



IN THIS NEWSLETTER

Welcome! – Tuning up for Spring & remember Dad's Day

Body – Dark Chocolate Lowers Blood Pressure

Mind – Teenage Migraines Linked To Family Income

Lifestyle – Late lifestyle changes still improve mortality and lower heart disease

What's New – Hot August Treats & Tai Chi Class

Welcome – Tuning up for Spring & remember Dad's Day

The coming of Spring is such a joyous change, even though our Winters are mild, it is still the breath of change you can feel in the air as things start to warm up again and the days slowly get longer and sunnier!

Time to air out your winter niggles, coughs and aches in readiness for more fun and action on your weekends & weeknights. So make sure you book in for a tune-up!

We have a great selection of interesting research this newsletter - good news for stressed people with high blood pressure and a penchant for chocolate (we love those researchers!), plus more good news that it is never too late to change your lifestyle to improve your health long-term, and an interesting link between teenagers, family income & migraines.

Plus a great idea for Father's Day gift and some extra treats for you when you come in for a treatment or consult during August. More details in What's New.

We wish you all joy & the causes of joy, now and always

The Source of Wellness Team

Body – Dark Chocolate Lowers Blood Pressure

Just one square of dark chocolate a day can lower your blood pressure by up to 3mm Hg (both the diastolic and systolic readings) researchers found in a study comparing the effects of eating dark and white chocolate.

Study participants were between the ages of 55 and 75, with mildly high blood pressure (ranging from 130/85 to 160/100), and were asked to eat 6.3 grams of chocolate or the equivalent of 30 kcal per day for 4.5 months.

Unfortunately for milk and white chocolate lovers the researchers found no beneficial effect of eating either on blood pressure.

Previous studies on the effect of dark chocolate on blood pressure used much higher doses (100 grams per day) and were for shorter timeframes. This study is important as it shows even small doses of dark chocolate can have a significant impact on blood pressure in the medium term. In deciding how much to eat each day people just have to balance the beneficial effect of daily chocolate and lower blood pressure against the calorie intake.

With just 6.3 grams per day, none of the participants gained weight nor any other adverse effects. The study isolated that it is the cocoa in the dark chocolate which improves your body's resistance to insulin without the adverse effects of blood pressure medication.

So there you go, enjoy a daily treat, lower your blood pressure and keep up a healthy diet & exercise. What a great life!

To read the full article go to our website.

Mind – Teenage Migraines Linked To Family Income

Nearly 19,000 teenagers were surveyed using a 'headache questionnaire' to determine the effect of family income on the incidence of migraines in teenagers.

The study found that households where the income was less than USD\$22,500 per annum had a much higher incidence of teenager sufferers of migraines as compared to households where the family earned more than USD\$90,000 per year.

The effect of family income was negated in households where there was a family history of migraines with all income brackets showing a similar and much higher incidence of teenager migraine sufferers.

This correlates with results of adult populations which showed a strong link between migraines, low income & poor education.

The researchers noted it would be important in future studies to study the effect of nutrition, stress and treatment patterns plus substance abuse, depression and anxiety on teenage migraine sufferers as related to family income and low education standards.

Read the full article on our website.

Lifestyle – Late lifestyle changes still improve mortality and lower heart disease

Even later in life a study has found that switching to a healthy lifestyle can increase your life expectancy and decrease your risk of heart disease in just 4 years of better living - proving it is never too late to make the switch.

Participants who made the switch benefited by a 40% reduction in mortality (ie death) and a 35% reduction in the number of cardiovascular or heart disease events, such as heart attack and stroke.

Participants only had to meet four 'healthy living criteria' to achieve the above results:

- Eat 5 servings of fruit or vegetables per day
- Regular exercise (at least 2.5 hours per week)
- Body Mass Index (BMI) of 18.5 and 30 kg/m²
- Currently a non-smoker

Nearly 16,000 adults aged between 45 and 64 years of age participated in the study and were followed up over a four year period.

Read the full article on our website.

Ready to make the switch? Come see our Nutritionist for a diet makeover that suits your lifestyle, need to lose weight - do it the Keto Way. Need to have an exercise plan - get a personalised program which you will do!

Hot August Treats & Tai Chi Class

Hot August treats & specials!

Three great offers

Offer Number One: Throughout August each 1 hour treatment & consult gives you a great gift. This month when next seeing Tiina, our Naturopath & Homeopath, or Kathryn, our Nutritionist & Herbalist, receive a month's supply of Bach or Bush Flower Essences absolutely FREE!

Bach & Bush Flower Essences are subtle, yet powerful, remedies which address ill-health, fatigue, frustration, apathy and much more. They work deep within the body to bring about balance and harmony, increasing your motivation and vitality.

Offer Number Two: And with every 1 hour Remedial Treatment in August receive an extra 10 minutes absolutely FREE with a Shiatsu head or foot treatment.

See our Specials for more details

Offer Number Three: Remember when you refer friends or family you receive up to a 40% discount off your next treatment. It's that easy! Enjoy your treatment, discover the benefits of healthy life and save! See our Specials for more details

Father's Day Half Price Special

Plus we've made buying something for Dad for Father's Day really simple. Just have two treatments in August and then receive 50% off the same treatment for Dad with a FREE beautifully presented gift certificate (posted to Dad at no extra charge). See our Specials for more details

Qi Gong / Tai Chi Class

Would you like to learn the gentle art of Tai Chi. Qi Gong is the Father of Tai Chi and teaches you how to calm the body & mind by using 'moving meditation'. A great way for people who find 'sitting meditation' too challenging.

Classes are Tuesdays at 7-8pm. Next group starts 4 September for 4 weeks. \$65 includes a FREE CD. Book your place today!

Inspiration Workshop Sunday August 19

Work with the breath to achieve awareness & enlightenment in this simple one-day workshop run by Ani Neradilkova, Kinesiologist. See What's On for details.



Proud Members



Australian Natural
Therapists Association



Australian Traditional
Medicine Society



Craniosacral Therapy
Association of Australia

Contact Details

Phone (08) 9361 0800 or
Email Us at health@thesourceofwellness.com.au

Visit www.thesourceofwellness.com.au

Corner Shepperton Rd & Oats St
(enter at 165 Swansea St East),
Victoria Park East, WA 6101.

Please seek our permission to reuse or distribute any part of this eNewsletter. Unauthorised use or copying of the document or its contents is prohibited. © 2013 The Source of Wellness