'organ pathology' that has been affected within each individual person. In many cases, there may be several conditions to address. As headaches are not all the same, naturally there is not one single treatment that works for all people; in order to develop an individually customised treatment, we investigate:

- the location of the headache;
- triggers for the headache such as stress, insomnia, hormonal imbalance, or specific foods. As well as what (if anything) tends to help the problem;
- the type of headache (e.g. is it a dull ache, which indicates a deficiency in some area of the body, or perhaps a strong, throbbing headache, which indicates an excess of something);
- what the headache feels like (e.g. a heavy head is treated differently to a head that feels like there is a tight band around it);
- headache duration;
- onset of the condition and/or any advance warning such as experiencing an aura prior to a headache;
- accompanying signs and symptoms, such as nausea, vomiting, photophobia, blurred vision, etc.; and
- pulse and tongue. This provides some valuable information on how the body is functioning.

What can we ascertain from this? We are looking to identify both the root and the branch of the disease. In the case of a primary headache, the root is the cause of the headache, and the branch is the pain itself. A headache that is dull in nature indicates that there is some deficiency in the body and strengthening the organ is essential. Alternatively, if we notice that the pain is throbbing, we need to reduce an excess in the body.

Tension headaches tend to be the most common type of headache, where the pain is often located in the temples or on the back of the head. During the acute phase, acupressure may assist when treating these types of headaches, targeting the acupuncture point at large intestine 4. This is located between the thumb and forefinger. During a headache, this area can be very tender, but people observe that with ongoing massage, they often notice a lift in the severity of the headache. Commonly, the root of this type of headache stems from the neck impinging on the nerves and blood flow. The first thing to check is that your pillow is supportive and thick enough to support your head, but without being too high. If you are a front sleeper, you may need to adapt your sleeping position as sleeping on your stomach does not help with proper positioning of the head.

Cluster headaches exist when people experience several headaches in a row and then periods with none. The onset can be sudden and severe with debilitating pain on one side of the head, often accompanied by a watery eye and nose on the same side of the face. In most cases, acupuncture and herbs are recommended to treat both the root and the branch of the problem.

If a person has **sinus headaches**, they often experience congestion in the nose and head. This is seen as an issue relating to the Chinese lungs and the spleen systems.

One of the most talked about and debilitating type of headache is a **migraine**, which can exhibit qualities including: pain lasting 4-72 hours; one-sided pain; throbbing pain; moderate-to-severe pain; and pain that interferes with day-to-day living. People often experience nausea/vomiting and/or sensitivity to light and sound. People with this kind of headache tend to be aware of their triggers which can be hormonal, foods, and/or stress.

Regardless of the type of headache, treatment will always incorporate acupuncture. In some cases, this will be accompanied by the application of Chinese herbal medicine and diet and lifestyle changes.

If you experience headaches you can also try the following tips yourself, which may provide some comfort.

- Make sure you remain hydrated. Very often a dull headache can be attributed to lack of fluids.
- It is good to stretch the neck before a workout in order to avoid tension headaches.
- Avoid sugar where possible as this can contribute to your headaches.
- A few acupressure points that can be useful are:
 - Find the deep depression at the base of the skull about 3 fingers away from the spine. This is known as the 'gates to consciousness'. Pressing these points can assist with releasing endorphins which may alleviate the pain.
 - Another important point is called 'Hegu' or Large Intestine 4. This point is located by holding the thumb and finger together, then massaging the highest point.
 - If the headache is throbbing, gently massage around the web area between the big and second toe (you may need a friend to help).

Once we identify the source of the problem, we can correct it with a blend of medical approaches including dietary changes, herbal supplements, acupuncture, and therapeutic massage.

Traditional Chinese medicine draws upon 3,000 years of medical practice in China; centuries of application does not suggest an outdated way of treating illness, but instead, a tried and trusted remedy passed down through generations. 'The Evidence Project' in 2017 also identified that acupuncture has shown a positive effect on treating headaches.

If headaches are impacting your life, make an appointment to see Michele and start your journey towards healing.



Hi, I am Michele, a registered Traditional Chinese Medicine (TCM) practitioner who provides quality complementary healthcare to the community. Each person is unique, and my belief is that by understanding all aspects of a person's health (mind and body), treatment can be tailored to achieve long-term health goals.

My approach incorporates a range of techniques such as acupuncture, cupping, tuina (Chinese massage), moxibustion, gua sha, and ear candling. We also discuss possible dietary and lifestyle changes or Chinese Herbal remedies to further assist this process and achieve lasting results.



Caroline Lhuer

Caro's Tahini Biscuits

INGREDIENTS (MAKES 14 COOKIES)

1/2 cup (100 g) tahini
4 Tbs (75 g) honey
1/2 tsp vanilla paste
1/4 tsp baking soda
pinch of salt
1 cup + 1 Tbs (100 g) almonds, ground in a food processor
5 Tbs sesame seeds

INSTRUCTIONS

- In a bowl, mix together all the tahini cookie ingredients except the sesame seeds.
- Shape one tablespoon of the dough into a ball, roll it in the sesame seeds and place onto a baking sheet lined with baking paper. Using the flat bottom of a glass or measuring cup, gently compress the cookie ball until it's about 3/4 cm thick.
- Repeat with the rest of the dough and refrigerate for about 15 minutes.
- Pre-heat the oven to 180°C.
- Bake the biscuits at 180°C for about 8 minutes or until slightly spread out and light golden brown on top.
- Immediately out of the oven, they will be very soft. Allow them to cool on the baking sheet for about 10 minutes before transferring them to a cooling rack.
- These biscuits keep well in a cool dry place in a closed container for about 1 week.

VARIATIONS

- Replace tahini with nut butter.
- Nut free: grind sunflower seeds and pepitas instead of almonds.
- Use black sesame seeds or poppy seeds to coat.
- Replace the honey with maple syrup.

Inspired by a recipe from The Loopy Whisk

Enjoy!



Caroline Lhuer

Almond Choc Chip Cookies

INGREDIENTS (MAKES 14 COOKIES)

1 cup almond butter
1/2 cup coconut sugar or brown sugar
1 egg (or vegan alternative)
1 tsp vanilla extract
1 tsp bicarb soda
1/2 cup dark chocolate, roughly chopped

INSTRUCTIONS

- Preheat oven to 180°C. Line two large baking sheets with baking paper.
- In a large mixing bowl, add the almond butter, coconut sugar, egg, vanilla extract, and bicarb soda and mix together until very well combined.
- Add chocolate pieces and mix well.
- Measure out two tablespoon-sized balls of cookie dough onto the prepared baking sheets, making sure to leave a little room between each one.
- Bake in two separate batches for 9-11 minutes, or until the cookies are set.
- Remove from the oven and allow the cookies to cool completely on the baking sheet.
- Store cookies in an airtight container for up to one week.

VARIATIONS

- Replace almond butter with any other nut or seed butter of your choice.
- Use cacao nibs instead of chocolate pieces.
- Replace sugar with a healthy alternative.

Inspired by a recipe from Live Well Bake Often



Caroline is a Naturopath with a special interest in thyroid health and autoimmune conditions.

She is an amazing listener, and will work with you to develop an achievable treatment plan, encouraging you along the way. Simple and gradual changes to diet, lifestyle and habits, along with individualised herbal and/or nutritional supplements, will allow you to reach your full potential, both physically and emotionally. She is also a qualified Bowen therapist. Bowen Therapy can reduce pain, relieve stress and brings a deep sense of relaxation. As such, it is a great adjunct to naturopathy.

Cassandra Booth

Facial top tips to take best care of your skin

Cassie has put together some wonderful top tips for you to take your at-home facial to the next level. There are certain pieces of knowledge that are incredibly powerful when it comes to looking after your skin. We hope you find them useful and we encourage you to take some time to treat yourself.

She has also filmed an at-home facial tutorial which you can view on our Journal on our website (search 'facial' to find the link).

Did you know that your skin has its own protective barrier, which is composed of fats, oils, and sweat? This barrier is designed to protect your skin from foreign intruders, so it's very important we keep this barrier healthy and strong. Some common side effects of an impaired barrier include inflammation, dryness, and irritation.

No need to panic...

There are things you can do to make sure that you keep your skin barrier as strong and healthy as possible.

AVOID OVER-WASHING

Avoid cleansing morning and night with a harsh cleanser; this can strip your skin and stimulate inflammation. If you're not sure which cleanser is right for you and your skin, check with a professional. It's important to avoid picking any old skin care product off the shelf - for example, some popular brands include parabens, sulphates, or synthetic ingredients (such as sodium laurel sulphate), which can contribute to stripping the skin.

"It's important that we prioritise self-care and take time out for ourselves..."



Cassie is a qualified beauty therapist with a passion for skin therapy and holistic living. Having suffered with her own acne journey, it drives her passion to improve others skin to gain confidence and love the skin they are in. Her treatments are filled with intention to nurture, calm and relax her clients. When her clients say they nearly fell asleep, that's a big win in her eyes. In such a fast-paced society, Cassie loves to encourage people to prioritise their self-care regularly with one of her relaxation massages or relaxation facials.

AVOID OVER-EXFOLIATING

As a general rule, follow the guide below for how regularly you should be exfoliating your face.

Sensitive skin - once a week

Oily/combination skin - two to three times per week

Dry skin - twice per week

NOTE: If your skin barrier is impaired or your skin is irritated, it's best to stop exfoliating until you have healed.

AVOID USING TOO MANY PRODUCTS

Sometimes, less is best. If you find that nothing is working, or that your skin is getting worse, stop using whatever products you are using and chat to a professional. It's possible you are doing more harm than good. Lifestyle choices can also have an impact on your skin; consider chatting to a naturopath to get a more wholistic understanding of your lifestyle and your skin.

SKIN MINDFULNESS

Don't forget that what works for someone else, might not work for you. General best health advice is also applicable when looking after your skin; drink plenty of water, exercise regularly (to improve blood and lymph flow, provide fresh oxygen to your cells, and remove toxins), avoid excess stress, and maintain a balanced diet - in terms of your skin, its 'diet' should include plenty of healthy fats, for example rosehip or hemp oil, to help strengthen your skin barrier and keep your skin moisturised.

Finally, practice gratitude and stay positive. Recognise that your skin health is a journey and any current state won't last forever; your skin doesn't define you, you are beautiful just as you are!

Naareda Thomson

Staying centred in times of stress

Just as we have an automatic hygiene regime every day, which serves to keep our physical body clean and clear (for example, showering, brushing our teeth, and combing our hair), it's equally important to have a spiritual practise that serves our emotional, mental, and spiritual self. This is even more important in times of stress.

This is basic self-care that serves to not only make us feel aligned and balanced, but to keep us free from disease.

I've included my top ten tips to help you stay centred, grounded, healthy, and in your heart space during times of stress.

Hydrate – drink plenty of filtered

water. This keeps our brain firing, supports the kidneys in detoxing, and helps balance our emotional body.

Sleep – getting enough sleep and having a bedtime regime is vital. Turn your phone and your Wi-Fi off before bed.

High vibrational foods – be conscious of what you are putting into your temple. You are what you eat.

Ground yourself – being grounded is a game changer. Spend time in nature, stand on the earth barefoot, and feel the healing energy of the Mother Earth.

Move – gentle exercise and movement is key. For example, try some slow, soft stretches.

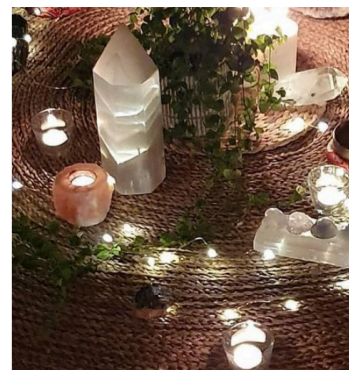
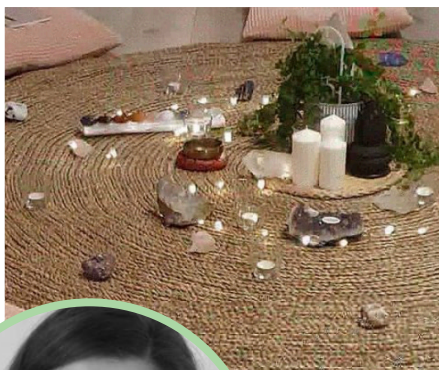
Breathe – practise mindful, conscious breathing. Breathe in for four counts, hold for four counts, breathe out for four counts.

Connect – connect to your soul, your spirit. Pray, meditate, acknowledge things that you're grateful for, hold your heart.

Get outside – get some sunshine to increase vitality and happiness!

Find joy – do the things that bring you pure joy. Find your Heart Nectar; the juicy succulent sweet stuff that life is all about. I find the simple things in life are what bring me joy. What are yours?

Smile! – it's free and invaluable!



Naareda works with the energetic body to bring people back into balance, physically, emotionally, mentally, and spiritually. People come to see Naareda for many different reasons, but the main underlying reason is that people just want to be happy, have more energy, and have access to themselves again. They want to reconnect with the deepest parts of themselves that they've forgotten, and they want to clear the debris they've collected that no longer serves them.

Irene McGowan

Irene's favourite functional testing

So, your blood test came back normal, but you don't feel 'well'...? This is a common occurrence that we see regularly.

Functional testing is a great tool that can help us to delve a little deeper into your health concerns to measure how your body's biological and biochemical processes are working as a whole, and to help to uncover any metabolic, hormonal, or nutritional imbalances that may be impacting your wellbeing. These tests are a great way of identifying the root cause of your symptoms and can assist greatly with developing a more effective and individualised treatment plan for your specific health concerns. Detailed below are a few of my favourite examples of functional testing. If you are interested to find out more about testing that's available – as well as how I can support you by interpreting previous pathology reports – I'd be very happy to explain more!

DNA Testing

This involves a simple saliva test that identifies inherited variations in chromosomes, genes, and proteins, called single nucleotide polymorphisms (SNPs). This can provide an insight into your predisposition toward certain health concerns, which can help to identify the diet and lifestyle practices that support your unique blueprint and unlock your full genetic potential. It can identify genetic factors that influence mood, stress and behaviour, nutrient utilization and needs, liver detoxification capacity, methylation and MTHFR (important for preconception), and hormone health. This test is a wonderful tool for people with chronic, long-term health issues, who have tried many different treatment options and diet changes without finding any resolution or relief.

Organic Acid Test

Organic acid testing is a test that analyses the levels of over 70 different metabolites present in the urine. These metabolites are by-products of normal biochemical processes in the body and provide information about how these processes are functioning. So, where DNA testing is looking at your genetic predisposition, organic acid testing is showing how the processes are actually functioning. It assesses mitochondrial energy production, fatty acid metabolism, intestinal bacteria and yeast (candida), vitamin and mineral levels, antioxidant function, neurotransmitter function, oxidative stress and oxalate levels (involved with many chronic illnesses). It provides an excellent understanding of overall health and highlights specific areas that may need extra support, which is especially useful for people who have experienced long-term chronic health complaints, including chronic fatigue; neurological and psychological conditions including anxiety, depression, and fibromyalgia; behavioural disorders; hyperactivity; chronic inflammation; and immune dysfunction.

Complete Microbiome Mapping

This functional stool test identifies digestive, immune, and inflammation markers in the stool that help to understand how your digestive system is functioning as a whole. The Complete Microbiome Mapping test also identifies the presence of 'leaky gut' as well as pathogenic microbes, viruses, parasites, and fungi together with the population of beneficial bacteria, which helps to guide the most appropriate treatment strategies, diet, and lifestyle modifications for your individual needs. This test is extremely beneficial for those suffering with chronic gut issues including IBS; chronic constipation or diarrhoea; recurrent gut infections; pain; flatulence; reflux; and general health issues including fatigue, inflammation and autoimmune conditions.



Irene is a dedicated Naturopath bringing warmth, compassion and an unparalleled passion for searching for health truth. With an interest in functional pathology and nutrigenomics (how your nutrition interacts with your genes and environment), Irene works with her patients to resolve complex and chronic health concerns. Irene's patients will tell you about her compassion, her easy-going, non judgemental nature and her attention to detail in uncovering and re-writing the story of achieving balanced health.



Caroline Lhuer

Thyroid-Friendly Smoothie

WHAT IS IT ABOUT THIS RECIPE THAT MAKES IT SO GOOD...?

Antioxidants

The auto-antibodies in auto-immune thyroid disease (Hashimotos and Graves) create inflammation and oxidative stress, leading to thyroid damage. In hyperthyroidism (Graves or not), the overactive thyroid leads to damage in other parts of the body, such as the eyes and heart. The key to reducing some of this damage is to boost your intake of antioxidants, found mainly in brightly coloured fruit and vegetables.

Fibre

Fibre feeds good gut bacteria. Good bacteria is necessary for good gut health. Good gut health is essential for a balanced immune system (80% of your immune cells are in your gut)... simple really! Fibre also helps regulate blood sugar levels, which is important for sustained energy throughout the day (we all know how tired thyroid disease can make us). Fruit and vegetables are an excellent source of both soluble and insoluble fibre.

Collagen

Collagen is one of the key nutrients to help repair the gut lining.

Gluten Free, Dairy Free

Gluten and dairy are highly inflammatory. They will contribute to gut lining damage (and therefore autoimmunity) and increase inflammation in the body.

Goitrogen Free

Vegetables from the brassica or cruciferous family can be goitrogenic when eaten raw. This means they interfere with the uptake of iodine into your thyroid. Iodine is an essential component of thyroid hormones. Cruciferous vegetables include kale, cabbage (green, white, red, Chinese), broccoli, cauliflower, brussels sprouts. These are all nutrient-packed veggies, just make sure to cook them lightly before eating them.

AIP-Friendly

Knowing what you can and can't eat on the AIP (Autoimmune Protocol) can be challenging at first. But stay positive; it gets easier!

- 1 orange, peeled
- 1 lemon, peeled
- 1 cup frozen strawberries
- 1/2 cup parsley
- 1 teaspoon nettle powder (or handful baby spinach, but NOT kale)
- 7 mint leaves
- 1 tsp acai powder (optional)
- 2 teaspoons collagen powder
- 1 handful ice
- 1/2 cup water

Blitz all ingredients in a blender together, and enjoy!

Nicole Woodcock

Are you feeling fabulous at forty or flat at 40?

Lately, women are becoming more and more confident around the idea of 'fabulous at 40'. But is that really how you feel...? Or, do you feel like you are on a rollercoaster ride of emotional and physical symptoms, ups and downs? Are your tests all 'normal' and you're told there are no pathological reasons for the way you feel? How many times have you been told you feel the way you do because 'you're a busy mum' or because it's 'normal'?

The answer may be **peri-menopause**, the transition period before menopause. At 40 years of age, progesterone levels start to decline as they signal to the ovaries to start to slow down and ovulation becomes erratic and irregular. This causes unevenly changing levels of estrogen in the body and intermittent symptoms including changes in menstrual cycle patterns (shorter or longer cycles); irregular periods (heavier or lighter); dysfunctional bleeding; and a myriad of other physical and emotional symptoms.

Some women go through peri-menopause with few or no symptoms, for others peri-menopause has a significant impact on their life and relationships. Some women feel great one week and completely dysfunctional the next.

Symptoms can include:

- mood changes (irritability, depression, anxiety, or nervous tension);
- difficulty concentrating;
- memory loss;
- sleep disturbances/insomnia;
- fatigue;
- heart palpitations;
- dizziness;
- headaches;
- loss of skin tone and integrity;
- weight gain (particularly around the abdominal area) or difficulty losing weight;
- cold hands and feet;
- sensitivity to caffeine and alcohol;
- vaginal dryness;
- uncomfortable or painful intercourse;
- changes in libido;
- breast changes; and
- of course, we can't forget the most common symptoms; hot flushes and night sweats.

The thing is, peri-menopause can last two to three years until women officially reach menopause (when the menstrual period stops entirely), which is a long time when you're feeling pretty average. The normal age of menopause is between 45 and 60 years of age, with an average of 50 to 51 years. The good news is that women do not need to drag themselves through peri-menopause for years, leaving a trail of destruction. Embarking on menopause with a positive and informed approach is the first step towards transitioning into this new phase of life.

Naturopathic medicine – which encompasses dietary intervention, lifestyle factors, and herbal and nutritional supplementation – has been shown to support the hormone fluctuations during peri-menopause, which may reduce the severity of symptoms. If appropriate, a Naturopath may also recommend functional pathology to assess hormonal status.

While Naturopathic advice is tailored to each client's individual circumstances, here are two examples of evidence-based recommendations that are commonly prescribed to women to support their transition through peri-menopause:

- **Stress management during peri-menopause is vital.** Incorporate activities into your day that help you relax and make time for yourself. Relaxation techniques including yoga, mindfulness, nature therapy, and deep-breathing have shown to reduce peri-menopausal symptoms.
- **Consume a diet rich in 'phyto-estrogen' foods.** This can help modulate hormone fluctuations and reduce symptoms of peri-menopause. This can be as simple as having two tablespoons of linseed per day (also known as flaxseed) and regularly including organic soy foods (tofu or tempeh) into the diet.

If you're feeling flat and can't work out the cause, or for any other issues where you think hormones might be at play, get in touch with Nicole and let her empower you with knowledge and resources to improve your health and wellbeing.



Nicole Woodcock helps women with hormone related health and conditions during all phases of their life from adolescence, fertility, pre-conception, pregnancy, through to menopause. A believer in the natural wisdom of the human body to inherently heal itself, Nicole consciously combines evidence-based research and traditional naturopathic principles together with the natural healing properties of plants, minerals, and nutrients. Nicole places an emphasis on the importance of nutrition, lifestyle and environmental factors to restore and maintain health. Nicole is also behind 'Naked Botanicals', the wonderful range of herbal teas we stock in store.

Tom Moore

Work from home health tips

In recent times, we have seen a significant transition to 'work from home' environments. This has come with some benefits (like working in pyjamas and sleeping in), but it has also brought some aches and pains. Sitting at a desk for hours on end can lead to sudden back aches, neck/shoulder soreness, and some longer lasting postural deficiencies.

Common injuries that can occur from prolonged sitting can include: straining of the trapezius (pain/soreness just across the upper/middle part of the back and at the back of the neck), or lumbar vertebra disk bulging (pain strapping across the lower back). If postural issues such as these are ignored, it can lead to further complications down the track. That's why it's extremely important to seek treatment for pain and implement strategies to keep your body healthy.

Remedial Massage focusses on addressing soft tissue conditions by reducing inflammation and increasing blood circulation to dysfunctional sites. This helps to alleviate pain, increase range of motion, and restore the bodies structure to its optimal state.

Some easy – but very effective - things to remember while working at a desk:

- Every 20-30 minutes, **stand up and stretch**, or walk for 30 seconds to a minute.
- Ensure your seat is providing back **arch support** and your feet sit flat on the floor with knees at 90 degrees (use a foot stool, if necessary).
- Check that the top of your computer screen sits just below eye level.
- Try to keep your **wrists flat** while using your mouse/keyboard.
- Try to sit on an exercise ball at your desk for part of the day. This forces you to **use core strength** and focus on your balance when working. This also enables good posture as your back must be kept arched and feet flat on the floor to keep balanced.
- **Stretching throughout the day** plays a key part in keeping those aches and pains away, as it will prevent muscle fatigue to your neck, back, and shoulders. Some easy stretches to incorporate into your routine are:

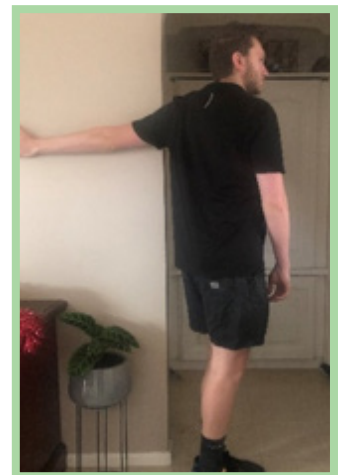
- **Pec Doorway Stretch:**

Stand in a doorway, lift your right arm up and place it against inside of a wall.

Gently turn your whole body 90 degrees to the left. Your feet and head should be facing to the left. Shuffle your arm up and down the wall until the stretch is felt at the front of the shoulder. Hold for 10-15 seconds, then switch arms.

- **Neck Stretch:**

Sit on your right hand, then gently lower your left ear to your left shoulder. You should feel a stretch across the right side of your neck. Hold for 10-15 seconds, then switch sides.



Tom is a qualified massage therapist. Passionate about the human body and how it functions, Tom is committed to continually learning and improving as a therapist. His approach to wellbeing is that everyone is unique, and as such, our bodies all work in different ways. Tom uses a wide range of techniques to support his clients in improving their general health and wellbeing; starting specifically with addressing pain or injury, before working on increasing range of movement and correcting posture.

Leisa Blanch

To coffee, or not to coffee, that is the question...

Worried that you may need to 'give up' your addiction to coffee? Leisa explains that there is more to it than you might think.

The world is in love with coffee. It's part of culture, it tastes delicious, and it sure does get that blood pumping! We feel energised, we can focus, and give it all we've got; a perfect performance-enhancing solution.

So, how does this differ from the everyday use of coffee as a stimulant and drug (albeit legal)? Modern life is overly busy, hectic, and we are always 'on'. Coffee seems to – at least, in the short-term – help us get through...but at what cost? What does caffeine do?

Caffeine stimulates neuron activity in the brain, which sends messages to stimulate the release of adrenaline and cortisol. These famous hormones are involved in 'fight or flight', otherwise known as the 'stressed state', which is great in emergencies. This was particularly useful to our ancestors when faced with a danger, however, in modern-day life, we are often already living in this state unnecessarily.

Of course, as with anything, there are pros and cons. We are not saying you shouldn't drink coffee, as there is increasing evidence to suggest coffee protects against diseases such as Alzheimer's, Parkinson's, Type 2 Diabetes, and liver disease. On the downside, coffee is acidic and can cause indigestion, heartburn, and an imbalance in your gut flora, not to mention burnout from over-stimulation, which can lead to fatigue and undesirable mental health states. Too much caffeine interacts with medications, increases blood sugar levels, increases anxiety, raises blood pressure, and can lead to bone loss. It also depletes the body of magnesium and B vitamins that are necessary for muscle contraction, energy levels, and managing stress.

In short, respect coffee. If you're going to have it, it's best not to have when you're feeling anxious or already in a stressed state. It's also best to avoid it with nutritious meals (it's a strong diuretic), immediately after exercise, or before sleep.

If you're not quite sure if your coffee intake is doing your body more harm than good, or if you have any other dietary/lifestyle questions, drop in and visit Leisa at GHE, or make an appointment to discuss other subtle changes that can have a dramatic impact on your health and wellbeing.



Leisa is a practising Naturopath with a passion for using evidence-based naturopathic knowledge alongside experience and intuition. Leisa loves to work with clients who are ready and prepared to make changes to support their overall health and wellbeing, so that she can help them reach their full potential.

Leisa is also the Director of GHE; her aim is to provide a welcoming health boutique that has the best interests of our community at heart, while also operating as a holistic clinic for qualified and specific advice.



Our Services



All of our services can be booked online via our website, or by calling or visiting us in store.

A summary of our services and prices are below; if you need any more information, we're very here to help! Be sure to check our Facebook/Instagram or our online booking system for any special deals.

NATUROPATHY

Initial Consultation	\$170	Initial Consultation (Kids)	\$115
Follow-up Consultation	\$105	Follow-up Consultation (Kids)	\$85

TRADITIONAL CHINESE MEDICINE/ACUPUNCTURE

Initial Consultation	\$120
Follow-up Consultation	\$90

KINESIOLOGY

Kids Consultation	\$115
Adult Consultation	\$130
Combined consultation (Kinesiologist and Naturopath)	\$160

REMEDIAL MASSAGE

45 Minutes	\$70
60 Minutes	\$85
90 Minutes	\$125

JIWAMU SERVICES

Relaxation/Aromatherapy Massage (60 Minutes)	\$75
Signature Treatment - Indulgent Facial and Full Body Massage (90 Minutes)	\$120
Nourishing Organic Classic Facial (60 Minutes)	\$95
Replenishing Express Facial (15 Minutes)	\$25
Luxurious Gua Sha Facial (45 Minutes)	\$60
Henna Brows & Brow Wax (40 Minutes)	\$45
Eyebrow Wax (25 Minutes)	\$20

Are you at optimal health?

Take our quiz to find out!

We've put together a twenty-question quiz to help you gauge where you're at.

Are you at optimal health? Or perhaps you're not sure how you're faring in terms of health and wellbeing?

You can pop in and see us anytime to share your concerns, or jump online and take our short quiz to get an idea of where your health is at today.

Visit **bit.ly/GHE-quiz** to take the quiz today.



RECIPES | HELPFUL ADVICE | EXPERT REFLECTIONS | ...AND MORE!