



February 2016

Hello friends of Goulds!

We hope that 2016 has started well for you and that you've been enjoying the summer sunshine and beach weather.

Here at Goulds we've been busy (almost as busy as the bees at the farm as described in the farm update below). We have been thoroughly enjoying providing the extra care and attention to our patients and customers through our clinic.

We are pleased to be continuing our free monthly information sessions. Have you attended one of them yet? They're fun and informative, and we really encourage you to come along to one.

Our next one is this week, on Thursday 11th Feb at 7:00pm.

It's filling up fast, but we have a couple of places left. One of our naturopaths and massage therapists, **Belinda Robson**, will be talking about **Menopause** and offering insights and advice – please call us on 03 6234 4223 to book your spot!

Do take a look at our future topics and presenters, listed on the right, and call us to book your place.

One of our naturopaths, Ruth Kirk, has written an article about convalescence for us this month – an important reminder to take the time that we need to heal our bodies.

Happy reading!

Yours in health,
The team at Goulds Natural Medicine



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The Importance of Convalescence

Meet Our Team



Last time you were sick, did you take time to convalesce?

Convalescence is taking the time to fully recover after illness, injury or surgery before going back to your regular activities. Many argue that an adequate convalescent period is vital to achieve full recovery in all population groups including children, adults and older people.

Premature return to work and activities, financial uncertainty and beliefs surrounding taking time out can all have the consequence of inadequate convalescence. High achievers, healthcare professionals and corporate executives are also at risk of overexertion and presenteeism (returning to work when ill or not fully recovered).

The consequences of inadequate convalescence can include recurrent infections, poor wound healing, frequent headaches, muscle aches, impaired concentration and fatigue. The combination of such symptoms can influence the ability to cope with limited energy reserves and can lead to 'black and white' thinking. This means that our mind reflexively turns its focus towards a state of stress and we perceive ourselves to be worse off, further reinforcing a negative response to the state of our health .

Having an adequate convalescence is especially important while recovering from viral illnesses such as Epstein Barr, Ross River fever, HTLV virus, Cytomegalovirus, Coxsackie virus, Measles and Mononucleosis (Glandular fever). It is our observation that inadequate convalescence is often associated with their consequent re-emergence.

Current evidence suggests that inadequate recovery from illness could lead to the development of chronic fatigue symptoms and possibly chronic fatigue syndrome (CFS).

Factors known to delay recovery of the immune system

In addition to inadequate rest and insufficient recovery time, several other factors can impair the healing process. These include:

- Poor nutritional status
- Ongoing emotional stress
- Physical stress



Ruth Kirk
BhSc (Naturopathy),
MANTA
Naturopath, Herbalist
and Nutritionist
Gould Natural Medicine
Clinic

Ruth is passionate about understanding the many factors involved in wellness with a special interest in immune deficiency, chronic fatigue and healthy ageing.

Ruth trained at the Endeavour College of Natural Medicine where she obtained her Bachelor of Health Science qualification in Naturopathy.

Ruth's interest in natural medicine began with an experience of anaemia diagnosed in an attempt to donate blood to the Red Cross.

Her experience combined with both parents working in medical services has made Ruth a strong advocate for a preventative, empowered and patient-centred healthcare system.

[Ruth's full bio here >](#)

Call us on **03 6234 4223** to book an appointment with Ruth.

- Chemical and irritant exposure
- Imbalances in the gut microbiota

A core principle of recovery is to *'rest and digest'*. This simple phrase emphasizes the environment the body requires for adequate convalescence to repair and replenish.

Holistic treatment: a recipe for recovery

Simple strategies to support the body's recovery include:

- **Prioritising Rest and Recovery**
 - Take adequate time off work or school for recovery (wherever possible)
 - Building relaxation time into your schedule
 - Setting boundaries and avoiding over-extending yourself
 - Having early nights and catching up on sleep
- **Ensuring Physical Nourishment**
 - Maintain a diet abundant in fruits, vegetables, protein-rich foods, whole grains, nuts, and seeds
 - Supplementing nutrients that are not adequately supplied by the diet
- **Further Supporting Your Mental Wellbeing**
 - Proactive stress management – anticipating, preparing for and monitoring stressors
 - Nourishing your creative side by trying a project or resuming a favourite hobby
- **Avoiding Chemical Exposure and Physical Stress**
 - Removing negative habits of smoking and excessive alcohol consumption
 - Keeping warm
 - Breathing healthy air
 - Maintaining light exercise levels



Healthy immune function can be promoted through the use of both nutritional and herbal medicine.

Key supportive nutrients include Vitamin D, Zinc, Magnesium and Vitamin C. Individualised herbal treatment may be prescribed to support and modulate immune function, restore energy reserves, promote cognitive function and enhance digestion.



Belinda Robson
BNat, AssocDegAppSc,
MNHAA
Naturopath, Nutritionist
& Herbalist
Gould Natural Medicine
Clinic

Belinda began tertiary study in 1997 with an Associate Degree in Applied Science, followed by a Bachelor of Naturopathy at Southern Cross University completed in 2002.

This year Belinda commenced a Master's Degree in Developmental Disability through the University of Sydney.

In 2013 Belinda attended a 4 day Fertility Intensive in Sydney.

This short course focused on improving outcomes for people wanting to conceive, comprehensive healthcare for people with reproductive difficulties, and addressing age related factors with conception.

Belinda works with couples to improve fertility and with women individually with reproductive, hormonal or menstrual health concerns.

She enjoys working with patients of all ages – the young and not so young, to improve their health & vitality, and teach healthy lifestyle patterns.

Active participation in the recovery process is essential in building toward optimal health and wellness. To arrange an individual consultation to discuss how we can improve your wellness please call 03 6234 4223.

Ruth Kirk

BHSc (MANTA)

Naturopath, Herbalist and Nutritionist

Gould's Natural Medicine Clinic

This article is a prelude to an upcoming Information Session that will be presented by Ruth on Post-viral Fatigue.

Event details: **Recovering from Post Viral Illness** with **Ruth Kirk**

Date: Thursday 14th April 2016

Time: 7.00pm

Venue: Gould's Natural Medicine, 73 Liverpool Street, Hobart 7000

OTHER NEWS

Codonopsis, or the 'noisy plant'



Leaf and flower harvests such as Lemon Balm, Yarrow, Nettle and Red Clover are now in full swing. January was particularly busy as the warm early spring conditions pushed many plants towards maturity 2-3 weeks earlier than usual.

So the height of summer is a hive of activity, not only for us human farmers. Our bee friends including the European honey bee, Bumble Bee and the diminutive Tasmanian Native Bees are flat-out too.

Healthy choices can be made at any age, and Belinda is inspired by the changes people chose to make to improve their quality of life and wellbeing.

Read Belinda's full bio >

Call us on **6234 4223** to book a consultation with Belinda or to book your place at this week's Menopause workshop.

Natural Medicine & Gut Disorders



Our very own **Jason Hawrelak** was interviewed on 16 January on 936 ABC Hobart discussing natural medicine and gut disorders.

Click to listen >

If you would like to know how we can help you with your digestive issues, give us a call on 03 62344223 or visit **our website**.

Our Free Monthly Information Sessions

We have some great free information sessions coming up.

Mark the dates in your diary and call us now to secure your spot. We only have a few places available for this Thursday's session.

11th February 2016, 7pm

On a sunny day, strolling past the Hyssop (*Hyssopus officinalis*), Red Clover (*Trifolium Pratense*) or Codonopsis (*Codonopsis Pilosula*) can be a startling experience, causing you to pause in wonder at the bees' sheer population and activity – if you pause longer, go in closer with your senses open, the vibration and volume of their collective sound can be almost overwhelming.

A regular young (4 year old) helper at the farm has named the Codonopsis “the noisy plant”!

Here are some pictures (on a very quiet stormy day) of bees visiting Red Clover and Codonopsis. Mid-summer, Codonopsis (a traditional Chinese medicine also known as ‘dang shen or ‘poor man’s ginseng’) is converting summer energy into building up its extensive and beautiful white root system which we will harvest in early winter.

One of our most popular tea blends ‘Bumble Bees Bounty’ (composed of Hyssop, Yarrow, Spearmint and Peppermint) is named for the busy bees of Bronzewing Herb Farm.



[Read more about our farm >](#)



Sundried Tomato & Sardine Spread

This recipe is quick, easy to prepare and a great way to include more essential nutrients in the diet.

Sardines are a wonderfully rich source of nutrients especially Omega 3, protein, selenium, vitamin D, calcium, vitamin B3 and vitamin B12.

This spread can be added to school lunches or kept in the fridge at work. It's also great added to breakfast toast with

Menopause Belinda Robson

10th March 2016, 7pm
Preventing Allergies in Children
Dawn Whitten

14th April 2016, 7pm
Recovering from Post Viral Illness
Ruth Kirk

03 6234 4223

Opening Hours

Clinic:

Mon - Wed: 9:00 - 7:00
Thurs: 10:00 - 8:00
Fri: 9:00 - 7:00
Saturday: 9:30 - 2:00

Apothecary/shop:

Mon - Fri: 9:00 - 5:45
Saturday: 10:00 - 1:30

Contact Info

Apothecary

73 Liverpool St
Hobart, TAS 7000
03 6234 4223

Clinic

71 Liverpool St
Hobart, TAS 7000
03 6234 4223

Herb Farm

136 Maudsleys Road
Allens Rivulet
03 6239 6356

**info@
gouldsnaturalmedicine
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eggs or as a last minute go-to!

[Read more >](#)

For more information or bookings, please call Goulds on

 03 6234 4223

gouldsnaturalmedicine.com.au

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