

**Newsletter Date  
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## WELLNESS

### DO YOU HAVE THE WARNING SIGNS? You may not even know it!



Can you say for certain that you are really healthy and looking after yourself?

Would you know what the warning signs to a decline in your 'wellness' are?

Don't wait until you get sick. Prevention is less costly and much easier.

We all know that good health is not just an absence of disease. You can have a medical check up and be told there is nothing abnormal on any medical test. Do you then consider yourself to be healthy?

Medical tests are to pick up a 'disease' they are not a measure of how 'well' you are.

So how do you know if you have the warning signs of not being 'well' or are in optimal health?

There is no one easy checklist nor is there one 'magic wellness pill'. The best person to assess this is your natural health care practitioner.

Tracey Lee Naturopathic centre focus is on CREATING WELLNESS, not only treating clients when they are sick.

With a unique assessment procedure and the use of cutting edge technology, Tracey Lee can identify subtle signs and reasons for your poor health that are going unnoticed and can lead to serious problems in the future.

Do you take your car in for regular 'service'? If your car's oil light is flashing do you ignore it? No, because you know it will lead to a big problem if you don't fix it.

But many people ignore the warning signs of their body, simply ignore it or take a pain killer or other medication to alleviate a symptom without treating the underlying cause. Five or ten years later they finally develop a serious disease.

Your body is like a car. Having a regular health check with Tracey Lee could be the most important thing you can do for yourself.

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### Great News!

**FREE**  
**Delivery**  
for all orders  
over  
\$100 local and  
\$200 (major cities)

**2 for price of 1**  
**HEALTHY SNACK BARS**  
Great for children  
and adults  
**Ultrameal Snack bars**  
(choc raspberry only)

**FREE Demonstration**  
**Maximize Your Training**  
**Efforts**  
Challenge Fitness & Squash  
Wednesday 25th October 7.15pm

## Water ; are you drinking enough?

Drinking eight glasses of filtered or spring water is the first and most fundamental step to staying well. Most people know they need to drink more water but simply don't for one reason or another. Here are the common reasons and my response to them;

"I forget, I am too busy": always carry water with you or drink herbal teas which class as water.

"I have to go to the toilet too often if I drink water": it is not normal or healthy to go all day without urinating but some people find it an inconvenience to go every few hours. This is a ridiculous reason not to consume such an essential substance to good health.

"but I have to go to toilet every half an

hour": in women this is sometime due to weak pelvic floor muscles and an inability to hold urine. Pelvic floor exercises are the solution.

Men with prostate problems are the biggest offenders of not drinking enough water. When they do they often have trouble holding the water hence they are always slightly dehydrated. I often recommend them to drink more water in the morning and early afternoon (not to aggravate night time urination).

Water is vital to every cell of your body. Dehydration or even just low water can cause tiredness, headaches or a 'dull' head, muscle aches and pain, dry skin and constipation or sluggish bowels.



If you are drinking plenty of water but your VLA test (bioimpedance test performed at Tracey Lee's clinic) shows you are still low in water it means that you may be low in electrolytes especially magnesium and potassium.

## Sleep: There is nothing like a good night's sleep

Good quality sleep each night is another fundamental key to staying well. Women require nine hours a night and men eight hours a night.

To ensure a good night sleep the following tips can be helpful;

Relax in the evening

Regular exercise helps you sleep more soundly.

Don't drink coffee, tea, soft drinks with caffeine, chocolate at night.

Do you have a good quality and comfortable bed.

Avoid electrical boards and mobile phones near your head while sleeping.

Drink relaxing herbal teas in the evening such as chamomile, passionflower, limeflowers.

**"The secret to longevity is to have a chronic disease and take good care of it"**  
**Oliver Wendell Holmes**

Ensure good intake of magnesium, calcium and fish oils.

If you have poor quality, not enough sleep or do shift work you will have an increased need for supplements.

## Exercise: Staying Well is Staying Strong

Physical strength comes from regular exercise; use it or you lose it. Exercise everyday to stay well. Walk or swim most days with some form of resistance exercise three times a week (such as lifting weights at the gym, pilates, yoga, callistetics at home, tube trainer)

Exercise reduces your stress, improves your mood, helps you loss weight, improves circulation and helps lowers your cholesterol.

We should all exercise an hour a day (you don't have to do heavy high powered, e.g. running or high impact aerobic classes simply walking will do).

Try some of the following;

Walk up the stairs instead of the lift, park your car away from work and walk, enjoy our beautiful beaches with a swim, take your dog for a walk, exercise DVD and videos to do at home, or do a class at the gym, learn a few yoga stretches to do each morning, or go to a yoga class once a week, use a personal trainer.



## Wellness does NOT come in a pill

No pill will create 'wellness'. Creating a healthy body takes a healthy and positive mental attitude to life, taking responsibility for your health with correct eating and exercising regularly.

If we all lived in perfect world we could all live a perfect life. But in the real world it is how well we change and adapt to our daily life both mentally and physically and creating time for ourselves to do the things we know we 'should' be doing to achieve wellness.

Achieving wellness is not a quick fix. It takes time, commitment, a willingness to change and it cost money.

It is all about priorities and where you place your health in your list of priori-

ties. Think about it, if you don't have your health everything else will suffer. But still most people will spend more money on 'things' less important to them than their health. From the latest up to date new kitchen or bigger and better houses, new clothes, not to mention poor quality food (empty nutrient food tastes better)

It is all about the choices we make and what is the most important to us. Is it that new dress or new kitchen or buying organic food or paying for gym equipment or supplements. No matter what our situation in life is, creating wellness is ALWAYS possible for everyone.



**"You can set yourself up to be sick or you can choose to be well"**  
**Wayne Dyer**

## Choice Magazine Report

**Did you see?** the Choice Magazine's report on so called 'healthy' snack bars we feed our children and grab for ourselves when in a rush?

They tested over 150 muesli bars, breakfast bars and cereal bars and most of them were far from 'healthy'.

They were testing mostly for the level of saturated fat and sugar. But they did not mention protein at all.

We should all eat snacks with SOME

protein, low sugar, low saturated fats BUT containing GOOD fats. Most 'healthy' bars have very little protein and contain high sugar.

This is the main reason I stock Ultrameal bars with 15gm of protein, less than 3.5gm of saturated fat and 11gm of sugars and contains multivitamin & minerals they are truly a healthy choice.

Put 1/2 a bar in your children's lunchbox and one bar for you.

**SAVE: TWO FOR THE PRICE OF ONE**



## Healing Power of Foods: APPLES

Each month I will focus on one food and its unique healing properties. If you would like me to write about a particular food please make your request via email.

We all know the saying 'eat an apple a day and keep the doctor away'. Apples are a super snack food.

Apples are an eliminative food. They contain pectin which has the ability to take up excess water in the intestines and make a soft bulk that acts as a mild,

non-irritating stimulant. This stimulant helps the peristaltic movement and aids in natural bowel elimination.

Raw apple can be grated and eaten for sluggish or lazy bowel (I often recommend it mixed in natural yogurt and add a teaspoon of slippery elm for this problem).

Apples contain 50% more vitamin A than oranges. Vitamin A helps ward off colds and other infections. They also contain Vitamin C and B.



Fresh **HOMEMADE** apple juice is great combined with fresh carrot, celery and beetroot juice as a nutritious juice, helpful to improve elimination and weight loss. TIP: drink your fresh made juice within a few minutes of making it as many nutrients are destroyed after this time.

## SUPPLEMENTS FOR STAYING WELL

Do you stand at the shelves of the supermarket looking at the array of supplements thinking which one to buy?

Don't waste your money on multivitamins and fish oils that do not 'stack up'. There are many supplements which are simply not value for money nor contain enough of the right vitamins and minerals.

Most people need to take three different supplements each day, a multivitamin and mineral, a good quality fish oil and an anti-oxidant supplement.

Remember past clients can always top up

their ongoing 'WELLNESS SUPPLEMENTS' at Tracey Lee's clinic even if you don't need an appointment.

Due to bulk purchasing, Tracey has secured a discount from her supplier and these savings are being passed on to clients.

**SAVE 10%** on a three month supply of the BASIC supplements **costing \$2.10 a day**

**SAVE 20% off these supplements** when purchased as a 'Wellness Package'

Call the clinic today to purchase your wellness supplements or your wellness package.

### Past and Present Clients

of Tracey Lee  
Buy your wellness, high quality practitioner only supplements even if you don't need an appointment.

Ring receptionist Janet or Ainsley today to order what you need.

## SAVE 10% ON WELLNESS SUPPLEMENTS

### BASIC WELLNESS SUPPLEMENT (PACK ONE)

This is a basic pack that most people need to take.

#### 12 WEEK SUPPLY

Metagenic Multigenics (one bottle)  
Metagenics Meta EPA/DHA 3 caps a day (two 120 bottles)  
Metagenics Phyto Pro two/d (two bottles)

**COST \$189.96 (SAVE \$21.10)**  
**\$2.10 per day**

### SUPER WELLNESS SUPPLEMENTS (PACK TWO)

This pack suits people with higher stress (contains same as basic pack with extra magnesium and acidophilus)

#### 12 WEEK SUPPLY

Multigenics Phyto plus (two bottles)  
Metagenics Meta EPA/DHA 3 caps a day (two 120 bottles)  
Fibroplex powder 1 tsp a day (two bottles)  
Ultraflora powder (two bottles)

**COST \$326.52 (SAVE \$36.28)**  
**\$3.63 per day**



## SAVE 20% WITH WELLNESS PACKAGES

### BASIC WELLNESS PACKAGE

Stay well with a monthly check up and all your basic wellness supplement and tests.

#### 12 WEEK PACKAGE

All same supplements above in the Basic Wellness Supplement Pack PLUS Three consultations ALL tests including 2 page report VLA test at each visit.

**COST \$344.85 (Save \$86.21)**  
**\$3.83 per day**

### SUPER WELLNESS PACKAGE

Suits people with higher stress. Stay well with a monthly check up and all your super wellness supplements & tests.

#### 12 WEEK PACKAGE

All same supplements above in the Super Wellness Supplement Pack PLUS Three consultations ALL tests including 2 page report VLA test at each visit.

**COST \$466 (SAVE \$116.52)**  
**\$5.18 PER DAY**