



QUARTERLY NEWSLETTER FROM KIM'S CLINIC April 2008

Kim Balson N.D.

398 Tarragindi Rd, Moorooka 4105

PH: 07 3848 9800 www.kimbalsen.com

Em: kim@kimbalsen.com

EASTER ALWAYS means more tempting chocolate opportunities to indulge in without guilt because.....it is Easter after all! But wait, there's more good news. Read on a little further in the newsletter to find out the heartening health benefits of dark chocolate you may not have known of... plus further information on fluoride, alkaline water versus acidic tap water, health tips, CFS, patients with IBS and more.

My newsletter will be a quarterly rather than a monthly issue which allows me more time to read the latest research to pass onto you.

Contents at a Glance:

- **Around the Clinic**
- **Hormonal Health**
- **Product profile**
- **Water facts**
- **Chocolate facts**
- **Chronic Fatigue features**
- **Patient success story**
- **Quick Bytes Health tips**
- **From the Editor's desk**

AROUND THE CLINIC: I understand how difficult it is at times to find health care professionals who will sit down, listen and know what you are talking about and this applies to us all. As Naturopaths, however, all of our training is based around cause and effect, that is, if you trace things back, you will most often get to the bottom of the problem without too many bandaid

treatments along the way. We spend ½-1hr with each patient which gives us ample time for review of case history, review and discussion of how well the suggested protocols are working and for answering plenty of your questions.

As I venture out west regularly, I hear this is often lacking in health care sectors and so many of you don't know what to do about your health concerns. So, with that in mind, I am heading to Longreach 1st May for a seminar/clinic on the invitation of a great new health store that has just opened up called Nature's Tonic. So, if you can't get in to see me, think about an initial phone consultation long distance to get the ball rolling with a possible follow up in person in the future. With our cheaper call rates these days, it is very affordable. If you have relatives interstate or overseas, perhaps you might suggest the same thing to them as I set aside 2 days per week for long distance consults and they work very well. Email or call me for further information.

Saliva hormonal test kits are always available through my clinic and this gives an accurate assessment of bioavailable levels of hormone. Blood tests don't do this and even the WHO have recommended saliva testing of hormones for well over 8 years now. For those trying to manage bowel/digestive problems, I can discuss with you the Complete Digestive Stool Analysis tests that will show you what type of gut bacteria you really do need, whether you have bowel parasites (very very common in our water), how much and what type of fibre you need to keep your colon free from disease and more. Colonoscopies don't do this.....they will check the health and integrity of the bowel lining only. I have many clients with hidden parasites in their intestines causing symptoms ranging from diarrhea/constipation, persistently low iron levels, bloating, pale face with dark circles under the eyes, low energy and fatigue. Book in now and have a check up. Life begins and ends in the gut!

HORMONAL HEALTH: Do the neighbours know when you have PMS? Apart from hormonally induced breast and skin changes occurring during the latter half of the cycle, PMS often involves extreme mood alterations as well verging on the aggressive to the teary and snappy. As hard as we might try to mentally overcome it, this is so much more powerful than we think. When treating this condition in women from as young as 9yrs and up, I modify diet, introduce some nutritional and herbal supplements and the changes can be astounding, especially for those around them! I have many women in my clinic who say they only really have one good week in every four where they feel normal, sane and balanced. You don't have to suffer like this anymore.

Seek help. It really isn't that hard to marginalise these conditions to the point of extinction. No more dinosaur roaring!

PRODUCT PROFILE: Just to keep the continuum flowing, a new product by Metagenics called "Menstrocare" is on the market and can greatly help with conditions such as PMS, bloatedness, headaches and PCOS. It contains a wonderful herb called Vitex which helps to regulate the menstrual cycle and has several controlled scientific studies done it that showed it was highly effective for the relief of key premenstrual symptoms including breast tenderness, mood symptoms and headache. It also reduces prolactin levels, a hormone implicated in a number of PMS symptoms. Femoline Complete is the other product I use clinically which has helped many hundreds of clients even out their monthly cycles.

WATER FACTS: I touched on alkaline water in my last newsletter and how important it is to overall removal of acidity and toxic agents in the body. Here are some important things I thought might interest you.

Our bodies function best in a slightly alkaline environment (or pH above 7.0). Every day our bodies lose around 2.5litres of water, sometimes more. To slow down the ageing process, I suggest drinking 1.5litres minimum per day of ionized alkaline water to flush out organic wastes produced by a normal balanced diet of everything in moderation. However, the acid-forming foods include meat, fish, chicken, eggs, grains, legumes, all processed foods, beer, tea, coffee, cola, soft drinks, pasturized anything and fruit juice. Tap water can be acidic to neutral but it contains a zillion chemicals to turn it into something we dubiously recognize as water. Acidic foods don't often taste acidic but turn to an acid ash when broken down by the body and foods like fruit and veges that often taste acidic turn alkaline ash in the body after digestion due to the differing mineral content they render.

Drinking alkaline water is the cleanest and easiest way to reduce acids. Get rid of those aches and pains. Walk again not feeling stiff. Stop taking a cupboard full of pills (supplements included) and just live freely again. The Japanese have been drinking alkaline water for over half a century. Ring or email me for more details if you want to order a filter for your family or for yourself. I can recommend some educational professionals at Byron who can speak with you about your needs. This is truly naturopathic medicine.

Did you know that tests have also been done on bought bottled water and there were a few surprises. Listed from the most alkaline to the least we have

Evian, S. Georgio, Own Brand, Summit, siland Chill, H2Go, Work out, Aqua, Fiji, Jindalee then tap water. You can forget the rest!

It takes 32 glasses of water to neutralise the acid in one can of Cola drink. You can test the pH of water, saliva and urine using litmus test strips.

Make sure you try and take a green food powder supplement that contains nutrients like organic green barley, chlorella, spirulina and anything else that is green. This is wonderful for the body, highly alkaline, provides bowel cleansing features and is good for energy.

Regarding Fluoride, there is no place in our waterways for this harsh chemical by-product of the aluminium industry. People in high places often become pressured by short-sighted lobby groups who want to win the applause of the public by being seen to be doing something positive for our health. The truth is, fluoride does not, never has, prevented decay from teeth. This will become a form of mass medication, unasked for, with no control boundaries on the fluoride intake over a period of time. If some of us drink 4-5 litres of water daily, what is the upper end safe limit of fluoride consumption. If we then swallow fluoride toothpaste every time we clean our teeth, how do we know we aren't getting an overdose? In nature this element is represented in minute amounts in our food chain, just enough to balance the body. It can be fatal if a young child accidentally swallows a tube of toothpaste containing fluoride. And what of lactating mothers who may be overdosing the newborn via the breastmilk? Fluoride interferes with iodine metabolism and iodine helps develop the child's early intellect. Why not give out calcium fluoride tabs to people who want them rather than poisoning our waterways with sodium fluoride? The best way of preventing tooth decay is to clean and floss regularly, limit sugary and processed foods, keep stress to a manageable level as this alters saliva pH negatively, check for diabetes and rinse the mouth twice daily with a little bicarb of soda and water. This super alkalises your mouth and bacteria hate alkaline pH.

CHOCOLATE FACTS: I thought this was appropriate to follow on from a word on tooth decay! Translated, the word chocolate means "food of the Gods". Dark chocolate has many health benefits : it is richer in antioxidants than red wine and green tea, is good for lowering blood pressure, doesn't stress the LDL or bad cholesterol and can help persistent coughs. Milk neutralises these effects. It does contain theobromine, the primary alkaloid, tryptophan and caffeine. White chocolate is not real chocolate unless it has cocoa butter in it. Otherwise, it is just milk, sugar and fat. If you crave chocolate before the menstrual cycle, you may be craving the mineral magnesium as this is found in appreciable levels in chocolate.

CHRONIC FATIGUE SYNDROME: CFS is thought to be associated with Post viral syndrome, in particular Epstein Barr Virus and CMV. It is characterised by fatigue of at least 6 months duration and severe enough to be significantly disabling.

Features: Post exercise exhaustion, unusual sleep patterns, poor short term memory, difficulty focussing on task, low grade fever, headaches, sore throat, tender lymph glands, muscle aches and pains, abdominal pains, bowel disturbances, balance problems, dizziness, palpitations, sensitivity to light, noise or smells.

There is an enormous amount of help available to treat this 100% so don't delay. Call me on 07 3848 9800 for an appointment if you think you fit the profile above.

PATIENT SUCCESS STORY: A 45 yr old man presented with irregular bowel problems, constipation with straining changing to sudden explosive diarrhea. Complained of bloating, nausea, stomach pain, poor energy, stress and anxiety and struggling with Ross River Fever for 4 years. Travelled to Asia 2 years previously. Condition noticed upon return.

Had previously tried probiotics but this made the condition worse. Used Flagyl for suspected Giardia but no lasting benefits were gained.

The protocol was to determine if in fact a parasite was living within his gut as no formalised stool testing had been done. A Comprehensive Digestive Stool Analysis was done and this showed hugely irregular gut bacteria combined with the presence of Blastocystis Hominis, a common parasite found in drinking water and foods often due to poor hygiene preparation. Probiotics only serve to swell the numbers of these bad bugs. A very rigorous antiparasitic programme was put into place with a reduction of gluten foods and minimal dairy. These bugs can destroy the gut lining so diminishing their numbers then restoring and healing the membrane and gut bacteria makes so much more sense. Patient is on the road to recovery.

QUICK BYTES HEALTH TIPS: "The advantage of a bad memory is that one enjoys several times the same good things for the first time".

Flu shots contain 25 micrograms of mercury. One microgram is considered toxic. Mercury toxicity and alzheimer's disease are now linked.

A 2003 study in the *Journal of Agricultural Food Chemistry*, for example, found that organic foods are better for fighting cancer.

Acne and dairy products may be linked.

Zinc is concentrated in sperm and is the most important mineral for the male, helping all parameters.

For better memory, the herb ginkgo biloba has been used but can have side effects and doesn't really address the cause of the problem. Try exercise, challenging the mind, avoid fish and flu vaccines (high in mercury) and embark on a programme to remove mercury from the body, avoid aluminium, correct zinc and copper ratios, eat veges and use omega 3 fish oils (krill oil is good).

I stopped using ginkgo but I can't remember why!!

FROM THE EDITOR'S DESK: I hope the next 3 months for you all prove to be packed with new experiences and new opportunities. If you put your mind above the mundane, believe in your ability to attract what you want you will probably get what you want.....so be careful of what you wish for! I will hopefully have some further news on critical new developments within the world of detoxing next issue.

Warm regards

Kim