

health matters

THE DH-NATURAL MEDICINE CLINIC NEWSLETTER

Winter 2003

Welcome to our first issue

DH Natural Medicine Clinic, which is 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
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In this first edition of our newsletter we would like to focus on the prevention and the cure of cold and flu. However our clinic will be happy to assist you with your other health problems.

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RESTORING YOUR VITALITY

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Common Cold

You may wonder why some people go from one cold into another, while other never catch a cold.

The common cold can be caused by a variety of viruses that are capable of infecting the upper respiratory system. We are constantly exposed to any of these viruses, yet majority of us only experience the discomfort of a cold once a year if at all. It is very much dependant on the resistance of the immune system.

Maintaining a healthy immune system is the primary way to protect you not only against getting a cold or flu but above all it will guarantee a good health. If you catch more than one or two colds per year it may indicate of weak immune system. If your answer is "yes" to any of the following questions, your immune system would probably benefit from support of an alternative medicine.

- Do you catch cold /flu easily?
- Do you get more than two colds per year?
- Do you get frequent cold sores?
- Do you get sinusitis or sore throat?
- Are your lymph glands sore and swollen at times?
- Do you feel sluggish and fatigued?

An alternative medicine practitioner can assist you in strengthening your immune system or assist you to overcome your cold or flu. There are no side effects of using herbs.

An alternative medicine practitioner always adopts a comprehensive approach in the patient's treatment which might involve lifestyle changes, diet advice, stress management and nutritional supplements. This is complemented by a wide range of herbs just to mention only a few such as: antiviral, antibacterial, lymphatic or immunostimulating herbs. A practitioner will prepare a formula, which will address YOUR specific health problems and advise you on the dietary requirements during cold and flu.

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