

NEW 30-day  
detox program!

Pre-conception: your  
questions answered

Skincare is  
self-care

Is your thyroid  
holding you back?

Be a warrior,  
not a worrier!

...and so  
much more!

# An all-encompassing approach to wellness *at GFE!*

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

RECIPES | HELPFUL ADVICE | EXPERT REFLECTIONS | ONGOING SUPPORT

# 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; An all-encompassing approach to wellness at GHE.

Enjoy,  
The GHE team. x

## CONTRIBUTORS

**Naturopath, Director**  
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**Naturopath**  
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**Remedial Massage Therapist**  
Tom Moore

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## 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 wholistic 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, 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.

### 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.

### 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 acute and 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 have a naturopath in store and ready to assist you with our dispensary products.





## 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](http://www.healthboutique.com.au)

AN ALL-ENCOMPASSING APPROACH TO WELLNESS AT GHE

Cassandra Booth

# Skincare is Self-care

Cassie is very passionate about sharing the importance of self-care and, as a beauty therapist, she is also passionate about our skin. Having a good skincare routine is an efficient way to make sure you're not only taking care of your skin, but making time to slow down and prioritise yourself each day.

We live in such a busy society, it's important that we remember and make time to nurture our mind, body, and spirit. When we think of nurturing in the context of health, we typically think of diet, exercise, and mindset. However, let's not forget that as humans, we are born with an innate need for physical touch and that physical touch, by way of massage or a simple at-home skincare treatment or routine, can be the perfect way to make sure we are getting our daily dose of feeling nurtured. What's more, our skin is our body's largest organ; it's imperative that we take care of it!

When it comes to developing a good skincare routine, it can be overwhelming to know where to begin or what you need to include. Cassie has put together an easy-to-follow breakdown of the important elements of any skincare routine.

## MORNING

### Cleanser

Use a pea size amount with water (can add to shower).  
Cleanse for one minute then rinse with water.

### Serum

Using a hydrating serum helps by adding active ingredients into your skin so they can penetrate the deeper levels.

### Eye Cream

Use your ring finger to apply under each eye.

### Moisturiser

Moisturiser is only necessary if your SPF doesn't have enough moisturising ingredients.

### SPF

While we do love the sun for giving us beautiful energy, we need to protect our skin from sunspots and ageing.

## NIGHT

### Cleanser

Double cleansing (morning and night) is especially important if you wear make-up during the day.

### Serum

Using a hydrating serum or protective serum supports skin rejuvenation while you sleep. Allow serum to sit on the skin for 1-5 minutes to let it absorb.

### Moisturiser

Apply moisturiser to skin after serum to support skin barrier.

### Eye Cream

Use your ring finger to apply under each eye.

### Face Oil

Can be used every night or cut back to three times a week.

Using a face oil is a beautiful opportunity for self-massage; slow down and take the time to enjoy massaging the oil into your face, which will also support skin detoxification blood circulation.

## WEEKLY PAMPER NIGHTS

In addition to your regular routine above, a wonderful act of self-care can be introducing 'pamper nights' throughout the week for your skin. This might include exfoliating or using a mask; avoid exfoliating more than twice per week, and masks shouldn't exceed three times per week.

*"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.



# Could it be thyroid dysfunction..?

It is very common for the thyroid to be underactive (hypothyroidism) or overactive (hyperthyroidism).

**Hypothyroidism**, where the thyroid is unable to produce enough thyroid hormones (T4 and T3), can lead to tiredness, weight gain, low mood, constipation, hair loss, feeling cold, 'foggy brain', a puffy face, or enlarged thyroid (goitre).

**Hyperthyroidism**, where the thyroid produces too much of these hormones, can lead to anxiety, difficulty sleeping, diarrhoea, palpitations or irregular heartbeats, eye symptoms (blurriness or bulging eyes), unintentional weight loss, or enlarged thyroid (goitre).

But beyond a genetic predisposition, *why does this happen?*

## 1. AUTOIMMUNITY

This occurs when, instead of fighting off infection (from bacteria, viruses, fungi, or parasites), the immune system starts attacking some of our body's own tissues. In the case of the thyroid, auto-antibodies can make the thyroid produce too much or not enough thyroid hormones.

Left untreated, these thyroid antibodies may cause damage to the thyroid. Simply taking thyroxine (synthetic T4) may relieve some symptoms of hypothyroidism, but will not reduce antibodies.

Hashimoto's thyroiditis is autoimmune **hypothyroidism**, while Graves' disease is autoimmune **hyperthyroidism**.

## 2. NUTRIENT DEFICIENCIES

The thyroid is a hungry beast, and needs a lot of nutrients to function properly.

Iron, zinc, selenium, iodine, and tyrosine are needed for the production of thyroid hormones (T4 and T3), and to convert T4 (storage form) into T3 (active form which will have an effect on the body). Vitamin D is needed to regulate the autoimmune response.

Please note: it is important to test for deficiencies before supplementing, as some nutrients (such as iron and iodine) in excess can create more problems!

## 3. POOR GUT HEALTH

Poor gut health can suppress thyroid hormone production, while thyroid imbalances can create gut issues such as constipation or diarrhoea.

Increased intestinal permeability ('leaky gut') can contribute to autoimmunity - not just in the thyroid. Autoimmune thyroid disease (Hashimoto's thyroiditis or Graves' disease) often co-occur with Coeliac Disease and non-Coeliac wheat sensitivity.

The gut flora (or microbiome) has an impact on the absorption of nutrients needed for healthy thyroid function.

## 4. ENVIRONMENTAL POLLUTANTS

Many chemicals (endocrine disruptors) will disrupt the ability of the thyroid to produce hormones.

While some day-to-day chemicals that we are exposed to (for example, fire-retardants in furniture, certain heavy metals) are difficult to avoid, many (including tap water (fluoride, chloride), skincare and cosmetics, plastic food or drink containers, cleaning products, non-organic produce) can be swapped for healthier, more natural alternatives.

## 5. STRESS

Ongoing stress - physical, mental or emotional - will lead to many health problems.

The best remedy to stress is to slow down and prioritise relaxing activities that bring you joy.

## 6. OTHER POSSIBLE CAUSES

Infections, such as gut infections (Blastocystis, H. pylori, SIBO), chronic sinusitis, bacterial vaginosis, candida, streptococcus, breast implant illness, Borrelia (associated with Lyme disease).

Unbalanced hormones, such as oestrogen excess or insulin resistance.

The good news is plenty can be done to address all these causes and make you feel a whole lot better. While many of these adjustments are lifestyle factors that you can implement and manage yourself, when it comes to nutrients, herbs, and supplements, it's important to seek the guidance of a naturopath to assist in bringing your thyroid back into balance.



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.



Leisa Blanch

# Keeping your immune system healthy & strong

For most of us, there has never been a time where infections have taken precedence at the forefront of our minds. Fortunately, for those within Australia, the virus SARS-CoV-2 and the disease it causes, COVID-19, has been well contained. Even so, we are more vigilant of even the mildest snuffle, staying home, isolating and testing. For many this creates fear, and for some, lost income that they can't afford to lose. Now, more than ever, natural medicine is being used to improve immune resilience.

## THE ROLE OF NUTRITION

It is essential to ensure optimal status of the nutrients vitamin C, vitamin D and zinc, which are all required for appropriate immune response. This safe and effective strategy can help build a robust defence against infection. For instance, a systematic review and meta-analysis investigating vitamin D supplementation (between 800 IU and 2,000 IU for periods spanning months to years) demonstrated a reduced risk of all acute respiratory tract infections. Similarly, another review recognised that zinc supplementation, when taken for at least five months, reduced the incidence of colds. Here, prevention is truly key, while studies using vitamin D and zinc in patients already suffering from COVID-19 symptoms have not been consistently successful, those with lower levels of these important immune nutrients appear to be at greater risk of infection, and associated complications. For instance, a significant negative correlation between vitamin D levels and COVID-19 cases was established in European countries; patients with zinc deficiency had higher rates of complications, including acute respiratory distress syndrome and mortality.

As well as the typical vigilance of our immune health, we also need to focus on:

- **Our gut health:**  
Functional changes in our gut bacteria, presenting as gastrointestinal symptoms, directly impact the strength and resilience of our immune system.
- **Stress:**  
Long-term stress alters our brain response and promotes inflammation, which compromises our viral immune defences.
- **Poor sleep quality:**  
Sleep dysregulation is associated with increased inflammation in the body which will compromise the immune system and may lead to the development of critical and chronic infections.

## DIET AND LIFESTYLE RECOMMENDATIONS

The below-listed diet and lifestyle recommendations have been found to enhance general immune function and, therefore, may increase vaccine efficacy and reduction of side effects.

### Diet:

- The European Food Safety Authority formally acknowledges that an effective host immune response requires adequate nutritional status, including vitamins A, B6, B9 (folate), B12, C, and D, as well as minerals such as zinc, selenium, iron, and copper. Vitamin E has also been shown to support the immune system and reduce the risk of infections. In fact, a randomised controlled trial involving 82 healthy volunteers aged 65 to 85 years revealed that consumption of  $\geq 5$  servings of fruits and vegetables per day for 16 weeks was associated with increased antibody response to pneumococcal vaccination, compared to participants that consumed  $\leq 2$  servings of fruits and vegetables ( $p < 0.05$ ).
- Dietary patterns high in refined starches, sugar, saturated and trans-fatty acids, poor in natural antioxidants and fibre from fruits, vegetables, and wholegrains, and poor in omega-3 fatty acids, may alter the function of the innate immune system, most likely by causing excessive production of inflammation.
- Current evidence suggests that the Mediterranean diet provides protection against several diseases associated with inflammation and immune activation. The Mediterranean diet has also been found to improve inflammatory load and simultaneously balance gut microbiota.
- The Mediterranean diet is inclusive of high intake of fruits and vegetables, lean protein, quality essential fatty acids, and wholegrains (limiting starchy grains and vegetables).
- Increase intake of microbiome-enhancing foods to nourish gut flora and enhance gut-associated immunity.

### Lifestyle:

- Treatments that may help to manage common side effects following vaccination include:
  - Applying a cold, wet cloth on the injection site to ease discomfort
  - Increasing fluid intake, including breastfeeding in infants and children
  - Avoiding overdressing children and babies if they feel warm or hot
- Ensure adequate sleep, achieving approximately eight hours of sleep each night.
- Engage in regular physical activity to improve fitness, health and wellbeing, and reduce stress. Epidemiological evidence indicates that regular physical activity and frequent structured exercise reduces the incidence of many chronic diseases, including communicable diseases such as viral and bacterial infections, as well as non-communicable diseases such as chronic inflammatory disorders. Regular physical activity and frequent exercise have been found to enhance immune competency and regulation.

References available upon request.



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.



# GHE's 30-day Detox Program

Have you been battling with digestive issues, insomnia, skin problems, headaches, bloating, acidity, bad breath, body odour, brain fog, or memory issues?  
If the answer is yes, you need to DETOX!

## WHY DO WE NEED TO DETOX?

We take in a lot of toxins in our day-to-day lives with inorganic chemical compounds in food, air, water, and products we use. Stressful or sedentary lifestyles further increase the number of toxins that stagnate in the body.

The good news, however, is that the body naturally wants us to live and eat well, to follow circadian rhythms, absorb the sun's rays, fresh air, and clean water, and be in harmony with our own body and mind. Because of this natural drive to keep us well, you can read the behaviours and functions of your body to help you accurately assess your health.

Some examples of these indicators include:

- The feeling of wellbeing
- A cheerful, balanced mind
- A well-functioning digestive system
- A fit and active body
- Deep sleep every night
- Timely elimination of body waste and toxins

During the period of this pandemic, it is all the more important to maintain (or consciously work to restore) a healthy, strong, and cleansed body and a calm mind.

## HOW CAN YOU ACHIEVE ALL THIS?

Our Gisborne health Essentials 30-Day Detox will guide and support you to improve each of these aspects of your life.

## WHAT WILL YOU RECEIVE?

- A detox plan as per your dietary habits and health history
- Consultation on diet and lifestyle
- Weekly naturopath consultations (in person or online) to keep you on track to achieving your goals
- Access to our dedicated Facebook group where you can receive further guidance and motivation, ask questions, and keep in touch
- PLUS two bonus treatments:
  - a 60-minute detoxify face and body treatment; AND
  - a 30-minute dry brushing and massage treatment.

30-day program, only \$249!

# What does the program look like?

## WEEK ONE

### DAY ONE

- Initial Consultation with naturopath Leisa
  - Duration: 45 min
  - Understand your health priorities
  - Action points to align your routine (food & non-food) to support detoxification
- Follow up e-mail
  - Your personalised plan
  - Guide to the detox
  - Links to available resources
- Facebook group access
  - Stay in touch with us through the dedicated Facebook group
  - Raise any queries or share anything that you want and we'll respond within one working day
  - We will post handy tips to keep you on track and motivated :)

### END OF WEEK ONE

- First follow-up consultation with naturopath Leisa
  - Duration: 15 minutes
  - Progress check-in
  - Addressing your queries

## WHAT CAN YOU EXPECT TO ACHIEVE AT THE END OF THE PROGRAM?

By the end of the program, you should expect to feel benefits throughout your entire body, physically and mentally.

Some of the specific benefits you may notice include:

- Detoxified
- Improved digestion
- Increased energy
- Glowing skin
- Better sleep
- Enhanced focus and a calmer mind
- An overall feeling of wellness and lightness

We can't wait to support you on this journey to optimum health and wellbeing.

*\*Price excludes any recommended supplements or herbs*

## WEEK TWO

- Second follow-up consultation with naturopath Leisa
- BONUS: Dry Brushing and Massage Treatment with Cassie
  - Duration: 30 relaxing minutes

## WEEK THREE

- Third follow-up consultation with naturopath Leisa
  - BONUS: Detoxify face and body treatment with Cassie
    - Duration: 60 minutes of indulgence
- Enjoy this hour of bliss, using all-natural, organic products as well as herbs known to support detoxification

## WEEK FOUR

- Final follow-up with naturopath Leisa
  - Duration: 30 minutes
  - End of program status check-in
  - Addressing your queries
  - Suggesting and planning way forward



# So, you're trying to have a baby..?

## A Q&A PIECE ON PRE-CONCEPTION CARE

### WHAT IS PRE-CONCEPTION CARE?

Pre-conception is the time for both partners to achieve optimal physical and emotional health before pregnancy occurs.

The aim of pre-conception care is to improve:

- fertility and the chances to become pregnant,
- pregnancy and birth outcomes,
- post-partum recovery, and
- the health of the child from infancy through to adulthood.

The health of the sperm and egg (the building blocks of the future baby) are a reflection of the health of both partners prior to conception. Diet, lifestyle and environmental factors may compromise the quality of the sperm and egg and disrupt hormones, sperm production and ovulation. Healthy people make healthy babies.

In a pre-conception consult your Naturopath will thoroughly explore both partners health, lifestyle, diet, medical history and genetics to identify any potential barriers to fertility. Further testing and investigations may be recommended to determine any underlying issues. Based on your individual circumstances, your Naturopath will prepare a personalised Pre-Conception Treatment Plan with nutritional and lifestyle recommendations to enhance your fertility.

### DOES THE MALE PARTNER NEED TO DO PRECONCEPTION CARE?

The male partner is often overlooked in pre-conception care however their health is equally important. In fact, studies report that male infertility is high and increasing. In Australian infertile couples, 20% was due to the male partner and 30% was due to both partners. The male contributes to infertility in around half of all cases.

From 1973 to 2011 there was a 50% decline in sperm health, with an average decline of 1.5% per year. Sperm health and male fertility is sensitive to factors including:

- chemical exposure (pesticides, pollution and heavy metals);
- diet (nutritional deficiency and excess);
- substance abuse (caffeine, smoking, alcohol, drugs);
- some pharmaceutical medication;
- age;
- stress;
- hormone imbalance;
- gut health;
- genetics;
- illness, disease or immune dysfunction; and
- obesity.

Recent research indicates that paternal preconception stress, diet, and exposure to environmental toxins are associated with birth defects, childhood cancers, growth, obesity, and cardiometabolic risk markers in offspring.

### WHEN SHOULD PRE-CONCEPTION CARE START?

Pre-conception care should start 4 months before trying to conceive because it takes 3 months for an egg to mature and 2 to 4 months for sperm to develop. This is the ideal time for the mother to be physically and emotionally ready for the pregnancy, to grow a healthy baby and reduce the risk of pregnancy complications.

If there are significant health issues or a history of heavy metal or toxin exposure pre-conception care may take longer.

### WHAT SUPPLEMENTS WILL WE NEED TO TAKE?

Specific herbs, vitamins and nutrients may be beneficial in improving male and female fertility, pregnancy and the future baby's health. However, each person's circumstances are unique and treatment recommendations will be specific to your needs— there is no one size fits all approach. This is why the pre-conception consultation is comprehensive.

As a minimum, it is essential that the female partner take a superior quality pre-natal supplement for three months before conceiving to prevent neural tube defects and pregnancy complications. Always seek advice from a Naturopath before choosing a pregnancy multivitamin, some pregnancy supplements may be poorly absorbed, poor quality and do not contain the therapeutic dose recommended to prevent pregnancy complications and birth defects.

Some herbal medicines, vitamins and nutrients are contraindicated in pregnancy and like nutrient deficiency, nutrient excess may cause adverse effects in fertility and pregnancy. It is advisable that you seek advice from a Naturopath before taking supplements and avoid self-prescribing.

### I AM DOING IVF, IS PRE-CONCEPTION CARE STILL IMPORTANT?

Absolutely. You want to make sure that your body is the best environment (emotionally and physically) to accept the embryo and grow a healthy baby. The health of the sperm, eggs, embryos (fertilised eggs), pregnancy and baby are still dependent on the health of both parents before starting IVF. The IVF process may be emotionally and physically challenging so achieving optimal health prior to commencing treatment will only be beneficial.

### TOP 5 RECOMMENDATIONS TO IMPROVE PRE-CONCEPTION HEALTH

- 1) **Avoid alcohol, cigarettes, caffeine and recreational (non-prescribed) drug use.**
- 2) **Reduce exposure to toxins in the workplace and home.** This includes household cleaners, petrol fumes, paints, glues, solvents, chlorine, insecticides and plastics (BPA). Avoid or limit home renovations.
- 3) **Enjoy a diverse fresh wholefood diet.** Aim for a diet high in vegetables and fruits, good quality protein and essential fatty acids derived from fish, seeds and nuts. Minimise sugar and heavily refined and processed foods.
- 4) **Move your body regularly.** Find an activity that you love. Exercise should be enjoyable.
- 5) **Manage stress.** When the body is in "fight or flight" mode the male and female reproductive function is neglected. This may be an innate protective mechanism because it is not the right time to make a baby. The priority of the body is to send its resources to essential functions like the heart, lungs and muscles. Make space in your life for a baby.

*Nicole Woodcock (Naturopath) and Michele Downes (Traditional Chinese Medicine Practitioner & Acupuncturist) have a special interest in fertility, pre-conception and pregnancy. They work closely together to offer collaborative care for our clients. References available upon request.*



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.



# Relax, restore, renew with Jiwamu

Jiwamu  
your soul

Our Jiwamu space and experiences have been developed - featuring essential oils and natural, organic products - to help you feel more grounded, whole, and realigned. Our signature treatments work to energise dull, fatigued skin and boost skin cell regeneration, neutralising oxidation, and leaving you naturally glowing. Experience the restorative healing power of nature combined with therapeutic touch. A few examples of our Jiwamu treatments are below.

Inspired by the magic of Bali, Jiwamu is the Indonesian word for 'your soul'; we can't wait to welcome you and begin your journey, healing from within and bringing you closer to soul.

## Replenishing Express Facial – 15 minutes

A brilliant pick-me-up option, this treatment allows you to enjoy a taste of pure botanical extracts proven to cleanse, soften, rehydrate, and balance your skin.

Designed to help prepare the skin for a relaxing face, neck, and décolletage massage, your therapist will deeply cleanse and gently exfoliate your skin before applying nutritive organic, and pure botanicals to leave your skin nourished and glowing.

## Classic Relaxation Treatment – 60 minutes

Enjoy a deeply relaxing classic facial that is tailored to you. Take some deep breaths while your feet soak in a bath of pure essential oils, salts, and herbs specifically chosen for you by one of our Naturopaths.

Your facial journey then begins with a warm face compress using sweet, pure essential oils to help you drift to a relaxed state.

Designed to help prepare the skin for a nourishing and relaxed face, neck, and décolletage massage, your therapist will deeply cleanse and gently exfoliate your skin with pure, organic extracts to soften and exfoliate, before applying an antioxidant boosting serum.

To complete your facial, a specialised masque, rich in botanicals, purifying minerals, and rehydrating herbal extracts is applied. This unique blend of ingredients will leave your skin feeling rejuvenated, rehydrated, refreshed, and nourished.

Drift off during a restorative scalp or arm and hand massage and reawaken to radiant skin.

## Signature Restorative Treatment – 90 minutes

Our signature treatment couples a comprehensive facial with targeted massage for relaxation. Starting with a full-body massage, and followed by a facial, enjoy the delicate aroma of luxurious essential oils to relax and calm the senses. This signature face treatment energises dull, fatigued skin and boosts skin cell regeneration, neutralising oxidation to leave you naturally glowing.

Rich in botanicals and high in organic ingredients, enjoy the restorative healing power of nature's organics combined with therapeutic touch.

## Luxurious Gua Sha Facial – 60 minutes

A Natural, Effective Anti-Ageing Treatment, the Luxurious Gua Sha Facial is designed to visibly firm and contour the face using ancient eastern practices to generate a glowing complexion. The treatment simultaneously stimulates blood circulation and promotes detoxification, while working to relax tense facial muscles that cause wrinkles to form.

## Detoxify Facial – 60 minutes

Our detoxify facial treatment is the perfect option to target congested, oily, or break-out prone skin.

This comprehensive facial begins with an alpha hydroxy acid (AHA) exfoliation, before a deep cleanse featuring organic products chosen specifically to suit your skin type. The features of this treatment are specifically developed to help relieve your skin of toxins; a detoxifying clay mask will be used that is designed to also assist with evening oil-flow.

Finally, you will enjoy a rejuvenating rose quartz roller facial massage designed to support your lymphatic system, as well as a relaxing neck and décolletage massage.



Our Jiwamu team can also create a holistic bespoke experience. Working with you, we will design a treatment tailored to your specific needs. All treatments are suitable for all skin types.

Visit us in store to discuss or see our website for more details specific to each treatment, or to make a booking. Scan the QR code to go directly to our Jiwamu page.





Michele Downes

# Pregnancy & Chinese Medicine

It is such an exciting time when you discover you are pregnant. Whether it has been a long trek to get there, or even if it was relatively easy, now is the time to start preparing for a new chapter in your life. Your body will of course change over the course of the next 40 weeks, and after the birth you'll experience further changes still. Increasingly, people are incorporating acupuncture as part of this journey as a safe treatment to support physical and emotional changes during pre-conception, pregnancy, labour, and post-partum.

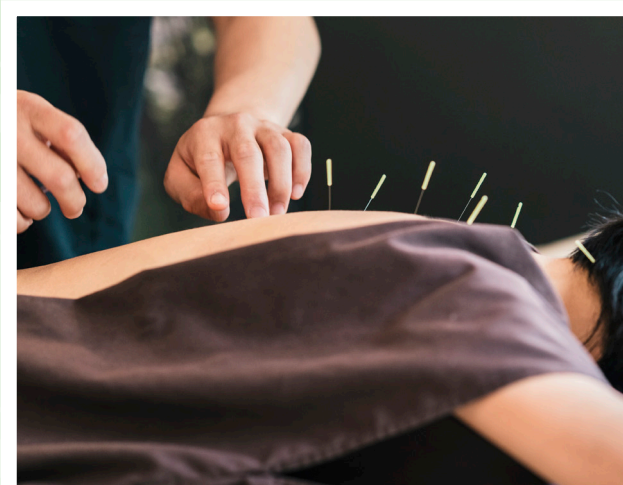
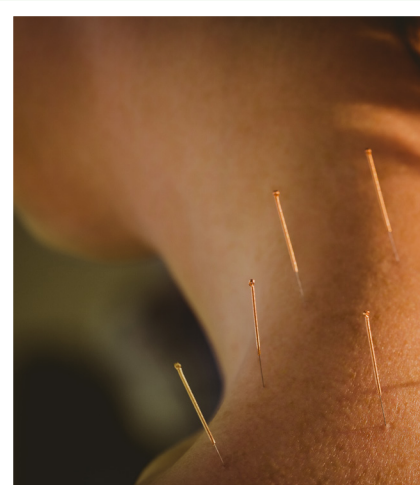
Good blood circulation is essential in ensuring that implantation can occur and supports the growth and development of the baby by providing the essential nutrients to the uterine wall and placenta. Acupuncture works to support this process by moving qi and blood in the body. By obtaining a full medical history, acupuncture points are adapted to the needs of your body.

Stress and anxiety can be particularly difficult to manage, and if you have been trying to fall pregnant for some time, acupuncture may assist in reducing negative emotions and help to manage the pressure.

**The first trimester** can be nerve-racking particularly if it has taken some time to fall pregnant. Often, we try to keep the pregnancy a secret as it is generally considered 'early days', and this can be especially difficult when hard-to-hide symptoms such as nausea, vomiting, or tiredness are experienced.

Nausea and vomiting are among the most difficult issues experienced in the early weeks. While it's called 'morning sickness', it can happen all day and can be completely debilitating. Clinical evidence supports the use of acupuncture for nausea and vomiting during pregnancy. Other symptom management methods include:

- massage of acupuncture point Pericardium 6, which is located three fingers above the inside wrist crease between the two prominent tendons and for persistent symptoms, travel sickness bands can be used on this spot;
- consumption of regular, healthy snacks and increased protein intake;
- sipping of ginger tea or warm water;
- the avoidance of ice-cream, as this can increase mucous production and worsen symptoms; and
- getting as much rest as possible.



Anxiety can be a dominant feeling for many women, especially those who have been through an incredible amount to reach pregnancy, often including IVF or miscarriage. In the early days of pregnancy, acupuncture may be helpful to manage anxious emotions. Generally, in the first trimester, acupuncture treatment is recommended every 1-2 weeks. If managing well, I tend to reduce frequency of treatment to suit the needs of the specific patient and only treat as required.

**In the second trimester**, women often notice some symptoms subsiding and find they start to feel more like themselves again. At this point, women generally come to me to alleviate anxiety, for treatment of physical issues such as lower back pain, pelvic pain, insomnia, heart burn, or simply for relaxation.

**Trimester 3** is another stage of the pregnancy where I start to see people more frequently. At this time, changes in the body can become uncomfortable and treatment helps to both alleviate symptoms and prepare the body for birth. Western Medicine practitioners will be monitoring growth and positioning and it is essential that feedback is shared on progress and test results from the Doctor or Midwife.

I generally advise pre-birthing acupuncture sessions weekly from week 36. The aim of these treatments is to assist with:

- Ripening the cervix and supporting uterine tone
- Assisting with anxiety and any stress you may feel
- Encouraging the baby into the optimal position for birth
- Nourishing and building your energy for labour and recovery
- Alleviating specific complaints such as back pain, heartburn, or constipation by adding in additional points

Breach position can occur throughout the pregnancy, but usually resolves around 34 weeks. In the event that the baby is still in breach at this point, acupuncture may be an option to consider.

During the third trimester, I can also provide information on the assistance on pain management during labour. Often partners can also benefit from understanding how best to help when you are in pain. Giving them information on acupressure can support them in feeling a sense of engagement and purpose in the labour process, resulting in a more rewarding experience and allowing them to be of greater support to you.

We all focus on the mother and baby during pregnancy, but once birth occurs, we suddenly become all about the baby. It is important to still remember yourself during this time, to get as much rest as you can and eat nourishing foods. Try to put arrangements in place so that you have healthy meals when you come out of hospital, to allow you to focus fully on you and your child. In order to help production of milk, you need to ensure you are well fed with good quality foods. Learn to grab a nap whenever you can, this is obviously easier when you have only one child, but taking the opportunity catch up on missed sleep will really help you too.

**Throughout the whole pregnancy**, acupuncture is an effective adjunct treatment to the service provided by a qualified healthcare professional to regularly monitor the progress of our pregnancy. The aim of acupuncture during pregnancy is to assist and support you through the pregnancy process. In many cases, I work together with one of our naturopaths, Nicole Woodcock, to provide holistic support from pre-conception to post-partum.



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.



# Introducing, tea by Jiwamu!

We are thrilled to share that our Jiwamu herbal tea range is here; including five unique blends, each formulated by our Naturopath and Director, Leisa!

We have specially developed these teas to encourage the important practices of self-care and stillness. Brewing one of our delicious blends will inspire you to take a moment for yourself and enjoy the calming and healing benefits of each cup.

The five quality, organic blends available are Surrender, Nurture, Dandy Chai, Chai Love, and Native Immunity. Both Surrender and Nurture have been inspired by our luxurious Jiwamu services; these are the blends you will taste throughout your treatment.

We have also introduced three powdered tea blends; Ceremony, Turmershroom, and Cosy Cuddle.

Our teas are now available in store, with prices starting from just \$12. We also have a full tea dispensary in store, let us know if there's a specific blend you would like, or remedy you're after and we will make it up for you on the spot! Find out more about a few of our amazing blends below.

Stay tuned (in store and on our socials) for new blends!

## **SURRENDER (caffeine free)**

This blend includes rose petals, passionflower, chamomile, tulsi, and meadowsweet. It's a calming blend, designed to assist with sleep and reducing stress and anxiety. As you enjoy the floral flavours of this feel-good tea, you can remember the importance of looking after and truly loving yourself.

## **NURTURE (caffeine free)**

Leisa's favourite, and her go-to blend, is Nurture. Made

up of licorice, cinnamon, ginger, and calendula, this blend is perfect for any time of the day or night. Named for its nurturing warmth, it is a wonder for digestion and your immune system and a comforting, restorative blend that will also aid with stress relief.

## **DANDY CHAI (caffeine free)**

Our Dandy Chai blend is made up of roasted dandelion root, star anise, cinnamon, ginger, cardamom, black pepper, and cloves. A great option if you love the taste of chai but are looking for something free from caffeine. Dandelion in particular is great for liver health, and this blend generally will support good digestion, hormone regulation, and skin clarity.

## **CHAI LOVE**

Our version of the classic black chai, blended using ceylon black tea, star anise, cinnamon, ginger, cardamom, black pepper, and cloves. Drinking chai is good for digestion and can aid headaches; it's also a very soothing, warming, and comforting option.

## **TURMERSHROOM (caffeine free)**

This medicinal latte is a fine, easily dissolvable powder that turns into a smooth, delicious spice and mushroom beverage when added to your choice of hot milk and an optional little raw honey, rice syrup or coconut sugar. Created with a blend of warming organic spices – turmeric (with over 8% curcumin), cinnamon, ginger, cardamom and black pepper – it offers anti-inflammatory, antioxidant and digestive benefits to support daily wellbeing. The addition of Reishi mushroom – offers additional antioxidant protection along with supporting immunity, vitality, and resilience.

Bliss!



## Naareda Thomson Be a warrior, not a worrier...

Worry about what you can control. When we give up control and surrender to it, we find peace and calm. The more energy you focus on the worry, the more you pull yourself out of centre and create the very thing that you don't want.

### **So, what are some easy things that you can do to stop the vicious cycle?**

- Practice catching yourself doing it and make a game of it. Once you bring conscious awareness to it, it doesn't have the same power over you. Humour really does dissipate worry.
- Love your humanness and laugh straight at it. Maybe count how many times you find yourself on the worry wagon. You'll probably lose count but that's okay.
- Imagine pulling the worry from your mind. You can actually do this with your hands and hand it over to God/source/the universe.
- Remember that what we focus on brings it into manifestation. So, you are actually creating in your reality whatever you worry about and go over and over in your head.
- Grounding is a wonderful tool for getting out of the head and into the body. It's best practised in nature, however there are many grounding techniques that are effective and easy.
- Holding your hands over your heart brings immediate comfort and brings us back to centre. If you've seen me before or been to one of my meditation circles, you will know these points. You can hold your heart points as well, which is another great tool to bring you back from the head merry-go-round. There's a link on the GHE website and Facebook page for more information on this.
- Prayer can be very useful in grounding your thoughts and re-centring your attention from worry.
- A regular meditation practice brings you into communication with your higher dimensions/your higher self and when we reside in this space, we have an inner knowing.
- Ask your higher self, guides, or guardians to help you.

- Breathe deeply, slowly, and consciously.
- Ask someone for a hug; I could write a whole article on hugging. It's the best distraction from a worried, overactive mind.
- Face your forehead (third eye) to the sun for a few minutes a day. Imagine it dissolving your worries and filling you up with life force energy. The weather is perfect for this at the moment.
- Try to actively refocus your energy elsewhere - go for a walk, do some exercise, do something artistic, or spend some time gardening.
- Dance and play in music. Choose something that uplifts your spirit and feels good; there are so many genres that you can easily look up. As a starting point, try some African, Native American, negative energy clearing, or Tibetan Monks music.
- Say some mantras out loud. For example, repeat 'I AM calm' or 'I AM surrendering'.
- It's vitally important to reach out to someone that can hold space for you and someone that will not feed your worries.
- Take a swim if you can or get into a luxurious bath. Bath salts and beautiful smells will help drop you into your body and out of your head. The salts also clear the energy body.
- Acknowledge how you're feeling in every moment. There's no right or wrong. Acknowledge the worry and let it go.
- Visualise the opposite of the worry. For example, if your worry is about your children, visualise them in your mind's eye happy, healthy, and connected.

Worry keeps you in lower states of consciousness and effects your nervous system, which is connected to your immune system. In general, worry sucks the life force from you and drains your energy. If you can practise recognising it as a distraction that is keeping you out of alignment with source, you will regain so much **power, strength, and peace; your warrior self.**



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.



Tom Moore

# Foam Rolling Techniques

Foam rolling is a type of Self-Myofascial Release (SMR) that aims at increasing blood flow and breaking down adhesions and scar tissue to help relieve aches and pains. Foam Rolling is also great for supporting - or correcting - your posture. You may have found that over time you've developed 'tech neck' or 'rounded shoulders', which could very likely be the source of that annoying ache or clunky stiffness you are feeling. If that sounds like you, it's time to have a go at foam rolling!

## TIPS FOR FOAM ROLLING BEGINNERS:

**Start with light pressure** and build up as you get used to the feeling of foam rolling. You may find it painful at first if your muscles are tight, but this will subside. To adjust pressure, use your limbs to support yourself and reduce the amount of body weight you're putting onto the roller.

**Take deep breaths throughout**, especially when you know a tender area is coming. Breathe in deep through the nose, place pressure through the area, then breathe out through the mouth.

**Be slow and controlled** - don't roll too quickly. Instead, hover over a tender area for 10-30 seconds or until you feel a release.

**Slowly roll** over tender areas for 10 seconds to start, then work up to 30 seconds at a time.

**Drink plenty of water** before and after foam rolling to help with recovery.

## FIVE EASY FOAM ROLLING AREAS FOR POSTURE AND PAIN (roll in each area for 30 seconds to two minutes)

### 1. HIP FLEXORS - to relieve hip pain and restore lower back posture

- Locate the 'hip bones' on the front of the pelvis (between the front of the pelvis and the very top of the thighs)
- Lie face down on the foam roller, supporting yourself with your elbows (as if in the plank position)
- Sink in slowly with minimal movement (do not roll higher than the 'hip bones' on the pelvis)
- Roll slowly over the tender area

### 2. HAMSTRINGS - to reset the 'slump' posture caused by sitting for long periods

- Place the roller under the hamstrings (back of the thighs) and use your hands to support your weight

- Lift your hips slowly and roll over the length of the hamstrings (from above the knees to the sit bones)

### 3. GLUTES - to relieve lower back and hip pain

- Sit on the foam roller and support your body weight with your hands on the floor behind you and your feet flat on the floor
- Shift/roll back and forth over one glute at a time - you can bring your ankle to the opposite knee while rolling to intensify the release

### 4. SHOULDERS/LATS - to relieve shoulder pain and help with rounded-shoulder posture

- Lie on your side with your arm extended overhead (palm facing up) and place the roller under your arm

- Gently roll along the outside border of the shoulder blade, being careful not to go past the ribs

### 5. CHEST - to relieve neck and upper back soreness and reset shoulder and forward head posture

- Lie on the foam roller so that it is along your spine (ensure your head and lower back are supported)
- Slowly extend your arms to a 'T' position and hold for 30 seconds
- Extend to a higher, 'Y' position to increase the release
- Note: Bend your elbows or lower your arms if any tingling is felt and stop if tingling persists



Tom is a qualified remedial 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.



## Sweet Potato Bread

### INGREDIENTS

- 2 eggs
- ¼ cup olive oil, avocado oil or macadamia oil
- ¼ cup water or nut milk (almond, cashew, coconut)
- 1 teaspoon apple cider vinegar
- 1 cup almond meal (grind whole almonds in your food processor)
- ½ cup coconut flour
- ½ cup arrowroot flour or tapioca starch
- 1 ½ teaspoon bicarb soda
- 1 cup shredded sweet potato

### METHOD

- Preheat oven to 180°C
- Mix all wet ingredients (eggs, oil, water/nut milk, vinegar)
- Add in dry ingredients (almond meal, coconut flour, arrowroot/tapioca, bicarb soda) and mix well
- Fold sweet potato into the batter
- Pour into an oiled loaf pan
- Bake for 60-65 minutes until the bread has risen and springs back slightly when lightly pressed
- Remove bread from oven and allow to cool for 15-20 minutes in the pan before removing and transferring to a wire rack to cool completely

### VARIATIONS

- Sweet version: add ¼ cup maple syrup or honey, 1 teaspoon vanilla extract, 2 teaspoons cinnamon and ¾ cup of walnuts
- Savoury version: add 2 teaspoons dried herbs or ¼ cup fresh herbs (basil, rosemary, oregano), top with smashed avocado and cracked pepper

*Yum!*



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.





## 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 and new services as they become available.

### NATUROPATHY

Initial Consultation	\$180	Initial Consultation (Kids)	\$125
Follow-up Consultation	\$110	Follow-up Consultation (Kids)	\$90

### TRADITIONAL CHINESE MEDICINE/ACUPUNCTURE

Initial Consultation	\$130
Follow-up Consultation	\$95

### KINESIOLOGY

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

### REMEDIAL MASSAGE

45 Minutes	\$75
60 Minutes	\$90
90 Minutes	\$130

### JIWAMU SERVICES

Relaxation/Aromatherapy Massage (60 Minutes)	\$80
Signature Treatment - Indulgent Facial and Full Body Massage (90 Minutes)	\$145
Nourishing Organic Classic Facial (60 Minutes)	\$105
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

\*All prices current as at July 2021 and are subject to change







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## Are you at optimal health?

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

We've put together a twenty-question quiz to help you gauge where you're at in terms of your overall health.

Visit [bit.ly/GHE-quiz](https://bit.ly/GHE-quiz) to take the quiz today or scan the QR code.

