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(ATMS & HATAA accredited)

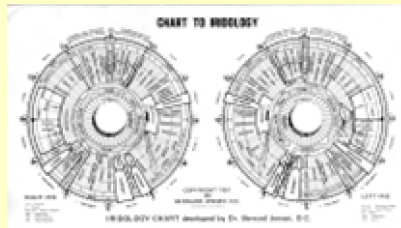
- nutrition • herbal medicine • homoeopathy • flower essences • iridology • NAET allergy elimination technique
- craniosacral balancing • massage • manipulative muscle therapy • kinesiology • reflexology • reiki
- Theta Healing • Thought Field therapy • Neuro-Linguistic programming
- plus for pets:* • Tellington TTouch (Companion Animals) practitioner • canine craniosacral balancing
- behavioural dog trainer • Tellington TTouch (Horses) practitioner-in-training

NEWSLETTER

June 2009

FEATURE MODALITY: IRIDOLOGY

Iridology (or iris diagnosis) is a diagnostic tool. The iris, the coloured part of the eye, is seen as a map of the body with every part of the body reflected in the iris. The right iris reveals information about the tissues and organs of the right side of the body while the left iris gives information about the left side of the body.



The various colour variations and markings in specific areas of the iris indicate imbalances and weaknesses within the corresponding organs and tissues. Determining where these specific weaknesses and imbalances occur in the body and the nature of those variations can help diagnose the underlying cause of disease. Iridology also reveals the

person's constitution—how easily the body is able to heal itself. A person with a good constitution is generally able to recover more quickly than a person with a poor constitution.

Iridology was first mentioned in a medical text dated 1665 while Hungarian doctor Ignaz von Peczely first used the term “iridology” in the 19th century. More recently American Bernard Jensen (1908-2001) devoted much of his life to the study of iridology and his texts and charts are used by many therapists today.

A therapist trained in iridology sees the iris as a window into the body and I personally find iridology an extremely useful tool.

SLEEP

Before the invention of electric lighting, adult humans slept on average 9 - 10 hours per night (similar to that of other primates). Nowadays, we get on average 3 hours less sleep each night and it is estimated that 50% of adults are sleep deprived..

We need adequate sleep to enable our bodies to function normally. Lack of sleep causes not only obvious problems such as fatigue and poor concentration but also contributes to depression, irritability, poor memory, lowered immunity, hormonal disturbances and obesity plus other health problems. Sleep deprived children show increased moodiness, temper tantrums and hyperactivity.

One study showed that children that achieved higher grades in high school slept on average 1/2 hour more per night than those that achieved lower grades.

In another study adults who slept less than 7 hours each night were shown to be 3 times as likely to catch a cold as those that slept 8 hours or more.

In adults, sleep is made up of a combination of about 25% REM (Rapid Eye Movement) and 75% Non-REM (NREM) sleep. REM sleep is a light sleep and is associated with dreaming. NREM sleep is a deep sleep which our body uses for restoration and repair. Each night we go through 4-5 cycles as we sleep: four stages of NREM sleep, each becoming progressively deeper, followed by one stage of REM sleep. On average this cycle occurs 4 to 5 times each night.

Factors affecting sleep quality are room temperature, a noisy environment, a snoring partner, shift work, small children waking parents through the night, drinking coffee or smoking cigarettes at bedtime, sleep disorders, illness and medications.

As a guide, infants need a total of 16 hours sleep each day; toddlers 14 hours; children 9 -12 hours; teenagers 9 hours and adults at least 7 - 8 hours but preferably more. Pregnant women may need additional sleep.

..... *sweet dreams!*

PET HEALTH: TRAVEL SICKNESS AND OTHER TRAVEL PROBLEMS

The simplest method I know to prevent travel sickness is to place some sheets of newspaper (5 - 10 sheets) underneath the dog when travelling. You can still place a mat or rug over the paper for comfort but it is important that the newspaper is between the dog and the vehicle.

For a dog that is on the back seat, spread several thicknesses of newspaper over the seat and cover with a rug. For a dog that is crated or travelling in a trailer, just place the sheets of newspaper underneath the normal bedding in the crate or trailer.

Incidentally, the newspaper method works equally well for humans—great for children that suffer from car sickness!

I also make a **Travel Mix** (a combination of homoeopathic remedies and crystal essences) to help prevent travel sickness. Give one dose (10 drops under the tongue) ½ hour before travelling with follow up doses every couple of hours on long trips. For really poor travellers, I would combine the newspaper method with the **Travel Mix** drops.

Dogs that feel just a little unwell when travelling may bark or become restless or agitated and Tellington TTouch can be helpful for these

dogs. These dogs may also benefit from my **Stress Mix** (a homoeopathic/flower essence/crystal essence mixture). Give 10 drops under the tongue 15 - 30 minutes before travelling, with additional doses every hour or two while travelling, depending on how stressed the dog is). Some dogs become anxious as soon as they know they will be travelling). **Stress Mix** and **Travel Mix** can be given together if needed.

For more information on helping your dog to enjoy travelling, see my article "Travelling With Dogs: preventing travel sickness and inappropriate behaviour" which can be downloaded from my website www.berigorafarm.com.au

SWINE FLU

I can't let this Newsletter go out without at least mentioning Swine Flu. While the media whips the issue up to a frenzy, some health care professionals are pointing out that Swine Flu appears to be a milder illness than the normal seasonal "flu"!

If you feel you are at risk of contracting any form of flu, the best advice I can give is to eat well, drink

plenty of water and to get adequate exercise & sleep. If you feel you need greater protection, talk to me about a customised regime to support & strengthen your immune system to improve your resistance.

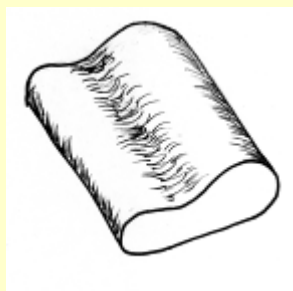
If, in spite of your best efforts, you still come down with the flu, there are many natural remedies available (including herbs, homoeopathic medicines, vitamins & minerals) to help you recover quickly and avoid lingering side effects.

FEATURE PRODUCT: CUSTOM PILLOWS

With all the talk of sleep, a key factor in getting a good night's sleep is a comfortable bed and pillow. I'm very fussy about the pillow I sleep on as I have a history of neck problems due to a childhood injury and one night sleeping on an uncomfortable pillow will trigger off an episode of neck pain.

In choosing a pillow it's very important to choose one that supports the neck and keeps the spine in alignment, whether you sleep on your side or on your back. A normal pillow just doesn't do that.

A few years ago I finally discovered a pillow I was happy with. Made of foam, so it's washable, this pillow comes in 3 different heights (low, medium & high) and 3 different levels of firmness (very soft, soft & medium firm). In addition each pillow has 2 different levels of neck support—giving a total of 18 possible combinations. With that many choices there's almost certainly a pillow that will suit you.



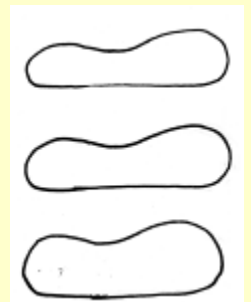
My pillow has stood the test of time and years later, having been washed many times, it's kept its shape and is almost as good as new and I consider it one of the best investments I've made.

I was so impressed with these pillows that I now stock them for my clients.

With neck and back problems probably the most common reason my clients come for a treatment, I certainly don't want an inappropriate pillow undoing the work I do.

So if you have neck and back pain have a good look at your pillow and if it doesn't pass the test maybe it's time to invest in a pillow that will help to improve your health and wellbeing.

Cost of these pillows is \$85.00.



Three pillow heights each with two different neck support heights