



QUARTERLY NEWSLETTER FROM KIM'S CLINIC-June

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WELCOME TO THE WINTER EDITION newsletter for June 2009. Perhaps the picture above might warm your heart, mind and soul after such a sudden plunge into our 'tropical' winter.

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My quarterly newsletter is designed to keep you informed on some of the latest findings and a way for me to reach some clients I haven't seen for a while. If you are finding the going a bit tough with some health concerns, please give me a call. For those in outback and regional Australia, I do phone consultations Mondays and Wednesdays so I am always around and available. Please feel free to forward this email onto your friends and

family and all newsletters are uploaded onto my website www.kimbalson.com so for those not yet on my email list, access to previous newsletters is available.

AROUND THE CLINIC: As many of you know, Rike Ehm has joined with me to provide additional naturopathic talent and expertise for our clients. She loves to treat children with their particular health problems and here is what she has to say:

"I am a qualified Naturopath & Nutritionist working from Kim Balson's Naturopathic clinic at Moorooka and have been working in the health industry for several years and offer families support with their health. I like to specialize in children's health including allergy testing and treatment, behavioural issues and general health complaints in children.

My consultations focus on teaching you to overcome health issues with good nutrition and empower you to look after your own health with simple strategies. If you feel like you've tried everything but nothing seems to work, this could be an option for you!"

Testimonial: " "Rike has helped to educate me as to what my body needs to improve my health and as a result has improved my general attitude and increased my energy levels! I have also managed to get rid of my hay fever!! Sneeze free!!"

(Kylie G, Loganholme)

Appointments can be made online through her website www.rike.net.au or by phone (07) 31731455/0411427806.

I am in the process of organizing my seminar/clinic calendar for the next 12 mths and am hoping to come to Roma, Longreach again and perhaps Winton in the near future. If **you** have an active regional community and wish to discuss women's health issues in focus, please let me know. Perhaps I can make a visit. Anything is possible!

For those of you living on the Darling Downs and beyond, I am on radio 4GR each month, on the day I practice in Toowoomba. Next one is June 24th, and radio timeslot is 12..20pm.

Visit my website for the **"Every Woman Gathering"** event held in July, a weekend spent with accepting, inspiring and joyful women. Ring me for more information.

OUR GIFT TO YOU!!!! Until the end of 2009, we will be giving away a "Glamour Style Package" with Natural Envy Hair salon in Carindale, Brisbane, to two lucky winners **EACH WEEK**. All clients visiting the clinic will be put into a draw and selected each Friday afternoon, then notified the following week. Also, clients who refer others to our clinic over the next 6mths will automatically receive a gift voucher to have their next hair treatment done professionally without toxic chemicals. 'Natural Envy' is a lovely salon specializing in chemical free hair products and you will find even foils are done with a seaweed based product that really does lighten hair without bleach. All shampoos/conditioners are SLS free. No toxic chemicals anywhere. The package we have purchased for you is worth \$96.95. Good luck and start referring!!!!!!!!!!!!

HORMONAL HEALTH UPDATES: Many people that I see have a sleeping disorder. Often, women say that as they reach the 50's and beyond, sleeping patterns alter. Either they cannot get to sleep or they wake and cannot get back to sleep. Now putting hot flushes aside (and I have a wonderful new adjunctive remedy for night time sweats!), if you are waking ensure that you are relaxed and warm before bed and try ½ banana as this tops up the brain with a little tryptophan, the amino acid needed for relaxation. The other cause can be alterations in melatonin production so have these checked through our clinic and we can put you onto some melatonin straight away. This is the hormone that governs the sleep/wake cycle and is ideally used for jet lag.

And for those hot flushes and night sweats that are disturbing your sleep, they can be treated. This is what a client had to say recently:

Dear Kim,

I am sure I told you that I had tried many, many remedies, and not had relief from hot flushes and sleeping problems for many years.

I am now very happy to report that the melatonin has worked wonders for me, and estrofactors has made a huge difference to the flushes. I am gradually cutting back the dose on both of these.

I am so very grateful to you, Kim. You have achieved what many others could not!

Many Thanks again,

Lyn

A lot of clients also don't obtain sufficient levels of D3, especially in winter. Almost 41% of women surveyed and measured in SE Qld last year were Vitamin D deficient. The two major forms are D2 and D3 and D3 from the sun is more effective than D2 (cod liver oil) at raising levels of Vit D. Blood pressure is affected by vitamin D as is general cardiovascular disease, prostate and breast cancers, bones and calcium regulation, colds and flu and general viral outbreaks, aches and pains and muscles. We have liquid D3 in the clinic and one can easily obtain optimal year round levels by adding a few drops each day. Ask us at your next consultation. It is also easy to blood test via QML so ask your doctor next time to add this onto the list.

BENEFITS OF B-VITAMINS: B group vitamins are essential for metabolic processes such as energy production and manufacture of precious red blood cells. They are necessary for liver detoxification and the manufacture of many hormones. As they are water soluble, B vitamins are easily destroyed by cooking, food processing and alcohol and for this reason need to be replenished on a regular basis. Interestingly, the risk of stroke increases with a decrease in B6, B12 and folic acid so have your homocysteine levels checked when next at the doctor's surgery. Folate reduces breast cancer risk by 22% (from the VITAL cohort study covering 35,000 women).

Celiacs(allergic to gluten in wheat, rye, oats and barley) run the risk of folate and Vit B12 being low and therefore increase their levels of homocysteine, which you don't want. And B6 can lower colorectal cancer risk (study covering 14,000 men from 1982-84). This is certainly food for thought.

BE ALLERGY FREE: An allergic reaction can be classified as air-borne, contact or ingested. Collectively, they release inflammatory mediators causing pain, mucous, skin eruptions/eczema, headaches and at very worst, sometimes death! Because our food chain has been modified due to food technology and farming practices, irradiation, additives and soil depletion, it becomes difficult to determine what foods are suitable.

We now use in our clinic a procedure that uses bio-compatibility testing so we can determine **what food/product is ok for the person to use.** We are finding that medications and supplements are much more effective once the reactive foods are removed from the diet and over a period of 6 mths, slowly reintroduced under our supervision and treatment plan. The test kit covers over 300 commonly used items from supermarket brand labels, to shampoos, make-up and toiletries. The patient ends up with a comprehensive list of **safe** foods and products to suit and so skin and other allergic responses retreat. We are getting some amazing results, especially with people who have had some lifelong conditions and nothing else has worked for them. Call us for an appointment to discuss this on 07 3848 9800. Kits can also be posted following the consultation.

ARBONNE ANTI-AGEING PRODUCTS: The final segment of the newsletter is focused on Arbonne anti-ageing products. As many of you have now tried the RE9 mature dry skin range, there is now another range called the FC5 based on fruits. Read more on their website.

These are all Swiss skin care products and I liked the inclusion of fat soluble vitamins into the RE9 formula which meant the creams actually did something other than just sit on the skin. These are made to penetrate the skin and heal and they visibly reduce wrinkles! If I hadn't tried it, I would have dismissed this as yet another range of products that offered the world and delivered little. NOT SO! They have a website you can browse, www.arbonne.com.au, and if you want a hand in deciding what you might like to try, give me a call. Many moons ago, I once trained as an aesthetician and worked around Australia on some health farms. There are tremendous specials with these and free products with certain purchases so move out of the "recession" mentality and have a little splurge on yourself. Call me if you wish to place an order and I will see if I can organize a nice big group discount!!

FROM THE EDITOR'S DESK: And so ends another newsletter. If any of you have anything you would like to have included in the next newsletter due out September, please email me on kim@kimbalsen.com otherwise I wish you all a warm and well winter!

Best wishes

Kim.