

Kathleen Ward

Health Clinic E-Zine

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Readuff, Loughmourne, Castleblayney, Co Monaghan
Ph: 042 9745070 / 9745546 Fax: 042 9745958

Email: kathleenward@eircom.net Web: www.kathleenwardhealthclinic.ie

Treatments Available:

- Bio-Resonance/ Vega-Testing
- Allergy Testing
- Antenatal Classes
- Homeopathy
- Herbalism
- Physical Therapy & Sports injury therapy
- Reflexology
- Acupuncture
- Hypnotherapy
- Osteopath
- Holistic Massage
- Cranial Sacral Therapy
- Kinesiology
- Analytic Arterial test
- Conference Room

Hi all, and welcome to the last month of 2016. December can be such a wonderful month for most but for others it can be a tough reminder of what should be for many different reasons. December is a month of lights, snow and feasts; time to make amends & tie loose ends; finish off what you started and hope your wishes come true.

If you prefer to have your name deleted from our mailing list, please contact us by email at kathleenward@eircom.net.

Check out our facebook page.

www.Facebook.com/KathleenWardHealthClinic

Arterial index testing:

<http://www.kathleenwardhealthclinic.ie/turn-back-time>



Our analytic arterial test and recommendations can help you to *maintain healthy arteries and heart.*

[find out more ▶](#)



4 foods and a summit for a healthy thyroid

Sea plants have only recently come on to our radar in the West, but they've been a staple part of the Japanese diet for centuries. While your exposure to these treasures of the sea may currently be limited to the nori found in sushi, there are spectrums of other sea plants to explore, all featuring unique flavours and health benefits!

Research has found that sea plants support cardiovascular health, immune function, the digestive system. **They also play an important role in maintaining a healthy thyroid, an essential gland that moderates metabolism, hormones, and growth.** The health benefits are due in part to the following compounds found in a variety of sea plants:

- **Sulphate polysaccharides:** Anti-inflammatory compound that [regulates immune function](#), [lowers risk of blood clots](#), and [decreases cholesterol absorption in body](#).
- **Iodine and selenium:** Minerals that is essential in the [proper functioning of the thyroid](#).

Before we dive into different types of sea plants, it's important to note that if you have an overactive thyroid, you should check with your healthcare practitioner before introducing large amounts of sea plants into your diet, because these can be contraindicated for hyperthyroidism or select autoimmune conditions.

Another cautionary note: sea plants' proficiency at absorbing minerals means they also tend to absorb heavy metals. Check the label or ask your supplier whether they have tested their batches for heavy metals. Choose certified organic options when available.

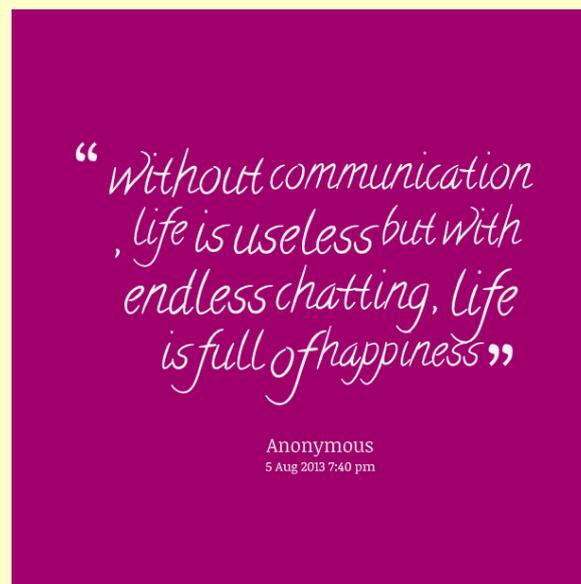
Now, let's meet some sea plants, and look at some ways to incorporate them into your next meal:

- **Arame:** The dark-brown strands of this kelp have a firm texture and a mild, almost sweet flavour. You can add it to a wide variety of dishes; include pilafs, soups, casseroles, and even some baked goods, such as muffins.
- **Dulse:** A red algae that grows on the northern coasts of the Atlantic and Pacific, dulse is dried into a texture something like jerky. When ground into flakes or a powder, it becomes a useful flavour enhancer for meat dishes, chili, soups, chowders, sandwiches, and salads.
- **Kombu:** This type of kelp is used to flavour broths, stews, and rice dishes. You can use Kombu to soften beans during cooking and to chemically alter the beans to reduce flatulence.
- **Wakame:** Another form of seaweed that has a slightly sweet flavour. Add it to miso soup or mix it with carrots, rice vinegar, soy sauce, and garlic for a tasty salad.



Arthritis Pain Elixir

https://www.nutriliving.com/recipes/arthritis-pain-elixir?utm_content=buffer0653f&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer



Five ways to keep your health in check in the New Year

1. Support your digestion:

Your digestive system is the most important system in the body. We need to listen more to our body. If you have bloating, wind or indigestion you address symptoms as necessary. A good probiotic like Pro b 11 or Acidophilus and Biodophilus are a good way to build up the good bacteria in the gut. There could be many other reasons that could be the cause of these symptoms like: leaky gut, bowel not emptying, hernia, haelio bactor or food intolerance. Contact us and we can make an appointment to check these out.

2. Get checked:

Women should have cervical checks regularly and men should have prostate checks. This can prevent cancer or catch it at the onset.

3. Know your number:

Cholesterol should be checked annually especially if you are over 40. You also need to find out the breakdown of the good and bad or hdl and ldl as this will determine if you need to treat the cholesterol with medicine. We can treat this very efficiently with Zerochol: <http://www.zerochol.ie/>

Milk thistle is also good to help here as it cleanses the liver and removes the old cholesterol. Regular exercise daily about 20-30 mins.

Eat more fruit and veg and stay away from fatty foods.

Eskimo 3 and omega oils are very good to help reduce it.

4. Enjoy the sunshine:

Vitamin D3 is a major deficiency in our bodies so we need to substitute it with D3 oil or tablets. It is good for bone health and skin.

5. Mind your weight:

Lose some weight if you are over what you should weigh. There is evidence that physical exercise can help the quality of life as it gets the blood circulating properly. A poor diet and high sugar intake can cause obesity and chronic stress is another factor.

A healthy Liver

According to many health care professionals, our liver is our most important organ. It's responsible for over 500 different functions within the body. A healthy liver can define our longevity as well as the quality of our life and maintaining a healthy weight.

We all know alcohol and smoking are hard on the liver, but you may be surprised to find out that sugar may be even harder on the liver.

Trans fats such as hydrogenated oils also wreak havoc on our liver. They are made to give foods a longer shelf life, but are not made to be processed by our bodies filter, **the liver**

Some signs of a sluggish liver include:

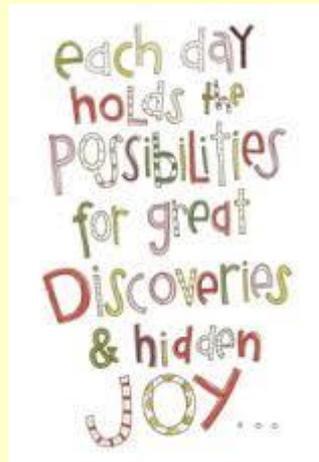
Headaches, hormonal imbalances, fatigue, dark circles under the eyes and nausea. If these symptoms or breakfast turns you off, do not be disheartened.

The liver regenerates every 40 days, so there is much we can do to nourish this important organ.

Eating green foods is a great way to furnish your liver. Dandelion in either a liquid or tablet or food form is excellent for the liver.

Turmeric is a powerful anti-inflammatory. It is full of antioxidants to help regenerate a healthy liver and works by thinning bile.

For more information and supplements please contact us.



Dementia and Blueberries

<http://www.tv3.ie/xpose/article/fitness-and-wellbeing/195758/Blueberries-cut-dementia-risk>

Flu vaccine and its dangers:

http://articles.mercola.com/sites/articles/archive/2016/10/11/flu-vaccination.aspx?utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=20161011Z2&et_cid=DM122479&et_rid=1704229579

We have alternative medicines here to help get you through the flu season.

Sugar and its harmful effects on our bodies:

https://issuu.com/yourhealthylivingmagazine/docs/rhm_sept-oct16_web/52?e=0



Ante natal Classes Available

Antenatal Classes now available at the Kathleen Ward Health Clinic

Antenatal classes now available at the Kathleen ward health clinic. Classes will be run in the evenings over a 4 week period. For further information on dates, times and prices please [contact us](#) at the clinic.

Classes can run either over 4 week period or be done on a 1 or 2 day period if needed.

Next Antenatal class begins soon. Please call to book place

Conference room

Conference room is available for meetings, classes, conferences etc. it can seat up to 150 people. Both large and small numbers are welcome.

<http://www.kathleenwardhealthclinic.ie/function-room>



*May your day be touched by a bit of Irish luck, brightened by a
song in your heart and warmed by the smiles of the people you
love.....
Have a wonderful Christmas 2016 and a very healthy and happy
New Year.*



Kathleen Ward & Arlene Ward Smyth