



Kathleen Ward

Health Clinic E-Zine

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Treatments Available:

- Bio-Resonance/ Vega-Testing
- Allergy Testing
- Antenatal Classes
- Homeopathy
- Herbalism
- Physical Therapy & Sports injury therapy
- Reflexology
- Acupuncture
- Hypnotherapy
- Psychotherapy
- Bowen Technique
- Asthma Care
- Holistic Massage
- Cranial Sacral Therapy
- Kinesiology
- Analytic Arterial Test
- Conference Room

Hello & welcome to the September edition of our newsletter. What a summer it has been weather-wise. What it means for our health is that we need to protect our Immune system to a greater degree coming into the winter months. As our kids return to school for the new term, it is vital that they are healthy and eat sensibly.

Arterial index testing:

HEART DISEASE IS IRELAND'S NO. 1 KILLER: FACT

If you are suffering from Stress & Anxiety, it could be causing your arteries to narrow & stiffen. This process is called Atherosclerosis. It will cause 1 in 3 of us to suffer a Heart Attack or Stroke.

It also restricts the oxygen reaching our skin causing Wrinkles and other signs of ageing.

We offer a quick painless test using patented technology from one of the worlds leading medical manufacturers.

We can help **reduce the risk of heart attacks & strokes** as well as help your skin look younger and increase fitness levels.

“Your arteries can be up to 40 years older than your chronological age”!!

Testing costs just €47: a small price to prevent these serious conditions. Contact the clinic for more information and testing. Further information on “watch your own heart attack” is available on

www.turnbacktime.co.uk.



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

find out more ▶

FACT:

10,000 people die in Ireland every year from cardiovascular disease.

In 2011, 191,000 people died in the U.K. as a result of Heart attack or Stroke.

Worldwide, a person suffers a Stroke every 40 seconds.

Cardiovascular disease is the world's biggest killer.

Ireland is still above average for premature deaths from cardiovascular disease.

When a person suffers a Heart attack or Stroke, their life and the lives of their families are changed forever.

Sadly, we are all too aware of the high number of "sudden deaths" in people of all ages, from young athletes to older people. Had these people had the opportunity to know they had a potential problem; their demise could probably have been averted.

The Task Force on Obesity is concerned that if the trend of Obesity is not reversed, cardiovascular disease rates will rise significantly, even in young children. Obese children show signs of heart disease normally seen in middle-aged adults.

Vitamin D deficiency has been shown to increase arterial stiffness in teenagers, while increased consumption of fruit & vegetables lowers the risk of having arterial stiffness in young adulthood.

BUT THIS CAN BE PREVENTED BY DETECTION OF EARLY SIGNS. Often there are no symptoms experienced by the sufferer.

The analytic Arterial Index test and recommendations we offer at the Clinic can help you maintain healthy Arteries and Heart. This unique test, using a Class 2 medical device, has the backing of U.K. Cardiologists as a marvelous adjunct to early detection of Heart disease. It works by studying the shape of the Pulse Wave each time the Heart beats and can give indications of Atherosclerosis. The software produces a health report unique to the individual being tested. This report includes:

- Biological Age,
- Body Mass Index,
- Blood Pressure,
- Pulse rate,
- Arterial Stiffness indicator.

Based on the test result, we make recommendations for dietary and lifestyle changes and can recommend supplements if needed.

For a very reasonable cost, this test can be an invaluable toll for all athletes, gym users and anybody interested in preventing Heart disease.

WHY GET TESTED?

Under Stress our body begins to break down. Classic signs of Stress include chest pain, low energy, loss of libido, wrinkles, bags under the eyes, high blood pressure, and poor memory. At worst, Stress can result in Heart attack or Stroke.

A current study by University College, London, concludes that through a combination of stress, aging, lifestyle and poor diet, arteries stiffen and restrict the amount of blood being delivered to our heart, brain and skin.

- Starving the heart of oxygen can cause a heart attack.
- Depriving the brain of oxygen can cause a stroke.

I have brought this test to Ireland and to date the “Kathleen Ward Clinic” is the only Clinic offering this test.

However, I am now seeking people with Health & Nutritional knowledge, therapists, etc, to train as testers so we can expand the availability of this test throughout the country. If you or someone you know are interested in training, please contact me for further information as soon as possible.

Back to school time again.

As the summer holidays come to an end and we are all caught up with uniforms, books and routine again, it is also important to remember your child’s nutritional needs.

Here are the some essential nutritional needs your child has:

1. Is your child all energy with poor memory and concentration? Energy is important as long as it is controlled sufficiently allowing the child to focus & concentrate when they need to. Each school day there is so much information to be processed and absorbed. Their diet needs to be free of additives, colorings & preservatives; these substances give uncontrolled energy & poor concentration. B Vitamins are important and these can be found in foods e.g. oatmeal, roasted peanuts, hazelnuts, eggs, camembert cheese.
 2. The digestive tract is classed as “the second brain” as it is packed with neuron activity. Good gut bacteria are important, so it is wise to give a probiotic.
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3. DHA & Choline is critical to the child's brain development the brain is made up largely of fatty acids so these must be included in their diet. Oily fish is a good source and should be eaten at least 3 times weekly... Or you can supplement with omegas 3, 6, 9 as e.g. Eskimo Brainsharp.
 4. Encourage your child to eat vegetables: make it fun. Homemade soup is always a good way to get veggies into the fussy kids.
 5. Provide structure in the child's life as they like a dependable schedule. This includes regular mealtimes, getting-up/bedtime, playtime and most importantly, YOUR TIME.
 6. Daily exercise is a critical part of the child's day. Preferably in the open air but that is weather dependent. Exercise can include walking, cycling, swimming, sport, walking the dog, skipping. Curtail time spent in front of the telly, on play station, etc.
 7. Keep their Immune system at maximum function. Because of the poor summer weather, most kids are deficient in Vitamin D: this is essential and may be given as a supplement. Vitamin C & Zinc are important to ward off colds & flu, so lots of fresh fruit.
 8. Encourage water intake in your child. This is essential to life.
 9. Start the day with a healthy breakfast, e.g. oatmeal porridge, boiled/scrambled egg, fruit, and yoghurt. Give them a healthy lunch with lots of variety. A wholesome dinner is important which is best eaten as a family rather than "telly kids". And remember, avoid the microwave.
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Use herbal and homeopathic treatments for tonsillitis

Tonsillitis is an inflammation of the tonsils, generally due to a viral or bacterial infection. It is a common childhood illness. Generally, doctors will immediately prescribe antibiotics to treat the condition or recommend that the tonsils get removed to cure recurrent bouts of tonsillitis. Natural remedies provide relief and can build up the immune system to fight off future attacks.

Homeopathic Remedies for Tonsillitis

Homeopathy treats the person as a whole and homeopathic medicines are selected only after a full examination of the patient, taking into account his or her medical history and predisposition to tonsillitis in the case of chronic conditions.

Herbal Remedies for Tonsillitis

- 1- *Echinacea*, *garlic*, *myrrh*, *sage* and wild indigo boost the immune system. Lime flowers, chamomile, elderflowers and yarrow are said to reduce fever.
- 2- Painful tonsils may be soothed with comfrey, marshmallow and mullein.
- 3- To clear catarrh and mucous, an herbalist may recommend raspberry leaves, elderflowers or agrimony.
- 4- Gargling with a mixture of *lavender and chamomile* may reduce fever, headaches and pain.
- 5- A mild tea made from elderflowers, peppermint and yarrow leaves can be taken daily until a bout of tonsillitis clears.
- 6- *Garlic* is useful in treating any kind of throat infection, including tonsillitis. An onion and garlic soup is excellent foods to eat during a bout of tonsillitis. Include spices such as ginger, horseradish and mustard seed.
- 7- *Blackberry root* and persimmon are rich in tannins and have traditionally been used as a folk remedy for tonsillitis.
- 8- *Echinacea* enhances immunity and combined with goldenseal, it makes a potent antiseptic, antibiotic and immune stimulant.

Additional to homeopathic and herbal remedies, try gargling with a saline solution of half a teaspoon of salt to one cup of tepid water to remove mucous and reduce swelling. Suck zinc lozenges as zinc helps the immune system.

Bee propolis has anti-viral properties, boosts the immune system and can help in recovering from tonsillitis. **At the clinic we have a number of items that can treat infection and threat the throat and tonsils as well as the underlying problems.**

What is Impaired Glucose Tolerance?

Having impaired glucose tolerance (IGT) means that your blood sugar levels are higher than normal.

They're not high enough to be called diabetes but people with IGT are at high risk of

Developing type 2 diabetes (IGT is sometimes called 'pre-diabetes'). Having IGT also increases your risk of developing heart disease.

IGT is diagnosed following an 'oral glucose tolerance test' where you will be asked to take a sugary drink and have blood tests taken. Blood sugar levels of <7mmol/L fasting and 7.8-

11mmol/L two hours after the sugary drink diagnoses IGT.

The good news is that you can successfully manage IGT and reduce your risk of developing

Type 2 diabetes (by 60%!) by making healthy lifestyle choices.

How do I manage Impaired Glucose Tolerance?

If you are overweight, try to lose some weight. Losing 5-10% of your body's weight has huge health benefits – it helps to reduce your blood sugar levels, cholesterol, blood pressure and risk of developing diabetes.

- Take regular exercise. 150 minutes of moderate intensity exercise each week is recommended to stay fit and healthy.

□ Stop smoking – it makes IGT worse! Ask your GP or pharmacist for information on medications or local smoking cessation programmes that may help you to quit.

□ Have a check up with your GP regularly to monitor for diabetes, high blood pressure or high cholesterol.

□ Eat a healthy diet. Eating healthily can help you to lose weight, feel more energetic and control blood sugar levels.

A Healthy Diet

□ Eat regularly and avoid skipping meals. A healthy breakfast is the key to success.

Wholegrain toast, porridge or a wholegrain cereal with fruit are all good choices.

□ Eat balanced meals and a wide variety of foods (see food pyramid as a guide). This means including some starchy carbohydrate (wholegrain bread, pasta, rice, potato, and wholegrain cereal), some lean protein (meat, chicken, fish, eggs) and a large serving of fruit, vegetables or salad at each meal

□ Aim for 5 or more portions of fruit and vegetables each day. Some tips:

o Try homemade vegetable soup at lunchtime

o Include some fruit with your breakfast cereal

o Try a chicken and vegetable stir-fry in the evening

o Bring some fruit to work with you each day – it can be handy to boost energy levels and combat the mid-afternoon slump!

□ Choose high fibre, low glycaemic-index carbohydrate foods such as porridge, wholegrain breads, basmati rice, wholegrain pasta and jacket potatoes. These foods release their energy slowly and can help to keep energy, hunger and blood sugar levels steady throughout the day.

□ Reduce your fat and sugar intake. Choose low fat dairy products, diet drinks, avoid adding oil or frying foods and try to keep sweets, biscuits and cakes to occasional treats rather than 'every-day foods'.

□ Drink plenty of water throughout the day – aim for 8 cups

□ Think about heart health too! Have oily fish (salmon, mackerel, trout, herring, sardines) twice per week. Keeping alcohol intake within the recommended limits each week (up to 21 standard drinks for men or 14 for women) and salt intake low also helps to protect your heart

Prepared by the Weight Management Interest Group (WMIG) of the Irish Nutrition and Dietetic Institute (INDI) for the Irish Pharmaceutical Union (

Acupuncture is effective for the treatment of depression due to nicotine withdrawal.

New research demonstrates that acupuncture therapy is effective for the treatment of depression due to nicotine withdrawal. A randomized study of seventy-four patients with depression due to nicotine withdrawal were divided into two groups of study. Group one received the pharmaceutical medication Fluoxetine, a serotonin uptake inhibitor used for the treatment of depression.

Group two received acupuncture at acupoints: DU20 (Baihui), SP6 (Sanyinjiao), EX-HN3 (Yintang), LR3 (Taichong), PC6 (Neiguan) and LI4 (Hegu).



Acupuncture Therapy Thirty-four of thirty-eight patient's demonstrated significant improvement in the acupuncture group. Thirty-three of thirty-six patients demonstrated significant improvement in the medication group. Based on these findings the researchers concluded, "The efficacy of acupuncture is similar to that of Fluoxetine in the treatment of depression in nicotine withdrawal."

Acupuncture for Depression

In a related recent study, researchers concluded that acupuncture is an effective monotherapy for major depressive disorder. The researchers from the Depression Clinical Research Program at Massachusetts General Hospital, Boston, note, "We have previously shown that a standardized acupuncture augmentation was effective for antidepressant partial responders with major depressive disorder (MDD)." The prior research demonstrated that acupuncture is effective in the treatment of clinical depression for patients who are non-responsive to conventional pharmaceutical antidepressant therapies. In a follow-up investigation, the researchers examined the safety and efficacy of acupuncture for the treatment of depression as a standalone therapy. The researchers concluded that, "Standardized acupuncture treatment was safe, well-tolerated and effective, suggesting good feasibility in outpatient settings."

About HealthCMI: Authors and presenters provide acupuncture continuing education for acupuncture CEUs [online](#) and publish the HealthCMI web news service.

Reference:

World Journal of Acupuncture - Moxibustion. Volume 22, Issue 1, 30 [March](#) 2012, Pages 13–16, 61. Efficacy observation of depression in nicotine withdrawal treated with acupuncture. Yue-shuo HE , Yun-sheng WU, Min-feng OUYANG, Guy Xian LI, Hou-jian LI, Hui-E XIE. Department of Rehabilitation, Foshan Shunde Jun'an Hospital, Guangdong Province, China.
[doi.org/10.1016/S1003-5257\(12\)60003-8](https://doi.org/10.1016/S1003-5257(12)60003-8)

A pilot study of acupuncture monotherapy in patients with major depressive disorder David Mischoulon, Charlotte D. Brill, Victoria E. Ameral, Maurizio Fava, Albert S. Yeung. Depression Clinical and Research Program, Massachusetts General Hospital, Boston, Massachusetts. 21 April 2012.

Albert S. Yeunga, Victoria E. Amerala, Sarah E. Chuzia, Maurizio Favava and David Mischoulon. A pilot study of acupuncture augmentation therapy in antidepressant partial and non-responders with major depressive disorder. Depression Clinical and Research Program, Massachusetts General Hospital, Boston, Massachusetts, USA.

Joanne Mc Govern



Reflexology for Children and Babies

Many parents seek out complementary therapies to help their children when they suffer minor ailments; reflexology is particularly helpful, as it is gentle and non-invasive as only the pressure points on the hands and feet are stimulated. Reflexologies' can also teach family members to apply short gentle techniques to children's hands and feet. Small babies may be gently treated with caution: the lightest feather-like brush on specific parts of the hands or feet can sooth a colicky baby or help calm a distressed child. Vertical Reflex Therapy (VRT), is a profound reflexology technique where the hands and feet are briefly treated in a weight-bearing position with the

suggestion that this can increase the therapeutic response. VRT is a useful adjunct to conventional reflexology; it can be used extensively when adapting positions to suit babies and small children who are constantly on the move.

Reflexology aims to stimulate precise pressure points on the hands and feet to help trigger the body to help itself. Small children are often intrigued with these techniques and can be taught simple self help routines on their hands to aid sleep, calm nerves or possibly help to assist breathing when a respiratory disorder is present. The gentle relaxing self-help technique on the hands or feet, called Diaphragm Rocking, may bring about deeper sleep patterns

Young children often enjoy learning self-help VRT techniques on their hands, ranging from working lung reflexes for asthma and hand rocking techniques for insomnia. This rocking technique also has been used with great effect to calm a child who is having a panic attack.

Reflexology offers children simple, quick and profound complementary techniques as a preventative and therapeutic modality that can be easily applied as a self-help technique by the child, or simple instructions can be given to all clients by a professional Reflexologist.

I have treated many children for all ailments from stress, bowel, asthma, chest / flu's to name but a few.

DID YOU KNOW.....

Canned tomatoes are one of the unhealthiest foods ever. Can linings often contain synthetic Oestrogen linked to numerous adverse effects? When acidic foods such as tomatoes, are canned, the chances of BPA leaching out are higher.

LOOK AFTER YOUR SKIN.

Your skin is 16% of your body weight. Many “experts” will tell you that diet has nothing to do with your skin: well they are not telling you the truth. Research suggests that grains & sugars are two primary reasons why many suffer sensitive skin.

Natural strategies to improve your skin:

1. Avoid eating grain carbohydrates especially wheat, bread, cereals, pasta, rice, potatoes, corn: these cause a surge in Insulin production which can lead to your pores secrete a greasy substance called sebum.
2. Consider gluten-free diet if you are gluten intolerant.
3. Eliminate sugar from the diet as this also causes an insulin spike.
4. Gut health is vital for skin health. Toxins in the gut get pushed through onto the skin. Probiotics are useful to promote a healthy balance of gut flora & support the immune system.
5. Drink lots of fresh water. Hydration begins on the inside as it facilitates cell growth & regeneration & helps remove dead cells.
6. Eliminate all energy drinks & juices as most are high in sugar.
7. Reduce stress as it can affect your skin & cause wrinkles.

8. Exercise regularly to flush out toxins. Perspiration flushes unwanted contaminants out of the pores.
 9. Optimize Vitamin levels, especially Vitamin D.
 10. Get plenty of rest & good sleep as this is your rejuvenation time.
 11. Cleanse your skin using natural products: avoid chemicals & parabens.
 12. Go easy on the make-up: your skin needs to breathe! Be sure to remove make-up before bedtime.
 13. Use sunscreen when in the sun for extended periods.
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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.

Conference Room Available:

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



QUOTE OF THE DAY.....

“You make a living by what you earn; you make a life by what you give”
Winston Churchill.

Yours sincerely,

Kathleen Ward & Arlene Ward Smyth