



Clinic Newsletter

National Allergy Week 16th - 21st May

Allergies and food intolerances can have a significant impact on physical symptoms such as joint pains and stiffness, therefore I have dedicated the back of this newsletter to the minefield of identifying allergies and improving your physical health from the inside.

What is Naturopathy?

“The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in proper diet, and in the cause and prevention of disease.”

Thomas A. Edison

Naturopathic medicine focuses on healing the whole person rather than a disease. When things go wrong there are only three places to look:

- your body structure (physical)
- your body chemistry
- your mental or emotional self

For example, by massaging a tense muscle it can be softened and lengthened (physical), blood flow is improved and waste products flushed out; these waste products must be processed by the liver (our own internal chemical factory) and flushed out by our kidneys (chemical). At the same time, chemicals called endorphins (“happy hormones”) are sent to the brain and make us feel better (mental-emotional).

The physical or external body is treated using primarily manual techniques such as osteopathy and exercise. The chemical or internal body is treated using nutrition, herbalism and homeopathy. The emotional or mental body is treated using various mind-body techniques and energy medicine to relax or stimulate. But all these methods affect each other!

My osteopathic practice is therefore inextricably linked to basic naturopathic principles. Please pick up a leaflet in reception or call for more information.

You can call the clinic to arrange a naturopathic consultation for advice on a particular problem or arrange a full personal naturopathic assessment, diagnosis and treatment program. For more details call the clinic or visit www.naturopathictriangle.co.uk.

Julia Williams
MEng, BSc(Hons)OstMed
ND MRN
Osteopath • Naturopath
Cranial Osteopath

Centre of Wellbeing
Chambers House
Moffat
DG10 9ED

Tel: 01659 74393
Mob: 07966 243459
juliaosteopath@mac.com
www.juliawilliams.co.uk

121 Harley Street
London
W1G 6AX
07774 807474

Tips for managing Hay fever.

- Put a smearing of Vaseline inside each nostril to ease the soreness and to capture pollen entering the nasal passages.
- Wear wrap around sunglasses to reduce allergens affecting the eyes.
- Never sleep with the bedroom window open.
- Don't drive with the window open.
- Take off clothes before entering the bedroom. Taking your clothes off inside the bedroom will transfer the outside allergens attached to your clothes into the area that you are sleeping in.
- Wash your hair before going to bed. Pollen sticks to your hair and will transfer to your pillow making for a very disturbing bed mate.
- Hanging your washing on the line? Make sure that you hang it out mid-morning and bring it in before early evening otherwise you could be bringing in a load of pollen into your house.

Remember to think about the food you eat - people don't realise there is a connection. If you react to:-

Birch - you may also react to: Celery, Curry Spices, Raw Tomato, Raw Carrot, Apples, Pears, Kiwi

Grasses - you may also react to: Oats, Rye, Wheat, Kiwi. Raw Tomato

Weeds - you may also react to: Raw Carrots, Curry Spices

Mould - you may also react to: Yeast

Allergies & Intolerances

For the purposes of this article I am referring to food-induced sensitivities; however the advice on strengthening your body's defences may also help with other autoimmune and allergy related problems such as atopic asthma, eczema, hay fever, IBS, inflammatory bowel disease and arthritis.

Different people have different reasons why they suffer from food allergies. Some allergies will be related to the presence of candida and parasites, others to medications, toxicity, alcohol, lack of stomach acid or digestive hormones. The body is sometimes struggling to cope with all the demands placed upon it and the food intolerance may be simply a result of an overload. Some people's allergy will have been initiated by a traumatic event - subsequent ingestion of the associated food relieves the related trauma then triggers an allergic response.

Identifying allergies and food intolerances

There are many methods and tests available to try to identify food intolerances including skin prick testing (SPT), blood tests such as ALCAT and IgG Elisa, Vega electrodermal, eye, hair, nail analysis, kinesiology and dowsing. However, the only certain method is elimination and reintroduction of the suspect food. This takes time and effort; the suspect foods are removed from your diet for several weeks until all the symptoms resolve and are then reintroduced one by one and the reactions monitored (you can imagine this take significant personal effort and dedication). Serious allergies or celiac disease can be ascertained by blood or stool tests and should be confirmed with specialist tests via your GP and gastroenterologist.

The only other tests that have shown reliability and repeatability are SPT and the blood tests (ALCAT and IgG). I use the IgG Elisa blood test followed by advice on eliminating possible suspects whilst retaining a healthy, balanced diet.

Strengthening your body's defences

Underlying causes should be investigated and treated:

- Leaky gut syndrome
- Lack of stomach acid or digestive enzymes
- Environmental chemicals or pollutants
- Psychological stress
- Dysbiosis
- Candida or parasites

Reduce stress on your digestive system by slowing down your eating, chewing well, eating smaller portions, stopping eating when full, seating down to eat when relaxed and limiting alcohol, caffeine and refined foods. Listen to your gut brain - it will tell you what you should and shouldn't be eating! Eat regular meals, increasing your intake of wholegrains, fruit and vegetables (as long as you are not allergic to them!) and drinking a minimum of 1 to 2 litres of water (preferably filtered) daily.

Food intolerances are often perpetuated by inadequate (or over-reactive) immune defences caused by a nutritionally poor diet (often just following the elimination and reintroduction diet allows the body to heal and become able to cope with formerly problematic foods).

Refined and processed foods tend to not only be nutritionally deficient, but also use up extra nutrients in their digestion. Fibre is necessary for healthy gut function and also the production of certain vitamins.

A healthy immune system requires plenty of vitamins and minerals which act as enzymes and co-factors in the production of strong gut linings as a first defence against problem food stuffs (you may have heard of "leaky gut syndrome"), healthy white blood cells to deal with those that do get through and balanced brain and stress hormones to provide an effective (and not over-reactive) immune response.

Instead of cow's dairy produce try goat's, sheep's, whole soya milk, almond, rice or quinoa milk.

Instead of wheat try rye, barley, millet, spelt, oatcakes, quinoa, buckwheat

To avoid gluten try rice, quinoa, buckwheat, millet, corn, potato flour, sago, tapioca

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