



Wellness Update October 2017

by Susan Hanly - Naturopath

Do You Need To Take A Multivitamin?

Do you require important nutrients that your diet is not delivering? Chances are you do – you just may not realise it yet! Even if you are making a concerted effort to consume a healthy diet, soils are commonly low in trace minerals (particularly zinc, selenium and iodine) and food is often less nutritious than it once was. In modern times, it is easy for people to eat highly processed, refined foods, devoid of nutritional value. Compounding this is the use of pesticides, pollution and selective breeding for commercial purposes, which may further compromise your nutritional status. Fast-paced lifestyles also take their toll; increased stress and excessive alcohol intake not only depletes important nutrients but increases requirements. Taking a multivitamin and mineral formula that provides therapeutic dosages of easily absorbed essential nutrients can optimise and support your health overall, empowering you to embrace life wholeheartedly.

Enhance Your Diet with a Daily Multivitamin

Have I prescribed an individualised therapeutic diet for you? These interventions are a vital component of treatment and can provide excellent results for health. However, in some cases, dietary restrictions may inadvertently lead to nutritional deficiencies. For example, gluten free diets may be lacking in vitamin B12, folate, iron, zinc, magnesium and calcium. Dairy free diets are also commonly prescribed, and are associated with lowered calcium levels. Alternatively, you may have chosen to adopt a particular way of eating that may indirectly affect your nutritional status. Many vegetarian/vegan diets are also associated with nutritional deficiencies, including vitamin B12, iron, iodine and selenium. Taking a high strength, scientifically formulated multivitamin and mineral formula can help ensure you get the most out of your therapeutic diet, while meeting your nutritional needs.

A Multi with a Multitude of Benefits

Ask me about a potent multivitamin and mineral formula specifically designed to address the nutritional

shortfalls of therapeutic diets, and which incorporates these key nutrients:

- Activated B-group vitamins: B vitamins aid energy production and support healthy mood, helping you feel happier and more energised.
- Minerals: Magnesium and iron also support energy production, while zinc helps to strengthen your immune defences. Selenium and iodine are significant for maintaining thyroid function, while calcium is essential for healthy bones and teeth.

Superior Absorption = Superior Clinical Results

Practitioner-grade multivitamin and mineral formulas stand out from the rest by delivering high strength, highly absorbable forms of minerals and vitamins to quickly improve and maintain your nutritional status; particularly where an individualised diet is being followed. For example, thanks to their unique shape, Meta Mag® (magnesium), Meta Zn® (zinc) and Meta Fe® (iron) are highly absorbable forms of minerals. Also look out for activated B-group vitamins – being activated means they can perform their therapeutic actions rapidly and effectively, requiring less effort from your body to utilise them. Ultimately, the benefit of superior absorption is a happier, healthier you!

Antioxidants Explained

Your body is exposed to free radicals (unstable molecules that damage cells and contribute to ageing and disease) on a daily basis. While some free radicals are naturally produced in your body, other factors such as alcohol consumption, smoking, stress, nutritional deficiencies and pollution also create free radicals and compromise cellular health. Antioxidants (e.g. vitamins C and E, zinc, betacarotene) help to counteract the damaging effects of free radicals. Ensure your



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Multivitamin and mineral formula is rich in antioxidants to support healthy ageing.

Tailor Your Nutrition Today!

Whether you are following an individualised therapeutic diet or just trying to eat healthily, talk to me today about taking a high strength multivitamin and mineral formula with superior absorption. Support your whole body with the nutrients it needs and live a healthier, more energised life.

PLEASE HELP
Recent Announcement from the
Government needs your
response - now!

Media Response: Private Health Insurance Overhaul 13th October 2017 (by Henry Osieki CEO of Bioconcepts and industry stalwart)

The removal of 17 different disciplines of natural therapies from the Private Health Insurance Rebate scheme has been a longstanding discussion; and today it appears that the Turnbull Government's plan to reduce pressure on the Medicare system, has removed these preventative health therapies from the scheme from 2019.

The *Sydney Morning Herald* yesterday reported:

"From 2019, private health insurance will no longer cover natural therapies, including aromatherapy, Bowen therapy, Buteyko, Feldenkrais, herbalism, homeopathy, iridology, kinesiology, naturopathy, Pilates, reflexology, Rolfing, shiatsu, tai chi and yoga."

The allegations made against natural therapies, is that they do not meet the benchmark requirements for interventions funded under the [PBS](#) and [MBS](#): the conclusion is that the efficacy of these therapies was not sufficiently demonstrated to warrant taxpayer funding.

However, the preventative nature of natural therapies has been completely overlooked in this movement, as has the overall impact the current 26% rebate has on the Medicare system. We, as practitioners and researchers, know the positive influence natural therapies have on the population who partake in this style of intervention. They not only preserve the health of the individual, but in doing so, reduces the economic burden of healthcare in the long run.

Claims submitted for complementary medicine interventions currently account for less than one percent of all benefits paid by health funds in Australia. Consequently, we can conclude that this contribution is mirrored in the effect on the Medicare scheme.

Conversely, the positive effects of natural medicine, have a much more significant contribution to the economy. Through delving deeper into underlying causes of health problems and diseases, we improve the long-term health of individuals. For the economy, this means that those individuals are less likely to submit claims on their insurance, take less time off work, and have an elevated quality of life, making them our most productive members of society.

Effective, non-invasive treatments, particularly when adopted earlier in life, have the potential to drastically reduce the pressure on the healthcare sector in both the short and long term.

Dr Rachel David, the CEO of Private Healthcare Australia, representing 20 health insurers across Australia, echoed this sentiment in a statement in CHOICE. She stated this reduction in the rebates paid on extras policies not only makes policies immediately more expensive, but results "in less preventative treatment being undertaken and more strain placed on the hospital system."

Unsurprisingly, 2017 has seen a consistent downward spiral in the number of young people purchasing private health cover. Leaving only those demographics with a higher propensity to submit claims in the market, premium prices have hit an all time high, further emaciating the under 30's market from the sector.

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Three major contradictions are prevalent within this proposed change.

1. The desire is for more under 30's to join a Health Fund, yet Natural Therapies which align with shifting cultural norms and values, are being withdrawn.

2. Despite a renewed focus on mental health support for Australians, this change directly affects a sector whose primary focus is on mental health assistance.

3. Insurance companies themselves are promoting preventative health measures to their clients as an opportunity to reduce their premiums. They know fully the long-term economic benefits of undertaking these practices.

Should these changes come into effect, there will only be a short term saving made on the Government's part. Long term, the removal of natural and preventative therapies has the potential to have devastating effect on the healthcare sector and hospital system, due to more people being admitted to hospital with chronic diseases that could have been prevented. Thus making private health insurance continue to become less affordable, especially for young adults.

This is a backward and unsustainable step against modern healthcare best practices. Medical research points towards preventative action with natural and complimentary medicine playing its part, is the best way to prevent diseases and, more importantly, the most effective way to reduce the economic burden of the health system. A policy like this will make the Medicare and private health insurance system totally unsustainable, as our population will not have the resources to partake; or be incentivised to participate in preventive health treatments that natural and complimentary health practices provide and specialise in.

So what can you do?

You can write to your Member of Parliament and voice your dissatisfaction with this unbalanced proposal which partially takes away your choice of health care. The Labour Party is no better as they lobbied at the last Federal Election to remove health care rebates on Complimentary and Alternative Medicine.

To find out who your member of Parliament is go to:

http://www.aph.gov.au/Senators_and_Members/members

It is important that the Government realises this is not the most sensible, economic, fair or popular proposal.



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