

# health matters

## Our services

DH Natural Medicine Clinic situated at Menai offers the following services;

- Herbal medicine;
- Iridology;
- Dietary advice;
- Reiki therapy; and
- Non-allergic and safe personal and health care products



Above: Danuta Hulajko. Dip. Bot. Med., MATMS, MNHAA. ATMS Accredited – No. 14092

## NEWS FLASH

### **Cancer Alert on 350 Foods**

Evening Standard, London, 18/02/05

*“A massive health alert over supermarket ready meals was issued today... could contribute to an increase risk of cancer... soups, sauces and ready meals are all being withdrawn because they include the banned food colouring dye Sudan 1, the government confirmed... Products are listed on FSA’s website at [www.food.gov.uk](http://www.food.gov.uk)*



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In this 5th edition of our newsletter we would like to focus on the implication of body acidity on general health, the role of calcium as well as the treatment of skin disorders. However our clinic will be happy to assist you with any of your health problems.

## Are you acidic and what does it mean?

For the body to remain in good health, the pH of blood needs to be slightly alkaline (*ph 7.2-7.4*). Effective assimilation of vitamins, mineral and food supplements are all dependent on balanced pH. Unfortunately western diet results in consuming food that produces an acid reaction in our body. Food like sugar, most grains and legumes (*except for millet and roasted buckwheat*), dairy, fish, meat, eggs and processed food are acidic. These are the products forming a major part of our diet.

## Why an alkaline body is important?

It is well established that when the body is too acidic as a result of these foods, disease and infections proliferate, just to mention a few such as arthritis and rheumatic conditions. Dr Otto Warburn, who received a Nobel Prize in the 1930s noticed that alkalise body absorbs up to 20 times more oxygen than acid bodies. He found that diseased bodies were acidic bodies which repelled oxygen.

The body should be slightly alkaline in order to build an alkaline reserve for acid-forming conditions such as stress, lack of exercise or poor dietary habits.

Our clinic tests acidity of the saliva, which is indicative of the body acidity. We can assist you in selecting diet and appropriate nutritional supplements, including alkalising minerals. Changes in patient’s diet often have to be made to assist in addressing the underlying causes of a patient illness or in prevention of a disease. There are simple methods of slightly alkalising acidic grains and legumes, including soaking mildly before cooking. This starts the sprouting process, which is alkalising.

## Calcium and the pH

Calcium amongst some other minerals controls the acid-alkaline balance in the body. Calcium absorption depends on the form and source of calcium, stomach acidity, and solubility in water, presence of synergistic nutrients and age of the patient. There is a wide range of calcium supplements on the market and the content of calcium ranges as low as 9% (calcium gluconate) to 40% (in hydroxyapatite or calcium monobasic phosphate). Some forms of calcium such as calcium citrate is very well dissolved in water and absorbed well in the intestines but on the other hand it increases absorption of aluminium from the gut. Some forms of calcium are cheap but not well absorbed at all. Considering that only between 5%-30 % of ingested calcium is absorbed in our body, you have to make sure that an appropriate form of calcium is administered.

## Healthy skin is more than skin deep

Skin problems are not only associated with puberty but can be disorders hunting us in an adult life at any age. There are many important aspects to consider while treating any skin disorder, and over-the-counter creams are only *'pushing the disease inside the body'*. Skin is the largest elimination organ alarming us of possible problems such as hormonal unbalance, detoxification imbalance, Candida infection, prolonged use of antibiotics, stress, all of which has to be addressed. If liver is sluggish your skin has to work overtime to rid of your body of those excess of toxins.



*Do you know that there are some 30,000 chemical additives in food, 800 neurotic chemicals in skin care products and cosmetics, some 500 chemicals in household cleaning products!*

In some skin disorders such as psoriasis hereditary component may play an important role. Other contributing factors are improper protein digestion, toxicity of the bowel, liver dysfunction, nutritional deficiencies, alcohol consumption and stress.

Diet and nutritional deficiencies are also contributing if not a major factor and changes in the diet are part of the treatment protocol.

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Therefore treatment of skin problems would not be complete without addressing personal skin care products, cosmetic and household cleaning products as contribution factors. Skin breathes, and it is a two way membrane, easily absorbing many ingredients from all cosmetic products.

Our clinic can assist you in avoiding of "harmful cocktails" of propylene glycol (industrial antifreeze) or sodium laureth sulphate, sodium laurel sulphate (engine degreaser, oven cleaner) and other harmful ingredients, and assist your whole family with non-allergic and safe personal care products and cosmetics. The consequences of prolonged, life time systemic or even short time exposure to harmful substances can be devastating. We have to remember that our liver not only has to detoxify those "unwanted extras" of food colourings, preservatives, herbicides and pesticides, which we absorb from the our food. Fortunately, there are plenty of alternatives and affordable choices of skin care and personal care products .

In my clinic I see a lot of patients with symptoms of heavy metal toxicity and associated with it illnesses such as fatigue, indigestion, dizziness and poor coordination, allergies , fatty liver, poor memory and impaired ability to concentrate.

Hair tissue mineral analyses are of exceptional value as they not only indicate level of macro minerals such as calcium for instance. Mineral hair analyses are also showing levels of toxic metals in your body such as arsenic, mercury, lead, cadmium or aluminium. Our clinic can assist with the appropriate way of heavy (toxic) metal chelation.

**ON PRESENTATION OF THIS NEWSLETTER. YOU WILL BE OFFERED ONE FREE ACIDITY TEST WITH A CONSULTATION ONLY.**

## Further information

If you would like more advice or assistance of an alternative medicine practitioner please call: Danuta Hulajko from DH Natural Medicine Clinic, registered provider of Australian Traditional Medicine Society and National Herbalist Association of Australia.

Bookings are essential. Health rebates are available. Previous editions of our newsletters can be viewed on our web site: [www.dh-naturalmedicine.com](http://www.dh-naturalmedicine.com)

