

Best (and worst)
foods for Hashimotos

A full-body, guided
mindfulness meditation

Reiki...what
exactly is it?

Is it IBS? Or could
it be SIBO...?

The ultimate winter
hot choccy recipe!

...and so
much more!

Helping you find your
way back to self...

at GFE!

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

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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

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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 holistic experience, allowing you to enjoy the healing power of nature and therapeutic touch to establish relaxation, health, and longevity.

Reiki

Reiki works on your chakra system (energy). As we get older, grow, and life happens to us, our energy system can get blocked, causing all sorts of havoc in our lives. The Reiki energy helps to get that energy moving again - you can think of it as an energy massage.

Myotherapy

Myotherapy works to identify the underlying cause of injury to aid in rehabilitation and relief. Treatment employs a wide range of techniques including myofascial tension, trigger point therapy, cupping, ischemic pressure, and transverse frictions.

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.

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.

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.

Counselling

Counselling aids in processing trauma, releasing stagnant emotions, moving through personal blocks, and providing support and guidance through change.

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.

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

Cassandra Booth

Mindfulness Meditation

Our wonderful Jiwamu therapist, Cassie, has recorded a beautiful mindfulness meditation for our GHE community.

You may find a sense of calm and mindfulness in reading the script quietly to yourself, or you can scan the QR code below (or visit bit.ly/JiwamuMindfulnessMeditation) and listen to the audio recording of the guided meditation in full.

"...your whole body is in a state of calm



...a state of pure awareness and bliss."



Give yourself a moment to tune in and notice your breath

Your belly expands on your inhale

Think about releasing it all on your exhale

Focus on deepening the breath, drawing it into the belly

Picturing all of your tension and worries releasing from you

Feeling the weight of the bed beneath you, supporting you

Let your breath have its natural flow and allow yourself to fully receive and surrender

Bring your awareness to your feet

They start to get heavy, as they fully relax.

All your toes, your ankles, your heels...

Take your attention to your calves, notice as all the tension melts away, letting them fully relax

Coming up to your knees and thighs, both front and back,

I want you to picture them softening and surrendering

Bring your awareness to your hips

Feel the connection to the bed beneath you as they release all tension

Relax through your stomach

We always feel the need to suck in, stop and let your stomach fully relax

Notice your chest and your heart beat

Feel your chest muscles expanding as it softens with your breath

Bring your awareness to your back, letting go and melting into the bed

Coming to your arms, hands, wrists, focus on softening and relaxing

Releasing all tension through your jaw,

Your eyeballs and your eyelids

Bring your awareness to your third eye space and your forehead

Let your thoughts peacefully come and go...

Have no attachments

Let this space between the eyes fully surrender and create more space

Your whole body is in a state of calm and you're allowing yourself to fully receive, bringing yourself into a state of pure awareness and bliss.



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.

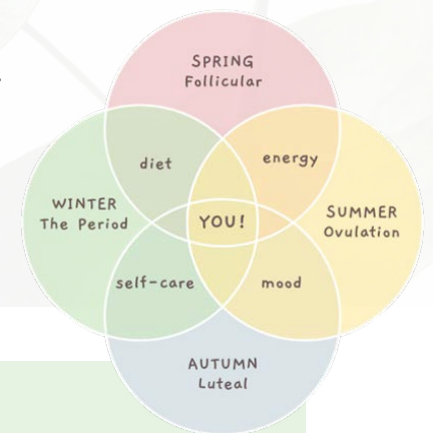
Nicole Woodcock

Menstrual Cycle Syncing

How to adapt your diet and lifestyle with each season of your cycle

Summer is vivacious, she is bold, she is on fire. autumn is wilting, she is transitioning, she craves. Sound familiar?

Just as the seasons do, our hormones change throughout our cycle, influencing our mood, energy, skin, sleep, and metabolism. Tuning in to our menstrual cycle and adapting our food, exercise, and social commitments to match the 'season' of our cycle equals hormonal harmony. Wouldn't you want an umbrella if you went outside during a storm?



WINTER - Days 1-5 - 'The Period'

Winter is brisk, she is bitter, and she can be dark. Let her be, with a warm blanket and a good read.

WHAT'S HAPPENING?

Bleed days and drops in hormones can make you tired; they drain your energy and you may feel less sociable. Just like winter makes you want to stay inside and watch Netflix, the bleed days encourage rest and adequate sleep.

WHAT ABOUT FOOD?

Reach for warming, easy to digest, nourishing foods to support blood flow, blood loss, and low energy, and to reduce inflammation and pain.

Just as you don't reach for an ice block in a blizzard, try and steer clear of frozen, cold foods and raw salads in this phase, they will hinder blood flow.

LIFESTYLE & MOVEMENT

Keep the blood moving with some gentle yoga, a walk, or other low intensity exercise. This is a great time to reflect. Spend some time journaling, musing, and setting intentions for the next month. Forget about expectations and idealistic routines, and try to simply listen to what your body is telling you.

Examples of great foods to keep up during this time include:

- red meat, lentils, and legumes
- cooked leafy greens
- orange and red vegetables
- slow-cooked soups, stews, and curries
- berries
- flaxseed
- ginger, garlic, fennel, turmeric, and cinnamon

TOP TIP!

Sip on a warm broth, spicy chai, or turmeric and ginger tea.

SPRING - Days 6-13 - 'The Follicular Phase'

Spring is bright, she is natural, she embraces clear skies and fresh air. Breathe!

WHAT'S HAPPENING?

The follicular phase is all about new beginnings, just as Spring is the time for new growth. You'll find your energy returning with increased confidence and libido, productivity, and your skin will have that inner shine and bounce.

WHAT ABOUT FOOD?

Support your high energy and next cycle with a balanced, nutritious diet. Your liver is working hard here so it will need some extra love.

LIFESTYLE & MOVEMENT

Embrace the 'spring' in your step! Push yourself that little bit harder to utilise the energy and confidence boost from estrogen and testosterone. This is the time for cardio and strength training, you will build muscle mass more easily this week.

Examples of great foods to keep up during this time include:

- high fibre options - legumes, lentils, flaxseeds, avocado, sweet potato, wholegrains, pumpkin seeds
- cruciferous vegetables - broccoli, cauliflower, kale, brussel sprouts
- good quality protein - eggs, lean meat, salmon, sardines, lentils, legumes, quinoa
- colourful vegetables and berries

TOP TIP!

Aim high – this is the time to kick some goals!

SUMMER - Mid-cycle - 'Ovulation'

Like a road trip to the beach, summer feels good; she's warm, radiant, and vibrant. She cools herself with watermelon and cucumber and hydrates with coconut.

WHAT'S HAPPENING?

This is the time where the ovary releases the egg. Like waiting for summer days after a long, cold winter, this is the big dance; the 'peak' of the whole cycle. Think mild summer nights, let your hair down – this is when things heat up.

Ovulation is the 'sexy' stage of the menstrual cycle with energy, libido, confidence, and mood peaking with a hormonal shift from estrogen to progesterone. Like a stormy summer night, after ovulation you may notice mood changes and feel sluggish.

WHAT ABOUT FOOD?

During this stage, it's important to eat regular, balanced, nutritious meals to support your high energy and stabilise moods. Your bowels and liver need you here!

LIFESTYLE & MOVEMENT

Enjoy the 'peak' - laugh, move, and be happy! This is the best time for high intensity workouts, movement (and dancing), date-nights, and catch-ups.

Stay away from the scales, this is not the time to weigh yourself as hormone fluctuations after ovulation may cause fluid retention, bloating, and constipation.

Examples of the best way to approach food during this time include:

- Focus on fibre and staying hydrated to keep the bowels regular.
- Moderate grains, which may aggravate bloating and sluggishness.
- Imagine 'mocktails' of freshly squeezed vegetable juices, fruit, herbal tea, with some spice on the side.

TOP TIP!

Step into your favourite outfit and hit the town!

AUTUMN - Days 15-28 - 'Luteal'

Like a tree dropping its leaves, autumn begins with vibrance and light, then, slowly she begins to shed.

WHAT'S HAPPENING?

Both progesterone and oestrogen see their highs and lows...prepare yourself!

Progesterone and oestrogen rise to the challenge side by side as they prepare for the implantation of a fertilised egg, and possible pregnancy. With no pregnancy, both hormones drop and the shedding of the uterus begins. Progesterone is the Yin to Oestrogen's Yang, and when out of balance, hello PMS; aka mood changes (sadness, anxiety, irritability), sore breasts, bloating, cravings, fatigue, brain fog, less resistance to stress. Plummeting oestrogen levels mean low serotonin (mood stabiliser that controls wellbeing and happiness), causing insomnia and carbohydrate and sugar cravings.

WHAT ABOUT FOOD?

Foods high in zinc, magnesium, B6 are your warriors for fighting PMS. Generally, try to limit alcohol, caffeine, processed sugar and saturated fats, and keep up fibre and focus on slow-release carbs.

LIFESTYLE & MOVEMENT

I won't sugar coat it; this transitional season is hard. Keep stress at bay with meditation or yoga. You'll have enough energy for high intensity, cardio, or strength exercises in the first half of the phase before easing into gentler workouts towards the end of the cycle.

Examples of great foods to keep up during this time include:

- seafood (oysters!)
- dark, leafy greens
- colourful and cruciferous vegetables
- sunflower and pumpkin seeds
- walnuts
- avocado and banana
- cacao (yes, that includes good quality dark chocolate)
- broth

TOP TIP!

Look after yourself. Having a massage or facial here is a very, very good idea.



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.

Is the cold weather getting you down..?

Winter can be a stunning time of year. Many find this season a nurturing time for nesting and rest, but for others, winter is a challenging period that aggravates and intensifies their health conditions. If you are one of those unlucky people, I'm happy to share that there are a range of simple remedies that can help manage health concerns and normalise your internal temperature to better cope with the colder weather.

Those who have an aversion to the winter season, or to cold in general, can feel the cold right through to the bone; they may be unable to get warm, find their pain is worsened (arthritis, in particular), and see other health issues escalate.

In Traditional Chinese Medicine, winter is related closely to the kidney system, cold, and water and is seen as a time to reflect and rejuvenate. Some of the issues that may present in colder weather include:

- flare-up of arthritic conditions
- lower back or knee pain
- tiredness and fatigue
- tinnitus
- memory issues
- menstrual pain
- lowered libido
- poor circulation
- fearful emotions (anxiety and phobias)
- urinary disorders

WHAT CAN BE DONE TO MAKE LIFE MORE AGREEABLE DURING THIS TIME?

Slow Down*

According to ancient texts, winter is the season to slow down and concentrate on conserving energy for spring. We can see this idea demonstrated to us in nature through the many animals who venture into hibernation during the winter so that they are rested and replenished ready for springtime.

Focus Inward*

From a lifestyle perspective, it is recommended to focus inward. Suggestions to help achieve this are to head to bed early and then awake at sunrise. Gentle movement such as tai chi is an excellent form of exercise to strongly move 'qi' (your energy). Listen to your body, reflect on self-acceptance, and what that looks like for you. Meditation is a wonderful way to work on resting your soul and supporting your focus on rejuvenation. Find a quiet space where you can concentrate on your breathing and try using a mindfulness meditation app to step you through the breathing (Cassie has included a free mindfulness meditation in this issue of the GHE magazine).

Wear Warm Clothes*

Keeping covered up is an essential step to ensure you prevent the wind and cold from entering your body. Winter is associated with the kidneys, cold, and water. The kidney channel starts in the sole of the foot, so if you suffer from the cold, we recommend that during this time you avoid walking barefoot on cold floors or outdoors as this will add further cold to the body. A hot water foot bath before bed with added Epsom salt is an excellent way to not only keep you warm but also to warm the kidney channel. A further added benefit is that this can help with sleep.

Eat Warm Foods*

Diet is always an important part of any treatment and eating for the season provides a really good guideline for which foods should be included. During winter, warm soups, slow-cooked dishes, and roasted foods are really beneficial as well including foods that are warming in nature, and adding in some organic bone broth to your meals will give your body a boost to help warm you up from the inside out. One of the most consumed foods in Asian countries is congee. Congee is a thick, grain-based soup or porridge that is used to prevent illness and promote good health and strong digestion. It's warming nature is perfect for people who really feel the cold.

Hot drinks are also important. Drinking hot ginger or cinnamon tea – or, even better, chai tea – will warm your insides and help keep you toasty inside. A beautiful combination is cinnamon, ginger, and liquorice tea. It is important in general to keep up your fluid intake, but during winter, warm-up your water or drink it at room temperature. During winter, it is best to minimise your consumption of foods straight from the fridge or foods that are considered cold natured.

In conjunction with these steps of consuming the recommended foods, keeping yourself warmly clothed, and maintaining your focus on rejuvenation, Chinese medicine is a great adjunct to support your health journey.

Acupuncture

After taking a full history into consideration, the practitioner will identify acupuncture points with the intention of clearing any blockages and warming the body. Acupuncture aims to move qi and adjust any imbalances in the body so that the system works more effectively. During an acupuncture treatment, if there are signs of cold in the body, a nurturing modality called moxibustion is often incorporated in treatment.

Moxibustion is one of the modalities used frequently in winter and a favourite of mine to support people who feel cold, are experiencing pain due to the cold, or find their body is not functioning properly. People with ongoing bowel issues, urinary difficulties, pain, and many other issues can often be experiencing their symptoms due to coldness in the body. If you identify with this, moxibustion may be a great way to assist you.

In Chinese medicine, cold is seen as constricting in nature, as it prevents the body working at its optimum. We need heat in the body to fire up the many process that enable us to function.

Moxibustion is an ancient Chinese medicine and heat therapy in which dried leaves (usually mugwort leaves) are bound together and burned on or very near the surface of the skin. The intention is to warm and invigorate the flow of qi in the body to boost the immunity, build energy, remove cold, and to promote vitality and even longevity.

In clinic, I use a lighted moxa stick that is held over specific areas, with the glowing end of the moxa stick held about an inch or two above the surface of the skin until the area reddens and becomes suffused with warmth. This warm invades the centre of the body and it is not uncommon for patients to report a sudden flooding of warmth that quickly radiates along a specific pathway away from the core warmth. Some people report they can feel the warming from the inside out.

If you feel the cold more than most and have health concerns that are aggravated during the cooler winter season, then don't be disheartened. Follow these actionable and achievable recommendations and with small adjustments to lifestyle, diet, and possibly adjunct treatment with Michele, you can bring back your normal and maybe even find that you can love this winter!

***This article has been shortened for this edition of the magazine; visit our online journal for the full piece including more examples and explanations.**



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.

Tom Moore

So, what exactly is Myotherapy ?

Myotherapy specialises in the assessment, treatment, and prevention of specific somatic (body) dysfunctions and various musculoskeletal pathologies. It focuses on the rehabilitation of a variety of musculoskeletal conditions from tennis/golfer's elbow, non-specific lower back pain, tendinopathies, plantar fasciitis, frozen shoulder, wry neck, chronic tension headaches, and many more.

A myotherapist uses their knowledge of anatomy, physiology, biomechanics, and pathologies to understand the relationship between the myofascia (muscles and related connective tissue, e.g., tendons and ligaments) and other systems of the body. We aim to gather the information needed to resolve the underlying causes of the dysfunction, as well as addressing the symptomatic pain of the condition.

Myotherapists use a variety of modalities to enhance the restoration and recovery of these soft tissue dysfunctions, including soft tissue manual therapy (massage), joint mobilisations, cupping, myofascial dry needling, muscle energy techniques, stretching, electrotherapeutic therapy (tens machine therapy), and rehabilitation exercises.

MYOTHERAPY VS. REMEDIAL MASSAGE

The primary distinction between myotherapy and remedial massage is that myotherapists use a much broader range of techniques to identify the underlying cause of the injury and will aid the full term of the rehabilitation process. Whereas remedial massage is more commonly used to treat non-specific injuries such as muscle tightness or soreness, and to provide people with some form of relief (often more immediate or short-term). As far as qualifications, a remedial massage therapist will have completed a Diploma or equivalent level qualification, whereas a myotherapist will have completed either a Bachelor of Health (Clinical Myotherapy) or an Advanced Diploma of Myotherapy. Thus, a myotherapist should have a higher base level of knowledge in their field.

WHEN SHOULD YOU SEE A MYOTHERAPIST?

If you are experiencing chronic (ongoing) symptoms of musculoskeletal pain, a session with a myotherapist would be beneficial. This can be as simple as sore shoulders or a stiff knee, or perhaps you have recently incurred an injury. A myotherapist can help to address the symptoms and also discover the causative factors that produced the pain. In my work, personally, I advocate strongly for correcting postural habits and introducing strength exercises and daily stretches to address a wide range of pathologies with the intention of reducing the likelihood of these injuries recurring and giving the client an overall higher quality of body function.

If you discover that you have a specific injury or dysfunction that you have been trying to work through to no avail, maybe myotherapy is for you! Get in touch if you'd like to know more, or to discuss your specific circumstance.



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.



Immunity Soup Recipe

INGREDIENTS

- 10 cloves of garlic, peeled and crushed
- 2 tablespoons ginger, grated
- 1 tablespoon fresh turmeric, grated
- 1 onion, peeled and chopped
- 1 part white leek, thinly sliced
- a few sprigs of fresh thyme
- a few sprigs of fresh oregano
- 1 carrot, chopped
- 2 stalks of celery, sliced
- 1 head of broccoli, chopped
- 4 shiitake, reishi, or any other mushroom, sliced
- 1 litre of chicken stock (or chicken bone or vegetable broth)
- 1 litre boiled water
- 500 grams chicken breast/thigh, cut into chunks
- 1 cup leafy green vegetables (e.g. spinach, kale, chard)
- Olive/coconut oil for cooking
- Optional garnish: sea salt, pepper, fresh parsley

METHOD

- Combine garlic, ginger, turmeric, onion, leek, and herbs in a large stock pot with a little olive oil/coconut oil over a medium-high heat. Stir and cook until the onion and leek are translucent.
- Add all other vegetables (except the leafy greens) while stirring through the spices and herbs, cook for five minutes.
- Add stock and bring to a simmer.
- Once simmering, add the chicken. Simmer for a further 15 minutes, or until the chicken is cooked through.
- Add leafy green vegetables and stir through.
- Season to taste and serve.

VARIATIONS

- Vegetarian: replace the chicken with mung beans or lentils, and use vegetable broth in place of chicken stock/broth. Add the mung beans/lentils into the pot at the same time as the vegetables, if not already cooked.

Yum!



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.

Foods to eat or avoid with Hashimotos

How to eat to best support your thyroid function, gut health, and immunity.

FOODS TO EAT

Fish and shellfish are high in zinc and iodine, two of the most important nutrients for thyroid function. They are also a good alternative to meat, which can be inflammatory if eaten too often.

To reduce your exposure to mercury and other heavy metals, choose mainly smaller fish (hoki, flathead, sardines, mackerel, herring) with the occasional larger fish (salmon, barramundi). In order to avoid eating fish and seafood from highly polluted waters, choose those from Australia and New Zealand.

Brazil nuts are high in selenium, which is needed for thyroid hormone conversion (T4 is converted to T3, an active form), reducing inflammation levels, and protecting the thyroid.

If you are already taking a supplement containing selenium, eat no more than two Brazil nuts a day, as too much selenium can be toxic.

Fruit and vegetables support your thyroid function as they are high in vitamins and minerals needed for thyroid function, as well as fibre to support your gut health and microbiome, and antioxidants and anti-inflammatory compounds that counteract the damage of the disease process.

As a bonus, fruit and vegetables can keep you full and satiated, which is great if you're trying to lose weight (weight gain is common in Hashimoto's).

CHALLENGE: Aim for 40+ different, multi-coloured, whole plant foods weekly to feed your gut flora and provide you with a wide variety of nutrients. Each different variety of a food counts as a separate food, for example, green/red apples, green/red/yellow capsicum, various types of lettuce, brown/red/green rice, black/white quinoa.

Organ meats can be quite divisive. They are commonly eaten in Europe, where traditionally people chose to eat all parts of an animal to avoid waste. They are less common here in Australia, however they are incredibly rich in thyroid-friendly nutrients such as iron, zinc, selenium, vitamin A, and vitamin B12.

Why not try a good quality chicken (or duck) liver pate or a steak and kidney stew (or a gluten-free pie)? You can also try grating some liver into your mince dishes, you generally won't notice a difference in the taste but you can enjoy the benefits (tip: partially frozen liver will be easier to grate). Always choose organic and/or grass-fed organ meat.

FOODS TO AVOID

Gluten is the main ingredient to avoid in Hashimoto's. It is highly inflammatory to the bowel and can exacerbate thyroid issues, including by keeping the levels of thyroid antibodies high. Many people with Hashimoto's (and other autoimmune conditions) also have Coeliac disease, or non-Coeliac wheat sensitivity, so gluten is often poorly tolerated.

There are many tasty and healthy alternatives to gluten-containing foods, but also many poor quality ones full of additives. Make sure to read labels or ask one of the staff at GHE, we will be happy to give you recommendations.

Food sensitivities affect gut integrity, which in turn will worsen any autoimmune condition, including Hashimoto's. Poor gut health also means you won't be absorbing nutrients from your food very well. Consuming foods to which you are sensitive will increase inflammation in your body. The most common intolerances in thyroid disease are dairy, corn, eggs, and soy.

Goitrogens are foods that can interfere with the production of thyroid hormones, however, most of them are very beneficial, nutrient-dense foods. These include:

- soy products such as tofu, tempeh, soy milk, and edamame;
- cruciferous vegetables such as boy choy, broccoli, cabbage, cauliflower, and kale; and
- some fruits and starchy plants including corn, millet, pear, and sweet potato.

The trick to getting the nutritional benefits from these foods while minimising the impact on your thyroid hormones is to cook them, which removes their goitrogenic effect. Therefore, avoid kale smoothies, coleslaw, and soy milk, and instead choose stir-fry dishes, lightly steamed vegetables, and nut or oat milk.

Eating foods that are rich in iodine and selenium will also counteract the effect of goitrogens.

Processed foods are full of additives that you may be sensitive to, and can lead to inflammation. They are also very low in nutrients and fibre, leading to blood sugar fluctuations, which can have a negative impact on your thyroid and energy levels. You may feel you need to eat more to feel full, leading to possible weight gain. Eating them occasionally can be fine, if tolerated (check for food sensitivities), but more regularly may cause thyroid flares.



Baked Sweet Potatoes stuffed with Chickpea Chilli

INGREDIENTS

- 4-5 medium sweet potatoes, halved
- 1 cup onion, chopped
- 1 red capsicum
- 1 cup water
- 1 teaspoon chilli powder
- 1 teaspoon paprika or smoked paprika
- 1½ teaspoons ground cumin
- ½ teaspoon sea salt
- 2 large garlic cloves, minced
- 1 cup corn kernels
- 1 can chickpeas
- Optional garnish: chopped avocado, hot sauce, fresh herbs

METHOD

- Preheat oven to 200°C
- Place sweet potatoes on a sheet pan lined with baking paper and bake for 45 minutes to an hour.
- Add onion, capsicum, water, chilli powder, paprika, cumin, garlic, and salt to a large pan. Turn to medium heat. Once it begins to boil, let it cook for 10 minutes. All the water should be nearly gone by the end of this time.
- Add the corn and chickpeas. Stir and cook for a few more minutes, until heated through and thickened.
- Serve on baked sweet potato halves, and top with avocado and hot sauce.

VARIATIONS

- Replace chickpeas with kidney beans or peas
- Replace hot sauce with pesto or hummus
- Add fresh herbs such as coriander, parsley, or spring onions



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

Sleep & Stress

How stress impacts your sleep and what to do about it...

A classic side effect of a stressful day or event is that come bedtime, you're battling with a mind that simply won't turn off to fall asleep or that wakes you multiple times throughout the night.

If this has been you, staring at the ceiling wishing desperately that you were asleep, you know firsthand the negative impact stress can have on sleep. So, what's happening on a biological level to cause this situation? And what stress-reducing options are available to start remedying it? First, let's take a look at how your sleeping pattern normally works when not adversely affected by stress...

We all have an in-built body clock, called a circadian rhythm. This term is used to refer to the different physical and mental changes we cycle through each day, in response to the cycles of day (light) and night (dark).

When in balance, your body produces two primary hormones that govern this rhythm:

1. CORTISOL

Cortisol is a stimulating hormone that your body starts producing as the sun rises and the light prompts you to wake up and start your day. Peak levels of cortisol should occur in the morning, and then slowly start to drop off as the day heads into evening, leaving you ready to enter sleep.¹

2. MELATONIN

Melatonin is a sleep-promoting hormone that starts to be produced in response to the sun setting and darkness falling. Levels of melatonin should be highest at night, helping you sleep, and should drop off as cortisol starts to rise again come morning.

However, for many people, due to various reasons, this rhythm becomes disrupted. This can look like:

- cortisol levels peaking later in the day, leaving you feeling tired in the morning, but wired and alert in the evening; and
- melatonin levels peaking lower or later, leading to poorer sleep quality or quantity, adding to that feeling of sluggishness in the morning.

One of the biggest triggers causing this imbalance is...you guessed it, stress.

IS IT SLEEP TIME ON THE CIRCADIAN CLOCK?

Our circadian rhythms were designed to have us starting the day awake and energised, and slowly start to feel sleepy and ready for bed come evening. It's this cycle that allows us to live our days productively but also have a restorative sleep each night. Going through a stressful day or period can then begin to disrupt this natural cycle, where higher levels of cortisol and adrenaline during the day leads to the improper or diminished production of sleep-promoting melatonin at night.

YES STRESS = NO SLEEP

Stress evokes the fight or flight response by our sympathetic nervous system. This system produces the stress hormone adrenaline, and further increases cortisol production. Together, they stimulate the body, keeping it on high alert, primed and ready to fight or flee from the perceived stressor.

While useful when actually necessary, these high levels of stress hormones produced throughout the day can impair your circadian rhythm from cycling properly, resulting in melatonin production being affected at nighttime. This becomes a recipe for your body clock to be disrupted and poor sleep to ensue.

GOODBYE STRESS, HELLO SLEEP

If you feel your stress levels could be interrupting your circadian rhythm, leaving you unable to sleep properly, here are my suggestions for supporting sound slumber:

1. **Withania Somnifera**

If a stressful day or event leaves you feeling on edge or anxious, withania is a potent herb commonly used to reduce anxiety. While it works on your brain to do this, it also dials down your stress hormones, helping both your mind and body to calm down, allowing you to fall asleep more easily. And the bonus is that, because it works as an adaptogenic herb, it also provides us with energy when taken in the morning.

2. **Magnesium**

Did you know that magnesium is required by the trillions of cells in your body to carry out hundreds of different processes every day? Magnesium is involved with the metabolism of your foods, hormone production, stress modulation, muscle relaxation, bone health, and sleep regulation and yet 33% of the Australian population are low in this vital mineral.

3. **Lavender**

A herbal medicine well known for its calming influence at bedtime, lavender offers wonderful sedating effects. If you struggle to fall asleep, take some lavender 30-to-60 minutes before bed, or if you struggle to stay asleep, take it as you go to bed.

4. **Passionflower**

This herb works to increase the activity of your body's main mood-soothing neurotransmitter, gamma-amino butyric acid (GABA), helping you to feel calm and collected as you wind down after a long day. This herb is also safe for children, if monitored by your naturopath.

5. **Mindfulness meditation**

Mindfulness is the act of focusing on the present moment, drawing your attention away from mental chatter and anxious thoughts by tuning in to your physical senses (i.e., what is happening in your environment and body). I'd suggest doing this 30-to-60 minutes before wanting to go to bed, to support your cortisol and adrenaline dropping, and your melatonin levels rising.

Look out for Cassie's piece in this magazine for access to a free guided mindfulness meditation!

6. **Journaling**

Having your mind know that everything it was worried about is down on paper, or taking comfort knowing you've already created the to do list for tomorrow, allows it to wind down and fall asleep much easier.

Feeling stressed is certainly a part of life at times, but it's up to each of us to find what soothing and stress-busting supplements and practices will reduce this stress to ensure we're still getting a good night's sleep. If you suspect your circadian rhythm has become out of balance due to longer-term stress, seek the support and guidance of your naturopath who can work with you to holistically address your stress and support your sleep. Creating a nourishing plan to address your stress can then mean looking forward to that peaceful, sound slumber that we all need.



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.



Afternoon pick-me-up decadent hot chocolate

...that won't send your blood sugar into a spin!

This is a rich and truly decadent (though still healthy!) afternoon pick-me-up that won't send your blood sugar levels into a spin. With the combined powers of cacao, medicinal mushrooms, and collagen, this hot chocolate will not only hit the chocolate-craving spot, it also has a long list of amazing health-giving benefits.

Cacao is rich in flavonoids (antioxidants) and has been shown to improve insulin sensitivity, have protective benefits for your heart, improve brain function and focus, and is neuroprotective.

Collagen provides a rich source of protein, which makes us feel satiated for longer and provides nourishment for our body.

Reishi (mushroom variety) is a powerful adaptogen that has a calming effect, helping us cope with stress and improving our energy and focus.

INGREDIENTS

- 1 tablespoon of raw cacao powder
- 1 tablespoon collagen powder*
- 1/4 teaspoon reishi powder*
- 1 cup of milk (use milk variety of your choice)
- 1 teaspoon of honey (coconut sugar or pure maple syrup also work really well)
- A pinch of true cinnamon*
- A pinch of sea salt
- *Ingredients marked with an asterisk are available at GHE!

METHOD

- Combine all ingredients except the honey (or alternative sweetener) into a saucepan and whisk to combine.
- Cook on a low-medium heat for approximately five minutes until hot, but not boiling.
- Pour into your favourite cup and add the honey or sweetener.
- Stir and enjoy!

Please discuss with your health practitioner (or the staff at GHE) if you have concerns about whether this recipe is right for you and your individual health concerns/medications.

Yum!



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.

Kylie Anderson

Tell me more about Reiki Healing...

Reiki healing is so powerful, yet so gentle. Reiki works on your chakra system (energy) because us humans, as well as animals and plants, are all made up of energy. As we get older, grow, and life happens to us, our energy system can get blocked, causing all sorts of havoc in our lives. The reiki energy helps to get that energy moving again. It sorts you out on an energetic level - think of it as an energy massage.

The side effects can be massive shake ups or just little ripples, but either way, reiki knows what you need to heal at that time, even if it is different to what you want to be healed of. We can't control what needs to be healed in that moment but we can set intentions before beginning, which is why I always have a chat with my client before we start the healing.

As I do a reiki healing, I also pick up on what is happening for you at that point in time; I write notes throughout the healing so that we can discuss them at the end. You will leave the healing with something to work on, to think about, or to try so that you can continue the healing process for yourself too.

Reiki can help with so many things, but it does depend on what your energy is ready to heal at the time of your healing.

Clients of mine have previously told me their healing sessions with me have helped with:

- stress management method
- improved sleep
- anxiety, depression, and PTSD
- past hurt and trauma
- miscarriage, stillbirth, and womb healing
- physical pain
- clarity in their life
- past life healing
- experienced trauma
- cancer treatment

I always say that reiki is something you need to experience to really understand, but if you trust the process, trust reiki, and trust me, you will see how truly amazing it can be!

I invite you to give reiki a try if you feel that you could use an energy shift.

Be happy and healthy.

Mention this article when booking to receive a 10% discount of your first healing session with me.



Kylie is a qualified Reiki Master Healer, holistic health coach, and personal trainer. She is passionate about and dedicated to inspiring healthy and intuitive living, especially for busy women. Kylie offers reiki healing and meal plans at GHE. Kylie tells of when completing her Level 1 Reiki, 'I got an overwhelming sense that this is what I am meant to be doing with my gift. I got butterflies in my stomach and a massive smile on my face. I knew then that this is the work I am meant to be doing'.

Caitlin Lewis

Is it IBS or is it SIBO?

'I've been told I have IBS and there isn't anything I can do about it'. This is a common story for many IBS sufferers, the belief that the horrible symptoms they experience are something they just need to accept and live with.

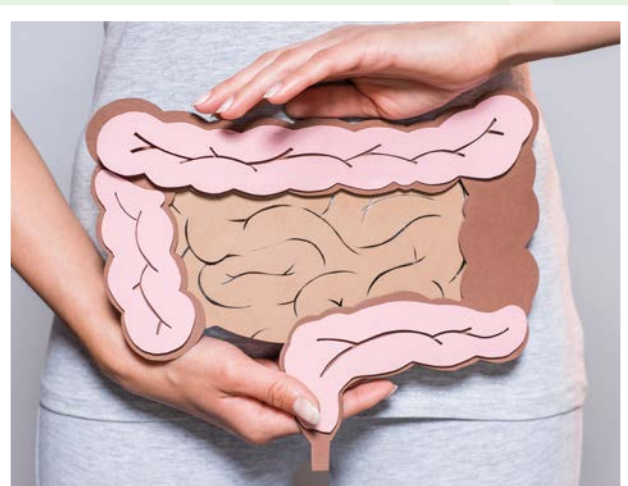
Irritable Bowel Syndrome (IBS) is a condition that is defined by abdominal pain or discomfort and alterations in bowel motions (constipation and/or diarrhoea). Exactly what causes IBS symptoms is still unknown, although changes to the gut microbiota (yes, our gut is made up of more bugs than cells, there's an entire ecosystem in there!) and immune system are known to be involved. It's estimated that 15% of Australians are affected by IBS; that's a whole lot of gut suffering going on!

SO IF THAT'S IBS, WHAT IS SIBO?

SIBO stands for small intestinal bacterial overgrowth, which is defined as an abnormal presence of excessive bacteria within the small intestine (we don't normally find many bacteria here). You can probably see where I'm going with this one; just like with IBS, SIBO is also indicated by changes in the microbiota (our 'gut bug ecosystem', as I like to call it).

Not only this, the common symptoms of SIBO include:

- bloating (for the regular bloaters, this is a key one)
- constipation and/or diarrhoea
- abdominal cramping
- excessive flatulence
- burping
- reflux
- food sensitivities (famous FODMAPs)
- nutrient deficiencies (Iron & B12 we commonly see)
- food intolerances



If you know anything about IBS, you'll recognise from that list that many of the symptoms seen with IBS are also hallmark symptoms of SIBO. Research is also backing up this overlap, with up to 70% of people suffering with IBS, also testing positive to having SIBO.

That is, 15% of Australians are believed to be suffering with IBS, and up to 70% of those IBS sufferers are shown to be positive to SIBO...

SO HOW DO WE KNOW IF IT'S SIBO?

Well, therein lies the importance of testing! It is very important to test for SIBO, which is done through a simple breath test and can be simply ordered with your naturopath and completed in your own time at home. During the test, a solution is consumed before blowing into an enclosed bag, and the measurement of the specific gases created within the bag determine the results. There are three different solutions to take (lactulose, fructose, and glucose); when exposed to overgrowths of certain bacteria in the small intestine these solutions feed and ferment the bacteria, producing high levels of gas.

You can test for any three of the solutions. I always like to start with my patients by testing all of them as, depending on the type of overgrowth, the production of the specific gases will not always occur if the right solution is not used in testing. The test looks for two gases specifically that are produced through the breath – methane and hydrogen – and, depending on the result, one of the three types of SIBO may be present: Hydrogen SIBO, Methane SIBO, or Hydrogen Sulphide SIBO.

To treat SIBO, we tend to use antimicrobials to remove the overgrowth of bacteria found within the small intestine. Using antimicrobials on the gut can be harsh, whether we are using mainstream antibiotics or herbal equivalent forms. Our gut is an ecosystem and a lot of the time these antimicrobials aren't very specific, meaning that while they effectively kill the bad (which is great), they can also disrupt the good. Therefore, it's important to understand what we're dealing with – if there is an overgrowth there and, if so, what type of overgrowth – so that the right treatment is given. The treatment does vary depending on the type of SIBO that's present (remember, there are three kinds), especially when heading down the natural route, the type of herbs, supplements, and dietary interventions prescribed may vary. This is important so that we can not only treat the SIBO and resolve the associated symptoms, but also prevent it from coming back in the future.



I have a special interest in gut health and related conditions. For example, are you someone who experiences regular bloating, abdominal cramping, constipation, diarrhoea, reflux, excessive gas, or burping? Do you find you have to restrict your diet to exclude too many foods (AKA the famous FODMAP diet) to try and avoid these symptoms and to keep your gut happy? Or perhaps you've been told you've got IBS and that it's just something you have to live with...? I would love to help you! I am particularly interested in the gut microbiome and creating a strong, healthy, and dynamic internal ecosystem that supports your overall health.

Relax, restore, renew with

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.

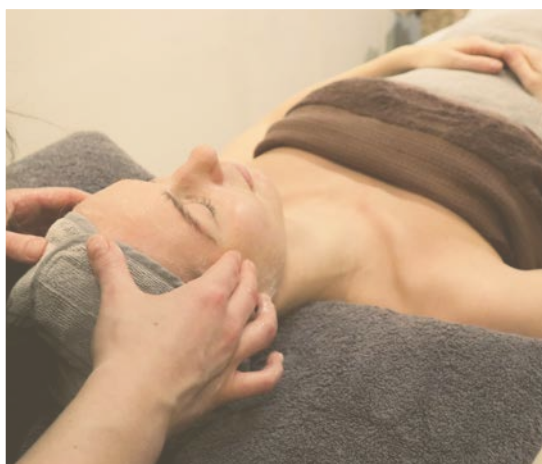
This comprehensive facial begins with an alpha hydroxy acid (AHA) exfoliation, before a deep cleanse featuring organic products chosen specifically to suit your skin type. The features of this treatment are specifically developed to help relieve your skin of toxins; a detoxifying clay mask will be used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

Mindfulness Facial – 50 minutes

We begin this facial journey with a guided meditation to allow your body to drop in to a state of presence and equilibrium, making this facial experience not just about the skin (even though your skin will love this) but also about the mind, body and spirit.

Including a foot soak, foot massage to ground you, head, neck and shoulder massage to reset your nervous system and utilising organic and natural high performance products to nurture and honour your skin, you will leave in a state of oneness, returning to self.



Nurture a friend on us!



Do you know someone who you think could use some extra nurturing..? Perhaps they've been going through a hard time, or maybe they're just a wonderful person who always puts others first...

Whatever the reason, if you know someone who would benefit from feeling nurtured through therapeutic touch, we would love to treat them (at no cost) to one of our indulgent Jiwamu Experiences.

Visit our website to complete a nomination (under 'Contact Us').



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

REIKI

Consultation	\$120
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MEAL PLANS

Existing Naturopathy Clients	\$49
New Clients	\$85

COUNSELLING

Consultation	\$150
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JIWAMU SERVICES

Relaxation Massage (60 minutes)	\$90
Signature Treatment - Indulgent Facial and Full Body Massage (90 minutes)	\$145
Classic Relaxation Facial/Detox Facial (60 minutes)	\$105
Mindfulness Facial (50 minutes)	\$95
Replenishing Express Facial (15 minutes)	\$25
Luxurious Gua Sha Facial (45 minutes)	\$75
Herbal Hair and Scalp Massage (15 minutes)	\$25

Inika makeup colour matching and eyebrow wax and tint services are also available, enquire to find out more.

TRADITIONAL CHINESE MEDICINE/ACUPUNCTURE

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

MYOTHERAPY

Initial Consultation	\$110
Follow-up Consultation	\$90

REMEDIAL MASSAGE

45 Minutes	\$80
60 Minutes	\$95
90 Minutes	\$135

*All prices current as at September 2022 and are subject to change



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HEALTH
ESSENTIALS

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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 to take the quiz today or scan the QR code.

