



March 2016

Hello friends of Goulds!

We have had a bustling and industrious start to the year in the clinic and apothecary, working on growing our team and finding wonderful new practitioners and staff to continue to provide you with the high level of care that we love to give here at Goulds.

One new member of our team is **Jackie Pisera**, an acupuncturist and Traditional Chinese Medicine (TCM) practitioner. Jackie has written an article for this month's newsletter, sharing with us about **acupuncture and TCM**, and about the type of care that she provides. To book an appointment with her, please call us on 03 6234 4223.

This week will see us provide another of our free Information Sessions to the community. Dawn Whitten, one of our naturopaths, will be speaking on the topic of **Preventing Allergies in Children, this Thursday 10th March at 7pm**.

We have a couple of places left in this information session – do call us on 03 6234 4223 to book your place.

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

To welcome two new massage therapists, **Kareena Dalton** and **Anke Reymann**, into the clinic, we are offering a special for the month of March.

^ Book and pay for one full massage with either of our two new practitioners, and get a voucher for 50% off a second massage.

See also this month's farm news, all about wonderful compost!

Happy reading!



In this Issue

Traditional Chinese Medicine

Our Farm

Gluten Free Blueberry & Zucchini Seed Cake Recipe

Jackie Pisera
Bio

Dawn Whitten
Bio

Allergy Prevention in Children
936 ABC Hobart

Free Information Sessions

Meet Our Team

Traditional Chinese Medicine (TCM)



Traditional Chinese Medicine or TCM is a holistic system of healthcare based on an extensive body of knowledge developed over thousands of years.

Practitioners of TCM draw upon traditional knowledge and contemporary research in recommending a range of treatment modalities which include acupuncture, herbal medicine, Chinese massage and cupping therapy, diet and lifestyle advice.

The underlying theory of TCM is that when people are healthy an abundant supply of Qi (pronounced chee) or life energy flows through the body's meridians.

So what is Qi and what are meridians?

Qi is a huge and complex subject, but is one that is central to TCM theory. It is a very hard concept to explain because it is difficult to measure, and impossible to see.

In TCM it is believed that all illness is a result of a disorder of the Qi. In TCM Qi can be loosely translated as vital energy or life force.

In India it is called Prana, in Japan, Ki. Many of the Eastern cultures know and understand this concept and its role in keeping the body healthy. Qi is the force that animates all living things and to the Chinese it is the very force that governs life and all of its processes.

Qi flows through energy pathways throughout the body called meridians or channels. There are 12 main meridians that correspond to specific organs and run bilaterally, mirroring each other. There are also extra pathways that run deeper in the body.

Putting it simply, Qi must move freely throughout the body for health to be maintained. Stagnant Qi in the body usually results in pain and if left untreated can cause more



Jackie Pisera
B.H.Sc(Acu)
Acupuncturist and TCM
practitioner, AHPRA
Gould Natural Medicine
Clinic

Jackie has been involved in the natural medicine area for over 20 years when at the age of 17 she began volunteering in a Naturopathic clinic welcoming clients and mixing herbs.

After completing high school she followed her passion in this area by studying massage, herbal medicine and then Chinese medicine at Endeavour college in Brisbane and then Melbourne.

After graduating in 2003 with a bachelor of health science in acupuncture Jackie spent an eye opening 3 months in Southern China as an intern in a busy Chinese hospital.

Since then she has been working as traditional Chinese medicine practitioner specializing in acupuncture in Hobart.

Jackie observes constantly the ability of Chinese medicine to assist the body and mind when it is no longer functioning optimally due to stress, overwork, poor diet or other factors.

Through the use of

serious problems. Excessive or deficient Qi can lead to other illnesses.

TCM aims to restore the free flow of healthy Qi and hence treat illness and acupuncture is one of the most effective and widely used methods. Of course there are many other ways to build healthy Qi – good nutrition, sufficient sleep, breathing exercises and yoga, being in nature and meditation to name a few.

Acupuncture



Acupuncture is the most well known form of TCM. It involves the insertion of fine sterilized needles into specific points of the body known as acupoints.

Acupuncture is used to encourage the movement of Qi, remove stagnation in the body and open the meridians so that Qi can flow and health can be restored.

Acupuncture is not painful. You may feel a slight pinch when the needles are tapped in but this should ease straight away. For those that prefer a treatment without needles your practitioner may in some cases be able to apply acupressure (finger pressure and massage) to the designated acupoints instead.

From a western perspective we could equate the strong long lasting effects of acupuncture as a reset button for the entire body and its systems. For example the effects on the nervous system can be seen by patients being eased out of the 'fight or flight' response into a 'rest and recuperate' state once the needles are placed. This will usually make a treatment deeply relaxing.

What can acupuncture treat?

Acupuncture effectively treats a very wide range of conditions. The World Health Organization (WHO) has compiled an extensive list of conditions that have been proved to respond positively to acupuncture treatment.

Here is a sample from that list:

- Drug/alcohol/nicotine dependence
- Post operative pain
- Muscular and skeletal pain

acupuncture, Chinese massage and cupping, Chinese herbal medicine, nutrition and lifestyle advice Jackie offers effective treatment for a wide range of acute and chronic health problems.

Whilst treating a wide range of issues Jackie is particularly dedicated to using traditional Chinese medicine in fertility and pregnancy care and she has recently done extra studies into the use of Chinese medicine in children's health.

She enjoys working with the whole family and has recently complemented her Chinese Medicine skills with professional intensive training in the area of parent/family support and coaching.

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

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



**Dawn Whitten
ND, BNat(Hons), IBCLC,
FNHAA
Naturopath,
Nutritionist, Herbalist
Lactation Consultant
(International Board
Certified)**

Dawn loves working with

- Headache, nausea and vomiting
- Hay fever/sinusitis
- Stroke
- Coughs
- Chemotherapy side effects
- Gynaecological disorders
- Morning sickness
- Infertility
- Labour induction/correction of breech foetus
- Rheumatoid arthritis
- Fibromyalgia

In clinical practice we see and treat a plethora of physical and mental/ emotional conditions and are lucky enough to be able to draw on a vast body of knowledge as well as the comprehensive diagnostic tools at our disposal.

With these skills and modern research acupuncture can endeavour to treat most conditions reliably and effectively.

What happens in an acupuncture consultation?

An acupuncturist will focus on the prevention of illness as well as the treatment. They will pay particular attention to not only the patients presenting symptoms, but to other indicators of general health - such as the strength and speed of the pulse, the condition and appearance of the tongue and the patient's lifestyle.

The practitioner will ask a series of questions relating to the presenting condition and other questions that will help him or her arrive at a precise diagnosis from a TCM perspective.

We will then decide on the particular acupoints, herbs, massage and lifestyle changes that need to occur and perform a treatment accordingly.

The length of time you will need to receive treatment will be determined by how chronic the condition, the severity of the condition and your particular response to the treatment.

Your practitioner will deliver an individualized treatment and as the condition changes and improves the prescribed treatment is adjusted until the desired outcome is achieved.

Jackie Pisera

B.H.Sc(Acu)

Acupuncturist and TCM practitioner, AHPR

women through conception, pregnancy and beyond; and to work in the area of infant and toddler health.

She finds her Lactation Consultant training combines well with her Naturopathic training and experience to serve parents through these life chapters.

She enjoys working in the area of thyroid health, women's reproductive health and infant and toddler gastrointestinal issues and allergy.

Dawn regularly publishes papers in the peer-reviewed literature and regularly presents at International Conferences and local health professional events.

Dawn has also worked as a research assistant for Southern Cross University in the field of herb safety in pregnancy and breastfeeding.

She was recently awarded a prestigious Fellowship by the National Herbalist Association of Australia for her contribution to the field of herbal medicine in Australia.

Areas of experience:

- Women's health
- Fertility and Pregnancy care
- Breastfeeding help (e.g., supply concerns; mastitis)
- Babies and toddlers
- Toddler nutrition
- Eczema (infant and child)
- Digestive upsets in infants and toddlers
- Allergies in children (prevention and treatment)
- Thyroid health
- Eye health
- Cardiovascular health

OTHER NEWS

Our Farm - Recent Harvests & Composting

March brings us closer to the Autumnal Equinox, a time on the farm where many of the leafy plants are starting to slow down their verdant growth and draw in towards Autumn.

Some less well-known herbs we have harvested during later February include Grindelia or 'Gum Plant' *Grindelia robusta*, Greater Celandine *Chelidonium majus*, Ground Ivy *Glechoma hederacea*, Boneset *Eupatorium perfoliatum* as well as Rosehip *Rosa canina*, Sage *Salvia officinalis* and Bergamot *Monarda didyma*.

Compost making is another late summer activity – actually one of the most important activities on the farm as the quality and quantity of the compost directly determines the quality and quantity of the herbs we grow.



Heap reaching 60C

Whilst the compost making process is straightforward, achieving a nutrient-balanced compost with an ideal Carbon:Nitrogen ratio is far from simple.

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

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

How to combat childhood allergies

936 ABC Hobart



Dawn Whitten, one of our Naturopaths, was featured on Hobart ABC radio show Medical Matters discussing allergy prevention in children.

[Click to listen >](#)

Dawn is also hosting an information session this Thursday on preventing allergies in children. Spaces are limited. Contact us to secure your place.

If you would like to know how we can help your family, 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.



Finished heap (15m long) and the start of a second heap

Throughout the growing season we gather and stockpile ingredients together from all parts of the farm (including green grass clippings, marc, wattle-rakings, decayed sawdust and weeds) with hay and seaweed brought in from outside – no animal manures are used.

Rather like baking on a gargantuan scale, these ingredients are layered, watered, blended and built up – biological processes cause the entire heap to heat up, decay down and over time transform into a homogeneous, crumbly and (hopefully) nutrient-balanced compost, that will be redistributed outwards again over the farm and contribute to the next cycle of fertility.



Ingredients:

Marc (by-product of tincture making)

& micro-nutrient providing seaweed

[Read more about our farm >](#)

We only have a few places available for this Thursday's session.

10th March 2016 at 7pm

Preventing Allergies in Children
Dawn Whitten

Recovering from Post Viral Illness
Ruth Kirk

14th April 2016 - 7pm

Call us on 03 6234 4223 to secure your place.

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.com.au

**Gluten Free
Blueberry &
Zucchini Seed Cake**



These are wholesome and nutrient dense little seed cakes that make good lunchbox fillers.

They are free of most common allergens and so are suitable for most allergy restricted children and school environments.

[Read more >](#)

For more information or bookings, please call Goulds on

 03 6234 4223

gouldsnaturalmedicine.com.au

[About](#) | [Our Team](#) | [Clinic](#) | [Apothecary](#) | [Our Farm](#) | [For Patients](#) | [Contact Us](#)

You are receiving this email because you signed up via our shop or website, or because you opted in when registering as a patient with us.

[Unsubscribe](#) | [Forward to a friend](#)