



# Kathleen Ward Health Clinic E-Zine

Summer 2017  
Issue 46

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

Email: [kathleenward@eircom.net](mailto:kathleenward@eircom.net) Web: [www.kathleenwardhealthclinic.ie](http://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

The summer months are upon us. I hope when the rays come out that you are able to get



the much needed Vitamin D.

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

Check out our facebook page.

[www.Facebook.com/KathleenWardHealthClinic](http://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 ▶](#)



*Keep an eye on our Facebook page for an opportunity to win vouchers and more for the clinic.*

# YOGA CLASSES

Start Date: Thursday, 14th September 2017, 8 Week Term

Time: 6.45pm - 8.15pm

Venue: Rathlæn Ward Health Clinic

Contact: Christina

Tel: 086 897 7941

[www.yogaworksireland.com](http://www.yogaworksireland.com)

[christinayogaworksireland.com](mailto:christinayogaworksireland.com)

Fee: €80 (payable on first day of term)

Drop ins not encouraged.  
Suitable for all levels and ages.

Booking essential. If you are interested you can call the clinic or Christina.

We have many new products on sale in the clinic. Below is a picture of many of them. If you would like more information on these or to purchase, please contact us at the clinic:



Avène products for skin irritation, Eczema, Psoriasis, Rosacea, Skin lesions, Broken or burnt Skin, rash and many more.



Kinvara is a product of Ireland. They supply Cleansing oil, rosehip serum, moisturiser and also the eye serum. This product is amazing and I personally have tried and tested it for 1.5 years before getting a supply for the clinic. All on sale here at the clinic.

<https://www.kinvaraskincare.com/>



**For these Sunny days, we need proper protection. Why not try these fab sun-creams that are paraben free and are great for sensitive skin. The non-greasy, tear-free, water-resistant formula provides the broad spectrum UVA/UVB protection necessary for the whole family. Family Natural Sunscreen SPF 45 helps protect skin from sun burn and reduces harmful free radical damage caused by the sun's ultra-violet rays and is enriched with Vitamin E, Shea Butter and antioxidant Green tea extract to nurture and moisturize the skin.**

**Benefits: Non-Greasy, Water Resistant & Long-Lasting UVA/UVB Protection. Helps Prevents sun burn. Higher SPF gives more sunburn protection. Moderate sun protection product.**

### *Salin plus:*

*This product helps all respiratory problems. It is a plug in machine that filters the air and purifies it.*

*It can help with Hay fever, Asthma, Sinus problems, Bronchitis, Allergies, CF, Snoring, Sleep Apnea, and COPD.*

After much searching we found Salin Plus, the salt therapy that uses a non-invasive method of delivering microscopic salt particles deep into the lungs from the comfort of the patients home while they sleep. There are no masks, tubes or any other invasive equipment, you simply turn on the machine, leave it in the bedroom and it works while you enjoy the best nights' sleep you've had in years, waking the next morning feeling refreshed, energized and with less mucus blocking your airways.

We are very excited to bring Salin Plus to you and we are sure that you can benefit from this revolutionary therapy. Brian O Donoghue founder of Salin plus.



*It's that time of year again:*



*Let us help either with treatment by Homeopathic medicines, Reflexology, Cranial Sacral Therapy and Acupuncture or why not try the Salin Plus above.*

**It is important to talk.**

We live in an era where really "talking" to our children has become less and less. Children of all ages are now more obsessed with "gadgets" like mobile phones, play stations, television, etc. This can create an imbalance between social media and real communication, which in turn may lead to low confidence, low self-esteem in our young people. Being 'quiet' does not always equate having good mental health and social skills.

It is never too early to start working on good communication with your children, the sooner the better. Start when they are very young and it will pay off when they get older. Of course parents are busy, but should we be too busy to listen, hear and really address concerns our young folk have? What the young child might want to tell you is important to them, even though it might seem insignificant to the parent. Those are the moments that will make your relationship strong and you get to know them.

Parents often express concern about their child's overuse of their phone. But are parents themselves leading by example? For example, do parents put their own phone aside at mealtimes or other family times? Do you regularly take calls when your child

is talking to you? If so, by the time you have finished the call the momentum for the child has gone.

Young people constantly being attached to their phone, leaves them overwhelmed, exhausted and confused as their minds never stop. The "blue" light damages their Melatonin, the sleep hormone, which then damages proper sleep. So parents need to set reasonable boundaries and stick with them. Trust is a huge part of proper communication with teenagers. If you do not have trust, you have nothing. When you give trust, outline the consequences if they break it. Young people have a greater appreciation when you are direct and straight with them. When you need to speak with your child about something that is concerning you, be clear and make sure there are no interruptions or distractions. They do not like being talked "down to" as it is scuppering the independence they are trying to achieve. When they lash out, do not take it personally. They are trying to look right, fit in, they are under so much pressure they need to let off steam. Teenagers are no longer a child, neither are they yet adults, so they are struggling often. But the parent is the adult, so your response will initiate the outcome.

So take a deep breath, try not to shout or roar at them; when we do, everything escalates. Shouting as a means of parenting is like trying to drive a car by honking the horn. When we stay calm, they know it is a safe space for them to speak.

Encourage their hobbies to balance social media stuff. Have fun with your kids without always being the one laying down the law.

Tell them you love them often. Positive reinforcement really does work. These are the things that build their confidence and keep the channels of communication open between parent and child.



Old Herbalism meets New Herbalism.

## These 4 Foods Accelerate AGING (beware!)

**Do you eat these harmful foods that AGE you faster? Some are even deceptively marketed to you as "healthy" by giant food corporations. Avoid or minimize these and look 5-10 years YOUNGER than your real age.**

Due to biochemical reactions in your body that occur with every type of food you eat on a daily basis, some foods age you FASTER than your real age, while other foods help to FIGHT aging.

Three of the processes that go on inside your body that have a MAJOR impact on your rate of aging are called "**glycation**", "**inflammation**", and "**oxidation**". When we talk about aging, we're not just talking about wrinkles on your skin or how thick your hair is... we're also talking about factors that you can't see, such as how well your organs function, and whether your joints are degrading.

### **Food #1: Wheat (yes, even "whole wheat")**



This deals with "glycation" in your body, and substances called **Advanced Glycation End Products** (AGEs). These nasty little compounds called AGEs speed up the aging process in your body including damage over time to your organs, your joints, and of course, wrinkled skin.

So with that said, what is one of the biggest factors that increase production of AGEs inside your body? This may surprise you, but **high blood sugar levels** over time dramatically increase age-accelerating AGEs in your body. This is why type 2 diabetics many times appear that they have not aged well and look older than their real age. But this age-increasing effect is not just limited to diabetics.

Here is a little-known fact that's often covered up by the massive marketing campaigns by giant food companies that want you to believe that "whole wheat" is healthy for you... but the fact is that wheat contains a **very unusual type of carbohydrate** (not found in other foods) called **Amylopectin-A**, which has been found in some tests to spike your blood sugar HIGHER than even pure table sugar.

In fact, amylopectin-A (from wheat) raises your blood sugar MORE than almost any other carbohydrate source on earth based on blood sugar response testing that's documented in studies.

This means that wheat-based foods such as bread, bagels, cereals, muffins, and other baked goods often cause MUCH higher blood sugar levels than most other carbohydrate sources. If you don't believe me, here's something you should know... I ran personal blood sugar tests on myself using a blood glucometer about 45 minutes after eating 2 slices of wheat bread vs eating a bowl of oatmeal, with equivalent grams of carbs.

### **The blood sugar test results:**

You've probably also heard about the potential health-damaging effects of **gluten** (another problematic compound found in wheat that can cause inflammation in your digestive system) in the news recently, but this blood sugar aspect we just covered is not talked about that often, and is yet another reason to **reduce or eliminate** wheat-based foods in your diet.

And **losing body fat** is typically another fun side effect of eliminating or reducing wheat in your diet!

**Yet another problem with wheat-based foods and aging...**

As it turns out, baked wheat products contain carcinogenic chemicals called **acrylamides** that form in the browned portion of breads, cereals, muffins, etc. These carcinogenic acrylamides have been linked in studies to possible increased risk of cancer and accelerated aging. Note that acrylamides are also found in high levels in other browned carbohydrate sources such as french fries or any other browned starchy foods.

**Food #2:** Corn-based foods: corn syrup, corn cereal, corn chips,



**corn oil**

This is quite a variety of stuff that you might eat every day. We're talking corn chips, corn cereals, corn oil, and also the biggest health-damaging villain that gets most of the media attention, high-fructose corn syrup (HFCS).

We already talked in detail in the last section about wheat regarding the blood sugar process and it's relation to age-accelerating formation of nasty "AGEs" in your body.

Well, corn-based starchy foods such as corn cereals, corn chips, etc. also have a big impact on blood sugar levels and therefore can increase AGEs in your body and accelerate aging.

But here's another nail in the coffin for corn... it turns out that scientists have found out that the **fructose in HFCS causes 10x more** formation of AGEs in your body than glucose! Yes, that's right... that means the HFCS you consume daily in sweetened drinks, and most other processed foods (yes, even salad dressings and ketchup) contribute to faster aging in your body... as if you needed yet another reason to avoid or minimize HFCS!

We're not done yet with corn... it gets even worse...

Another major issue with corn-based foods and corn oils is that these foods contribute excessive amounts of omega-6 fatty acids to your diet, which causes an imbalance in your omega-3 to omega-6 ratio and leads to inflammation and oxidation within your body.

Once again... another example of corn-based foods aging you FASTER.

### **Food #3 that ages you faster: Sugar, sugary / starchy**



**foods**

Sugar is an obvious one to avoid. You've heard how bad it is for you 1000 times before for many other reasons, including your waistline and developing type 2 diabetes. But now you also understand the aging effect of sugar.

Instead of sugar, consider using a natural non-caloric sweetener like Stevia in your daily coffee, tea, in baking, or other sweetening needs. This dramatically helps you control your blood sugar response and thereby help slow aging.

So this also means to think twice about sugary desserts, sugary cereals, candy, and other sweets that are contributing to aging you faster.

My personal trick to satisfy my sweet tooth is to only have 1-2 squares of dark chocolate after dinner instead of a normal full dessert that most people

choose. You only get about 2 grams of sugar in 1-2 squares of dark chocolate as opposed to 40-80 grams of age-accelerating sugar in a typical cake, ice cream, or brownie type of dessert.

Keep in mind that some starchy foods like white rice, oatmeal, and white potatoes can also have significant impacts on your blood sugar and thereby can increase formation of AGEs in your body.

#### **Food #4: Soybean oil, canola oil, or other "vegetable**



**oils"**

I know these have been marketed to you over the years by giant food companies as "healthy", but if you understand a little biochemistry about how these highly-processed oils react inside your body, you would quickly see how false that is.

First, anything labelled soybean oil, canola oil, corn oil, vegetable oil, or cottonseed oil (these are in a LOT of processed foods you probably eat) most times have undergone a refining process under extremely high heat and use of chemical solvents such as hexane.

This leaves you with an oil where the polyunsaturated fats have undergone a lot of oxidation and are therefore VERY inflammatory inside your body, producing free radicals, damaging your cell membranes, contributing to faster aging, heart disease, and other possible health problems.

If you want to avoid the health-damaging effects of soybean, canola, corn and other "vegetable oils", make sure to avoid them as much as you can, and instead opt for **truly healthy oils** and fats such as extra-virgin olive oil, avocado oil, virgin coconut oil (a healthy source of MCT fats), and grass-fed butter (a great source of healthy CLA fats).

# How To Be Happy

- #1 Write Down 3 Things You are Grateful For
- #2 Send A "Thank You" Note
- #3 Exercise For 20 Minutes
- #4 Meditate for 15 Minutes
- #5 Practice The "Smile Loop"

 highperformance  
EST. 2012

## 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>



*Its all in the picture*

Kathleen Ward & Arlene Ward Smyth