

Newsletter Date  
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# Surviving Christmas

## Stress & Relaxation

Christmas, and the lead up to Christmas, is one of the most stressful times of the year.

Trying to do so many things in a limited time frame, eating too much and drinking too much alcohol. For many people Christmas is an emotionally unhappy time due to financial stress or unresolved family issues. Many people experience great loneliness and worsening of depression symptoms during this time.

Christmas 'stress' can leave many people feeling stressed and tired.

But with a bit of common sense and support with natural medicines you can sail through this stressful time and enjoy the holidays.

Simple relaxation techniques is vital for times when you

feel stressed or uptight such as Christmas.

Meditation, reading, listening to relaxation tapes, playing a musical instrument, starting a new hobby, regular exercise, a sensible diet, avoiding smoking and other drugs will all help control stress levels.

### STRESS-REDUCTION TECHNIQUE

Meditation is one thing you can practice yourself. Try just 10 minutes, twice a day and you'll be surprised at the results.

To begin, sit in a quiet place with your eyes closed, stay alert and awake if you can. Starting with your right hand, tense and then relax each muscle group in turn, all around your body and

then back again to your right hand.

Next, focus on each muscle group, this time relaxing only. Pay extra attention to your head and neck or any other area where you feel you 'store' tension.

Concentrate on your breathing, listening to the sound and concentrating on the rate of breath.

Breathe in and out slowly, filling your lungs from your stomach up to your chest.

Now, repeat the work 'relax' silently in your mind. Notice your pace of thought, as you may want to slow down a little. Each time other thoughts distract you, calmly return to the work 'relax'.

Now, just let go. This is your quiet time. Let your body and mind totally relax.



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### CHRISTMAS GIFT VOUCHERS

Tracey has a range of Christmas Gift Vouchers from \$45

**20% Discounts Applies**

to all goods purchased as a Gift Voucher

Ring or Ask at your next visit  
See page 4 for more details

### CHRISTMAS HEALTH PACKAGES

Keep Yourself Well Through Christmas with Tracey Lee's Christmas Special 'STRESS & LIVER Support' Health Package.

**20% Discount Applies**

See page 4 for more details

## Symptoms of STRESS

We are constantly under some form of stress in our lives and generally we cope very well. However, many situations such as Christmas time can increase stress to a level which can cause troublesome physical and emotional effects.

**The complaints that arise from too much stress vary widely and include:**

- tiredness
- poor concentration
- muscle pain
- restlessness
- anxiety
- irritability
- sleep disturbance
- headaches
- dermatitis
- irritable bowel syndrome
- mouth ulcers
- headaches
- depression
- asthma and allergies
- drug abuse  
(including drinking problems)

**A Combination of vitamins B5, B6, C and mineral magnesium supplements help to improve the body's natural stress coping mechanisms.**

**The commonly recommended Supplements are Metagenics Fibroplex plus, Metagenics Meta B and 'stress herbs' Withania and Passionflower in liquid or tablet form**

## Supplements to Help You Survive 'Well' this Christmas

**Magnesium** is the 'relaxant' mineral. Magnesium deficiency is alarmingly common in modern society. This may be due to the fact that stress and/or alcohol consumption causes the body to lose magnesium in high quantities. Magnesium is important for normal nerve function because when you are magnesium deficient your nerves become hyperactive (i.e. you become nervous). This leads to a harmful cycle with stress causing magnesium loss and low magnesium levels increasing stress. This is why magnesium is commonly

prescribed for anxiety and stress.

Read more about Magnesium on my website at [www.alternative-natural-remedies.com.au](http://www.alternative-natural-remedies.com.au)

The quality and effectiveness of Magnesium supplements vary greatly. **If you want to take a magnesium supplement ask Tracey Lee which one suits your individual needs the best.**

### Vitamin B5 and B6

Our adrenal glands are our stress coping glands. They produce hormones

which help us cope with stress and anxiety. The adrenal gland uses vitamin B5 and B6 to make these hormones and high doses are often required in times of stress.

### VITAMIN C

Like B vitamins, vitamin C is necessary for normal adrenal gland production of anti-stress hormones. Therefore, a combination of vitamins B5, B6 and C, together with magnesium, may help to improve natural stress coping mechanisms.

## Natural Medicines for Hangover

If you are going to drink alcohol there are a number of natural medicines that can be effective in helping your body's ability to deal with the alcohol.

People who drink regularly more than 3 nights of the week (even if it is 'only' 2 or 3) should be using these supplements all the time.

Firstly, drink a glass of water for every alcoholic drink you have.

**Take the following supplements BEFORE you start drinking and then again before going to bed:**

Metagenics Fibroplex Magnesium plus 1 tsp.

Metagenics Meta B complex one tablet

Mediherbs Liver herbs 5mls liquid

Metagenics phtyo pro two tablets.

**If you have a hangover the next day** it is important to drink plenty of water and add 1 tsp of Fibroplex plus to every 1/2 to 1litre of water, take two tablets of both Metagenics Meta B and Metagenic Phtyo pro tablets. The most effective of all is a homoeopathic called Nux vom 30C or 200C take 4-7 drops under tongue every 1-4 hourly. For more information see the website on Jan 2006 Newsletter.



## 'De-Stress' with Stress Herbs

Herbal Medicine is one of the most effective natural medicine in improving stress related symptoms.

There are many different types of herbs for stress, some help sedate or relax while others are more like 'tonics' to 'strengthen' your nervous system and adrenal function.

Herbs can improve your body's response to stress making you more resistance to whatever stress you need to cope with in your daily life.

Correctly prescribed, herbal medicine is non-toxic and non habit forming and does not effect your ability to concentrate or drive or operate machinery as some drugs can.

Herbs for Anxiety; Passionflower, Zizphus, Valerian

Herbs for general stress and tension- Valerian, Skullcap, Lime flowers, Chamomile

Herbs for headaches from stress Skullcap, Rosemary

Herbs to improve your tolerance to stress;; Withania, Ginseng, Rehmannia

DO NOT buy your herbal medicines off the shelf at a supermarket, chemist or healthfood store. Many companies DO NOT do what I would consider the necessary testing on the quality of the herbs

Buy them from a trained herbalist.

A herbalist can make you up an individual liquid mix of a number of herbs that suit your individual need or suggest the correct tablet blend.



The picture of the herb Passionflower. Which has been shown to be as effective as anti-anxiety drugs WITHOUT the side-effects. I commonly prescribe Passionflower and Zizphus for anxiety and general tension from stress

## Liver Support for all that 'good' Christmas food and drink

Planning on partying before and during Christmas? Staying up late, regularly drinking alcohol and eating either too much food and food you would normally not eat?

Your liver will not like it! Your liver's 'job' is to process and detox these foods and drinks

During this festive time to keep yourself well and healthier use natural medicines to support good liver function.

There are a number of healthy food that will support your liver ability to detox (i.e. phase two of detoxification).

These include broccoli, green tea, grapes, watercress, artichoke, tumeric, beetroot and ginger. Metagenics Phyto pro tablets is a concentrated form of these foods.

Herbs that also support liver detox include St Mary's thistle, Schisandra, Rosemary, Globus artichoke, Garlic and Tumeric. These herbs can be taken either in Liquid form as a Herb Mix 5mls twice a day or in tablet form Mediherbs Schisanda complex.

It is always best to have a qualified practitioner prescribe the correct herbs for you as everyone is different.

Supporting Good Liver Function with natural medicines if you are drinking alcohol and eating fat/sugar and highly processed foods. I commonly recommend Metagenics Phyto pro tablets and a Liver Herb Mix.

## Indigestion and Heartburn

Indigestion and heartburn are common problems caused by eating too quickly, overeating especially spicy and fatty foods, drinking alcohol, coffee and cola, smoking, stress, anxiety and emotional.

If you would like to read more about indigestion and heartburn see the website on 'Wellness Review' Nov 2006.

For symptomatic relieve there are a number of natural medicines to help. Ask Tracey which natural medicine suit your individual needs.

Simply ones are; Chamomile herbal tea, Slippery elm powder (NOT tablets) mixed into natural yogurt. Glutagenic powder (contain glutamine, aloe and liquorice) 1 tsp mixed into glass of water

Chamomile tea is a soothing tea for an upset stomach and reduces acidity and heartburn





## CHRISTMAS SPECIALS

Tracey Lee Morley Naturopath Homoeopath Herbalist

65 823 424

### Healthy Gift Vouchers

Trying to find the perfect gift for someone who regularly takes supplements? Or needs to improve their health?

Tracey Lee's GIFT VOUCHERS are the answer. Starting at \$45 these gift voucher have an **extra bonus of 15% OFF** any consult OR Metagenics products purchased with the voucher.

RING Janet or Ainsley today to purchase your gift voucher and if you are rushed we can post the vouchers out to you. Ph 65 823424 or visit the website for more information

### Christmas Package

#### Stress & Liver Support Package

8 weeks

Stay WELL this Christmas with a NEW supportive stress and liver package. For those times when you need a little extra support this package is a general support for times of stress with natural medicine to support the nervous system and adrenal function and digestive/ liver function.

This 8 week package contains

- 2 standard consults,
- 2 BIA tests,
- 500mls stress and liver tonic herb mix,
- one bottle of Metagenics Meta B tablets,
- Two bottles of Fibroplex or Cardio X (or 4 bottles of myoplex) (magnesium and stress support)
- Two bottles of Metagneics Phyto pro (liver support)
- Plus 15% OFF any other metagenic product you buy during this 8 weeks of the package.

Standard Price \$476.20

**SAVE 20% or \$95.24**

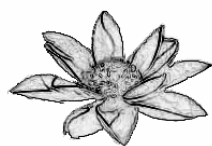
**STRESS AND LIVER SUPPORT  
PACKAGE PRICE**

**\$380.95**



### New Look for 2007

Tracey Lee's clinic will have a new look and name in 2007.



# Holistic

## Health & Wellness



Merry Christmas and Wishing  
You a Well and Safe Festive  
Season!