

common is a functional scoliosis. This is caused by asymmetries throughout the musculoskeletal system. Some of the key areas that contribute to the scoliosis are leg length differences, spinal restrictions, tight muscles and postural reflexes in the central nervous system. This is a postural problem that can be treated and the earlier it is identified the better the results will be.

*Dr Patrick Kuhn is a parent himself and specializes in cranial Osteopathy for children and is very experienced at treating scoliosis.*



Massage is effective in the treatment of a variety of conditions, some of which are listed below.

- \* Tension Headaches
- \* Back Pain
- \* Tennis Elbow
- \* Golfers Elbow
- \* Muscle Spasm
- \* Cramps
- \* Tendonitis/Tendinosis
- \* RSI/ Carpal Tunnel Syndrome
- \* Premenstrual Syndrome
- \* Stress & Tension
- \* Sciatica
- \* Neck & Shoulder Pain
- \* Joint mobility

Experts estimate that more than ninety percent of all disease is stress related. Massage can help manage stress. This translates into:

- \* Decreased anxiety.
- \* Enhanced sleep quality.
- \* Greater energy.
- \* Improved concentration.
- \* Reduced fatigue.

Research shows that with massage:

- \* Arthritis sufferers note fewer aches and less stiffness and pain.
- \* High blood pressure patients demonstrate lower diastolic blood pressure, anxiety, and stress hormones.
- \* Premenstrual syndrome sufferers have decreased water retention and cramping.
- \* Preterm infants have improved weight gain.

Getting a massage can do you world of good, but getting a massage frequently can do even more! Make massage a necessary part of your health and wellness plan. Talk to your practitioner about how you can establish a treatment schedule that best meets your needs.

*Katerina Ginis is a skilled and empathetic massage therapist with a strong desire to help others achieve improved mobility and stress relief.*

### How you can relieve your back pain.

**Rest:** When acute back pain first strikes, taking the pressure off your spine is usually necessary. Ideally you need to lie down preferably lie on a bed, as the floor does not provide sufficient support and is more difficult to get up from. Sometimes, sitting supported in a chair is more comfortable, so be guided by what feels best. Never remain in a position that increases your pain. Try to change your position regularly, avoiding sudden painful movements. As soon as you can, get up to walk around for a few minutes every hour.

**Your choice of position:** It is important that you choose a position that provides maximum relaxation. If choose to lie down, place a pillow under your head and neck if you wish. Bend your knees and place one or more pillows under your knees for support, or rest your lower legs on a footstool or seat of a chair so that your legs are bent at a right angle. This position allows your lumbar curve (low back) to flatten towards the bed or floor, gently stretching your back muscles. If your back is still hurting, you may find that placing a small rolled-up towel under the lumbar spine helps to reduce the pain. If you are uncomfortable on your back, try lying on your side, knees curled up towards your chest so that your spine is flexed. Less commonly, you may find relief from pain by lying on your front with a pillow under your waist so that your back is slightly arched.

*Dr. Elizabeth Yacoub, effectively treats back injury. It is recommended to make an appointment to assess your back as soon as possible after injury.*

### How you can benefit from Therapeutic - Remedial Massage

### Clinic News

- \* Dr. Arletta Nikitiuk after the recent birth of her second child will be returning to HealthQuest on March 19.
- \* 1/2 price Massage vouchers as an introductory offer available for only \$35 for 1 hr. till 31st May 2009.

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

#### Publishers:

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

Our Mission is to help you and your family regain your natural state of health. We aim to keep you Informed about the latest scientific findings in Nutritional, Naturopathic, Osteopathic and other fields of Complementary Medicine, and how to put into practice this information to enable you to maintain or regain your wellbeing.

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 appropriate health care provider on any matter relating to their health and well-being.

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### HEALTHQUEST WELLBEING REPORT

Volume 1 AUTUMN 2009

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Hello everyone!

Welcome to the inaugural issue of the HealthQuest newsletter. Thank you for taking the time to read this issue. I am sure you will find it enlightening, educational and enjoyable. But first let me introduce the team.

- Anthony Russo (*Medical Scientist - Manager*)
- Dr. Arletta Nikitiuk (*Osteopath & Nutritionist*)
- Dr. Patrick Kuhn (*Osteopath*)
- Dr. Michelle Wartski (*Osteopath*)
- Dr Elizabeth Yacoub (*Osteopath*)
- Katerina Ginis (*Massage Therapist*)



Please see our website [www.healthquestcentre.com.au](http://www.healthquestcentre.com.au) for further information on each practitioner and modalities. You can also register for further newsletter updates on our website.

### What is Osteopathy? How can it help you and your family stay healthy?

Osteopathy is a natural, safe and non-invasive form of treatment that is truly holistic. An Osteopath will treat a person as a whole, not just as a knee, or a symptom or a syndrome. As Osteopaths we have a broad spectrum of techniques available to us. These range from ultra-subtle, yet deeply powerful techniques such as Cranial Osteopathy, to structural mobilisation, and rehabilitation. Osteopathy can successfully treat all manner of conditions, including back pain, disc problems, sciatica, neck pain, whiplash, headache, migraine, sinus pain, muscle spasm, tendonitis, shoulder tension, arthritis, sports injuries, groin pain, breathing difficulties and digestive problems.

Osteopathy improves more than just the physical body. Because treatment also re-balances the body's Autonomic Nervous System (the body's self-regulation mechanism), this results in a reduced stress response, which in turn leads to an improved sense of wellbeing.

### Did you know Medicare can rebate your Osteopathic Treatment?

You will need to see your GP who will fill in the appropriate forms. If you suffer from a chronic condition then you may be eligible for 5 treatments a year. Some examples are Chronic Back and Neck pain, Asthma, Recurrent Respiratory and Middle Ear infections etc.

Paracetamol Caused 650 Cases of Liver Failure in 2007 in the USA. (also a major cause of Liver Failure in Australia)

**Warning:** Liver toxic drugs in common use, such as Paracetamol and antibiotics, should be consumed with antioxidants so as to protect against liver failure. For the 1600 Americans last year with acute liver failure, such a warning could have saved a lot of misery. In 2007, 650 Americans had their livers fail directly as a result of Paracetamol ingestion - the number one cause of the problem. In children, toxic antibiotics caused even more cases of liver failure than Paracetamol.

The sad part of the story is that these liver injuries are unnecessary. It has been known for two decades that these liver toxic drugs drastically reduce the liver's antioxidant system - known as glutathione (GSH). It is also known that many nutrients can directly boost your liver's production of GSH, and have even been shown to guard against Paracetamol toxicity. Common examples include the herb Silymarin (milk thistle), R-Alpha Lipoic Acid, and N-Acetyl-Cysteine (NAC). In fact, IV NAC is the standard emergency room treatment for Paracetamol -induced liver failure.

What this means is that if a person is low on antioxidants and takes Paracetamol, they are at increased risk for liver damage. Since alcohol causes an acute challenge to your liver's antioxidant status, combining Paracetamol and alcohol is a really bad idea. The higher the dose of Paracetamol, or the regular use of Paracetamol, combined with any form of antioxidant depleting stress, will increase the risk of liver failure.

It should also be noted that many lesser cases of liver injury occurred from the use of Paracetamol, but were not at the level of acute liver failure. Since a majority of Americans have lessened antioxidant function, especially those who are likely to take Paracetamol in a high dose or ongoing basis, a warning to consume antioxidants at the same time could save a lot of needless serious liver problems.

*"Talk to us about non-drug pain relief or how to protect your liver if you are on any liver toxic drugs such as Paracetamol."*

## Aches? Pains? Vitamin D May Provide Relief

Pain is the most common complaint leading patients to seek medical care and much of it is chronic, lasting three months or longer. According to an extensive review of clinical research in a new report from Pain Treatment Topics, "Vitamin D – A Neglected 'Analgesic' for Chronic Musculoskeletal Pain," inadequate vitamin D intake has been linked to a long list of chronic painful maladies, including **bone and joint pain of various types, muscle pain, fibromyalgia syndrome, rheumatic disorders, osteoarthritis, and other complaints.** Lack of vitamin D also has been implicated in **the mood disturbances of chronic fatigue syndrome and seasonal affective disorder.** According to Stewart B. Leavitt, MA, PhD, editor of Pain Treatment Topics and author of the report, "our examination of the research, including 22 clinical investigations of patients with various chronic pain and fatigue syndromes, found that these persons almost always had inadequate levels of vitamin D. When sufficient vitamin D supplementation was provided, the aches, pains, weakness, and related problems in most of them either vanished or were at least helped to a significant extent."



In conclusion, Leavitt says, "current best evidence indicates that recommending supplemental vitamin D for patients with chronic musculoskeletal pain and fatigue disorders would do no harm and could do much good at little cost. It should be considered by healthcare providers for their patients early in the course of pain management."

## Fish Oil During Pregnancy Improves Infant Eye and Brain Health

A crucial area of infant development is the brain, which is where **fish oil** comes in. Although fish oil has been found to help with blood pressure in infants, the fish oil fat called DHA is the primary fat found in the brain. And because it is very difficult for the mother to produce her own DHA for the baby until four months after birth, supplementing fish oil during pregnancy may be crucial to brain health in the unborn child. Research has shown that taking fish oil during pregnancy can help eye-hand coordination in infants. Building on these findings, a new study has shown that taking fish oil during pregnancy can help brain and eye development in infants. The women in the study provided umbilical cord and breast milk samples after the birth of their baby, and also provided information about diet and lifestyle.

Regarding infant coordination, higher DHA cord levels resulted in higher visual and coordination scores. These results led the researchers to conclude that "The association of higher cord DHA concentration with more optimal visual, cognitive, and motor development is consistent with the need for substantial increases in [DHA] during the third trimester spurt of [brain development] and [eye] development."

*"We offer Cod Liver Oil, Fish Oil, DHA and Vitamin D supplements. Call us to discuss the appropriate supplement for your circumstances."*

## Is your Carb addiction preventing you from losing weight?

Many people have trouble understanding how their comfort foods – the breads, pastas, cookies and cakes, are contributing to their weight problem. It makes sense to people to decrease the fat in their diet in order to lose fat (which, surprisingly, does not usually help), but the connection with grains and sugars is not as easy to understand.

Grains like breads, cereals, potatoes and pasta convert easily to fat, especially when you eat too much. Also, you're more likely to eat too much starch because it tastes good, is not very filling, it doesn't trigger your satiety hormones (the hormones that tell you when you're full) and has a pleasant texture in the mouth. Carbohydrates tend to be foods that "trigger" overeating for many individuals

because they taste good and are comforting and they increase neurotransmitters in the brain that make you feel happy.

White breads and pastas have a high glycemic index, which means it converts to sugar (and then to fat) much faster. The result is a faster increase in blood sugar and insulin release. This release causes your blood sugar to quickly drop down, so you require another 'hit' of carbohydrates to maintain your energy. Long-term insulin increase leads to greater fat storage and leaves you vulnerable to many chronic diseases.



Many people even have carbohydrate "addictions" which can lead to obvious problems like weight gain, but also to insulin resistance, diabetes and heart disease. Are you a carb addict? Ask yourself if any of the following statements apply to you:

1. I get tired and/or hungry in the afternoon.
2. I feel lethargic after a meal.
3. I have a hard time stopping once I eat my favorite carb foods (starches, sweets, snacks).
4. When I feel stressed, my first response is to want to eat something.
5. I can't live without my favourite carb foods.
6. I have a tendency to binge.
7. I frequently crave high-carb foods (sweets, pasta, bread etc.)
8. I am a compulsive eater. I wish I could control my eating.
9. I am overweight even though I don't really eat that much.

If you answered yes to any of these questions you are a likely candidate for carbohydrate addiction and unlocking your addiction will be part of the key to unlocking your weight loss.

Carbohydrate addicts need to minimize their grain and sugar intake in order to break their addiction. If you are a carb addict you should focus on getting your carbs from vegetables and small amounts of fruit.

If you are a carbohydrate addict it is important to have the most accurate information available.

Make an appointment with our Nutritionist Dr. Arletta Nikitiuk and you will discover:

1. The best ways to curb your cravings
2. Carbohydrates that you can eat guilt-free
3. Many important ways to support your insulin balance
4. Simple steps you can take to prevent intense hunger
5. How to use healthy low-carb substitutions.

If you are a carb addict (like most people) we look forward to helping you break this vicious cycle and become free of your carbohydrate addiction for good!

## 900 Studies Show Statin (Cholesterol Lowering) Drugs are dangerous.

A new paper cites nearly 900 studies on the adverse effects of HMG-CoA reductase inhibitors, also called statins, which are a class of drugs widely used to treat high cholesterol. The review provides the most complete picture to date of reported side effects of statins. Muscle problems are the best known of statin drugs' adverse side effects, but cognitive problems and pain or numbness in the extremities are also widely reported. A spectrum of other problems, ranging from blood glucose elevations to tendon problems, can also occur as side effects. The paper summarizes powerful evidence that statin-induced injury to the function of the body's energy-producing cells, called mitochondria, underlies many of the adverse effects that occur to patients taking statin drugs. Statins lower levels of coenzyme Q10, a compound central to the processes of making energy within mitochondria and eliminating dangerous compounds called free radicals. Higher statin doses and more powerful statins are linked to greater risk of developing side effects.

*"Contact us to discuss how to lower cholesterol without drugs or how to protect your health if you are on Statin drugs."*

## A2 Milk: the Solution to Lactose Intolerance, Allergies and Other Illness?

People with assumed lactose intolerance are able to tolerate A2 milk with research suggesting that intolerance is due to the type of milk protein present in the milk given that A2 milk contains lactose. Milk contains two main types of proteins – caseins and whey, 80% and 20%

respectively. Beta casein represents approximately a third of the protein content of cows' milk and consists of a good nutritional balance of amino acids. Beta casein comes in two forms, A1 and A2, which differ only by one amino acid.

A2 milk is milk produced from A2 cows which contains the protein A2 beta casein. It differs from that of A1 beta casein which is produced by the A1 cows in that A2 has been scientifically identified as containing the original form of beta casein produced by cows thousands of years ago.

A number of traditional breeds of cattle have been identified as producing A2 milk. These include zebu, a native Asian cattle, as well as closely related cattle including water buffalo and yak. In addition, some modern breeds of dairy cows produce only the A2 milk.

A1 milk is commonly found in many dairy cows and is believed to have developed through genetic mutation over time and spread throughout herds in Europe. Modern dairy cows that have the highest frequency of the A2 gene are the Guernsey (the highest) and the Jersey. Those with about equal proportions of both A1 and A2 include the Holstein and Friesian breeds



Research examining links between the consumption of A1 milk and the occurrence of heart disease, Type 1 diabetes, and autism has concluded that we should be drinking A2 milk. In other international studies, A2 milk has been linked to a reduction of health risks. It is believed this is due to bioactive peptides that are released during digestion. Thus A2 milk is recognised as being nutritional as well as having preventative disease benefits.

**"We have available Buffalo Yoghurt which contains the A2 protein. It is not only healthy but also the most delicious yoghurt."**

**We also have Aphrodite Raw A2 Organic milk (which is sold as bath milk only.)"**



## Do you suffer from Work Related Postural Strain?

Disability from postural strain is a growing public health problem in Australia. The office environment often exacerbates postural strain.

Postural strain can be overcome and improved by a combination of osteopathic treatment, preventative exercise and ergonomic and postural advice. Here are a few helpful tips to improve your workplace ergonomics and reduce postural strain.

- Push your hips as far back as they can go in the chair.
- Adjust the seat height so your feet are flat on the floor and your knees equal to, or slightly lower than, your hips.
- Adjust the back of the chair to a 100°-110° reclined angle. Make sure your upper and lower back are supported. Use inflatable cushions or small pillows if necessary
- Adjust the armrests so that your shoulders are relaxed.
- Keep moving as much as possible.

*Dr Michelle Wartski has a special interest in workplace related postural strain and has effectively helped many patients who suffer pain resulting from poor workplace ergonomics.*

## Scoliosis – The Unseen Postural Problems with Children

Children's posture is a concern that every parent has. We are forever telling our children to sit straight and not slouch. Good posture is easier to maintain when a child's alignment is not challenged by physical restrictions. **One of the most common causes of poor posture in children is when they have a scoliosis.** A scoliosis is a side curve in the spine usually between the shoulder blades. The easiest way to identify a scoliosis is to look at the shoulder blade heights and see if they are even or get the child to bend forward and see if there is a raised side. There are different types of scoliosis the most