

Sometimes this hole gets enlarged for one reason or another and, if it does, the stomach can worm its way up into the hole). He was a personable, gentle man just short of his fiftieth birthday, who had gone through a period of high personal stress. This had worsened his digestive issues which had been present for a number of years. He had been treated with drugs such as Nexium and over the counter ant-acids with only some moderate improvement in his symptoms initially. However they were now ineffective and he was concerned about the long term side effects (such as increased pneumonia risk, bone loss, impaired digestion etc).

Michael began weaning off his medication as I commenced him on a low allergenic diet initially with nutritional supplements such as digestive enzymes, betaine HCL, probiotics, zinc carnosine and Deglycerrinated Licorice, essential fatty acids etc to support digestion and the function of the oesophageal sphincter and help heal the inflamed stomach and oesophageal lining. He also began an exercise and Yoga program to help manage his stress. Osteopathic manual reduction of the hernia was used with almost immediate benefit and he was instructed to do a couple of simple exercises daily. He improved gradually over a period of a few weeks and has maintained this with the daily exercises, improved diet and periodic Osteopathic treatment. His overall health has also improved significantly.

Dr. Arletta Nikitiuk is a very knowledgeable and experienced practitioner and has helped many patients improve their digestive health.

Introducing Diane Lewis and CalmBirth!

Dianne is currently working in the hospital system in a specialised area but also works privately in the natural health field. Dianne is a qualified Clinical Hypnotherapist, Natural Therapist, Registered Nurse and calmbirth® practitioner. Throughout her years Dianne has studied and practiced natural healing and has incorporated this into her everyday life. Dianne became a calmbirth® practitioner, as she was amazed at the wonderful inner resources our body has to create and self-heal. During the calmbirth® program you will gain an understanding of how the birthing muscles work in perfect harmony - as they were designed to do - when your body is sufficiently relaxed.

Dianne is a mother and grandmother who believes that the greatest gift you can give to a child is love, security and self-esteem. During Calmbirth classes you will learn techniques to help you achieve a relaxed calm confident approach to the remainder of your pregnancy and birthing experience. Starting your classes between 20 - 30 weeks will give you plenty of time to practice the techniques. Classes are held over two Saturdays 10am - 3.30pm.

Please contact Dianne for more information web: www.naturalcalmbirth.com.au e-mail: dianne@naturalcalmbirth.com.au Phone: 0411 047 766

Introducing Michelle Jimeno and Creative STEPS!

Michelle Jimeno is a Registered Provisional Psychologist and has worked across a number of settings. She has extensive knowledge and experience in Autism Spectrum Disorders and Anxiety Disorders. Michelle's expertise in managing behaviours, knowledge of resources, and individual planning has been a keystone factor for the successful implementation of many programmes developed by her.

Her areas of interest, in addition to Autism Spectrum Disorders and Anxiety Disorders include Paediatrics, and Educational and Developmental Psychology. The Techniques and modalities utilised include well researched techniques such as Cognitive Behaviour Therapy, Solution-Focussed Therapy and Positive Psychology. Play Therapy and Art Therapy are used as mediums to create a therapeutic session that is more interesting and memorable; and hence, more effective. Michelle takes a systematic approach to the individual's needs to address their self, family and educational goals.

Please contact Michelle for more information. web: www.creativesteps.com.au e-mail: michelle.jimeno@optusnet.com.au Phone: 0412 293 700

What's News? HealthQuest is moving!

We are excited to announce that we are relocating HealthQuest! You will notice on the front page of this newsletter that our new address is now 50 Maribyrnong Rd. Moonee Ponds. For those of you that have been patients of Arletta for many years, you will realise that it is one of the Old Moonee Ponds MindBody Health Centre buildings. We are returning to where the journey began! The building is a lovely Edwardian period home with a nurturing and healing atmosphere. It is larger than our current centre and will allow us to provide a greater range of services for our patients in a wonderful healing ambience.

We will have moved in by Tuesday 15th June. Off street parking is available at the front of the clinic -entry is via Maribyrnong Rd. Or you can park at the rear by entering the lane off Ascot Vale Rd behind the Direct Kitchens Showroom. See our website for a Google Map direction link



Winter Special Offer

If you are one of the first 7 people to book and mention The Winter Special offer you will receive a Nutritional Consultation with Dr. Arletta Nikitiuk and an Osteopathic consultation with Dr. Elizabeth Yacoub, for only \$120 (normally \$140) plus you will receive a FREE copy of "An A-Z Woman's Guide to Vibrant Health" valued at \$20. A total value of \$160, for only \$120! Because we have limited appointment times you must be amongst the first 7 people to book. This offer is only valid until June 19th or earlier if filled, so please make an appointment now by calling 9370 8280.

We encourage you to share this information with family, friends and colleagues. We are grateful to the Scientists, Clinicians and Medical Reporters who make this information available for the betterment of all of us.

Publishers: Anthony Russo (Medical Scientist) and Dr. Arletta Nikitiuk (Osteopath/Nutritionist)

All material in this publication is provided for information only and may not be construed as medical advice or instruction.

No action should be taken based solely on the contents of this publication; instead, readers should consult an appropriate health care provider on any matter relating to their health and well-being. The information and opinions provided in this publication are believed to be accurate and sound, based on the best judgment available to the authors, but readers who fail to consult with appropriate health authorities assume the risk of any injuries. The publisher is not responsible for errors or omissions.



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HEALTHQUEST WELLBEING REPORT

At HealthQuest we can help you with the following health issues

- Back and Neck pain
- Sciatica
- Sports Injuries
- Muscle and joint problems
- Women's Health
- Men and Women's Fertility
- Pregnancy care
- Infant & Child Health & Development (e.g. Autism, ADHD, Allergies, Asthma)
- Scoliosis
- Healthy Ageing
- Weight Loss /Personal Diet Plan
- Diabetes
- Cholesterol Control
- Cardiovascular Health
- Digestive Problems
- Acid Reflux / Heartburn / Hiatal
- Hernia
- Headaches / Migraines
- Chronic illness
- Cancer Support
- Auto Immune Disease (e.g. Rheumatoid Arthritis, Multiple Sclerosis, Hashimoto's Thyroiditis, Coeliac Disease, Inflammatory Bowel disease etc.)
- Osteoarthritis
- Thyroid Dysfunction
- Adrenal Dysfunction
- Stress / Anxiety / Depression
- Insomnia
- Chronic Fatigue/Fibromyalgia
- Allergies & Food Sensitivities
- Asthma
- Winter Ailments -Colds / Flu
- Immune System Support -Viral, Bacterial, Fungal, Parasitic Infections e.g. Bladder, Sinus, Chest.

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Volume 2 WINTER 2010

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An eye opening article published by Newsweek explains the story of the cover up of the ineffectiveness of antidepressants. It was published in January 2010 titled *The Depressing News About Antidepressant. Studies suggest that the popular drugs are no more effective than a placebo (sugar pill). In fact, they may be worse. This is a must read article for anyone on anti depressants or who has a loved one on these drugs.*

A recent study (that is also hot off the scientific press) in the January 2010 issue of *Journal of the American Medical Association* concludes that there is little evidence that SSRIs (a popular group of antidepressants that includes Prozac, Paxil, Zoloft and others) have any benefit to people with mild to moderate depression, and that they work no better than a placebo. (sugar pill).

A study published in 2007 in an issue of *The New England Journal of Medicine* found that drug companies selectively publish studies on antidepressants. They have published nearly all the studies that show benefit - but almost none of the studies that show these drugs are ineffective. That distorts our view of antidepressants, leading us to think that they do work. And it's even worse than it sounds, because the positive studies hardly showed benefit in the first place. However, the Pharmaceutical industry and the Food and Drug Administration in the USA (FDA) have deliberately deceived us into believing that they do work. Despite what we have been brainwashed to believe, depression is not a Prozac deficiency! The team of researchers that reported their findings in *The New England Journal of Medicine* took a critical look at all the studies done on anti depressants, both published and unpublished. They dug up some serious dirt. The unpublished studies were not easy to find. The researchers had to search the Food and Drug Administration, (FDA) databases, call researchers, and hunt down hidden data under the Freedom of Information Act.

Hello everyone!
Welcome to the Winter issue of the HealthQuest newsletter. As always we have the latest health information for your wellbeing. We also have exciting news about what's happening at HealthQuest. Thank you for taking the time to read this issue.



Depressing news about Anti Depressants and how you can Defeat Depression without Drugs!



What they found was stunning. After looking at 74 studies involving 12 drugs and over 12,000 people, they discovered that 37 of 38 trials with positive results were published, while only 14 of 36 negative studies were published. And those that showed negative results were in the words of the researchers, "published in a way that conveyed a positive outcome." That means the results were twisted to imply the drugs worked when they didn't.

But the news is worse than just ineffectiveness, they are dangerous! Antidepressants, all of them admits the FDA cause increased suicidality in young adults. Suicide occurs more than twice as much on antidepressants than on sugar pills in individuals under age 25. First the agency admits that antidepressants cause suicidality in children. Now the agency admits the drugs cause the same disasters in young adults. Authorities in Great Britain have openly opposed the use of antidepressants in young people. The FDA, on the other hand, has decided only to require a black box warning label stating that these drugs increase risk of suicidal behaviour in children, adolescents, and young adults.

This is yet another example of the failure of the FDA, blinded by their incestuous relationship with the pharmaceutical industry, to protect the public. Prozac alone, has been associated with over 1,734 suicide deaths and over 28,000 adverse reactions. And this is only the reported events. The FDA estimates that only 1 percent of negative drug reactions are ever reported. Studies now show that using SSRI's eventually causes the brain to release less and less serotonin.

Eventually the brain begins to reduce the number of serotonin receptors. This is reason why patients switch from one antidepressant to another. The reduction of serotonin receptors may become permanent. If so, the patient is possibly doomed to a life of anxiety and depression. Other common side effects include headache, muscle pain, chest pain, nervousness, sleeplessness, drowsiness, weakness, changes in sex drive, tremors, dry mouth, irritated stomach, loss of appetite, dizziness, nausea, rash, itching, weight gain, diarrhea, impotence, hair loss, dry skin, chest pain, bronchitis, abnormal heart beat, twitching, anemia, low blood sugar, and low thyroid. Numerous studies show that as many as 86% suffer from sexual dysfunction and other side effects. Is it any wonder half the people who try antidepressants quit after 4 months?

Other common side effects of SSRI drugs are general muscle spasms, aches, and pains. These spasms may occur in the neck, shoulders or low back. As an Osteopathic and Nutritional Medicine clinic we often see these side effects. Since these adverse side effects are more

common than most patients and doctors think, and most doctors simply don't suspect that their patient's health problems, bronchitis, irritable bowel syndrome, fatigue, insomnia, low thyroid etc. is from taking SSRI drugs many patients are sent from one specialist to another and placed on further drugs with further side effects causing a downward spiral of ill health. You may even actually have made the connection between the drugs and the side effects yourself, however when you tried to tell your doctor about the side effects you thought you saw his eyes glaze over. Turns out you weren't imagining it. A staggering number of doctors are simply ignoring their patients when they report side effects. A study published in the *Journal of Clinical Psychiatry* found that patients are reporting side effects from their depression medications **20 times more** than their psychiatrists bother to record in their charts. And even in cases where patients' self-reported side effects were limited to "frequently occurring" or "very bothersome"...so we're talking serious side effects here...the rate was two to three times higher than was actually recorded in their charts. In light of this news it's no wonder that so many people choose to go against medical advice and stop taking their prescribed antidepressants. Honestly, who can blame them? The problem is that simply stopping suddenly can be extremely dangerous.

So while it's possible some people may have been helped by these drugs, it is clear the majority have not, they have simply suffered the side effects and the use of them has generated billions of dollars in fraudulent sales for the Pharmaceutical industry.



There is no doubt depression is a serious and debilitating illness, however, it is clear that drugs are rarely the solution. In an optimistic tone, Pulitzer Prize nominee and Medical Journalist Robert Whitaker in his latest book, which was recently released, *Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs and the Astonishing Rise of Mental Illness in America* says "You find that even with major depression, in the pre-antidepressant era - and this is depression so severe people were hospitalized - they could expect to get better. The episode would eventually pass". However, long-term studies now indicate that of people with major depression, only about 15 percent that are treated with an antidepressant go into remission and stay well for a long period of time. The remaining 85 percent start having continuing relapses and become chronically depressed. "Researcher Giovanni Fava from Italy said, "the course is changing with antidepressants. We're changing it from an episodic illness to a chronic illness, and we really need to address this." Not only that, but the depression is sinking into people [on antidepressants] in a deeper way than before."

Another famous psycho-pharmacologist named Ross Baldessarini at the Harvard Medical School also began asking whether or not these drugs may in fact be depressogenic (causing depression). Unfortunately, the evidence points that way, and the long-term prognosis when taking antidepressants is quite bleak, as this type of drug treatment has a whopping 85 percent chronic relapse rate. Whitaker says in his book "There are two side effects or risks that really need to be addressed, and that everybody should be thinking about, that show up in the scientific literature, the first risk is that you'll convert from unipolar depression to bipolar depression.... One of the things we've seen with the use of the SSRIs is this incredible, extraordinary boom in bipolar diagnoses, and that is definitely tied to the widespread use of antidepressants. Now, in kids, something like 25 to 50 percent of all kids placed on an antidepressant, who stay on that antidepressant for five years, will convert to bipolar illness. With adults, it seems like about 25 percent of long term of users that begin with a diagnosis of bipolar depression will convert to bipolar. Bipolar used to be a fairly rare disorder but now it's becoming much more common. Why is this so bad? Well, when you convert from depression to bipolar, now you're in a category where you're often treated with a cocktail of medications including an antipsychotic medication, and long-term bipolar outcomes are really problematic in this country. Only about 35 percent of bipolar patients are employed. So you see this risk of disability. So my point is this, when you go on an antidepressant, you do have a risk of having a manic episode and that is a risk of becoming "a bipolar patient," and at that moment you're into a much more long-term problematic disorder that does not have a good outcome today. The second real risk is that there is a lot of evidence compiling [showing] that if you stay on antidepressants for five, ten, fifteen years, there is some real worry with cognitive decline associated with that long term use."

Now that we are aware of the ineffectiveness of anti depressants and the very real side effects what can we do to address the very real issue of depression? Depression is a very serious condition. It's a sign that your body and your life are out of balance. Major depression, a clinical diagnosis marked by extreme emotional pain and inability to function may require hospitalisation but as we have seen in pre antidepressant times most patients eventually recover fully without drugs.

First of all it is important to emphasise that if you are on antidepressants do not just suddenly stop taking them. They need to be weaned off over several weeks at least, after discussion with your doctor. At HealthQuest we can help manage side effects during the process of withdrawal. However, we can also assist you with reducing the side effects of antidepressants if you do not feel ready to stop. You do not need to be off anti depressants to benefit from our treatment program and if in fact you do



experience any benefit from the drugs then it will only be enhanced. We utilise a number of effective treatment methods to help you recover from depression. It is an intelligent approach that looks to find and treat the true underlying causes of the problems that lead to depression.

Optimum nutrition is essential.



We use Omega 3 fatty acids in the correct dose, which have been shown to help depression and mood disorders in numerous studies.

Sugar and high glycaemic foods such as refined grains, potatoes etc are avoided as they not only exacerbate depression but may actually cause depression. Sugar causes chronic inflammation, which disrupts your body's normal immune function and can wreak havoc on your brain. Sugar also suppresses a key growth hormone called BDNF (brain derived neurotrophic factor), which promotes healthy brain neurons and plays a vital role in memory. BDNF levels are critically low in people with depression, which animal models suggest may actually be causative.

Quality protein and sometimes amino acid supplements are essential to optimise brain neurotransmitters.

Vitamin B complex and Vitamin D deficiencies are associated with depression. One study even found that people with the lowest levels of vitamin D were 11 times more prone to depression than those who received adequate vitamin D and we have an epidemic of Vitamin D deficiency in our society today so it's no wonder depressive illness is on the rise. The brain chemicals or neurotransmitters depend on adequate amounts of B vitamins, especially, B1, B2, B3, B12, and folic acid to join with the amino acids tryptophan, glutamine, and phenylalanine, to make serotonin, GABA, dopamine, and norepinephrine. One British study shows that depressed individuals with low folic acid were often poor responders to prescription antidepressant-drug therapy. The addition of folic acid increased the recovery time of these depressed individuals. Another study showed that women who received folic acid plus Prozac had a greater reduction in depression symptoms than in women who took Prozac alone. As we have learned above since antidepressants don't work it's clear that the benefits in these studies are due to the B vitamin folic acid solely.

Other very helpful nutritional and herbal aides are Inositol, Magnesium, Zinc, SAME, Theanine, 5HTP, St.Johns Wort, Kava, Rhodiola and others.

Food allergies and sensitivities are addressed as they can cause brain inflammation worsening depression.

Probiotics (Friendly gut bacteria) are also important. Gut and Bowel problems are strongly associated with depression. Depressed patients have increased oxidative stress, altered gastrointestinal function including increased permeability(leaky gut), lowered micronutrient and omega-3 fatty acid status. It is also understood that stress, a significant factor in depression, alters the balance of intestinal bacteria by lowering the levels of lactobacilli and bifidobacterium. Research suggests that bacteria in the gastrointestinal tract can communicate with the central nervous system, Probiotics have the power to lower systemic inflammatory cytokines, decrease oxidative stress, and improve nutritional status, and when used correctly have the potential to be significant players in the management of inflammation-induced depression.

We also test Hormone levels which if unbalanced can cause or exacerbate depression. These include Testosterone, Oestrogen, Progesterone, Insulin and Leptin. Adrenal hormones Cortisol and DHEA are important. Thyroid Hormones and Thyroid Antibody levels are usually requested to exclude Hypothyroidism and Hashimoto's Thyroiditis which can cause depression. Heavy metal toxicities (e.g Mercury) can also cause or worsen depressive conditions. If present they need to be removed to normalise brain function.



Exercise is essential. Research on physical exercise shows that exercise is very beneficial for helping people who are depressed... physical exercise changes the level of serotonin in your brain. And it increases your endorphin levels, your "feel good hormones." Exercise can also increase the number of cells in your brain, in the region of the brain called the hippocampus and they're very important because sometimes in depression, there are fewer of those cells in the hippocampus. Exercise also increases levels of BDNF, a natural antidepressant in your brain. You can actually change your brain with exercise!

We use Osteopathic methods such as joint mobilization, soft tissue massage and Cranial Osteopathy to help balance the autonomic nervous system which improves the stress response and overall psycho-emotional condition of the patient so essential to recovery from depression.

Psychological counselling, spirituality and

religion, meditation, family, friends and pets and being in nature such as a park or beach are also very important in the recovery process. At HealthQuest we utilise a true holistic approach to depression that allows the patient to find balance as the body, mind and spirit ultimately heals itself.

Dr. Arletta Nikitiuk is a caring, empathetic and experienced practitioner in Natural Medicine and utilises Osteopathic and Nutritional Medicine to assist you in the recovery process to Good Health. Dr. Nikitiuk works together with her associate, Dr. Elizabeth Yacoub, who has a caring and gentle manner complemented by an effective Osteopathic approach to assist you in your recovery.

Vitamin D Highly Effective at Reducing Flu in Children

A double blind, randomized, controlled study in children ages 6 - 15 has found that taking 1200 IU of vitamin D per day cut the risk of getting the flu by 50%. The study is published online in the prestigious American Journal of Clinical Nutrition. Mitsuyoshi Urashima, the Japanese doctor who led the trial, has told media that vitamin D was more effective than vaccines in preventing flu. Data supporting that comment was not part of the published study. However, antiviral drugs that are highly toxic and too dangerous for children (even though doctors recklessly prescribe them for prevention of the flu) only reduce the chance of getting the flu by 8%. The data shows that a vitamin in this case Vitamin D is highly superior to these drugs at preventing the flu!

Call us at HealthQuest to discuss your child's Vitamin D needs and how you can support your child's health during winter.

Case Study: Hiatal Hernia

Michael was referred by his doctor who suggested he try natural medicine for his troublesome hiatal hernia. (In a hiatal hernia the back part of the diaphragm, there's a button-sized hole that allows the esophagus to go from the throat to the stomach.

