



Shen Therapies
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Jamboree Heights Clinic

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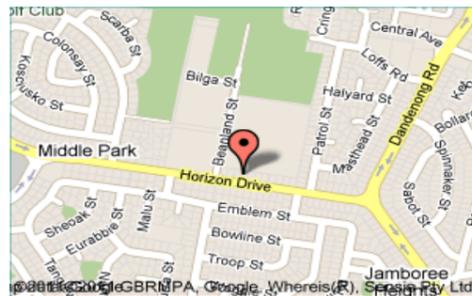
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	Morning	Afternoon
Monday	8am-11:30am (last appt)	2pm—4:30pm (last appt)
Tuesday	8am-12pm (last appt)	1pm—7pm (last appt)
Wednesday	8am-12:00pm (last appt)	2pm—4:30pm (last appt)
Thursday	9am-12:00pm (last appt)	1pm-6:00pm (last appt)
Friday	8am—1pm (last appt)	Closed
Saturday	Closed	Closed
Sunday	Closed	Closed

Facebook

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



Do you have a chronic condition you are living with and need our help?

We are so well known for our treatments and success with Fertility, Pregnancy and Women's Health that many of our patients aren't aware that we actually treat other areas of health too.

At Shen Therapies we offer a Chronic Illness program (Wellness program) with treatments specifically for chronic pain and inflammation. We can combine a range of treatment modalities including diet and nutritional advice, herbs and supplements, acupuncture, massage, counselling and patient support to produce an individualised wellness plan to suit each patient.

We often hear from patients "Do you know about this condition" or "Do you know someone that can treat this problem?" The truth is we can treat most conditions here at Shen Therapies; you don't have to go and find another practitioner such as a naturopath

or a dietician. At Shen Therapies we are lucky to have a team that not only has qualified Traditional Chinese Medicine practitioners on board, but also has someone with a western medicine degree, a dietician, a naturopath, a reflexologist, biomesotherapist, a qualified nurse, a herbalist and much, much more. The only complementary therapies that we don't offer are Chiropractic/Osteopathy and homeopathy, but we do have some great practitioners close by that we refer to. Furthermore, we offer a small range of ready made homeopathic formulas in the clinic. On another note, whilst we can assist with virtually any condition, it is important to understand that when it comes to long term illness and chronic conditions, there is no quick fix. If you have had a condition for weeks, months or years, it makes sense that it won't be fixed in just one treatment.

Contrary to popular belief though, chronic disease does not need to be an inevitable part of a person's life. With appropriate treatment, we can assist in long term management of these conditions and in some cases even eradicate the condition altogether.

At Shen Therapies we offer a comprehensive assessment of your health and look at all areas of your life including diet and emotions. When chronic patients come to Shen, their health is assessed prior to coming in for an hour consult and a report is given to them for ongoing treatment strategies and health management. All the herbs and supplements that you will need are given at the first consultation.

At Shen we are interested in treating the cause of your issues to give you a better quality of life and get you back to Wellness.



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Clinic News

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It has been an eventful year for Shen Therapies and wow, how the time has flown. It is September already and Christmas is just around the corner.

In this newsletter we have once again included information about colds and flus after a horrendous cold and flu season. On a positive note, we have been able to assist many people to recover quickly this flu season with our treatments and supplements.

This issue also contains some great information on Co-Enzyme Q10, highlighting how multifunctional this wonderful antioxidant is. Whether you need an energy boost, or need help preventing cardiovascular disease, then Co-Enzyme Q10 really is a must for everyone.

Spring has arrived and pretty quickly this will blend into summer. With the warmer months fast approaching, all of us are thinking about getting our bodies back into shape again. At Shen, we offer an easy to do weight loss program and can help you get back into shape fast.

We've got some more information

on keeping healthy through the reproductive years and also the benefits of being healthy during pregnancy. Healthy mums produce healthy baby's.

Stress is now a Modern Epidemic and it is the cause of many illnesses and the root cause of fertility issues. We talk about how you can deal with stress more powerfully and introduce you to some wonderful supplements to help keep you chilled out.

Finally, there is some information on our treatment program for chronic conditions contained in this edition. So many people come to Shen Therapies to receive treatment for one particular problem and don't realise we could help them with other issues including long term health problems. If you have a hereditary illness or a condition that has been causing you suffering for many years it is highly likely that we can assist you.

As many of you have seen from our Facebook updates, Shen has had a busy year with lots of success stories all round. There have been lots of babies born, pregnancies, pain relief and successes for our

chronic patients. In addition, we have treated many people suffering from acute pain using Biomesotherapy, providing fast and effective long term relief where other therapies have failed. If you haven't yet visited our Facebook Page, we invite you to take a look and while you are there make sure you "Like" us!

We now have a couple more practitioners to help with our busy patient load. We know you will love their treatments so make sure you book in to see them.

People are still asking about the city clinic and when this will reopen. We are negotiating this and will keep you updated as things progress.

Lastly, September school holidays are close at hand and Christmas is approaching very fast. Make sure you book your appointments well in advance - the girls on reception can help you plan this. As we now have more Practitioners we are open longer and offering extended late night bookings for those who need appointments after work. See our clinic opening times on the back page.

News Flash:

***Christmas Break—** Shen Therapies will be closed for the Christmas Break from close of business, **Fri 21st December** and we will reopen on **Mon 7th January 2013**.

***Facebook:-** Make sure you go to our Facebook page and like us to go into the draw to win monthly prizes and also get some great health

September Holidays

Andrew will be away for 2 weeks during the Sept/Oct School holidays starting from close of business **Fri 21st Sept**, returning on **Mon 8th Oct**.

During this time the clinic will remain open with Anthea & Tracy covering the normal hours of practice. Please call us to make a booking during this period; our opening hours are on the back.

New Staff and New Practitioners

We would like to welcome our new patient liaison, Susan, and our new TCM practitioner Tracy.

Susan has taken over as our new patient liaison. She will be looking after some reception duties as well as providing patient care and follow-up service. Susan is training to be a naturopath which will help with dispensing supplements and herbs.

Tracy is joining the Shen team as one of our Acupuncturists and TCM practitioners. Tracy is also an ER nurse and was involved in patient care before embarking on her new career in Chinese Medicine.

Anthea has also returned to help us out on Tuesdays and Thursdays nights. It's great to have her back and giving wonderful treatments & care.

Herbs & 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
8. Zinc & Vitamin C formula

Children

Multicare for Kids, Omega care for kids, Flora care for Kids, Kids Chinese herbal formulas, Zinc and Vitamin C formulation

Interesting Health

Evidence suggests that poor mitochondrial function and oxidative stress may be a major factor in various neurological disorders including Parkinson's disease and Alzheimer's disease.

A randomized, double-blind, placebo-controlled trial assessed the effects of 300, 600, and 1200 mg of CoQ10 per day for up to 16 months in patients with early un-medicated Parkinson's disease.

Findings indicated that those supplemented with CoQ10 experienced less functional decline – an effect that was amplified at the higher dose.

Weight loss Supps

Omega 3 Oils: Essential for cardiovascular function and burning fat

Protein Shakes and Soups: We have a large range including low reactive, lactose free powders and soups

Zlim-Trim:- Special Chinese medicine formula to assist with shedding unwanted kilos

Bean 1:- Helps to metabolise any bad carbs and regulate insulin pathways

Keto Bars: Great tasting protein bars to assist weight loss

Colds and flus revisited

By now many of you have had the flu or may be in the midst of trying to fight it off. This year we have recorded one of the worst flu seasons in a long time. Some of the influenza viruses have mutated and are causing all sorts of complications including pneumonia as a result of infection going to the chest very quickly.

During winter, we often see our patients in the acute phase of an illness, when their coughing and spluttering has driven them and those around them almost to distraction. As Practitioners, we are experts at providing rapid relief for colds and flus, however boosting immunity and addressing nutritional

deficiencies can reduce the risk of recurring infections and keep you healthy in the long-term.

If you do currently have the flu and need help with the acute symptoms, please make sure you book in for a treatment, or at least come and get some herbal medicine and supplements. It will help you get over the acute phase very quickly and get you back to on your feet faster. We can also assist with prevention and immune support, to prevent you getting sick in the first place. An effective treatment strategy incorporates regulating the immune response, restoring healthy digestive function and addressing factors compromising immunity,

such as sleep loss, stress and inflammation.

Deficiencies of key nutrients such as zinc and vitamin C can predispose us to infections. Zinc is perhaps the most integral mineral of the immune system

Andrographis has applications for both acute and chronic infections, general debility and lowered immune function, providing symptomatic relief comparable to standard pharmaceutical treatments.

Probiotics also provide immune support to people with compromised immunity and recurrent infections.

What Can Co-Enzyme Q10 Do For You?

There are many reasons why energy levels decrease and fatigue begins to set in. Co-enzyme Q10 is a nutrient that is often recommended to increase energy levels, and as you will learn, this nutrient does more than just addressing the tip of the iceberg! CoQ10 plays a vital role in helping the 'power houses' of cells, the mitochondria, to produce energy. Supporting mitochondrial function means the billions of cells in your body become very efficient at producing energy and you can feel the benefits with increased vitality and a regained zest for life. CoQ10 is also an antioxidant, protecting cells from damage by

free radicals. Free radical damage is a natural process associated with ageing and CoQ10 can slow this process down. The anti-ageing properties of CoQ10 are attributed to its potent antioxidant action. CoQ10 levels are highest in the hardest-working tissues of the body, especially the heart. As an antioxidant, CoQ10 protects the heart muscle from free radical damage and also prevents LDL cholesterol (the bad cholesterol) from being oxidised, causing plaque build-up in the arteries. It is not possible to get large amounts of CoQ10 from diet alone. Therefore, taking a daily CoQ10 supplement, especially as we age,

can help to increase your energy levels, keep your cardiovascular system healthy and strengthen the body's antioxidant defence network.

Fatigue is a common problem and if you suffer from it, you probably feel like you don't have the energy to do anything about it! With our advice, boosting your energy doesn't need to be a struggle and CoQ10 may be the perfect supplement for you. Talk to us today and arrange a time to discuss your energy needs so you can look forward to improved energy and vitality!

Losing Weight for Summer

It is no longer possible to ignore obesity in our society. It is a well known fact that a large proportion of our population is unhealthily carrying extra kilos, with more than 70% of Queenslanders being overweight or obese. Australia has the highest rates of childhood obesity in the developed world, with 1 in 4 children currently overweight or obese. Although many people believe that losing weight is simply a matter of consuming less calories and

increasing exercise, the weight loss equation is far more complex. A professional weight management program offers patients proven weight loss results under Practitioner supervision, while allowing Practitioners to address the underlying factors contributing to weight gain, such as inflammation, stress and toxicity. At Shen Therapies we have a tailored professional weight loss program for both young and old. It is an easy program to follow

incorporating healthy eating, dietary and exercise advice, lifestyle factors, and some great tasting weight loss shakes, protein bars and supplements. The diet is easy to follow and it is all about fat reduction, while maintaining lean muscle mass. We have our own recipe booklet catering for all body types including those with intolerances. Now is a great time to get started and get slim for summer.



Staying Well

Shen Therapies
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Fertility & Pregnancy News and Other Information

Women's Health Through The Reproductive Years

It is estimated that up to 90% of women of reproductive age in Australia and New Zealand experience some menstrual and/or hormonal disorder that affects them on a regular basis, compromising both fertility and quality of life. This includes conditions such as premenstrual syndrome (PMS), dysmenorrhoea, endometriosis, fibroids and polycystic ovarian syndrome. Many women seek natural solutions to help them overcome these bewildering hormonal conditions, with great success.

Most women can accurately predict the arrival of their monthly menstruation due to irritability, tiredness and chocolate cravings!

PMS symptoms are a clear signal that hormonal imbalances are affecting the body and the brain, altering mood and disturbing the stress response.

Chinese Herbs and Acupuncture can help relieve mood swings and emotional instability caused by hormonal fluctuations. It is shown to help relieve PMS-related symptoms such as depression, irritability, frustration and short-temperedness.

The Royal College Of Obstetricians & Gynaecologists now recommends Acupuncture and Chinese medicine as part of a treatment protocol for menstrual disorders. Women with painful and heavy menstruation associated with

uterine fibroids, endometriosis and/or polycystic ovarian syndrome will also find relief with Chinese Medicine.

Diet, lifestyle and environment have a substantial impact on female reproductive health. A holistic approach to patient treatment is, therefore, the key to helping give female patients lasting reproductive health and wellbeing.

If you are experiencing hormonal issues, menstrual issues or any gynaecology problem, make sure you give us a call and book in for a comprehensive assessment to get your life back on track today.

Nutrients to Give Mum and Bub a Better Outcome During Pregnancy

Nutrition is so important for a healthy pregnancy. Research shows that perinatal nutrient deficiencies are associated with disease states in the offspring, such as neural tube defects, anaemia and low birth weight. It can also result in an increased risk of chronic disease later in life.

It is not uncommon for pregnant woman to be deficient in nutrients including iron, calcium, iodine, Vit A and Vit D, and yet these same nutrients assist in reducing adverse pregnancy outcomes. Vit D, Vit A, calcium, iodine and selenium, for example, may reduce the risk of pre-eclampsia. Routine iron

supplementation throughout pregnancy may lower the risk of C-section, blood transfusions and lead to a longer gestational period and higher postpartum haemoglobin. Our ConceptShen Multivitamin contains therapeutic levels of these vitamins and minerals to ensure that both mother and baby are supported during this period of growth and development.

Healthy baby's are 'thirsty' for essential fatty acids, especially DHA and EPA. Foetuses accumulate an average of 67 mg per day of DHA. Adequate omega-3 intake is acknowledged for its positive role in

increasing gestation and birth weight, and its effects on neonatal cognitive and visual function. To ensure that both mother and baby receive enough of these essential fatty acids it is recommended that mothers are supplemented with a high quality omega oil. By improving the antenatal essential fatty acid status, both mother and baby will reap the rewards post-natally. Our ConceptShen Omega 3 oil has the highest levels of EPA/DHA in a capsule on the market in Australia.

We carry a large range of supplements and essentials nutrients that cater for all your preconception & pregnancy needs.

Stress– A Modern Epidemic

In modern society we are continually exposed to varying degrees of stress with little opportunity to recover and return to homeostasis. Conditions of repeated or chronic stress see a continuous exposure to high levels of circulating cortisol, causing desensitisation of the cortisol receptors – a condition known as cortisol resistance. Under chronic exposure to high levels of cortisol, tissues become less responsive to the hormone and essentially "switch

off" resulting in micronutrient deficiency and/or energy depletion. Both cortisol resistance and adrenal exhaustion can cause mental and emotional exhaustion & widespread effects on health in general. Dietary and nutritional advice forms a cornerstone of Natural Healthcare practice and treating stress is no exception. Specifically the two key nutritional groups that every stressed patient requires are B vitamins & magnesium. Co-Enzyme Q10 is very important too.

Different herbal combinations can both minimise stress-related symptoms and address some of the primary underlying drivers affecting function. There are also specific formulations that have been shown to be as effective as antidepressants/anti-anxiety medications without all the side effects. Acupuncture treatment has been proven to be just as effective as medication, helping to balance the whole body back to normal.

How To Balance Your

1. Regular acupuncture and Chinese Herbs
2. AndroNK to help regulate natural killer cells and regulate immunity and inflammation
3. Endura to hydrate you, assist with fluid retention and pain
4. Increase Vitamin D; also proven to improve fertility outcome
5. Take your ConceptShen vitamins and Omega 3 oils. Using other inferior vitamins and omega oils will limit your daily intake levels
6. Eat protein with each meal or snack and reduce your High GI carbs to once per day

Essential Nutrients for Mum & Bub

ConceptShen Multivitamin– Our ConceptShen Multi contains essential vitamins & antioxidants that are safe for pregnancy

Vitamin D– Has been shown to improve pregnancy rates and is also essential for growth of baby's bones and teeth

Iron– Iron is a very important mineral that all women need during pregnancy

ConceptShen Omega 3– Omega 3 oils are essential for maternal blood flow and baby's brain development

Endura– Electrolytes & magnesium are essential for pregnant mums. It's great for

Treatments for Stress

PS Calm– Chinese medicine formula that works on stress and anxiety. Works in about 20 mins

Proxan– With L-Tryptophan and SAME, the closest we have to an SSRI without the side effects

Acupuncture– Recent studies show acupuncture to be more effective than SSRI's

Neurocalm– A special combination to calm the nerves & help with anxiety and stress