

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

Dear Readers,

The new year is well underway and it's full steam ahead! Life can get a little over-whelming sometimes, juggling a career, family and day-to-day tasks.

Are you exhausted at the end of the day, parking yourself onto the sofa for the rest of the evening? Or are you just not coping at all with endless days sick in bed? You may be suffering from anxiety or depression. A condition not to be taken lightly, if not treated can develop into more serious consequences.



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RESTORING YOUR VITALITY

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In this fourth edition of our newsletter we would like to focus on the issue of anxiety, stress and depression. However our clinic will be happy to assist you with any of your health problems.

Why more people are suffering from anxiety and depression?

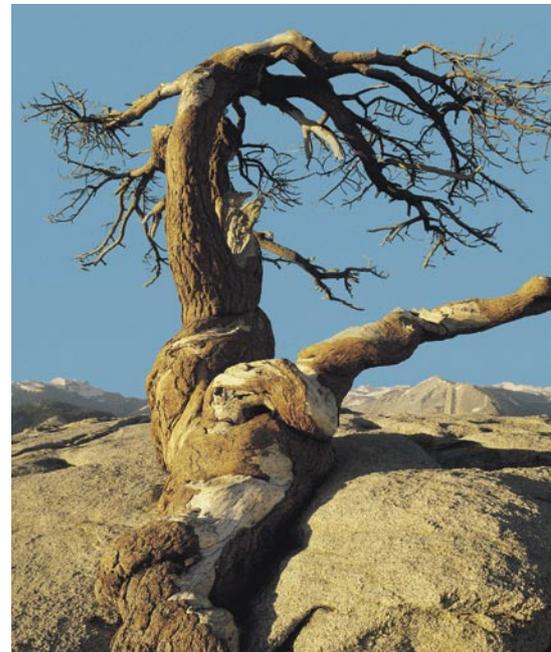
An estimated 10-15 % of all Australians suffer from anxiety and depression, and depressive illness is becoming more common in many modern societies. An organism's ability to respond to stress in one of the oldest of all physiological survival mechanisms. Though some anxiety is normal and healthy reaction, higher levels of anxiety can lead to significant health problems.

What is anxiety?

Anxiety is a state of apprehension, agitation and fear resulting from the anticipation of threat or danger. Characteristic features are: increased heart beat, dilated pupils, restlessness, insomnia, trembling, increased perspiration, tension, fear and worry. Severe anxiety will result in 'panic attack' - intensive feeling of fear. A panic attack is also associated with agoraphobia i.e. intensive fear of being alone or being in public places.

What causes anxiety?

Anxiety can be produced by excessive mental emotional stress, intake of stimulants such as coffee, chocolate, sugar alcohol, cigarettes, recreational drugs, defective gut and liver detoxification, nerve damage, trauma due to musculoskeletal injuries, overactive thyroids, high oestrogen level, mineral and vitamins deficiencies and food allergens.



Stress and disease

Scientists believe that the biological reactions accompanying stress result in both short and long term adverse physical changes in human body. The disease processes are thought to arise as a result of factors such as; the physiological effects of certain hormones, the impact of inflammation; and a state of lowered immune resistance. Therefore the physical and emotional state that results from stress can lead to illness. The less serious conditions that are related to stress are; fatigue, headache, heartburn, indigestion, insomnia and hair loss. More serious conditions are; cancer, irritable bowel syndrome, depression, diarrhoea, high blood pressure, impotence, migraine and ulcers.

Depression! You can conquer it!

Prolonged exposure to stress and anxiety can result in depression. But there are more causes of depression just to mention the major causes such as: environmental toxins, food allergens, underactive thyroids, low blood sugar level, nutritional deficiencies, chronic medical conditions, for instance chronic pain, prescription drugs, lack of exercise or even sleep disturbance. Food allergies and hypoglycaemia (low sugar level) are two of the most common causes. Symptoms can last for weeks, months or even years.

The symptoms of depression can range depending on the type of depression:

- Hyperarousal or hypoarousal
- Insomnia or increased sleep
- Poor appetite or weight gain
- Low self esteem
- Pessimistic outlook on life
- Lack of interest in ordinary pleasures
- Withdraw from social life
- Multiple chemical sensitivity/ allergies
- Difficulty in concentration
- Lethargy and fatigue

If you suffer from any conditions or have similar symptoms our clinic will be able to assist you. Treatment is largely dependant on such factors as; accurate determination of factors contributing to anxiety or depression, balancing dysfunction of brain chemical called neurotransmitters, optimising nutrition, identifying vitamin and mineral deficiencies, change in a lifestyle and psychological health.

Therefore each patient has to be treated differently and herbal medicine and nutrition is ideally suited to treat the nervous system. There is wide range of herbs and micronutrients which can be adopted depending on the underlining causes of depression or anxiety.

What about diet?

Food greatly influence our brain's behaviour. The levels of brain chemicals (neurotransmitters) which regulate our behaviour are controlled by what we eat. Therefore, a poor diet especially one high in sugar and processed food, can lead to depression.

Did you know that some people who suffer from anxiety or agoraphobia may not be eating enough fish?

Increase in the consumption in real food and fibre rich fruits and vegetables, grains, legumes and raw nuts and seeds and fish can aid in the transmission of nerve impulses which is needed for normal brain function.

Also identifying and controlling food allergens, avoiding of alcohol, caffeine, nicotine and other stimulants.

Lifestyle

Positive mental attitude, regular exercise and practice a relaxation techniques every day is also a sound foundation for optimal health.



Visit our website

The DH - Natural Medicine Clinic is a great resource for the latest in natural health, alternative medicine, herbal medicine, nutritional therapies. Add this site to your bookmarks and check regularly for news and updates.

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 on 0418 458 548 or 95412428.

Bookings are essential. Health rebates are available.

10% DISCOUNT WILL APPLY ON PRESENTATION OF THIS NEWSLETTER

How to find us

