



Wellness Update June 2016

by Susan Hanly - Naturopath

Media reports and Quality of supplements

You may have recently seen numerous negative reports in the media regarding supplements and their danger to health or their lack of quality. Please read on and I will give you the other side of the story which is factual and not sensational.

The first report was about a man in Western Australia who required a liver transplant after supposedly ingesting huge amounts of green tea extract which came via a protein powder that was purchased over the internet from overseas. This is one of the problems with buying health products over the internet when you have no idea of the quality of manufacture or accuracy of content.

In fairness to any manufacturer – you cannot guarantee that the consumer will follow the instruction on the container and take the recommended amount of the product. There are many unqualified people who think they know best and will take far more than the prescribed amount of the product, possibly thinking more must be better and then suffer negative consequences.

Then there was the episode of Four Corners on the ABC two weeks ago about supplements that do not contain the stated contents. As it stated this was an investigation by the New York Times and PBS Frontline program and was in relation to the US market only. It had nothing to do with the Australian market and this again is an issue with buying supplements over the internet. In the US there is no regulation about the contents of supplements.

In Australia the Therapeutic Goods Administration (TGA) oversees a two-step process for the regulation of supplements similar to that of pharmaceutical standards. In Australia there is an ingredient listing on the Australian Register of Therapeutic Goods (ARTG), and a finished product listing or registration on the ARTG. Both steps involve a higher level of scrutiny

aimed at ensuring that responsible, evidence-based and high quality products are available to consumers.

Then we have **Practitioner Only Products**. These products are heavily regulated and are only sold by qualified Practitioners. These are stronger, more targeted products which are prescribed as a result of a proper consultation. I strongly believe that the practitioner is central to good natural medicine, and quality control is best effected through the practitioner only product. It is this consultation process that provides effective prescribing of natural medicines.

Cold Weather Exercising

Cold weather can dampen the spirits of even the most motivated of exercisers. With the following tips for cold weather exercising, you can still become motivated and stay fit.

Exercising is important for a number of reasons. It supports health by maintaining a healthy weight, it maintains bone health, keeps your heart health as well as supports a happy mood. Kevin Plancher, M.D., head of Plancher Orthopaedics & Sports Medicine in New York City suggests that "all exercise can increase your levels of those feel-good hormones, endorphins, but because your body has to work harder in the cold, your endorphin production is boosted even more, leading to a happier state of mind."



You'll Burn More Calories

In the cold, your body will work harder to regulate its core temperature, your body will burn more calories in

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the cold. This can be a nice morale booster for you to get out there and get more out of your sweat session.

You'll strengthen Your Heart

Cold weather makes your heart work harder to distribute blood throughout your body.

You'll Drink More Water

Staying hydrated is one of the most central factors in order to minimize the dangers of cold weather workouts. It will seem to you, as you exercise in the cold, that your body is losing less water. However, your body will continue to sweat, but that sweat will evaporate more quickly into the chilly and dry air. It is important not to wait until you feel thirsty to hydrate – keep sipping that water!

Build a Tolerance to the Cold

It can feel like torture to force yourself out into the cold elements for that very first workout of the winter season, but rest assured, it does get easier over time as you build a resistance.

You'll Get That Dose of Vitamin D

Yes, it's cold, but that doesn't mean that you won't get your dose of vitamin D. As long as the sun is shining, so vitamin D will be supplied. It is easy to forget this, so it is important you remember your sunscreen. Remember also that vitamin D is important for your immune system.



Winter Woes

Now that the colder weather is upon us so are the coughs and colds. Remember to take your immune boosting supplements. Vitamin C, zinc and herbal supplements will all help. Quality supplements are available here at the clinic.

If you do get sick and you find mucous and/or a cough is hanging around come in for a quick consult to get the best remedy to get you back on track fast. Remember that these **winter colds are viral** so antibiotics are not what you want as they are for bacterial infections (and are also highly overprescribed). You need immune support so you fight it off.



The **kids also need immune support** as their personal hygiene is not the bees knees at kindy as they all **happily share their germs** as well as their toys.

If you do have a really nasty cold, then maybe consider not going to work so that you don't spread it to the rest of your colleagues!

Remember

*Quality supplements get quality results.
The best supplements are Practitioner
Only Products and come only from a
qualified Practitioner. Australian
Practitioner Products are highly regulated,
safe, quality supplements you can rely on!*

*Call me for a consultation to get back on
track for winter.*

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