

# Shen Therapies & Shen Therapies Reproductive Medicine

## Jamboree Heights Clinic

31 Horizon Drive  
 Jamboree Heights. QLD.4074  
 Ph:- 07 32795697 (Main switch)  
 Fax:- 07 32794676  
 Email:- info@shentherapies.com.au

## Facebook and Twitter

Shen Therapies is keeping up with technology so we can keep in touch with everyone easier. Look out for us on twitter and face book, for staff profiles, product blogs, treatment ideas and most importantly last minute offers



# Shen Therapies

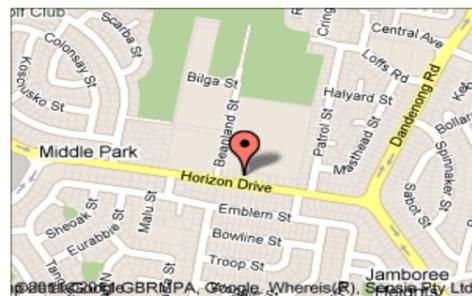
Newsletter March 2012  
 Volume 28

# March 2012 Newsletter

Phone:- 32795697 or email:- info@shentherapies.com.au

Jamboree Heights Clinic	Andrew	Anthea
<b>Monday</b>	<b>8am-4pm (last appt)</b>	<b>12 - 4:30pm (last appt)</b>
<b>Tuesday</b>	<b>8am-1pm (last appt)</b>	<b>12 - 6:00pm (last appt)</b>
<b>Wednesday</b>	<b>8am-4pm (last appt)</b>	<b>12 - 6:00pm (last appt)</b>
<b>Thursday</b>	<b>8am-4pm (last appt)</b>	<b>12 - 6:00pm (last appt)</b>
<b>Friday</b>	<b>NA or Fertility information Mornings</b>	<b>8am-1pm (last appt)</b>
<b>Saturday</b>	<b>Closed</b>	<b>Closed</b>
<b>Sunday</b>	<b>Closed</b>	<b>Closed</b>

## Jamboree Heights Location



## Clinic News

So much has happened since last year we don't know where to begin. There has been all sorts of small talk and things going on around the clinic so we thought we'd clarify a few things for people.

The year started with a bang as the new team was introduced. Then we had a murder next door to the clinic which created all sorts of stories and excitement. OMG you just never know who is living next to you and what they get up to.

Some of the old staff have left for various reasons and Nicole has taken time off from Shen to work on other things. This caused a bit of a buzz and chins wagging too. As said in our last e-newsletter, Nicole is now looking after our Herbal Company ConceptShen, studying part-time as well and being a busy mum running after two teenagers and an 8 year old.

As many of you have seen we do have a lot of new faces in the clinic. By now many of you have met the new team of Katie (Clinic Manager), Liz (Reception), Meg (Patient Liaison), and Anthea (Practitioner).

### Introducing Katie King

Katie has taken over from Helen as our new Clinic Manager and we look forward to seeing Katie take the clinic forward this year. Katie brings a very vibrant and energetic presence to our team.

### Andrew is back at Jamboree Hts!

Just to let everyone know, Andrew is back treating fulltime at Jamboree Heights. If you would like to see Andrew, please make sure you book ahead to get an appointment.

### St Andrews Place-City Clinic

The city clinic and medical suites at St Andrews are undergoing major refurbishments so we have decided to bring the two clinics under the one roof. This will help in many ways with managing patients and all of the staff being under the one roof to provide you all with a better service. We do have extended hours to fit people in before and after work. It will save some people on parking too. We will keep everyone updated on the progress of the city clinic.

### Lisa is leaving

As many of you know Lisa is now in the last trimester of her pregnancy and will be finishing up at Shen Therapies in the first week of the school holidays. She will be greatly missed and we wish her all the best for the future with her husband and new baby.

### Introducing Anthea

Anthea is taking over from Lisa and will be looking after all of Lisa's patients. If you haven't had a treatment with Anthea yet, please do so as she gives a wonderful treatment.

### Distant Fertility Patients

For those patients that are living interstate or some distance outside Brisbane, we have now made it compulsory to have regular telephone consults. We know how tough it is living at a distance and not being able to see us one on one, so the next best thing is to have these regular consults. We need to know what is going on and regular one-on-one telephone consults will give us a better understanding of what is happening and what you need to do to move forward. Even if you are having acupuncture treatments with a local practitioner, you still need to book in for a consult with us and follow the advice and supplementation plan that we have given you.

### Final Notes

This year the economic situation has affected everyone and this is why it is so important to look after your health. Prevention is the key so read our article on Colds and Flu's.

Chinese medicine is also a cheap and effective alternative to IVF which can cost you \$9000 or more per fresh cycle, with an average of 6-9 cycles before a pregnancy. That's a lot of money. Andrew has a medical masters of reproductive medicine and can give you advice on how to increase your success rates for those short of funds.

## Inside this issue:

- Colds & Flu Prevention with Chinese Medicine 2
- What we can treat at Shen Therapies 2
- Children's Health 2
- Increasing Your fertility 3
- The Importance of Vitamin A 3
- Weight Loss, Weight Gain and Protein Powders 3
- Facebook Competition, e-mails and photos 4

## News Flash:

- **Patient Day :-** We will be having patient day once per month at Shen Therapies and next month the theme will be Easter. The Easter Bunny is coming so we will be having an Easter Egg hunt on **Monday 2nd April** from 2:30-3:30pm. There will be a piñata and some great prizes to win. We have a limit of 25 spaces so please make sure you call the clinic ASAP to register.

## Easter Closing

The clinic will be closed on Good Friday and Easter Monday, but will remain open at all other times as normal. Andrew will be away from **Monday 9th April** and will return **Monday 16th April**. During this time, Anthea will be doing all treatments and herbal orders at the clinic. Ensure you call the clinic if you are going away so that you have enough herbs and supplements to take on your holiday!

## Biomesotherapy- Bringing results for long term pain.

Andrew has been having great results with long term pain sufferers using Biomesotherapy.

Biomesotherapy uses acupuncture to inject anti-inflammatories directly into the acupuncture meridian and trigger points.

Biomesotherapy has been used for over 30 years in Europe. Some of the results we have seen so far are remarkable and listed next.

Male with nerve pain in his leg after surgery. Physio (12 treatments), Biomesotherapy (4 treatments).

Female with hip pain for over 2 years. Physio (weekly for 12 months), Biomesotherapy (1 treatment pain gone, 2nd treatment fixed)

Female with rotator cuff injury for 2 years, about to have surgery. Biomesotherapy (2 treatments).

## Facebook Competition, Email updates & send us your Baby Photos

We welcome you all to enter our Facebook competition. All you need to do is 'like' our page and you will be automatically entered into our draw to win a treatment. The draws will be held on the first of each month and winners will be informed by telephone and announced on our face book page!!

In addition to this, every patient that comes into the clinic will be entered into our draw to win a prize. The prizes will range from multi-vitamins, a treatment or cinema tickets. Make sure you 'like' us on face book so you stay updated!!

We'd also like you to become a friend of Shen Therapies on our Facebook page.

### We need your e-mail address

As a way of keeping our patients updated on health news and events at Shen Therapies we need to get your email address. If you haven't given us your email address or have updated your email address please call the clinic and let us know. We will be sending out monthly updates and news so if you want to be informed give us a call and update your details.

Similarly if you have moved or changed address, please let us know so we can update your mailing details for our mail-outs. Our Newsletters are jammed packed with lots of great health ideas and great information to keep you health and help you stay healthy.

### Send us your Baby Photos

If we have helped you have a baby or helped you in anyway throughout your pregnancy, we would love to get a photo of you and your baby. We would love you to be part of our wonderful photo gallery and we just love to see all those cute baby photos.

### Testimonials

We would love to hear from you if we have helped you have a baby or you have had a great experience at Shen Therapies. Testimonials often help others that are in the same situation and gives them hope that there is help.

## Staying Well

## Herbs &amp; Supplements for Colds and Flu

1. Chinese Herbs
2. ConceptShen Multivitamin.
3. ConceptShen Omega 3 Oils
4. AndroNK (immune regulation)
5. Shen Therapies Echinacea, Cats Claw & Andrographis Formulation
6. Ultraflora Restore Probiotic
7. Ninjiom Cough Syrup

## Children

Multicare for Kids, Omega care for kids, Flora care for Kids, Kids Chinese herbal formulas

## Cold &amp; Flu Season is Upon Us

We can help beat winter Colds, Flu's, Sinus and Hay-fever-- (By Anthea)

The weather is just starting to cool down and the flu season is upon us. The common cold is one of the most common infections we suffer, leading to more time off work or school than any other disease.

Traditional Chinese Medicine is one of the few medicines that has at its root a preventative approach where the focus is on maintaining health and identifying the earliest signs of disease. Prevention of cold and flu has a long and prolific history in the Chinese literature with numerous different acupuncture treatments and herbal formulas to help a person according to their individual condition.

A cold can often take one or even

two weeks to get over. However, if you recognize the symptoms EARLY and get an acupuncture session and some Chinese Herbs as soon as possible, generally you will start to feel better, if not fully recover, within 1-2 days. Chinese medical practitioners have various techniques at their disposal that can stop the virus from fully taking hold. The key is being aware of the symptoms and acting on them. We all know what it feels like to sense that we might be "coming down with something". So at the first sign of a runny nose, sneezing, a tickle in the throat, itchy eyes, a mild headache, slight chills, extra fatigue or achy muscles that's when to act. Waiting

a day or two to "see what happens" usually results in a full-blown cold. Rather, an individualized acupuncture or herbal treatment can nip it in the bud.

We have powerful immune boosting formulations such as AndroNK to prevent colds and allergies and our own Echinacea, Cats-claw and Andrographis formulation. A probiotic is a good idea to take as well. As said before there are Chinese herbs to assist colds, flu's and allergies too.

Make sure you book in for acupuncture and get the herbs and supplements needed to ensure all your organs and immune system are working the way they should be.

## Conditions treated &amp; prevented by Chinese Medicine

We can treat more conditions than the one you are coming to see us for

Many people that come to see us at the clinic get the perception that we only treat the condition that they are coming to see us for and forget we are a healthcare clinic that treats a variety of conditions very effectively. We treat the same things as western medicine, but just use different tools.

What we treat at Shen Therapies

Colds and Flu's, sinusitis, tonsillitis, hay fever, allergies, eczema, psoriasis, dermatitis, shingles, herpes (all strains), skin conditions, hair loss, headaches/migraines, tinnitus, Meniere's syndrome, dizziness, vertigo, depression,

anxiety, post-natal depression, phobias, asthma, bronchitis, croup, arthritis, carpal tunnel syndrome, fibromyalgia, RSI, tennis elbow, golfers elbow, tendonitis, muscular aches, whip lash injury, back pain, sciatica, pinched nerves, muscle spasms, gynaecological problems, infertility, PCOS, PMS, endometriosis, menstrual problems, hormonal disturbances, menopausal syndrome, bladder problems, sperm problems, male fertility, pre/post operative care, scars & adhesions, pregnancy issues, mastitis, insufficient milk supply, post partum weakness, childhood disorders,

colic, reflux, eye problems, croup, ear infections, immune building, toothache, post-extraction pain, ulcers, indigestion, irritable bowel syndrome, Crohn's disease, colitis, constipation, poor circulation, blood pressure, cold hands & feet and many other conditions. Remember, Acupuncture & Chinese medicine is used to treat the cause of a disorder & prevent its return, maintain treatment of long term problems & provide long-term wellness. Lastly, we do treat sick people, so there is no excuse to call up and cancel when you feel unwell. We can make you feel better sooner ☺

## Interesting Health facts

1. Chinese Medicine is the most effective treatment for Irritable Bowel Syndrome and is endorsed by the World Health Organisation. (80% success rate)

2. Muscle strains can take 6 weeks to fully recover. A Lower Back disc injury may never fully recover and may need constant maintaining. A bone break will normally take 6 to 12 weeks to recover but can take up to 12 months. Some breaks may never fully recover. Acupuncture can halve the recovery of injuries and biomesotherapy can provide instant pain relief for acute injury

## Children's Supplements

Immune care for kids: Supports immune function. Colds & Flu's  
Multi care for kids: Multivitamin and mineral supplement designed for children.

Omega care for kids: Raspberry flavour omega 3 complex

Meta Meal for kids: Low reactive, nutrient rich, meal supplement for fussy eaters

Flora care for kids: Probiotic to help with immune and digestive function.

Kids Chinese Herbal Formulas:- For any problem your child can get.

## Children's Health

As adults it is easy to under estimate the importance and delicate nature of the immune and digestive systems of children. While their bodies are still developing they are more susceptible to infection and inflammation which can trigger skin conditions, respiratory conditions, digestive disturbance, behavioural changes and immune weakness. It is so important to rectify these issues at an early age to prevent

long-term illness or developmental problems. If you have any concerns about your child's health, please consult one of our practitioners to guide you in the right direction. We have a supportive range of products for children as outlined below, but it is still important to discuss these options with a practitioner.

**Did you know** you can reduce the risk of eczema and food allergies in infants by taking a probiotic in the

3<sup>rd</sup> trimester of pregnancy and during lactation? Ultra flora LGG taken during pregnancy and breast-feeding significantly increases the immune-protective potential of breast milk and may reduce the symptoms of eczema (itching, sleeplessness) in infants and may be effective in reducing other allergic responses (food allergies) in children.

## Fertility News and Other Information

## Are You Just Patching Your Fertility Issues

At Shen Therapies you have a unique opportunity of not only getting the best Chinese Medicine advice for fertility issues but you also have someone with a medical degree with a Masters in Reproductive medicine. You won't get this anywhere else. Despite all this people are still trying to take bogus advice from the internet, or friends, rather than proper factual information. Getting bogus information from the internet and friends can not only be dangerous it can actually have adverse affects on your fertility. When you start a programme of any kind it is important to see it through right to the end rather than using an ad hoc approach and wondering why things aren't working again.

The biggest problem for many people is they don't actually follow the advice they were given in the first place and are just patching things as they go along. Again, not a good way to get things to work. Fertility issues also require regular treatments to help with overcoming the hurdles of having a baby. If you are just patching again and only coming in for treatments just before an embryo transfer or after one, then you aren't really treating your fertility issue. Having a baby and regulating the body takes preparation and time. Eggs take 60 days to develop, sperm takes 120 days to develop, so just coming in during a cycle is not going to help your eggs or sperm. It may help the lining and the emotions but that's all

it will do. You will only be treating half of the main issue. Diet is another majorly overlooked area with fertility. Research shows how important it is to follow a high protein low GI diet, yet many people are only getting half the protein they need in a day and wondering why their hormones, eggs, sperm and menstrual cycle are in poor shape. Just having eggs for breakfast here and there, or a steak here and there for dinner isn't going to cut it. You need protein with each meal or snack to get the much needed 90gms of crude protein per day. If you are having trouble falling pregnant it may be time to be honest with yourself. Are you really doing all you can do, or are you patching it?

## Vitamin A

Why you need it and why it is important to have it while you are pregnant!

One of our biggest frustrations is people calling us in regards to Vitamin A in their vitamins while they are pregnant. While we are never annoyed at the people calling, because they are just checking, we are annoyed at the people who have informed them not to take it during pregnancy.

Caution does not mean you do not take it. This is one of the biggest (and more dangerous) misconceptions in the health industry and again another reason not to get any health advice off the internet or friends.

The truth is that every pregnant woman needs vitamin A and if you

don't have it, you could be putting your baby at risk of severe developmental problems, irreparable sight & severe immune problems.

Vitamin A deficiency is one of the commonest and most serious worldwide nutritional deficiencies. Anyone with cancer, liver disease, fatty liver, gall bladder problems, ulcers or bowel disease is at risk. Basically anyone with a mal-absorption state is at risk. In general, in developing countries vitamin A deficiency is associated with poor growth & development, and impaired resistance to infection.

All the fat soluble vitamins have the potential for being toxic because

they are stored in the body and not excreted in the urine like water soluble ones. Beta carotene is water soluble and non-toxic. The TGA has set a guideline for anyone who is pregnant, not to exceed 10,000 IU's per day. This does not mean that you avoid Vitamin A in pregnancy.

Vitamin A is an essential vitamin for pregnancy and is needed for baby's bone & teeth growth and is vital for baby's vision. It is also vital for baby's immune system & the prevention of other fatal complications. Our Multivitamin has safe and therapeutic levels of vitamin A that is needed for normal health and pregnancy.

## Products for Weight loss, Increasing protein, or Increasing Muscle (By Lisa)

We have recently introduced 2 new dairy/lactose/gluten free products to our range, that are suitable for vegans and vegetarians. They are based on Pea protein and are ideal for helping maintain a high protein, low carbohydrate diet and for those wanting to achieve weight loss or increase protein in their diet.

**Spring Vegetable Soup:** This soup is high in protein and is a great meal or snack when maintaining a low carbohydrate diet. It can be

seasoned with salt, pepper, herbs or vegetables if desired. Perfect for the cooler months.

**Banana Berry Shake (Dairy Free):** This shake is the perfect alternative to whey/lactose based protein shakes.

**ZLIM TRIM:** Herbal based formula in a capsule that can be used in your weight loss regime. It has the following effects: Increases metabolic rate, increases calorie expenditure, burns fat, promotes

weight loss and increases energy levels.

Our products are most effective when used in conjunction with our wellness or Keto/Insulin lowering diets. Depending on the degree of protein you need, or if you are using it for weight loss, the degree of weight loss you are trying to achieve, one of the practitioners can go over these diets during a consultation. We have a specific weight loss, weight gain, or wellness program available.

## Fertility Check List

1. Regular acupuncture and Chinese Herbs.
2. AndroNK to help regulate natural killer cells and prevent miscarriage.
3. Endura to hydrate you, give you better egg quality and prevent hyperstimulation.
4. Vitamin D has now been proven to improve fertility outcome and many people are Vitamin D deficient. We have a high potency Vitamin D formulation.
5. Take your ConceptShen vitamins and Omega 3 oils. Using other inferior vitamins and omega oils are limiting your daily intake levels.
6. Eat protein with each meal and snack and reduce your High GI carbs to once per day.
7. Reduce your stress levels.
8. Sexercise (Its true)
9. Exercise (3 times per week)
10. Regular time out
11. Have you had a laparoscopy?

## Conditions which benefit from Vitamin A

Skin Conditions - Vitamin A has been used in the treatment of a number of skin conditions, particularly successful in the treatment of acne. Beta carotene may be of value in those whose skin is very sensitive to the sun.

Respiratory Distress Syndrome - Research shows that giving Vitamin A to a mother during pregnancy will reduce the incidence of this syndrome in her baby.

Ulcers - Vitamin A has been used in the treatment of gastric ulcers and is now being used in the prevention of stress induced ulcers as well as those induced by taking steroid drugs.

## Other Protein Powders we stock at Shen Therapies

**Musashi Bulk:-** specifically designed to increase protein and help with lean muscle growth

**Musashi ISO8:-** High protein powder with low lactose and easily digestible protein. Great for those with lactose issues looking to increase your protein.

**Musashi SLM (High Protein or Fat Metabolising Formulas):-** Great tasting protein powders that come in a variety of flavours for weight loss or increasing protein.