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DON'T FORGET THE VITAMIN D!!! Beat that flu!

We are told that in 2018 we are facing possibly the worst flu epidemic for 40 years.

Well, get out your Vitamin D folks! This is the time of the year when Vit D levels are heading to their lowest ebb, unless you've cheated and been basking in the sun overseas! This much talked about vitamin has been shown, amongst many other things, to increase your immune system and stave off influenza.

In a study published in 2010, 10 researchers investigated the effect of vitamin D on the incidence of seasonal influenza A in schoolchildren. The randomized, double blind, placebo-controlled study included 430 children, half of which were given 1,200 IUs of vitamin D3 per day while the other half received a placebo.

Overall, children in the treatment group were 42 percent less likely to come down with the flu. According to the authors: "This study suggests that vitamin D3 supplementation during the winter may reduce the incidence of influenza A"

Another study published in 2010 concluded that infection-fighting T-cells need help from vitamin D in order to activate. This is yet another mechanism that helps explain why vitamin D is so effective against infections.

The best source is ideally sun exposure, but we do not get this in the northern hemisphere between the equinoxes of Sept and March, in which case D3 supplementation is second best. It is possible to have a blood test to ascertain your levels, but an adult may need up to 8000 IUs per day.

Other ways to support your immune systems: maintain a healthy diet and take regular exercise, take garlic, zinc, Vitamin C, oregano oil, propolis, olive leaf extract, medicinal mushrooms such as shiitake but ordinary mushrooms too. My favourite, which I find highly effective and also pleasant is to make ginger and turmeric tea - cut a slice of fresh ginger and fresh turmeric (available from Ceres and the Asian supermarket in Westminster Street in Yeovil) and steep in boiling water as you would make any tea. Drink and refill with hot water several times.

But also importantly, keep warm especially by wearing a scarf round your neck, don't get overtired and don't get stressed.

Newsletter

January 2018

CLASSES

Antenatal

Baby Massage

Baby Signing

Back Mobility

Birthing

Hatha Yoga

Meditation

Mindfulness

Mini First Aid

Pilates

Post Natal Pilates

Qi Gong

Tai Chi

Yoga

Yoga for Pregnancy



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Confused about food and diet?

Ignore the newspapers – and speak to a qualified nutritionist...

The British Medical Journal is one of the most respected medical journals in the world. Articles published by the BMJ have been peer reviewed and must meet the highest of scientific and medical standards – in other words, the medical community takes the BMJ seriously.

In an open article published just this week the BMJ concluded¹:

“The general public are regularly exposed to poor quality information in newspapers about what to eat to promote health, particularly articles reporting on obesity.”

The researchers evaluated 141 nutrition articles that were printed across 5 major newspapers over a period of 6 weeks. Whereas they did find that the majority of articles were of moderate quality, they also pronounced that 31% of the articles they read were of poor quality. That's one in three! Interestingly they gave particularly low scores for published articles that had no named journalist, *and then specifically articles that focused on obesity and articles that reported on high fat and processed foods.*

As a fully qualified nutritionist, I am constantly dismayed at the misleading information that is regularly communicated to the public about health and nutrition.

The human body is a complex system and the science of physiology, metabolism and nutrition requires in-depth training and knowledge. It is not something that will have been comprehended by the average unqualified journalist. Unfortunately those who write for the media are not qualified to grasp many of the fundamental concepts about the impact of diet on health and, on many occasions, I have seen this manifest into articles that print advice that is not just misleading – but is downright wrong!

Therefore, it is with great hope that I see the BMJ agrees with my vision for the future i.e. ***that only qualified nutritionists and healthcare providers are permitted to publish information on health and nutrition.***

Irritable Bowel Syndrome (IBS) and Food Intolerances

Another hugely interesting article published this time in the BMJ Gastroenterology, concluded that symptoms of IBS can be managed by ***personalised food intolerance testing*** and adherence to an ***elimination diet***².

Last year I wrote an article on the differences between food allergies and intolerances <http://www.ninespringsclinic.org/Documents/April%20Newsletter%202017.pdf>, advocating that they are very different immune reaction. Again, the BMJ's latest research has concluded what I have been advocating for many years and again I will reiterate that if you appear to have IBS, then food intolerance testing could be the next step for you.

For any advice or guidance on any diet, nutrition and health, you can contact me at caroline@nutritionalimmunology.co.uk

I am happy to talk through any questions or concerns that you have about your health and nutrition in a ***free twenty-minute*** telephone consultation.

Food really is the best medicine.

BMJ Papers

1. Kininmonth, A. R., Jamil, N., Almatrouk, N. & Evans, C. E. L. Quality assessment of nutrition coverage in the media: a 6-week survey of five popular UK newspapers. *BMJ Open* **7**, e014633 (2017).
2. Ali, A. *et al.* Efficacy of individualised diets in patients with irritable bowel syndrome: a randomised controlled trial. *BMJ Open Gastroenterol.* **4**, e000164 (2017).

Venue Hire

Are you looking for a therapy room, or small meeting room, or perhaps a large space for training session, classes or workshops. Here at the clinic we have a variety of rooms available to hire. Contact the practice manager for more information:

Kelda@
ninespringsclinic.org
01935 476234

Meditation for relaxation

Sat 17th Feb, 1pm-3pm

An introduction to different types of mediation and how they can enhance your wellbeing. Practice techniques in a group setting in a relaxing and nurturing environment. Learn how to implement a mediation practice into your daily life. Be guided by an experienced Siromani teacher of yoga and holistic therapist, Debbie Calleja-Atkins.

Cost £25 incl. light refreshment

For bookings and enquiries please call 07929 512442 or email inyoga@hotmail.co.uk

2 Hour Baby & Child Emergency First Aid Class

Friday 9th Feb 10:30am-12:30pm

Monday 12th March 10:30am-12:30pm

The award winning 2 hour baby & child first aid class covers CPR, Choking, Bumps, Burns, Breaks, Bleeding, Febrile Seizures & Meningitis Awareness.

The class is suitable for parents, grandparents and carers and costs just £20pp.

Pre-crawling babies are welcome to come along too!

Contact Sue to book your place:

07890 400461



Antenatal Classes—The Daisy Foundation

Unique in-depth 12 hour birth and parent preparation course.

Meet other Parents-to-be, make friends, feel supported, be informed!!

Courses starting:

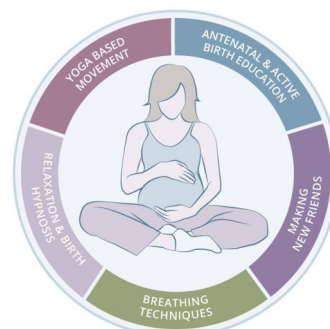
Saturday 10th Feb, from 1pm-5pm

Tuesday 20th Feb from 7pm

Saturday 17th March from 1pm

For more information and to book your place contact Nici Fulton directly: nici-fulton@thedaisyfoundation.com

07791 730123



BLUES & HUES

An exhibition of Paintings by David Fitch

1st January to 31st March 2018

At Nine Springs Natural Health Centre



" I am a self taught painter in oils, interested in painting since early childhood, my Art eventually gave way to family life until 2009 when the big C came knocking. Recovery from a radical prostatectomy facilitated a period of convalescence and my children encouraged me to take up painting once again. So often in life negative events produce positive outcomes and for me this is entirely true. I am to this day not entirely free from this destructive disease as in 2014 I was diagnosed with bladder cancer.

Painting for me is not only a distraction from this frightening condition but an activity that provides me with great joy. I consider myself very fortunate. Although some aspects of my work are fairly constant e.g. the colour palette, I love bright , light and pastel colours, I consider my style to be constantly evolving, ever changing, like life itself!

Please take a look at my work, stand back but also get in close, after all that's where I spend most of my time at the canvas, up close!"

David Fitch.

Do you feel stressed, anxious, depressed? Have you lost your get up and go? Are you not fulfilling your dreams? Do you have a phobia of something? Have you found life difficult recently? Are you not sleeping?

The next Stress Management Workshop is on Saturday 27th January

3.00pm- 5.00pm.

Reclaim your life! Don't let things, events, people, thoughts, take away your inner peace!

For more information call or email:

MARILYN UPTON 07785 181991

marilyn.upton@gmail.com

MarilynUpton-hypnotherapy.co.uk