

TRUE *Medicine*

Natural Health & Beauty

Clinic location:

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www.truemedicine.com.au

- For health tips
- Diets
- Recipes
- The latest in health news
- Or blog a comment

Clinic Hours:

- Tue-Fri 8am-6pm
- Sat 8am-12noon
- Closed Sunday & Monday

Bookings essential.

Electronic health fund claims, EFTPOS & Credit Card facilities available

Making babies

The June Newsletter discussed the importance of vitamins and minerals on our health. Adequate nutritional levels are even more important when starting a family. This applies to both the prospective parents.



In men the production of viable sperm can be affected by many factors relating to nutrition including excessive weight loss, obesity and pH imbalance. Some essential nutrients for healthy sperm include zinc, Vitamin C, magnesium and calcium.

Exposure to environmental toxins is not always obvious with increasing use of pesticides, herbicides, organic solvents and heavy metals entering our food chain. While many toxins block nutrient uptake by the body, others act as oestrogen-like substances interfering with sexual

development and sperm production.

For the prospective mum, good nutritional levels are not only important for a regular menstrual cycle but also for the development of a healthy foetus.

Use of the Oral Contraceptive Pill (OCP) or other hormonal therapies significantly lower nutrient levels. This, as well as hormonal dysregulation, is a reason why a woman should cease taking the OCP at least six months prior to trying to conceive.

Other factors affecting nutrient levels are cigarette smoking, alcohol, use of prescription as well as recreational drugs and environmental toxins.



So before starting a family, it is highly recommended that both parents undertake a thorough health assessment and

allow six months to prepare their bodies for a healthy conception.

With infertility rates on the increase, sometimes a little 'clean out' of the body can go a long way towards securing that magic moment of finding out that you are going to be parents.

I'd love to help you become parents naturally.

Give me a call on 3287 3015.

Dagmar

Go to www.truemedicine.com.au to learn how to best prepare your body for conception. This is important for both the mum and dad-to-be. This page also provides information on how to introduce solid foods to your baby without damaging his/her delicate digestive system.

Inflammation—the fire within

Inflammation is the body's way of healing itself. However, if left unchecked can become destructive and lead to chronic disease. Nature offers many inflammation regulators which help to keep this process controlled, allowing healing while preventing damage to the body. Many pharmaceutical anti-inflammatory drugs have serious side effects.

Dietary and lifestyle choices which affect inflammation include:

- Refined foods including starches and sugars, saturated and trans-fats, dairy and gluten grains, highly processed foods, insufficient fresh vegetables and fruits all contribute to inflammation.

- Obesity is pro-inflammatory
- Inadequate sleep or rest causes inflammation
- Stress may activate the immune system and increase inflammation
- Environmental toxins fuel inflammation
- Hormone imbalance also feeds inflammation
- Exercise may help reduce inflammation

So, if you suffer from pain and inflammation, why not see what options are available for long term relief without the nasty side effects. Call 3287 3015 today and put out that fire within.



Dagmar Ganser, BHSc, ND(Adv)

Naturopathy * Herbal Medicine
Kinesiology * Biomesotherapy
Nutrition

Dagmar's consultation fees have remained static for over four years. Ongoing rising overheads can no longer be absorbed by the clinic. Fees will therefore be increased minimally to help offset these costs. In-clinic tests will continue to be incorporated in the consultation fee and will not be charged as an additional item. Thank you for your ongoing support.