



April 2016

Hello Friends of Goulds!

Welcome to our April newsletter, full of autumnal news from the farm and a beautiful autumnal quince recipe shared by one of our naturopaths, Dawn Whitten.

Dawn's recipe accompanies her article about **Thyroid Health** - do you have a thyroid condition, or know someone who does? Read **Dawn's article below** and do give us a call on **03 6234 4223** if you need our expertise, support and care.

This month in the clinic, we continue to watch our team grow, expand and blossom (read about one of our new massage therapists, **Kareena Dalton**, in the "Meet Our Team" section).

Did you know that we now offer the following services?

- Naturopathy
- Massage (Remedial and Relaxation; hot stones, pregnancy and more)
- CranioSacral Therapy
- Counselling
- Acupuncture and TCM

Do call us on **03 6234 4223** to enquire about our services and to talk with our receptionists about what care and support we can offer you.

Happy reading!

Yours in health,
The team at Goulds Natural Medicine

Thyroid Conditions

Share: 

Follow: 

In this Issue

Thyroid Health

Our Farm

Autumn harvest & Wildcrafting

Saffron, Quince & Brazil Nut Crumble

Dawn Whitten

Bio

Kareena Dalton

Bio

Free Information Sessions

May, June & July schedule out now!

Goulds in the Community

U3A Kingborough

Meet Our Team



Could it be the thyroid?

This is a question we need to ask whenever there is a significant change in a person's health and wellbeing.

Thyroid conditions are common and many of the symptoms are non-specific; that is, they are symptoms that can be attributed to other factors.

For example: symptoms like fatigue, anxiety, weight gain or loss, brain fog, and depression may be assumed to be caused by factors like, over working, stressful life events, ageing, menopause, or having a new baby. Because of this, thyroid disease can easily be missed.

Nutritional deficiencies; stress, infections, gut inflammation, pregnancy and immune imbalances can all disrupt the thyroid system (See the information box below for more information about thyroid health in pregnancy).

Thyroid dysfunction typically falls in to two categories.

Underactive (hypothyroidism) and over-active (hyperthyroidism). Underactive thyroid is far more common. Not all thyroid imbalances can be neatly classified as over or underactive, however.

When one, or more, of the symptoms listed below in the boxes are present it is important to have your thyroid health checked.

Symptoms of Under-Active Thyroid	Symptoms of Over-Active Thyroid
 <ul style="list-style-type: none"> Fatigue Weight gain Brain fog Hair loss Feeling cold Cold hands and feet Constipation Depression 	 <ul style="list-style-type: none"> Fertility issues Heavy periods Joint or muscle pain Menstrual changes Muscle weakness Fluid retention Puffy face
<ul style="list-style-type: none"> Anxiety Racing feeling Palpitations Diarrhoea Weight changes Increased appetite Insomnia Sweating Trembling/shaky Muscle weakness Menstrual lightening 	

[Click for a larger image](#)



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

Dawn loves working with 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

Naturopathic Treatment

Frequently thyroid issues stem from autoimmune causes and **early treatment provides the best opportunity for correction.**

A naturopathic approach can assist with normalising thyroid conditions. This is an individualised treatment, often centred on correcting underlying nutritional factors and helping to balance immune function.

An important aspect of treatment is identifying and supporting the resolution of any underlying factors that may be contributing to immune disruption such as high stress levels and gut inflammation.

For individuals with a long history of thyroid disease, working to promote immune balance is an important prevention strategy to reduce the risk of developing other autoimmune diseases.

Thyroid Disease and Tasmania

Thyroid dysfunction is common with 5-10% of the Australians having thyroid disease, and many more having less severe thyroid hormone imbalances.

Up to 20% of women will have thyroid imbalances during or after pregnancy and, unfortunately, thyroid function tests are not routinely done as part of pregnancy care.

[Click to see more information about Thyroid Health in Pregnancy](#)

Tasmania has greater levels of thyroid disease than other parts of the world and this is thought to be due in part to some nutritional factors specific to our region, including lower levels of iodine and selenium in our soil and a population with a high prevalence of vitamin D deficiency.

Ensuring healthy levels of iodine, selenium and vitamin D is an important prevention strategy for the whole population.

Note: iodine can also be disruptive to thyroid health when excessive amounts are ingested and when there is an underlying thyroid disease, so caution is warranted with iodine supplementation.

If you are experiencing the symptoms suggestive of thyroid problems or want to put in place a prevention plan consider scheduling a consultation with one of the Naturopaths at Goulds Natural Medicine Clinic.

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

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

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



Kareena Dalton
Massage Therapist
MAAMT
Certificate IV in Massage Therapy
Certificate in Modern Cupping Therapy
Remedial Massage Student

In 1992, Kareena received her certificate in Swedish Massage from Chi-Med Health and Training Centre in Hobart. She practiced massage with family and

Call on **03 6234 4223**.

Dawn Whitten

BNat (Hons) IBCLC

Naturopath, Herbalist and Lactation Consultant

OTHER NEWS

Our Farm - Autumn is Upon Us!



Hawthorn berries drying

Whilst the days of early April are rapidly shortening and cooling, we truly know that Autumn is upon us at the herb farm when the saffron bulbs *Crocus Sativus* begin to stir and push up the first vivid purple flowers with their crimson stigmas!

The drying screens are filled with the final harvests of the generous leaf crops, and we hope for a few more sunny days yet to see them all brought in and well dried.

Black Horehound *Ballota nigra*, Catnip *Nepeta cataria*, Comfrey *Symphytum officinale*, Hyssop *Hyssopus officinalis*, Lemon Balm *Melissa officinalis*, Meadowsweet *Filipendula ulmaria*, Mugwort *Artemisia vulgaris*, Nettle *Urtica dioica*, Ribwort Plantain *Plantago lanceolata*, Scullcap *Scutellaria lateriflora*, Spearmint *Mentha spicata* and Wood Betony *Stachys officinalis* are all there.

We have been collecting many hundreds of the delicate yellow blossoms of the humble yet striking Great Mullein *Verbascum thapsiforme* for an infused oil product.

friends until the arrival of her two children and a career-change took her life in another direction.

Kareena updated her massage qualifications in 2015 with the completion of a certificate in Massage Therapy, and is only a few weeks away from receiving her Certificate in Remedial Massage Therapy from Island Health College in Hobart.

Kareena's personal and professional experiences have reinforced the value of a healthy lifestyle through movement, good food, strong friendships, mindful relaxation, and the occasional treat! She appreciates the benefits massage can provide when nurturing a balanced, holistic and joyful life.

Listening to her clients' individual needs Kareena develops a personalised therapy; from flowing relaxation techniques where the client can fully let go of stress and tension, to deeper work with firm pressure.

She offers Modern Cupping Therapy as an addition to her relaxation massage, or for a deeper treatment to assist in relieving muscle and myofascial dysfunction.

Kareena is considering offering facial and cellulite cupping treatments in the future - so watch this space!

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

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

Our Free Monthly Information



Echinacea in flower

Early April is also the time for collecting the magnificent seed-heads of the collective Echinacea species that we grow: pallida, purpurea, tennesseensis and pupurea x angustifolia; after drying and processing they will be used in the preparation of our Echinacea Forte tincture.

Some of our farmers went wandering further afield, 'wildcrafting' Hawthorn Crataegus monogyna berries.



Picking Hawthorn berries

'Wildcrafting' is the practice of harvesting plants from their natural, or in this case uncultivated, and uncontaminated habitat. (Hawthorn is native to temperate parts of the Northern Hemisphere, but is a common farmland hedging plant here in Tasmania).

Wildcrafting also involves complex ethical considerations around sustainability of plant communities (particularly indigenous plants) and should always be carried out following ethical and safety guidelines.

In Australia, commercial quantities of Hawthorn berries are sourced primarily from Bulgaria, so it makes sense on many levels to source them locally.

Sessions

We have some great free information sessions coming up.

Mark the dates in your diary and call us now to secure your spot.

Understanding IBS
Dr. Jason Hawrelak
26th May - 7pm

Type 2 Diabetes
Chris Jenkins
23rd June - 7pm

Insomnia
Julie Radford
Thursday 21st July - 7pm

Call us on 03 6234 4223 to secure your place.



Mother's Day is coming...

Sunday 8 May

Looking for the perfect gift?

Did you know we offer Goulds Natural Medicine Clinic gift vouchers?

Naturopathic, massage, acupuncture and counselling appointments are a great way to restart and continue with your health and wellbeing goals.

Give the gift of health and well being today.

Pop into the apothecary or clinic and ask us about our gift vouchers, or call us on **03 6234 4223** for further information.

A healthy wild-growing plant is inherently energetic and hardy; in wildcrafting the Hawthorn we certainly connected with the essence of this plant's hardy, astringent nature – and will see this quality eventually passed into the medicinal form.

Hawthorn is in the Rosaceae family; it is rich in flavonoid-type compounds and is used to support cardiovascular health. Our 'Antioxidant Heart Health Tea blend' contains our locally wildcrafted Hawthorn leaf and flower.

[Read more about our farm >](#)



Saffron, Quince & Brazil Nut Crumble

This is an antioxidant rich seasonal dessert or breakfast.

One serve provides your daily needs of selenium (sourced from the Brazil nuts). Selenium is an important thyroid protecting nutrient.

[Read more >](#)

Goulds in the Community

One of our naturopaths, [Chris Jenkins](#), spoke to a group of retirees at the University of the Third Age (U3A) this month.

Chris chatted about the history of Goulds, and then shared his expertise on diabetes and cardiovascular disease, offering recommendations and practical assistance for these conditions.

Thank you Chris!

If you think one of our health experts could be of value to your community group, please contact us.



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](mailto:info@gouldsnaturalmedicine.com.au)

For more information or bookings, please call Goulds on

 03 6234 4223

gouldsnaturalmedicine.com.au

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](#)

This email was sent to [Test Email Address](#)
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
Goulds Natural Medicine - Clinic, Apothecary and Farm · 71-73 Liverpool St · Hobart, TAS 3000 · Australia

MailChimp.