

Naturopathy at Studio Glo

We are pleased to announce that Narelle Donald, a Naturopath and Homeopath, will be consulting at Studio Glo from July 1st.

As a registered and fully qualified naturopath and classical homoeopath, Narelle is in her ninth year of practice. She became drawn to natural therapies whilst living with a Naturopath in Germany for a year. After completing a degree in social sciences she began studying Naturopathy and worked as a Naturopath in a clinic and pharmacy for seven years. During this time she followed her passion and continued her studies in Homoeopathy.

Naturopaths are the general practitioners of natural therapies. The philosophy of a naturopath is to provide an environment to support the recovery from illness. When you visit a naturopath your treatment is likely to include dietary advice, vitamins and minerals, herbal medicines and homoeopathic medicines. The aim of the naturopath is to guide and assist natural healing to restore you to a state of good health. Your body has an inbuilt desire to be well and will always work toward good health. If given the chance your body will heal itself.

Homeopathy is a scientific system of medicine which grew out of orthodox medicine of the 18th Century. The unique characteristic of homoeopathy is the specific selection of a medicine to correspond with the patient's symptoms according to specialised case taking. The philosophy of homeopathy is to find a medicine based on the law of similars or "what a substance can cause it can also cure". For example a homoeopathic medicine made from coffee can also be used to treat symptoms of insomnia, heart palpitations and anxiety. Homoeopathy carries few risks in its practice and the method of preparations of remedies makes them non toxic and non addictive.

Narelle uses both naturopathy and homoeopathy in her treatment. After an extensive consultation to gather detailed information about the patterns of your symptoms a personalised treatment plan is tailored to your individual needs. Naturopathic modalities such as diet, lifestyle changes, herbs, vitamins and minerals are used as a supportive framework for recovery. Narelle then follows up with a single Homoeopathic remedy based on a range of physical, emotional and lifestyle factors to assist in managing ongoing troublesome symptoms and eventually to remove the cause of the disease long term.



Depending on your health concern there is a level of health support for you including:

- Symptomatic care - digestive and gut pain issues
- Corrective care - Irritable Bowel Syndrome, candida infections, disorders of metabolism
- Wellness care - fatigue, lack of energy, improved weight loss, detox or liver cleanse

Narelle is able to treat most common health disorders. Health issues do not need to have a name to be successfully treated and it is common to treat people who have a wide range of symptoms which have not been named by conventional doctors. Simply describe your symptoms and ask!

There is also a big demand to assist in:

Acne, allergies, anxiety, arthritis, chronic fatigue syndrome, colic, constipation, cystitis, colds, cold sores, depression, dermatitis, eczema, flatulence, flu, fatigue, fluid retention, fungal infections, glandular fever, hayfever, hot flushes, headaches, indigestion, liver problems, migraine, menopause, osteoporosis, obesity, premenstrual syndrome (PMS), prostate problems, period problems, psoriasis, rheumatism, sinus problems, stress, thrush, thyroid problems, ulcers and weight control.

An initial consultation takes 1¼ hours and subsequent appointments are 30 minutes. A rebate for Naturopathic treatment is available through extras on your private health insurance.

Fees:

Initial consultation
\$80 plus medicines*

Regular consultation
\$50 plus medicines*

Please note that any medicines prescribed are not included in the consultation cost

Hours:

Thursday 5pm - 8.30pm

Friday 2pm - 8pm

Introductory special for the month of July:

All new clients pay \$60 for initial consultation, a saving of 25%

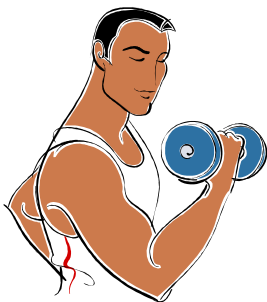
Phone 9870 4050

Discount is not available on additional medicines prescribed

Keep Your Strength Up!

Resistance training or weight training is the most underestimated way to lose body fat. Many people believe that cardiovascular training (walking, running, aerobic classes, bike riding etc) is the most important activity to perform for achieving their weight/body fat loss goals. That's not quite true.

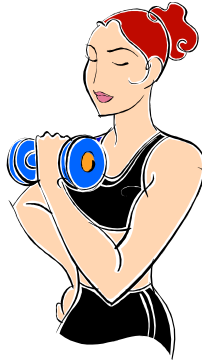
If decreasing body fat is your goal then cardiovascular training is an important addition to resistance training, but resistance training must be a priority.



You must preserve the muscle mass you already have, and you may even need to gain some muscle as you try to lose body fat. The metabolism boosting, calorie burning effects and stimulation of muscle growth obtained during and after a resistance training session are far more beneficial than a cardio session. It all depends on what your goals are. Remember the more muscle your body has the more calories you will burn (particularly at rest), and the lower your body fat levels will become.

Generally, compound movements or exercises which use muscles in unison and not in isolation, are the most efficient to build muscle and burn calories. Squats, lunges, pushups, shoulder presses, and pulling exercises like rows and chin ups or lat pulldowns are really effective exercises and the basis of any exercise program. Once these are mastered, the sky is the limit!

If cardiovascular training is performed excessively and is not balanced with the appropriate amount of resistance training then it is likely you will eat into your valuable muscle tissue. Your muscle mass will decrease and your body fat could actually increase! This is not particularly conducive to fat loss or shaping your body.



Strength coach Charles Poliquin has found in his research that clients quickly adapt to aerobic exercise but soon found they were unable to keep body fat off with aerobics alone. He concludes that the body adapts to any given stimulus very quickly and for the best results you need to change the program regularly.

Try alternating cardio workouts with resistance training workouts or add a cardio workout to the end of a weight training session. Play around with circuit style cardio and weight training programs, just keep your body guessing!

So remember, as always, balance is the key with everything. Your exercise program and meals need to be balanced, as do your sleep patterns, stress levels and fluid levels. And always have fun!

Kylie

The information provided in this newsletter is for general educational purposes only. It is not intended to be relied upon as, nor to be a substitute for, specific professional advice. If you are currently under the care of a medical practitioner, you have any injuries or you are taking prescription medication, it is recommended that you seek professional advice prior to starting any fitness program

Magical Mushroom Pizzas

Ingredients:

- 4 large flat mushrooms
- Olive oil
- 250g minced beef
- 1 small onion, chopped finely
- Fresh parsley, chopped
- 1/2 zucchini, grated
- 1 tablespoon tomato pesto
- 1 cup grated cheese
- 1 tomato, chopped finely

Method:

- Remove stems from mushroom, finely chop & set to the side. Place mushrooms on baking dish & brush all over with olive oil.
- Heat 1 tablespoon of oil in a frying pan, adding mince & onion, stirring until mince is browned all over.
- Stir in parsley, chopped mushroom stems, zucchini & tomato pesto, cooking until heated through.
- Spoon mince mixture into mushrooms & top with cheese. Cook in a pre-heated oven (200°C) for 15 minutes or until mushrooms are tender.
- Mix fresh tomatoes & basil in a small bowl.
- Top mushrooms with tomato mixture & serve with salad.

Paul



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