



MONTHLY NEWSLETTER FROM KIM'S CLINIC – January 2008

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Happy New Year everyone and welcome to my FIRST newsletter for 2008 and my first newsletter for some time. I hope you all had a very enjoyable and relaxing Christmas break. I had a lovely week spent relaxing with family on the beach at Coffs Harbour before we were driven away by the much needed rain!!!

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It is important to keep in touch with the latest from around the world regarding health news, interesting articles and new findings. It is a fast paced world we live in and even I have difficulty most times in "keeping up" with the latest technology so I hope to bring some interesting news your way via these monthly newsletters. Let me know if at any stage you wish to unsubscribe or if you have other people who may wish to subscribe, just get them to forward me an email and I will put them onto the data base. This newsletter will be loaded onto my website www.kimbalson.com so for those not yet on my email list, access to previous newsletters will be available.

So, grab a cup of jasmine green tea (or the delightful Japanese Cherry green tea from Aromas!!) put your feet up and treat yourself to some interesting reading.....

AROUND THE CLINIC: January is the most appropriate time of year to start thinking about weight loss, detoxing the Christmas cheer from the system and exercising at something you really enjoy doing. Detoxing is really **very easy** but you can't do it successfully just on water and juices. The entire digestive system needs a clean out and the liver prefers to be supported throughout the process. So get started now, whether you live in the country on a farm or in a city environment, detoxing or ridding the body slowly of accumulated waste matter is a must for better health. How do you do it??

I offer clients a **simple step by step plan** that focuses on the bowel, liver and diet. It costs very little in time and money but is highly effective. Clients have said their skin and hair improved, they recovered lost energy, hormonal issues subsided, a sense of calm within was recaptured and appetite evened out resulting in unexpected weight loss. People exposed to the daily use of chemicals said they actually smelt the chemicals being eliminated through their skin!! You will be **AMAZED** at how quickly your body wants to be well when it is provided with the right tools.

I also have ongoing **Gift Vouchers** available for family and friends for massage, sports or naturopathic treatments so pass the word around. Some of us just need the kindness of someone else to help get us going and gift vouchers are the perfect vehicle. These make wonderful presents for people far and wide and are easy to mail out.

Phone Consultations are continuously being offered Mondays and Wednesdays around Australia. These are specifically designed for people who cannot get into the clinic by virtue of distance or lack of transport. I will also do follow-ups with clients in Brisbane via the phone if necessary. I have done extensive travelling around Qld in the hope of offering people out west better options to assist with health issues. Speaking tours are often followed by a full day of clinic. It is astounding how many people are not receiving adequate attention to health matters regarding the hormonal/weight/depression/stress/fatigue syndrome. I hope to continue to deliver presentations and clinics around Brisbane and Qld so let me know if you belong to a community organisation, women's group, gym or small town whose interest might be in having me guest speak on a selected range of health topics.

Toowoomba Clinics will be held monthly again this year so if you are up in the region and require an appointment, please book through Reinke's Pharmacy on (07) 46324534. Clinic rooms are located Cnr Russell and Mort Sts, Toowoomba.

Saliva Test Kits for hormonal testing will remain at \$10.00 each. These are available from my clinic. The other excellent test is the Complete Digestive Stool Analysis that helps with all manner of bowel problems from childhood tummy pains, IBS, parasitic infestation and candida yeast infestation. This really sorts out most digestive/bowel problems for people of any age. Even tells you what type of gut bacteria you need to use! Kits are organised during consultation.

My book, "Woman to Woman – managing your hormones safely and naturally", is fast running out on its 3rd edition so make sure you purchase a copy for your mother, sister, in-laws or daughters to read, not forgetting the husbands of course who want their women happy again! Orders are via the clinic directly, or order form via the website www.kimbalson.com or phone (07) 3848 9800. Angus and Robertson Bookstore, Carindale, Brisbane are also stockists. Orders of 6 or more receive a discount.

Just a reminder.....you receive big health fund rebates via private health cover for natural therapies consultations and massage. This can cut your costs by as much as 50%. What a saving!! I am registered with all health funds so if you have extras healthcover, there will be more money in your pocket! Recent statistics show that over 60% of Australians regularly visit a natural health practitioner.

HORMONAL HEALTH: As many of you know, I treat thousands of women around Australia specifically for hormonal problems. But I also treat children and men for a whole range of issues, too. The media focus has been shining a light on the successes and failures of treatments for women for years, but what about our men? They have their own set of health concerns that often get overlooked because, once again, there is no set medical format in dealing with men's middle aged depression, hair loss, weight gain, urinary problems, lethargy, disinterest in life, lowered muscle tone and lowered libido. Not to mention the big P.....prostatitis!! What to do?

For men, the problems need to be separated from other issues such as work/financial stresses or family problems that may be at the cause of some of the symptoms. If these don't seem to be an issue, the next option could be a saliva test (performed at home and posted off to Melbourne) for measuring testosterone, DHT and estrogens. It is often the lowering of testosterone and elevation of estrogens that give rise to prostate issues and weight gain. A lack of adequate progesterone in men may also produce the symptoms mentioned above. Testosterone is very protective of prostate. Do you know of anyone who has prostatitis in their 20's when testosterone is at its peak?? Probably not. Chemicals in the food chain and environment will elevate estrogens in both men and women so some liver herbs can be added to a programme together with a formula that contains DIM, a substance found in cruciferous vegetables like broccoli.

Men of Australia.....come and get assessed properly and become that wonderful, happy person your wife married all those years ago!

PRODUCT PROFILE: There are new products coming in all the time for issues such as cholesterol management, depression, IBS, immune system support and arthritis and I hope to pass on some **great savings** over the next 12mths to you all. As many know, I hunt overseas for just the right formula if I can't find it here in Australia and my wonderful suppliers at FX-Med in New Zealand have a great range they import directly from the USA. Everyone living here in Australia will need at some stage to address their thyroid function as the soils here are so old and impoverished of many key minerals the thyroid needs in order to work properly. Is it any wonder we have a large majority of us dragging ourselves around, feeling tired, hair falling out, dry skin and weight gain. **DON'T DELAY.** I can also assess your thyroid function properly via an inexpensive, simple home test kit and we can get you started to feeling well again quickly.

For me, a cornerstone of any successful wellness programme is to balance acidity with alkalinity, via diet, water and stress responses. More on this later. But one of the easiest ways to start this is to include lots of greens into your diet. I have used a wonderful wholefood practitioner product last year called **P.D.A. by Bio Active** and this is a finely ground organic barley, spirulina, chlorella with 12 different strains of gut bacteria. It is normally \$44.00 for 1 month's supply but for February it will be available for \$40.00. You feel cleaned, energised and it does wonders to start turning our highly acidic, disease producing tissues to a more alkaline state.

The other part to this story is WATER. I have uncovered a supplier of alkalisng/ionizing water filters. I have these details via the clinic for those interested. Remember, you are 75% water and if you drink 2-3 litres of polluted, acidic water daily, you are literally poisoning yourself all over again! Filtered water can still be acidic!!!

There are some areas like Samford and Byron where the water naturally contains higher amounts of alkaline minerals like calcium and magnesium but most of our water lacks this alkaline benefit. I will be talking about this each month as it is SOOOO important for people to understand. Wash away aches and pains, headaches, bowel problems using the right ph balanced water! Also in the next edition, the great fluoride debate and what this means to our health.

PATIENT SUCCESS STORIES: As many of you know and have personally found out for yourselves, I run a successful 'fertile clinic' with

9 pregnancies to full term occurring last year. Well done to those wonderful mum's who were motivated to seek alternative solutions when IVF had failed them. For those who have Polycystic Ovarian Syndrome and can't fall pregnant, look at using progestagenic herbs or natural progesterone cream if needed, plenty of B6, magnesium and liver/bowel cleansers. This condition existed in 3 of the mothers last year and they all fell within 3 mths of starting the treatment. But for this month, I am highlighting another health condition that is very common for us all and this lady presented last November with the following:

A 74yr old female visited with chronic nasal passage infection. Nasal swabs revealed positive culture for staph and viral infection. She needed to clear the infection quickly as she was to travel overseas by plane in 2 weeks and wanted to prevent adverse ear and sinus problems at altitude.

Treatment: Supplements for general health and wellbeing- Multi Vit/Mineral and Vit C powder. Altered diet and water.

Week 2: Add specifics for sinus infection: Allimax and Adalase tabs to break up mucous congetion.

Called before she left saying condition had significantly improved. Very happy and able to travel overseas without worrying about adverse effects of altitude on ears, nose and sinus.

QUICK BYTES HEALTH TIPS: "Education is learning what you didn't even know you didn't know!"

Zinc Deficiency Dermatitis: Children and adults with atopic eczema or dermatitis were found to have suboptimal levels of zinc.

Breathless without Magnesium: The first study of its kind has found that supplemental magnesium may reduce the need for asthma medication.

Lipitor and Zocor dangerous to health: All statin-drugs used to lower cholesterol do so by inactivating the production of cholesterol in the liver but it depletes the body of its own natural production of a life- saving enzyme called Co-Enzyme Q10, necessary for heart function. You may have low cholesterol but you may also die from the treatment!

Iron Supplements curtail Infertility: It has been found that women who consume iron supplements are 40% less likely to develop ovulatory infertility.

Migraine treatment: A recent report has found that many migraine sufferers have a Co-Enzyme Q10 deficiency and that supplementation can provide relief.

FROM THE EDITOR'S DESK: Well, I hope this provides you with some interesting news. For those who have a story to tell about overcoming health problems or helping someone else, let me know and I

would be delighted to print them and let others know. Also, if there are particular interest topics you would like me to discuss please email them to me at kim@kimbalsen.com and I will do my best to have them addressed each month.

For best results, working with a practitioner **requires feedback** and we need to do this via consultations. If you are wondering where you are going, what to do next or need help, please ring me on 07 3848 9800. I always need to followup with clients who are on a programme so if you haven't already done so, please make an appointment. I promise to put you back on the road to better health **BUT YOU MUST CALL**.
(I need 24 hours notice prior to cancelling an appointment. Unfortunately, a small fee may be charged if you don't give notice.)

So until next month, keep well and healthy and shine in whatever you are doing.

Bye for now

Warm regards

Kim.

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