



CHANGE



Welcome to the first newsletter for 2015. I know it has been a while since our last newsletter, but there have been many changes happening.

Just as the season has changed and there have been many Astrological Events coinciding with the Autumn Equinox which have seen major cycles ending and new ones beginning, the same is being experienced with Unique Health and Wellness.

Lorraine has made the decision to branch out on her own for her personal growth and many of you have either received an email from Lorraine or heard from her personally. I wish Lorraine every success

and happiness and am so very grateful for her contribution and support over the many years we have worked together.

If any clients have not received an email from Lorraine and would like to get in contact with her for a Mind/Body consultation, please call our Centre and we will be happy to give you her number.

Scott has also moved on and I would like to thank him for his time as part of the Unique Team and wish him well.

I am really excited and looking forward to my continued health relationship with you and I am very committed to helping you reach and maintain your Ultimate Health Potential, whether it be through Naturopathic Consultations, Acupuncture, Psych-K or Bowen Therapy.

If you are a client who had combined appointments either with myself and Lorraine or with the 3 Health Coaches, please know that the fee structure now for a one-on-one consultation has been reduced accordingly and I will discuss this with you at your next appointment.

I would like to thank you all for your patience as we transition through the changes. *Warm Regards, Wayne.*

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Have You or Someone in your Family Been Bitten By a Tick?

Lyme Disease Has Reached Epidemic Proportions Around The World.

Recently, Lyme Disease has been headlining on many current affair



programmes and in health magazines. Also I have been seeing more patients presenting with symptoms like joint and muscle pain, arthritic-like pain, headaches, tiredness, nerve problems and rashes, just to name a few. Often times my patients had consulted with their Medical Doctors and were told that there didn't appear to be any reason for the way they were feeling.

Lyme disease is rarely seen on its own and within Australia the authorities still suggest it doesn't exist down under.

The most typical presentations are multiple co-infections, so the emerging name for the Lyme-like infectious conditions is **Multisystem Infectious Disease Syndrome**.

Recognising and addressing these co-infections is quite critical to achieving reliable outcomes.

What is Lyme Disease?

Strictly speaking, Lyme disease is an infection caused by the bacterium (spirochete) that infects humans from the bite of ticks infected with *Borrelia Burgdorferi sensu lato* (approx. 18 species).

It was first recognised in 1975 when an outbreak of apparent Juvenile Rheumatoid Arthritis in Lyme, Connecticut, USA did not respond to standard treatment.

The bacteria Borreliosis was recognised and treated in some European countries as early as 1905.

This Bacterium can imitate any of the following diseases -

- ◆ **Multiple sclerosis**
- ◆ *Parkinson's disease*
- ◆ **Motor neuron disease**
- ◆ *Multi system atrophy*
- ◆ **Progressive supranuclear palsy**
- ◆ *Chronic fatigue syndrome*
- ◆ **Fibromyalgia**
- ◆ *Guillain-Barre syndrome,*
- ◆ **Juvenile rheumatoid arthritis**
- ◆ *Lupus*
- ◆ **Alzheimer's and other forms of dementia**

and many other conditions.

Now here's where it gets real interesting, the bacterium can be spread from any of the following, including a variety of tick species and strong evidence for —

- Fleas
- Mosquitoes
- Mites
- Lice, and

possibly, other blood-feeding creatures.

If a tick bites a dog and then the dog is bitten by any of the above creatures, and then any of the above blood sucking critters bites you – presto – you now can be infected.

Also there is strong probability that the bacterium can be transmitted sexually and can be passed down to children from their parents who have been infected.

Within our Centre I use a wide variety of strategies with specific antimicrobial and detox herbal remedies. If you have been bitten by a tick or suspect any of the above symptoms represents how you or a loved one are feeling, please ring and let us know.

What's the Latest Health News From Wayne?

Nearly every week Wayne completes a 2-hour webinar, conference or course to keep him up to date and deliver to you the **latest scientific information and treatments on important health issues.**

Recently, one of these courses was ***The Natural Thyroid Master Class***, where lecturers from all over the world presented the latest Scientific evidence where they dug deep into all aspects of thyroid function and Wayne would like to share some of the information with you.

Wayne here . . . Essentially we can think of the thyroid as the drums in the orchestra that is our endocrine system – **thyroid hormones set the rhythm and the pace for most of our bodily functions.**

A disordered thyroid function therefore upsets the whole rhythm of the body.

If your thyroid is low or underactive you may feel fatigued, tired, lethargic, and find it hard to lose unwanted fat, especially around the tummy. **A growing number of medical experts believe we are presently in the middle of a thyroid epidemic.**

Listed below are some symptoms that may present with an underactive thyroid . . .

- **Easily gains weight**
- Tired and sluggish
- **Cold hands and feet**
- Tight sensation in the neck and or swelling
- **Thick, brittle nails**
- Puffy face, hands and or feet
- **Swollen upper eyelid**
- Muscles are weak and cramp or tremble
- **Forgetfulness, Slow mental processes**
- Slow heartbeat
- **Lack of interest in sex**
- Thinning of hair
- **Loss of appetite**
- Pre menstrual tension
- **Infertility**
- Excessive menstrual bleeding
- **Absence of periods**

Also research reveals that thyroid dysfunction can be a factor in cardiovascular disease, PCOS, cancer, insulin resistance, diabetes, and many other serious conditions.

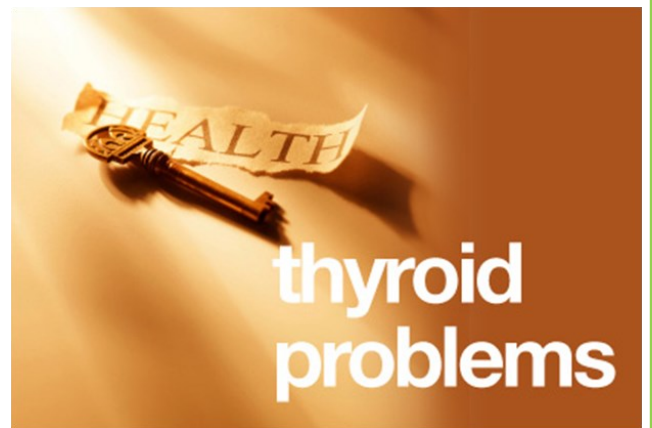
Unfortunately blood tests using the normal reference range don't show the full picture of what is happening with your thyroid. For example sub-clinical Hypothyroid is occurring with a TSH above 2.5.

At the clinic we have **Two FREE Simple Tests** that can reveal if you have a sub-clinical thyroid challenge. Please ask me for more details when we chat at your next appointment.

If you have recently completed Thyroid blood tests and you notice **your TSH is above 2.5** please send them through to the clinic so that I can work out a plan to get your thyroid working again.

Also if you notice your **TSH is below .8** please let us know.

Looking forward to sharing more Up-To-Date Health News with you next time.



If you no longer wish to receive our emails/newsletters please contact us by phone: 07 5440 5678 or by email at support@uniquehealthandwellness.com.au and request to be taken off the mailing list.

AUTUMN - A TIME TO TAKE CARE OF THE LUNGS AND LARGE INTESTINE



AUTUMN has arrived with the days growing shorter and some may say finally, the nights are becoming cooler. In Chinese/Oriental Medicine this represents the beginning of the Yin phase where the energy starts to slow down and we become contractive, internal and more reflective on our lives.

The two internal organs associated with Autumn in Chinese Medicine are the Lungs and the Large Intestine. These organs have elimination functions; the lungs inhale pure air while eliminating toxins through the skin and nose as we exhale. The Large Intestine eliminates solid waste from the body.

Emotionally, the season of **Autumn is a time of "letting go"** (much like the leaves 'let go' or fall from the trees and plants in Autumn)! During Autumn you may find that old emotions, memories or patterns may be brought to the surface for you to become reflective upon, acknowledge and let go of to make room for new experiences that will help you learn and grow.

Physically, as the lungs are the uppermost organ of the body, they can be vulnerable to wind and cold and during Autumn/Winter and we should provide them with extra protection and dress appropriately. **People who have deficient Lung Qi are often more prone to respiratory infections, allergies, bronchitis, sore throats and colds during Autumn.** Other physical symptoms that I see quite a lot through the Autumn are dry skin problems and digestive complaints like constipation etc.

TIPS FOR KEEPING HEALTHY DURING AUTUMN



Deep Breathing and dressing appropriately will help protect and strengthen your lungs during Autumn

◆ **Change your diet accordingly**— We have inserted our Autumn/Winter Menu Planner. As Autumn is a dry season we need to eat foods that will moisten and clear the lungs and protect ourselves from the colder air evaporation of moisture from our skin. So its time to swap cold, raw foods, dairy products such as milk, hard cheese and cream which create dampness and phlegm produced by the spleen and stored by the lungs, and start eating warming foods like soups, broths and nourishing casseroles.

Increase foods like **garlic, ginger, leeks, bay leaves as they are immune boosters and choose foods that are in season like pumpkins, winter squash, sweet potato, pears and apples.** Warming spices such as cardamom and cinnamon are also great.

◆ **Remember to breathe deeply**—this is a great way to strengthen the lungs and provide your cells, organs and brain with much needed oxygen to allow the systems and organs of your body to function properly.

◆ **With the days becoming shorter, sleep is also an important aspect of staying healthy** during Autumn. Make sure you have enough good quality sleep, remove any household items that emit electromagnetic fields and make your bedroom nice and warm and cosy.

◆ **Go within and resolve any emotional issues** that you have been hanging onto. If you find it hard to "let go", acupuncture is very helpful to assist with releasing emotional issues as well as physical ones. Acupuncture is also ideal during Autumn to receive a "tune-up" to strengthen your immune system, lungs and organs in preparation for winter.

Enjoy the energy of Autumn as it helps you to eliminate, transform and make **Changes** in preparation for the next phase of your life.



UNIQUE HEALTH
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