





wholistic natural medicine

acupuncture · herbs · nutrition · massage · chiropractic

Spring 2011 Newsletter

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In the last newsletter you were promised interesting developments to watch out for at *wnm*, and there are definitely some interesting developments to report! *wnm* has now expanded to **six practitioners**, adding chiropractic, Japanese acupuncture and western herbal medicine to our list of services.

We welcome Audrey, our Japanese-style acupuncturist, and Belinda, who practises chiropractic. **Combining different modalities to achieve the best results** is the subject of this newsletter.

wnm has always worked with a range of medical and paramedical professionals to get the best health outcomes as fast as possible for our clients, and this will certainly continue. With more practitioners now joining our centre, we are very pleased to offer many of these treatments under the one roof.

I trust you'll enjoy our Spring newsletter. Remember that there are **gift certificates available online for Christmas**, and we look forward to interacting with you on Facebook!

Christine Guirguis



Piecing together optimal care

By Christine Guirguis

With many alternative and complementary treatments gaining acceptance within society and within medicine, the integrative healthcare model is becoming the framework of the future. I recently attended a conference on the integration of evidence-based traditional Chinese medicine with conventional medicine, ahead of the opening of the first such integrated hospital in Australia next year. And indeed there have been broader integrative medicine conferences held by medical associations in the last couple of years.

Integrative healthcare, much like wholistic therapy, considers the entirety of what is happening in the body—physiologically,

psychologically and emotionally—as well looking at the dietary and environmental factors that impact on health and disease. It also makes use of all appropriate therapies to bring about healing, rather than favouring any single approach. *wnm* has always practised in this way.

wnm now offers acupuncture, Chinese herbal medicine, western herbal medicine, nutrition, massage and chiropractic, truly becoming a centre for integrated healthcare. Each practitioner has a sound understanding of a wide range of therapies, both within and outside of the clinic, and how these therapies can be used independently or cooperatively to best resolve your condition and maximise your well-being. Our practitioners actively communicate with each other (with



your permission) to ensure the most effective approach for your individual case.

Just a few examples of integrative care at *wnm* include:

- Acupuncture, herbal medicine and nutrition used together by a couple getting ready, or having difficulty trying, to conceive.
- Acupuncture used with conventional care to increase IVF success rates.
- Acupuncture or chiropractic plus massage to address many musculoskeletal problems that so often arise in the workplace or from sports injuries.
- Nutrition and conventional medicine in the treatment of cardiovascular disease.
- Acupuncture or nutrition plus psychology for anxiety disorder and depression.

Chiropractic without the twist

By **Belinda Verne**

Chiropractic is a discipline that specialises in the diagnosis, treatment and overall management of disorders of the neuromusculoskeletal system, and the effects of these disorders on your general health. The practice of chiropractic primarily focuses on the relationship of the structure of the spine and pelvis to your body's physiology, as coordinated by the nervous system. As the body is self-

Scared of needles? try **Japanese acupuncture**

Japanese acupuncture uses shallow insertion and needles as fine as .14mm in diameter (a traditional Chinese acupuncture needle is as fine as .20mm). This is approximately one sixth the diameter of the average syringe needle (.81mm)!

Japanese acupuncture is extra gentle, yet equally effective. The Japanese-style is rooted in the same medical paradigm as traditional Chinese acupuncture, however, Japanese techniques have evolved from the unique experience and treatment of diseases in Japan over the last 1000 years.

regulating and self-healing, a well-functioning nervous system allows the cells, tissues and organs of your body to function well and resist disease and illness. Specifically, benefits of chiropractic include boosting immune system, reducing pain (back pain, neck pain, joint pains, headaches, etc), coping better with emotions such as stress, improving mobility and posture, and reducing muscular tension in your body.

The premise of chiropractic is that suboptimal bodily physiology may result from interference with nerve impulse transmission due to pressure or tension upon the spinal cord, spinal nerves or peripheral nerves, as a result of a displacement of spinal segments or other skeletal structures (subluxation).

I use a low-force instrument to gently and precisely adjust subluxations, rather than heavy-handed manual thrusts. The use of instruments has been shown to give equivalent clinical outcomes to manual techniques (see, for example, Shearar et al. 2005). This technique becomes especially useful when treating the elderly and children, but also means that you can get the relief that chiropractic provides whilst maximising your comfort.

1. Shearar, K. A., Colloca, C. J. & White, H. L. (2005). A randomized clinical trial of manual versus mechanical force manipulation in the treatment of sacroiliac joint syndrome. *Journal of Manipulative and Physiological Therapeutics*, 28, 493-501.

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