

Did you know?

- **Fat cells** are capable of secreting hormones and inflammatory substances and as such can influence fertility, heart disease, diabetes, arthritis, cancer and all conditions of aging.
- **Losing weight** is best done in conjunction with **detoxification**, since the fat cells store toxins over the years, including heavy metals such as mercury
- If you need to lose weight, a loss of as little as 5-10% can **significantly improve your chances of having a baby** (this is for **women AND men**)
- **Kids** who don't get enough sleep are more likely to become overweight
- **Stress** can cause you to gain weight around the middle tummy (even if you still look lean). This is the worse type of fat, increasing risk of heart attack, diabetes and stroke.
- **Even lean people** can have Insulin Resistance, or 'Syndrome X'.

Have a burning question for the Naturopaths?

– email us at sydhf@bigpond.net.au



sydney health & fertility

Mel – Thurs, Fri, Sat
Talia – Wed
Ali – Mon, Tues, Sat

Weighty Issues

If you recognise you need to lose weight you will be most successful at it with a 'buddy'. Research has shown that motivation, discipline and long term success is greatly improved when a person recruits support. This may be as a regular exercise buddy, a health professional, a 'weigh-in' program, group counselling etc. You will also be more successful if your individual needs are assessed and addressed. For example, testing for insulin resistance, blood cholesterol, hormone levels, heavy metals etc will help determine if you have specific nutritional or metabolic needs.

Exercise cannot be avoided! Any program that promises lasting and healthy weight loss without insisting on exercise is selling you a fantasy. Aim for 5 hours over a week to see results. **Success requires effort!**



Water

- Even mild **dehydration** can cause brain fog, fatigue, headache, mood changes, inappropriate hunger and cravings, constipation, muscle fatigue and fluid retention. **Imagine trying to lose weight while dehydrated!!**
- Weight loss results in the release of **toxins** from the fat cells. These are eliminated via the liver and kidneys, with the assistance of lots of water!
- A high **protein** diet increases your need for water
- **How much should I drink?**
 - 2 litres/day +
 - One additional glass for every 10kg overweight
 - 1 glass for every cup of tea or coffee consumed
 - 2 glasses for every hour of exercise

Weight loss aids

Magnesium – improves insulin resistance by supporting glucose regulation. Assists exercise performance and recovery. The majority of migraine sufferers and women with PCOS are deficient. Good food sources: Nuts, seeds, wholegrains, anything green.

Chromium – essential for helping insulin work, assisting in the reduction of fat tissue production, chromium can also reduce sugar cravings. Good sources: wholegrains and raisins

Gymnema – this herb is also known as 'the sugar destroyer'. It reduces carbohydrate craving and insulin resistance.

Green tea – aids weight loss by speeding up the metabolic fire. It is also a good antioxidant to protect the body from toxins released from fat.

Allergies & intolerances in children

Did you know? Up to one in 5 Australian children have allergies or intolerances

Angel hair Nicoise

400g fresh angel hair pasta (gluten free if required)
2 Tbsp chilli oil
4 150g salmon fillets
3 Tbsp lime juice
2 Tbsp olive oil
1 garlic clove crushed
6 anchovy fillets, chopped
200g green beans, blanched
20 black olives
¼ cup parsley, chopped
¼ cup basil, torn
sea salt, pepper to taste

Cook pasta till al dente. Pan fry salmon in chilli oil till med/rare. Slice into pieces. Reduce pan heat to low, add lime juice, oil, garlic, anchovies and cook for 1 minute. Toss pasta with salmon, beans, olives, herbs and dressing.
Serves 4

Liver Cleanse Juice

- Carrot
- Beetroot
- Celery
- Lemon
- Parsley
- Apple



Food allergy and food intolerance are often used interchangeably but it is worth noting their differences. In allergy, only very small amounts of food cause reactions very quickly and can be life-threatening. With intolerance, symptoms are dependent on how often and how much of the food is consumed. Reactions are often delayed and more chronic in nature. For example, asthma, eczema, hyperactivity, behavioural problems, sinus, diarrhoea, bloating, constipation, poor weight gain, recurrent ear and respiratory tract infections are all associated with negative reactions to food.

The most common reactive foods in children are: eggs, cow dairy, peanuts, wheat, soy, fish, chocolate, citrus fruit, food additives and colours. Identifying the offending foods can be difficult. A food diary can help. If you suspect a food, eliminate it completely from the diet for at least 10 days (ideally 3 weeks), then reintroduce it 3 times a day for 3 days, noting down any symptoms that occur. This 'elimination & challenge' is best supervised by a health practitioner. They can also provide a 'rotation' diet once food culprits are found, to ensure a variety of nutrients are still consumed whilst on a more restricted diet.

Allergic or intolerant children often have weak digestive function, reduced stomach acid and enzyme production and poor gut flora balance. Often the most helpful way to combat food intolerance is to rectify this deficit.



Selenium

This mineral is a potent antioxidant, reducing cancer risk, supporting thyroid and immune function.

It has been shown to improve male fertility, improve psoriasis and reduce cardiovascular risk. Selenium is also essential for detoxifying the body of mercury.

Best food sources are brazil nuts (just 3-6 nuts/day meets the daily requirement), meat, poultry, fish and organic garlic & onions. A blood test can check selenium levels.

Iodine

A significant number of pregnant women have been identified as iodine deficient, a concern for their babies and own bodies. All pregnancy vitamin supplements should contain at least 150mcg iodine.

BONSOY soy milk has recently been found to contain excessive amounts of iodine due to the inclusion of a seaweed extract, causing thyroid conditions in vulnerable people, including children. A voluntary recall has been undertaken.

Any woman who is concerned about her iodine levels can have a simple, cheap random urinary iodine test.