

# NATURAL

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# HEALTH

# TIPS

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 THE PERRYMOUNT  
OSTEOPATHY & NATURAL HEALTH CLINIC





01

## Heard of a Low FODMAPS diet? A food plan that helps IBS & colicky babies

*Christian Bates - Osteopath & Naturopath*



FODMAPS stands for, wait for it....

Fermentable, oligo, di, mono-saccharides and polyols! Quite a mouthfull! Basically, these foods contain particular sugars that "ferment" or cause wind. Because of this people with Irritable Bowel Syndrome or other digestive issues do well to avoid or decrease them. I actually also use this food chart to help breast feeding mothers reduce the wind in their babies. You can download the entire list with instructions on its use here:

[www.theperrymount.com/health-tips-volume-one](http://www.theperrymount.com/health-tips-volume-one)



02

## Eat oranges when you have a cold. **WRONG!**

*Christian Bates - Osteopath & Naturopath*



I really like this tip as it goes against common knowledge. Lot's of people eat oranges or drink orange juice when they have a cold or the flu, which is a virus. They drink it believing that the vitamin C will boost their immune system. Orange juice is highly alkalisng as it contains lots of potassium. Oranges taste acidic but once digested they are alkalisng, like virtually all fruits and vegetables. This is the interesting bit, viruses thrive in an alkaline environment, so if you are alkalisng your body with lots of orange juice you are fuelling the virus! What you need to do is actually acidify your body and acidic foods are meats, so you may well be better off eating a steak. As with all things about the human body there are slight variations on this just to complicate things but have an experiment yourself. To download a full e-book on "A Naturopathic Approach To Colds And Flu" click the link below.

[www.theperrymount.com/health-tips-volume-one](http://www.theperrymount.com/health-tips-volume-one)



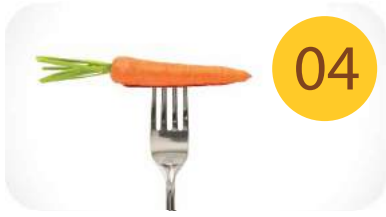
03

## You can lose weight in your Sleep!

*Christian Bates - Osteopath & Naturopath*



When the sun is out, or inside lights are on at night, we release the stress hormone cortisol which keeps us awake but also prevents us burning fat. Reduce your cortisol load by going to bed around 10.30 pm. When it is dark minimise bright lights indoors and also the use of TV and computer screens etc. Instead of using bright overhead lights switch to dimmer side lights. The overhead ceiling lights have a stimulatory effect as they mimic the sun in the sky. Going to bed at a sensible time will calm your stress hormones and assist in weight loss!



## Carrots for gut health

*Christian Bates - Osteopath & Naturopath*



Raw carrots are known to grab hold of gut toxins before they circulate to the liver. Add a grated raw carrot each day to your salad at lunch to help easily clean up toxin build up from daily life.



## The many detrimental effects of stress

*Christian Bates - Osteopath & Naturopath*



Would you believe me if I said that stress plays a role in virtually all illness to some degree? Stress is a massive trigger in modern day diseases, along with toxicity and poor food choices. This is what I would like to get across to you though. When I say stress you might think of emotional issues and this is true, it can be emotional. But the body sees stress in other physical problems too, like low back pain, an injury, over exercising, eating and drinking poorly, breathing toxic air even "electro-magnetic" stress from mobile phones, WiFi etc. The body's reaction to stressors is called the "fight or flight" response and in the long term this can be very detrimental. Download my free infographic on the detrimental effects of stress on your body, [www.theperrymount.com/health-tips-volume-one](http://www.theperrymount.com/health-tips-volume-one). Once you see all the problems stress can cause, you will want to do something about it!



## The side effects of pharmaceutical medications

*Christian Bates - Osteopath & Naturopath*



It is well known that pharmaceutical medications have detrimental side effects. But did you know that lots of these side effects are due to the medication causing a deficiency in a vitamin or mineral and it is this deficiency that can also cause problems? For example, magnesium is a mineral used hugely in the body, virtually every chemical reaction uses it at some point. Some medications cause you to deplete quicker in magnesium than normal. Low magnesium can make you feel tired, have cramps and even cause palpitations. My tip if you are on medications is to eat even better than everyone else as you might be losing the nutrients from your food even quicker than the rest of us. You should also take a high quality vitamin and mineral or plant based supplement on the recommendation of a natural health practitioner.

Want to see which medications cause deficiencies? Download our guide sheet by clicking here: [www.theperrymount.com/health-tips-volume-one](http://www.theperrymount.com/health-tips-volume-one)



## Are you on a statin? You will want to take this supplement



*Christian Bates - Osteopath & Naturopath*

I have given statins their very own "tip" as their use is just so common and can cause major side effect issues. What is really interesting is that statins block the pathway to making cholesterol, so they are used to lower cholesterol. What users of statins are never told is that they also block the pathway to make something called Co Enzyme Q10 (CoQ10), a very important nutrient. In a nutshell if you are on a statin drug then you will be causing a deficiency in CoQ10; this can give you lots of side effects including fatigue, muscle aches, forgetfulness and even some heart issues as the heart uses CoQ10! So a massive tip, if you are on statins also take a CoQ10 supplement. I recommend the one from Nutri called CoQ10 100mg (Nutri - 0800 212 742).



## Do you know the main cause of back pain that osteopaths see?



*Christian Bates - Osteopath & Naturopath*

Poor Posture!

This is a big deal as it applies to everyone! You must make sure you have good posture, particularly when doing what you do most often through the day, so if it is standing then stand well, sitting at the PC, sit well, driving all day, sit well in your car.

The spine basically has 3 curves to it and your weight should be evenly distributed through them to give minimal strain on the ligaments and muscles. Compensations occur if the posture changes in one curve, adding strain to that curve and the others, creating opportunity for injuries. Take for example slouching over a PC, your head and neck are thrown forward and to compensate the low back curve flattens and this predisposes to disc injuries. You can experiment and try this yourself. You must basically check your posture from head to low back and make sure all is in alignment, not just the part of your spine that hurts. You probably need a spinal assessment by an osteopath to fully examine this. Osteopathy can gently correct these incorrect spinal curves by loosening muscles, correcting posture, and freeing off spinal joints. We also prescribe exercises or lifestyle changes to help you stay well into the future too.

This is a brief summary of a full back pain help e-book that is available here: [www.theperrymount.com/health-tips-volume-one](http://www.theperrymount.com/health-tips-volume-one)