



# health matters

## NEW APPROACH TO WEIGHT MANAGEMENT, AND FAST PAIN RELIEF WITH ENAR THERAPY!

DH Natural Medicine Clinic is situated at Menai. Amongst many conditions, treats the following:

- obesity & weight management
- lowered immunity
- digestive disorders
- respiratory conditions
- high cholesterol and high blood pressure
- female and male health
- anxiety, depression, chronic fatigue syndrome & insomnia
- arthritis & rheumatism
- ADD/ADHD
- allergies and skin disorders.



Above: Danuta Hulajko.  
Master in Nat.Sc., Dip. Bot. Med., Dip Nut.  
MATMS, MNHA  
ATMS Accredited – No. 14092



dh-naturalmedicineclinic  
RESTORING YOUR VITALITY

7 Dawson Place, Menai, NSW 2234 Australia.  
t: (02) 9541 2428  
m: 0418 458 548  
e: danuta@dh-naturalmedicine.com  
w: www.dh-naturalmedicine.com

There is steady increased rate of obesity in Australia. There are countless diets, slimming supplements and meal replacement drinks on the market.

Individuals however will respond differently to different supportive strategies, depending upon their individual causes and factors contributing to their obesity.

Many overweight and obese individuals are turning to complementary medicine practitioners for help in weight management to primarily increase energy, improve their quality of life and reduce the risk of developing chronic conditions such as diabetes, heart disease, atherosclerosis, stroke or arthritis and osteoporosis. Therefore, it is important to find proven and effective measures in helping patients to achieve their optimal weight.

### Why diets may not work?

One cannot possibly enjoy his/her life by staying on a meal replacements or crash diets all their lives. A typical scenario is that after a particular diet a patient returns to his/hers previous diet habits and puts on even more weight. People feel trapped in a vicious cycle. In some circumstances meal replacements may be a short term measure if patient has severe weight problem, lack of strong-will and lack of commitment. In my practice, the most effective and long term weight loss has been achieved by correcting patients current diet, exercise and defining and correcting other underlying factors in weight management.

### Impaired insulin sensitivity causes obesity

The most common cause of obesity is insulin resistance. The latest research shows that insulin receptors do not work effectively because we do not exercise and move the way we were designed to. So when your insulin receptors become desensitised, the only way your body can adjust is to make more insulin. Once your body releases insulin it immediately starts to inhibit your fat-burning hormone – lipase. Once this enzyme is inhibited, your body is unable to burn fat and will begin to utilise carbohydrates as fuel. Thus, it will cause you to become abnormally hungry, which further feeds this cycle.

The other common cause of obesity and weight management are poor diet choices and lack of exercise. Other most common causes of weight management are Metabolic Syndrome, underactive thyroids and stress resulting in comfort eating.

### How we can help you?

The most important step in the whole process is to identify the underlying causes of your weight problem.

*Different causes of obesity require a different herbal and nutritional supplements and dietary and lifestyle changes.*

This is also known as metabolic typing. We identify what metabolic type you are, measure and monitor your fat and lean body mass. Only such a holistic approach will ensure that the patient's vitality and weight is long term and it not a 'quick fix' which wears off. Our initial consultation may last up to 1½hrs and includes taking

a holistic case study; live blood microscopy, iridology, zinc test and salivary acidity test. At the end of consultation the patient will be dispensed appropriate herbal and/or nutritional supplements.

## Fast pain relief available with ENAR Therapy in our clinic

You may have seen *Current Affairs* in May 2007 about the ENAR. The ENAR (Electro-Neuro-Adaptive - Regulator) is a non-invasive, non-toxic, computer modulated, therapeutic electro-stimulation, onto and through the skin. By stimulating the nervous system, i.e. by producing its regulatory peptides, ENAR is generating a cascade of natural healing hormones. The Bio-Energetic view suggest that ENAR clears and regulates neuro-energy-pathways and so restores the flow of energy and information, and



this facilitates both the pain relief and healing. ENAR seeks to be able to help the body to heal itself.

There are no unwanted side effects. It is safe and long lasting healing treatment that improves general health and improves many chronic conditions. As with all natural treatments, ENAR therapy stimulates

rather than suppresses the body's own healing power.

We find that ENAR can have a profound effect on chronic and acute painful conditions and injuries that may not responded to other forms of treatment.

**Scientific research shows that ENAR has been effective in the following conditions; circulatory, respiratory, gastrointestinal, gynaecological and obstetrical, muscoscleletal and ear.** Healing, however is also reported in conditions like: insomnia, headaches, and behavioural problems, learning abilities, memory, sexual dysfunction, wound healing, normalising metabolism, anti-edema and overall physical health.

### What can you expect from the enar treatment?

The ENAR is operated by placing the device directly onto the skin. During treatment the patient feels

only a gentle tingling or stroking sensation, as the ENAR is run over the spine, abdomen, infected area or other relevant portions of bare skin. The device sends electric signals, records the resistive response, and uses its sophisticated software to return a freshly modulated signal. The practitioner determines where to apply device by looking for abnormalities on the skin surface, indicated by redness, numbness stickiness, or a change in sound from the device.

The healing process takes place even a few hours after the treatment. Patients with a chronic condition requires a series of short, and up to 20 minute treatments, done over a few weeks. While patient with acute conditions can handle longer individual treatments.

## Contact us

For a consultation or for more information please call today a holistic practitioner Danuta Hulajko from DH Natural Medicine Clinic on 9541 2428 or 0418 458 548.

Bookings are essential. Health rebates are available. Discounts apply to pensioners and students.

Please also visit our website [www.dh-naturalmedicine.com](http://www.dh-naturalmedicine.com) and read our monthly editorials in Shire Life.

