



Wellness Update December 2016

by Susan Hanly – Naturopath

Christmas is here again!



Chronic Stress and Leisure Sickness

Have you ever heard of the condition known as Leisure Sickness? You may not have heard it called by that name but you might have even suffered from it.

This is a well known phenomenon of experiencing symptoms of ill health during weekends or holiday periods, includes common symptoms such as fatigue, nausea, headache/migraine and cold and flu symptoms. The onset of leisure sickness is often associated with a stressful or busy period in life, and is also associated with a longer average work week in terms of number of hours worked and a higher self-reported workload, job stress and inability to cope efficiently with stress.



With the increase in perceived stress and its health effects at this time of the year, there are numerous herbal medicines and supplements that can be very helpful. Supporting the stress response, immune system and increasing general resilience may also alleviate or lessen the impact of leisure sickness.

I have some excellent supplements here at the clinic that will help. For some people Christmas is not all fun and laughs but a very stressful and difficult time to get through! **I can help – give me a call!**

Scurvy in Modern Times

It is hard to believe that a disease that was around at the time of Captain Cook, that we know the cause of and the very simple way to prevent has reared its head again - Scurvy! A doctor at Westmead Hospital found that one of her diabetic patients whose wound would not heal actually had scurvy – a deficiency of vitamin C. She then tested more patients in her clinic and found another 9



patients with scurvy. Scurvy is due to people not eating enough fresh fruit and raw vegetables containing vitamin C. Cooking destroys vitamin C. Certainly these patients were diabetic and so have not been eating much fruit to prevent elevating their blood sugar. This is less likely to occur if the fruit is eaten near protein. The point being though, **we all need to eat plenty of fresh raw vegetables – salads and fresh fruit** as you don't have to be diabetic to get scurvy. Processed and over cooked foods destroy many nutrients. Foods high in vitamin C are citrus fruit, blackcurrants, broccoli, guava, parsley, peppers, pineapple, strawberries, tomatoes, pawpaw, raw cabbage.



Christmas Crisis

Try not to create a Christmas crisis injuring yourself having a go on the kids Christmas present. Remember as adults we are not as agile as we were and falling off the kids presents often results in more than you bargained for.

Christmas Clinic Closure

The Clinic will be closed for the Christmas and New Year break from Thursday 22nd December and reopens Monday 16th January 2017.

Check your supplement supply to ensure you have enough to cover your holiday break.

Merry Christmas and Happy, Healthy 2017!

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