



IN THIS ISSUE

- Welcoming new Podiatrist
- Are you Suffering discoloured, thickened, or fungal toe nails?
- Winter – The Time to Exercise your Immune System
- Acupuncture – It Works Naturally and Effectively
- Winter Soup Recipe

Opening Hours

Monday	8.30am - 5pm
Tuesday	8.30am - 8pm
Wednesday	8.30am - 6pm
Thursday	8.30am - 8pm
Friday	8.30am - 5pm

Practitioners...

Podiatry

- Kristi Boles
- Stephen Devenish
- Carol Ngoo
- Erin Gosbell
- Josh Osborne

Osteopath

- Lauren Collins
- Alicia Mynott
- Claire Richardson

Naturopath

- Nicola Howell

Dental Prosthetist

- Alex Kanzburg

Remedial Massage Therapist

- Daniel Carner
- Stacey Saviane

Acupuncturist

- Arthur Vassiliou

Dietitian

- Ling Tan

Exercise Physiologist

- Ben Fazio

Diabetes educator

- Danielle Harrison

Stress Specialist

- Linda Wilson

Psychologist

- Felicity Ferber

Pathology - Dorevitch

Issue 5

Winter – The Time to Exercise your Immune System

Inside your body lies an amazing system of immune cells and tissues whose sole purpose is to defend you against invasion by bacteria, viruses, parasites and allergens. A healthy immune system is like having your own private army. Nourished correctly, this army can see you through the winter months resistant to infections and with low levels of inflammation.

We are surrounded by potential invaders during winter and the immune system is constantly on alert protecting us. Here are some simple things you can do to keep this army performing at its peak:

- Eat plenty of complex carbohydrates such as brown rice, millet, rye, oats, wholewheat, corn and quinoa as cereal, breads or pasta. Try to avoid sugar and refined and processed foods as these weaken our white blood cells.
 - Each day, include two servings of beans, lentils, quinoa, chickpeas for protein or one serving of fish or free-range chicken. For vegetarians, include both grains and beans / lentils in your daily diet to increase protein quality.
 - Aim for 1 heaped tablespoon of ground seeds or 1 tablespoon of cold-pressed seed oil a day. This will help keep the skin moist. Avoid fried and burnt food, hydrogenated fat (trans fats) and excess animal fat.
- Fruits** – apple, custard apple, grapefruit, kiwifruit, lemon, mandarin, passionfruit, pear, quince, rhubarb, avocado, lime
- Vegetables** – bok choy, beetroot, broccoli, brussel sprout, cabbage, carrot, cauliflower, celery, fennel, garlic, ginger, kale, leek, olive, parsnip, pumpkin, shallot, silver beet, spinach, swede, sweet potato, turnip
- When colds or flu strike, there are also a range of natural supplements that can support and boost your body's natural immune function. Viruses are the common causes of colds and flu. Antibiotics are not able to kill viruses as they are specific for bacterial infections. Fortunately there are herbs and nutrients that can help alleviate these viral infections. Some immune boosters are:
- Herbs such as Echinacea, Andrographus, Elderberry and Astragalus
 - Nutrients such as Zinc, Vitamin C, Vitamin A, Vitamin D and beneficial gut flora



Naturopath
Nicola Howell

Welcoming Josh Osborne to our team of Podiatrists



Josh Osborne

Josh is a highly enthusiastic Podiatrist and Personal Trainer, having advanced knowledge in sporting injuries and rehabilitation and has worked alongside physiotherapists in football clubs.

Josh covers a range of podiatry needs including sporting injuries, diabetes management, paediatrics and general foot care. Taking your needs and ambitions into consideration, Josh is able to help create a management plan to get you back to your best and to reach your goals.

Outside of work, Josh enjoys playing football and has represented Australia in the Wushu World Championships (Kung Fu) in China.

Medici Cucina

New Café now opened in Berwick.

Breakfast & lunch available.
Monday to Friday 8 am to 5pm
Saturday 8am to 3pm
For all your catering needs:

- OFFICE/CORPORATE CATERING
- PLATTERS
- RESIDENTIAL CATERING
- FUNCTION VENUE

Great friendly staff, and a chef who's happy to accommodate the unusual.

Receive 1 FREE coffee with this voucher.

56 Kangan Dr. Berwick. Ph: 9769 7779
One per person. Offer expires 31/10/12

ACUPUNCTURE – IT WORKS NATURALLY AND EFFECTIVELY

Casey Allied Health prides itself on offering premium health care using a holistic approach for all the family offering a range of modalities for everyone wanting to achieve the best possible health outcome.

They are very excited to have Acupuncturist/ Traditional Chinese Medicine, Arthur Vassiliou join there already established team of practitioners at their Berwick clinic.

Acupuncture is part of an integrated system of primary health care known as Traditional Chinese Medicine (TCM) that has been used for the past 5000 years.

Today acupuncture is an effective, natural and increasingly popular form of health care that is being used by people from a wide range of cultural and social backgrounds.

As a natural form of health care acupuncture can provide

- Drug free treatment
- Has very few side effects when provided by a qualified practitioner
- Treats the underlying cause of disease and illness as well as the symptoms
- Provides a holistic approach to treatment of disease and illness linking body, mind and emotions.
- Assists in the prevention against disease and illness as well as the maintenance of general wellbeing.

Acupuncture is effective in treating a wide range of conditions such as

- migraines
- PMT
- stress anxiety
- sciatica
- menopause
- Insomnia.
- women's health
- hormonal imbalance
- nicotine addiction
- menstruation,
- IBS
- back and neck pain
- irregular periods
- hypertension,



Arthur Vassiliou

Are you suffering discoloured, thickened or fungal toe nails?



Fungal nail disease, medically referred to as Onychomycosis affects 2% - 14% of the adult population. Fungal nail disease may result in pain, impair the ability to walk and can contribute to negative self-esteem.

Some prescription medications have side effects and therefore are not always the best treatment option. Another option is surgery to remove the nail. Our latest technology 'Laser therapy' treats the disease using a laser beam that is slowly directed across the nail bed. The laser beam will generate heat beneath the nail and within the underlying fungal. You will feel a warm sensation during the procedure which lasts 1 to 2 minutes per toenail.

As the nail grows you should see significant improvement and eventually the nail will grow clear.

Our team of podiatrists at Patterson Allied Health utilise the latest technology – Nail Fungus Laser Treatment. Clinically proven to have 70% success rate.

Casey Allied Health

54 Kangan Drive

Berwick Vic 3806

P: 03 8774 9600

F: 03 8774 9611

E: admin@caseyalliedhealth.com.au

www.caseyalliedhealth.com.au

Clinics also at...

Patterson Lakes

Patterson Allied Health

Shop 7 Harbour Plaza

Thompson Rd,

Patterson Lakes 3197

P: 03 9776 1600

Cranbourne

Cnr Woodbine & Thompson Rd

Cranbourne Nth Vic 3977

P: 03 5996 9000

Hampton Park

Suite 6

Cnr Stuart Ave & Fordholm Rd

Hampton Park Vic 3976

P: 03 9799 2233

Koo Wee Rup

235 Rossiter Road

Koo-Wee Rup 3981

P: 03 5997 9710

- Latest Technology
- Laser Therapy
- 70% success rate
- No injections
- No time off work
- Walk in walk out

Winter Soup Recipe

INGREDIENTS

Winter Minestrone Soup

1 Tbsp Vegetable oil

1 large onion, chopped

2 cloves garlic, sliced

2 rashers bacon, trimmed, sliced

1 cup sliced celery

1 large carrot, diced

1 large potato, peeled, diced

1L water

500g jar Raguletto Pasta

Sauce Napolitano

1 continental Vegetable Stock Pot

1/3 cup pasta shells

1 large zucchini, diced

2 cups chopped silverbeet

1 cup chopped green beans

310g can cannellini beans, drained, rinsed

1/2 cup basil leaves, shredded

1/4 cup roughly chopped flat leaf parsley leaves

1/2 cup grated parmesan

METHOD

Heat oil in a large pan over a medium-high heat and cook onion, garlic, bacon and celery until onion and celery are softened. Add carrot, potato, water, sauce and Vegetable Stock Pot, then simmer for 20 minutes or until potato is tender.

Add pasta, zucchini, silverbeet, green beans and cannellini beans, then cook for 15 mins. S

