



The Source of Wellness Natural Health Centre
Your Feel Better Naturally News

SUMMER 2011

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Save Your Child's Adenoids Without Surgery, No Side Effects

With Adenoids Remove The Infection, Treat The Cause and Avoid Surgery and Anaesthetic

It is increasingly common to hear about a child's enlarged adenoids, and parents being told the only solution is surgery.

The Source of Wellness have an easier, non-invasive, no anaesthetic option for parents wanting to keep their child out of hospital and keep their child's adenoid glands, which serve an important purpose, intact and functioning.

Adenoids are a lymphatic gland made of spongy tissue at the back of the nose and they filter and clean the air that passes over them before it reaches the lungs. Sometimes these glands which fight infection get overwhelmed by it and get infected.

First-line medical treatment will decrease your child's natural immunity with antibiotics and weaken respiratory lining with steroids leading to increased chance of infection, perpetuating the cycle and enlarging the adenoids further and as a secondary infecting the tonsils causing tonsillitis.

Enlarged adenoids partially or can fully block the nasal airway and Eustachian tube which connects from the back of the mouth into both ears, this can lead to chronic ear infections. and because your child is unable to breathe freely especially when asleep, they often wake tired with a headache, blocked nose, and poor appetite.

The natural health option is a combination of Craniosacral Therapy and Naturopathy which gets very good results and in most cases removes the need for surgical removal with approximately 6 visits. Children then return to normal nose breathing, stop snoring, parents note improved performance in learning and behaviour in daily activities and better attention span at home and school.

Craniosacral Therapy is a very gentle osteopathic technique which increases the space inside the sinus passages in the head to allow drainage of trapped infected mucus down the back of the throat and out the nose. This also allows fresh air into the sinuses again, helping to dry them out. Your Craniosacral Therapist will also address any other imbalances and improving the functioning of your child's system overall. .

Our Naturopath or Nutritionist will make simple dietary changes and provide immune system boosting supplements and within weeks your child will be back to normal or if only a toddler, better than you have known them.

Our treatment is suitable for newborns through to adults and has no negative side effects.

[Click Here](#) to read a testimonial about our treatment of a toddler

Detox & Weight Loss in January with Catherine

Too Much Festive Excess? Detox and Weight Loss in January

Nutritionist Case Study No. 1

Michelle, 31yo, lacked energy especially by mid-afternoon, had occasional bloating and caught every cold and flu.

We went through her health history, her work, family life, sleeping patterns & diet. Michelle didn't eat meat very often, and as a child had many bouts of tonsillitis with antibiotic treatment before the tonsils were removed at age 10. I asked Michelle to keep a food diary for one week, where she wrote down what she eats and when / if she experiences bloating, tiredness or other symptoms. Michelle also needed a blood test to check her iron levels.

Michelle returned in a week and the blood test showed her iron was a little low. We went through her food diary, which showed she wasn't eating enough protein and went long periods (4-5hrs) without food. These periods without food caused her blood sugar and energy levels to fluctuate. I made dietary changes to stabilise her blood sugar, increase her iron with iron-rich foods and nourish her immune system with the necessary nutrients to fight off colds and flu.

Michelle's next appointment was in three weeks, when she returned she had followed the dietary plan & was full of energy and no longer having mid-afternoon slumps. As she was more aware of the foods she ate and how they made her feel. Michelle discovered which foods led to bloating, and I offered alternatives so that she could still enjoy similar foods. Michelle hadn't had a cold and felt that her immune system was in much better shape. The changes to Michelle's diet were changes she could easily implement as we worked together through the whole process to make sure they were changes she would sustain.

Nutritionist Case Study No. 2

Kevin, 58yo, came about his weight and reoccurring bouts of gout. Kevin's weight had crept up over the years to 125kg. I went through his personal & family health history and also found his father and uncle had cardiovascular complaints.

I implemented a heart healthy diet due to his family history and since weight loss can cause gout to flare, instituted a gentle weight loss program with regular exercise and healthy eating to minimise any negative effects with his gout.

After going through Kevin's diet, medications, his likes and dislikes, his options for exercise and what foods trigger his gout, we talked about dietary options, recipes and exercise choices.

He returned in 2 weeks and was walking daily for half an hour and had mostly followed the prescribed diet. I made further changes including foods good for the heart, and foods which reduce uric acid in the blood and foods to help his weight loss journey.

Kevin has now lost 32kgs and his BMI (Body Mass Index) is close to the healthy weight to height range.

He is also full of energy and has not had gout since starting the diet. I prescribed supplements necessary to maintain his vitality & energy levels while he is on his wellness journey. He now comes in for 'maintenance appointments' once every six months and has successfully maintained his weight loss.



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