

SPECIAL OFFER

FOR THE MONTH OF JUNE ONLY
– FOR YOUR PROTECTION AND
PREVENTION of INFECTION.

A FREE gift of the very effective resistance formula to support your ongoing protection when you book two treatments of Biomesotherapy for prevention of colds and flu.

Frequently Asked Questions

WHAT IS BIOMESOTHERAPY?

Biomesotherapy combines acupuncture and homotoxicology to stimulate the body's defence mechanisms. A selected homoeopathic remedy is injected into the acupuncture point using a very fine needle, hardly felt at all.

IS IT PROVEN TO BE EFFECTIVE?

Several clinical and in vitro studies have demonstrated dose dependant antiviral activity against Adenovirus type 5, Respiratory syncytial virus, Herpes simplex virus type 1 and human Rhinovirus. Stimulation of peripheral mononuclear cell cultures reveal the ingredient to be a reliable immunostimulant independent of interferon action.

HOW DO I MAINTAIN THE EFFECTS?

We suggest you maintain using the Cold and Flu kit as directed, other remedies if specifically indicated for you and follow the instructions for general health care.



TESTIMONIALS

THANK YOU TO THESE GENEROUS, LOVELY PEOPLE FOR SHARING THEIR EXPERIENCES TO HELP OTHERS.

Marg Mclean

"Biomesotherapy is the best!" It definitely improves my health, I have more energy and it improves my immune system. I don't think I could do without it now."

Andrew McIver

"I was recently suffering from a severe virus during a very busy time at work. Dr Golden utilised Biomesotherapy, in combination with other treatments, which enabled me to recover quickly from the virus. As a result I was able to return to work sooner than I otherwise would have expected."

Hayley Rabie

"I came to see Marilyn with my daughter for her Biomesotherapy immune boosting treatment and I was ill at the same time. Marilyn took one look at me and treated both of us at the same time. Within minutes I felt more lucid (I was feeling groggy and ill with a chest infection). I was over the infection the next day. I arrived feeling lethargic and drained and left feeling much brighter – a spontaneous treatment and a spontaneous result!"



NO DISEASE THAT CAN BE TREATED BY DIET SHOULD BE TREATED BY OTHER MEANS.

MAIMONIDES

Remember, for the month of June only, we are offering a special gift of an immune boosting Chinese herbal formula to add to your immune defence strategy following your Biomesotherapy treatments. As our bookings fill up very quickly, we recommend that you call the office early to book your two treatments as soon as possible.

IMPORTANT INFORMATION

If you do already have an infection, you need to know that there is a 12-hour window period from the time of onset of symptoms where you can influence the course of the illness, so I suggest you begin your treatment as soon as symptoms appear to help prevent complications. If symptoms persist and do not improve, please see the doctor!

We have an effective "First Aid for Flu kit" so that you can have it at home to manage the early symptoms quickly and effectively. The earlier you begin and "chase the pace of the pathogen", the quicker you will recover. A list of clear instructions comes with the kit.

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Welcome

Welcome to the first edition of our newsletter. I am sure you will all find something of benefit to you personally and for your family.

In this issue we discuss practical ways to prevent and to deal with winter infections.

We introduce you to Biomesotherapy which is new to many of you, but which I trained in and which I have successfully integrated into the practice over the past 3 years.

Biomesotherapy treatments are used to relieve pain such as headaches, joint pain, soft tissue pain, to stimulate the immune system, cellular detoxification and cellular energy production and for treating infections. It is even used for facial beauty enhancement. (Watch this space!). It is a remarkable treatment from Germany which combines the disciplines of Homoeopathy and Acupuncture and as you know, I have qualifications in both of these treatment modalities. What a wonderful way to combine 2 forms of therapy that support the body's natural healing capacity. So many patients have been absolutely thrilled with the results for all sorts of conditions and so I have included a few testimonials.

We talk about keeping the immune system happy and why this is important.

We have a special guest imparting new hormonal information about fat loss and weight control.

A delicious energy smoothie recipe and food and nutrition tips for winter will be a regular feature.

There is a special offer of a gift of an effective Chinese herbal supplement to support you in your immune defence against viral onslaught this winter.

Enjoy the read, I had lots of fun preparing it for you.

In love and in health,

Dr Marilyn Golden



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IMMUNE HAPPINESS

CANDACE PERT'S work on "Molecules of Emotions" demonstrates that our immune cells have receptors for emotions, so let us choose to make them happy ones. It would be beneficial to our immune systems if we could find something to smile about or laugh about each day and if we could do something that makes us happy each day.

While treating a patient last month, (she will know who I am writing about as she reads this) Lindy and I sang "Happy Birthday" to her immune system and Lindy did a little dance!!! – One very smiley patient left the rooms with a very smiley immune system!

Paul Blackburn, Personal Life Coach and a cancer survivor has put together an excellent set of CDs following years of work and research. His CDs guide you into healing states of mind and cover topics such as the Physical Tune Up, Goals and Affirmations, Relaxation and Self Image. Meditation is an important tool to assist with healing on many levels. These are available from the clinic. I use them personally and I highly recommend them.

Meditation Mondays

Once a month, on a Monday evening, I will teach different forms of meditation at the clinic. Please contact the reception staff at the front desk to book your place as I will be teaching in very small groups of 6 at a time. I look forward to sharing the Magic of Meditation with you.



PROTECT YOURSELVES AND YOUR FAMILY FROM FLU THIS WINTER

THE PRIORITY for this time of year is PREVENTION and PROTECTION against FLU, COLDS and SERIOUS INFECTIONS.

It is my concern to save you from the threat of loss of work and school attendance, the complications of infection, the potential unnecessary use of antibiotics which may damage your health and the loss of fitness and energy and resulting struggle to get back on top.

Complications of flu-like illnesses may include bronchitis, pneumonia, chronic sinusitis, secondary infection and debilitating postviral fatigue.

I have personally “been there” and experienced years of postviral chronic fatigue and so I am passionate about helping others avoid this.

We are all exposed to overcrowding in shopping centres and public transport which contributes to easy, rapid spread of infectious viral particles.

Health Checks

- Have your blood levels of vitamin D, iron, B12 and a Full Blood count checked – low levels contribute to increased infections. (Please call the office for your request forms to be posted to you.)
- If you have not had a live blood film assessment in the past year, now is the best opportunity to assess the quality and function of your blood cells.

ENERGY SMOOTHIE RECIPE FOR MAY

(The energy smoothies are a version of the green smoothies – adapted from Victoria Boutenko’s book Green for Life – a recommended read).

THE LIQUID BASE

- Freshly squeezed orange juice 2 cups

FRESH FRUIT

Any fresh fruit, for example:

- Persimmons – very ripe, red and soft (taste like candy)
- 2 bananas

FROZEN FRUIT

- Raspberries – one cup
- Mango – 3 cheeks

GREENS

- A handful of parsley or spinach or silverbeet

Blend all ingredients in a blender (not a juice extractor) thoroughly and store in the fridge. If you find that the mornings are too busy to make this, it can be made the night before and it should keep for 2 days in the fridge especially with citrus as a base.



FOOD AND NUTRITION TIPS

- As the weather cools, it is natural to desire warm food and drinks and to neglect fresh fruit and vegetables. A good way to ensure optimal nutrient intake is to begin each meal with fresh fruit of a wide variety and to include two salads daily.

- The latest worldwide University research results on Juice Plus have been released. These studies are independently researched and are published in peer reviewed journals of repute. These studies reveal the amazing benefits of a food concentrate of fresh fruit and vegetables! They are enclosed for your interest. At the office all the journals may be viewed. The results are duplicated by different universities. Do not underestimate the health power of fresh fruit and vegetables, the Government recommended amount is not enough.

- Drinking water between meals will maintain hydration and energy.
- Our ENERGY SMOOTHIE recipe is a great, easy way to ensure an easily digested and absorbed variety of fresh fruit and greens every day. See the recipe on this page.

- Add fresh garlic to your salad dressings to ward off the “Vampire Viruses!” or crush fresh garlic in olive oil to brush onto steamed mushrooms and vegetables with a sprinkle of vegetable salt or sea salt.



Note from Ninja

BEING OVERFAT IS NOT YOUR FAULT – IT IS HORMONAL!

HELLO, ALLOW me to introduce myself. I am Ninja, Zac’s big black fat cat. (This picture was taken before I learnt to rub off all my whiskers.) Though I look aloof, I can assure you I am not. I am a rather lazy moggie and I have been struggling to lose weight for as long as I can remember. Because I live with Marilyn, my home is filled with books of all descriptions and I spend a lot of time on the bookshelves, gathering information. I also have some gym equipment at hand and I leave some hair on it so that the family think I have been working out at night! (They know that I sleep a lot during the day!) I would like to share with you some of my weight loss strategies, perhaps they will be useful for us all. I know they work, I just haven’t found the discipline to persist with them myself!

I came across an interesting book that explains that being fat is really not my fault! It is probably because I am a cat with Leptin resistance!!! Let me tell you a little about Leptin. Leptin is a hormone that regulates fat which is the way our bodies are supposed to work. Fat is supposed to regulate itself by producing Leptin which suppresses appetite and speeds up our metabolism. Another hormone produced in fat cells is Adiponectin and certain foods can boost its production because Adiponectin also suppresses appetite, helps muscles burn fat more efficiently and improves insulin sensitivity. So, simply put, we need to have more Adiponectin and Leptin must be able to work efficiently.

Lifestyle stresses such as insufficient exercise, insufficient sleep, acute and



chronic emotional stress, high fat foods, processed foods and inadequate intake of nutrient dense foods such as a lot of fruit and vegetables, causes inflammation in our bodies. Being overweight is a state of inflammation too. This inflammatory state causes resistance to Leptin and so we get fatter.

Marilyn is always encouraging her patients to have their green smoothies, frozen berries, dark green leafy vegetables, raw nuts and seeds and lots of salads. Now there is more evidence to include these foods into your diet every day.

Dr Leo Galland, in his book “The Fat Resistance Diet” gives a list of foods that combat inflammation and Leptin resistance.

Here are some of those foods – include these in your daily diet and have your Leptin and Adiponectin working for you and not against you!

Vegetables: Rocket, asparagus, bean sprouts, bokchoy, broccoli, brussel sprouts, cabbage, cauliflower, celery, chives, eggplant, garlic, kale, leeks, lettuce – dark mushrooms, okra, onions, peas, parsely, capsicum, radishes, spring onion, spinach, squash, green beans, silverbeet, tomatoes, watercress

Seaweed: Nori sheets, dulse

Fruit: Apples, berries, cherries, grapefruit, oranges, pomegranates

Nuts and seeds: (in moderation) Walnuts, flax seed, sesame seeds, almonds – all raw, not roasted

Spices: Tumeric, basil, black pepper, cardamon, coriander, cinnamon, garlic, ginger, parsley.

We will discuss other tools in future newsletters:

- **Stress management for fat loss**
- **Exercises to boost fat loss**
- **Detoxification methods to boost fat loss**
- **Acupuncture for fat loss**
- **Biopuncture for fat loss**

And much, much more to come!

I have loved this opportunity to talk with you, almost wish I was a human!

Love from
Ninja xx