

Do you suffer from any of these seemingly unrelated health issues?

- Fatigue
- Digestive disorders, such as indigestion, wind, bloating, diarrhoea or constipation or food insensitivity
- Menstrual or menopausal symptoms
- Allergies, skin rashes
- Mood swings, depression, poor motivation, irrational emotional responses
- Insomnia, overeating
- Anxiety, irritability
- Weight management issues
- Insulin resistance, type II diabetes
- Autoimmune disorders, such as Hashimoto's thyroiditis or Grave's disease, Rheumatoid arthritis, UC or Crohn's
- Chronic recurring skin disorders including eczema, psoriasis, contact dermatitis, warts

Any of these conditions may be related to an IMMUNE MEDIATED RESPONSE to foods and products consumed or used on a daily basis

Natural therapists focus on finding the underlying cause of disorders adversely affecting the body

through support and balance to the immune, nervous & cells, tissues and organs to assist the body in self-reparation.



Consultation Fees

Bioresonance – 1 hour	\$ 95.00
Bioresonance – half hour	\$ 45.00
Initial Consult - 1 hour	\$ 95.00
Subsequent Consult - 40 mins	\$ 70.00
Massage	\$ 75.00
Concession Card	
Initial Consult - 1 hour	\$ 75.00
Subsequent Consult - 40 mins	\$ 60.00
Children under 18 yrs	
Initial Consult - 1 hour	\$ 75.00
Subsequent consult - 40 mins	\$ 60.00
Biocompatibility Test (includes consult)	\$255.00
Retest	\$195.00
Food Detective – includes consult - 1 hour please specify with booking	\$ 255.00
Blood Glucose Test	\$ 10.00

PRIVATE HEALTH REBATES MAY APPLY



Natural Health Matters For Everyone

Mob | 0408 804 345

1/1328 North East Road Tea Tree Gully SA 5091

<http://www.healthyherbal.net.au>

info@healthyherbal.net.au

<http://www.Bioresonance-LaeSer.com>

NATURAL HEALTH CARE

Traditional Medicine for the whole Family

SUE M COAD
HERBALIST



WHAT DOES GLUTEN MEAN FOR YOU?

How a sugar, wheat & grain free diet may improve your health
Research shows the detrimental effect that wheat grains and sugar have on the nervous system and our health in general

Natural Health Matters For Everyone

0408 804 345

Herbalism offers complimentary health care for the entire family, both traditionally and scientifically based treatment. A gentle, safe approach to health and wellbeing.

For many Australians stress and fatigue play a part in our daily lives. Mums tear around keeping house, child-rearing, often managing a busy career while trying to maintain some sort of equilibrium in their lives.

There never seems to be enough hours in the day. This in turn may result in inadequate nutrition as meals are prepared on the run or quick take away bought on the way home in an attempt to save time and energy.

Many people may be unaware these habits often result in fatigue, weight management problems, and allergies such as hayfever, skin conditions, such as eczema or dermatitis.

Many people suffer digestive issues, such as reflux, indigestion, diarrhoea or constipation. Often people suffer reproductive issues, such as PMS, Menopause or Infertility.

Nutrition plays such a massive role in our reproductive system, but how many people actually stop to think about how their busy lifestyle or nutritional status affects their health?

We are, erroneously lead to believe that nutrition is easily available through "healthy options" at fast food outlets. How many of you actually stop to think what your body needs on a daily basis? Leaving your nutritional requirements to chance may be leaving your health wanting.

Sue at Healthy Herbal Traditional Family Medicine will walk you through your nutritional requirements and offer you easy, healthy alternatives for you and your family.

Time will be spent with you and your family to assist with all your health needs. Remember Hippocrates' age old saying

"Let Food Be Thy Medicine"

During consultations I am often quizzed about the effectiveness of eliminating wheat and grains from our daily diet and increasing vegetables, protein, fruit, nuts, seeds and oils.

Current research increasingly shows the detrimental effect that the increased use of wheat and grains has on metabolic function. Dr Perlmutter, a leading American Neurologist has written "The Grain Brain"; an easy read, clinically backed book outlining his findings from over 30 years practice.

In short excess carbohydrates and sugar from processed foods, such as bread, pasta, rice, cakes and biscuits may result in an excessive amount of glucose that our bodies simply cannot utilise. This crosses the blood brain barrier, causing immeasurable neurological damage. Many conditions are implicated, including Diabetes, Alzheimer's, Multiple Sclerosis, ADD & ADHD just to name a few. Abundant literature is available regarding the impact of wheat, grains and also sugar in many conditions, including Insulin Resistance, Auto-immune disorders, such as Rheumatoid Arthritis, Hashimoto's Thyroiditis, Grave's Disease, just to name a few. Research shows that Gluten appears to have the ability to mimic certain proteins and to make its way into cells, thereafter being implicated in autoimmune conditions. Reproductive symptoms of Polycystic Ovarian Syndrome is also linked to Insulin Resistance and is becoming more and more prevalent in today's society.

In addition, Gluten splits into two protein components, one of which is gliadin. It then moves to the skin where antibodies attach themselves thus producing skin conditions, such as eczema. All grains, including other non-gluten containing grains like oats and corn, have a detrimental effect on our health, because they contain gut irritating lectins and mineral binding phytates. Lectins are naturally occurring substances in plants that act to preserve the plant from overgrazing by animals; they are toxic to both the animal and to humans. Research shows that lectins damage the gut lining by causing inflammation and inhibiting the absorption of nutrients. Lectins are not degraded by stomach acid or proteolytic enzymes, making them virtually resistant to digestion. Microbes carry lectins and use them for attachment to the host cells. Lectins also contribute to leptin resistance, resulting in the suppression of the hunger signal creating feelings of hunger even when the body has consumed enough food to meet its nutritional needs. Phytates are another form of toxin that binds to nutrients making them unavailable for absorption across the small intestine.

Elimination of these reactive foods and substances from the diet may not only allow the immune system to correct, but may also reduce the stress placed on the liver, adrenal glands and digestive

