

NEWSLETTER

The latest news and updates from Exmouth Wellness Centre and Margaret River Wellness Centre

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BABIES, BUMPS & EAST COAST JAUNTS

BY DR SIOBHAN OVERBERG

2018 has always been earmarked as a bountiful year for me but little did I know this would also coincide with the opportunity to pursue a passion, combining travel, more connection with family and friends, and revisiting old turf. (Be careful what you wish for. Your thoughts can really manifest into your physical reality!)

A scholarship opportunity provided the means to up skill in an area that I am incredibly passionate about – pregnancy and paediatric neurodevelopment. I recently made my first of 16 trips to Melbourne to complete a 2-yr Diploma in Chiropractic Paediatric Neurodevelopment. The course delivers a thorough understanding of the essential components of neurodevelopment in infants through adolescents with an emphasis on effective assessment, appropriate chiropractic care and collaborative work to assist healthy development.

BABIES, BUMPS & EAST COAST JAUNTS

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Module 1 delved deeply into pregnancy, pre-natal development and birth. We looked at key factors that influence a child's development, from the health and wellbeing of the mother pre-conception, throughout pregnancy and postnatally. Did you know that personality, health and lifestyle factors of your maternal grandmother directly inform the health of your mother's reproductive eggs? (Figure 1). We discussed the importance of a balanced pelvis in pregnancy in terms of providing optimum conditions for the baby's development and position. We looked at research surrounding different birthing models and the potential outcomes for the newborn's wellbeing. The role of a secure attachment in the development of right brain function (most prevalent in the last trimester and first 3 years of life) was highlighted. The right brain has deep connections into the limbic and autonomic nervous systems and is involved in processing emotion, modulating stress, assisting in self regulation and building a map of our body and self 5. This engagement in the critical period, in the forms of calm arousal to voice, eye contact and touch, provides the essential foundation for later left brain development (e.g. cognition, language development and decision making etc.) and is a major influence in the maturing adults ability to cope with stress, anxiety and depression 5.

RECALL THE CONCEPT OF BABY BRAIN?

Well, it appears to be another case of 'as nature intended'! An accumulating body of evidence suggests that in a connected dyad of mother: infant, the infant's right hemisphere is involved in attachment and the mother's right hemisphere in comforting functions 5. When two right brain systems are mutually entrained they create resonance, which is thought to play a fundamental role in brain organisation, central nervous system regulatory processes, and the organisation of connectivity properties in the brain that are tuned by function 5. Evidence is now appearing that supports the idea that the organisation of the mother's brain is also being influenced by these exchanges 5. Early animal studies report increased dendritic growth in the mother's brain and suggest that events in late pregnancy and the early postpartum period may literally reshape the brain, fashioning a more complex organ that can accommodate an increasingly demanding environment 5. So, the relationship is one of reciprocal mutual influence and benefit and – good news – literally multiplies the capacity of your brain function!

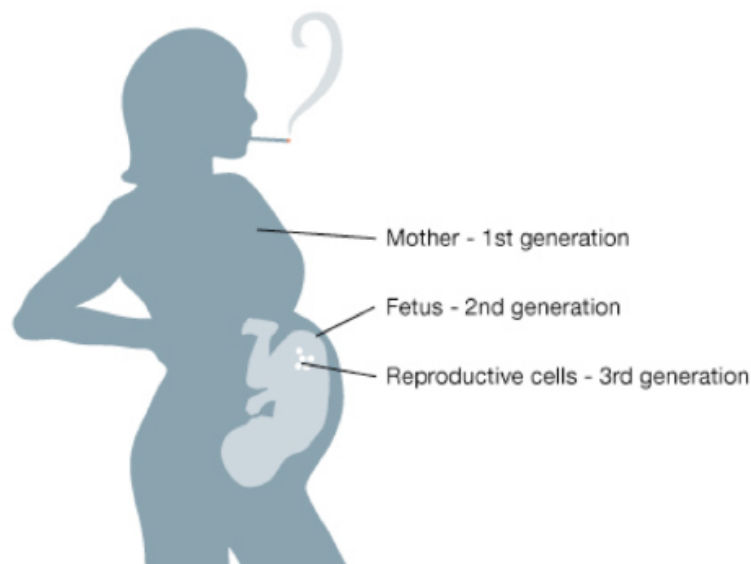


Figure 1: 1st Generation health and lifestyle factors informs 3rd Generation ²

Oxytocin (the hormone prevalent in birthing and lactation, suckling and skin stimulation) was discussed and its role in cognition and adaptive social functions.

CORTISOL AND OXYTOCIN HAVE AN INVERSE RELATIONSHIP (4).

Behavioural stress in expecting mothers is a form of prenatal cortisol exposure for the developing foetus 4. This exposure occurs via the amniotic fluid levels, thereby reducing plasma oxytocin and hyper-plasticising the amygdala in the foetus (part of the brain that processes fear and anxiety)

In these cases, offspring were able to remain calm during stressful situations and recover from stress more adeptly 1. This is due to a heightened sensitivity to cortisol within the Hypothalamic Pituitary Adrenal Axis (stress circuit), enabling the individual to better self-regulate

Epigenetics and the persistent affects of early life experiences were discussed in the context of maternal and child health and we explored ways of creating greater resiliency and wellbeing in the family unit, including good food and sleep hygiene, social engagement, a positive outlook, meditation and mindfulness.

Did you know that brain studies show that meditation calms the amygdala, improves the function of the prefrontal cortex, calms the sympathetic nervous system, reduces cortisol and increases oxytocin, which translates to a happier, more joyful and connected life (3).



Similarly, the restorative function of sleep is rooted in the increased ability of cerebrospinal fluid to infiltrate the brain during sleep cycles to clean out neurotoxins, namely β -amyloid, prevalent in dementia 7.

And finally, we looked at appropriate forms of chiropractic care and homecare to support the expectant mother and newborn, and the effects of gentle cranial and dural work on cerebrospinal fluid flow, vascular supply and calming of the sympathetic nervous system.

So, aside from eating, op shopping and connecting myself silly, I had a very brain nutrient dense long-weekend of learning and returned to Margaret River full of enthusiasm for all things baby and bump! If you would like more information, please don't hesitate to touch base!

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MEDITATION: WHAT IS IT & HOW CAN WE IMPLEMENT IT INTO OUR DAILY LIFE?

Meditation means different things to different people and comes in a huge variety of techniques and styles. It is practiced within the world's major religions, studied by scientists, doctors and psychologists. It is said to decrease stress, improve mental clarity, energy, and foster creativity. Some of the most successful innovators in history have been dedicated meditators. It is an excellent tool to incorporate into your daily routine, especially during times of distress. Whether you're handling a work challenge, busy Mum, Dad, dealing with a physical illness or going through a breakup, meditation can focus your internal lens and bring you greater clarity and peace.

Meditation has been scientifically proven to mitigate addiction, depression, anxiety, stress, cognitive function, and even eating disorders.

TWO WAYS TO MEDITATE:



There are many ways to meditate, my intention is to simply encourage you to try a couple of different techniques to ease you into this beautiful practice;

"Spot or Short Meditations" are short meditations anything from a few seconds to ten minutes, implemented when you notice you're a bit stressed, feel overwhelmed, frustrated, agitated or when you have a few spare minutes.

Short meditations are likely to happen spontaneously, in moments of frustration, i.e. when waiting for the lights to turn green or lining up for the bank ~ there is no force or discipline required with this meditation.

During a spot meditation you won't find yourself slipping into profound states of rest or relaxation, and that's not the intention. These quick meditations are much more practical – designed simply to keep you out of the stress zone.

"Formal Meditation" is what most people think of meditation. The image of someone sitting cross-legged, with their back upright and a serene expression on their face, captures the intent of this type of practice. Formal meditations are likely to be longer – usually 10 minutes or more. They'll usually be done seated, on a chair, floor, couch and probably with the eyes closed.

MEDITATION

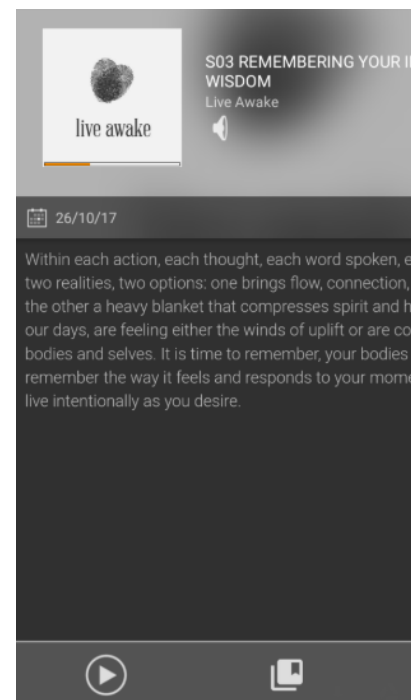
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Formal meditations lead to deeper relaxation as it takes 12 to 15 minutes for our bodies to wind down and for stress-inducing hormones to fade from the bloodstream, and mental clarity. The effects of this type of meditation can linger for some time and these more formal 'sittings' can also lead to unusually deep states of relaxation and calm, allowing both body and mind to rest and repair.

I invite you to try on the spot/ short meditation ~ where you focus on your breath ~ breathing in for 8 seconds, holding for 2 seconds and breathing out for 8 secs ~ do this 3 times and whenever you feel stressed to bring you back to your centre.

I also invite you to try a 15 minute guided meditation at your leisure ~ I recommend "live awake - S03 remembering your innate wisdom"

BY CORRIE TIPENE



NUTRITION

GEORGIE'S MINI CHRISTMAS PUDDING'S



Another summer BBQ, another Christmas party, another drink, another cake...It can be so hard at this time of the year to stay on top of your health and nutrition. And by all means, I am not saying we cant enjoy ourselves and indulge a little! But it can help to make a few smart choices here and there, and swap out some traditionally sugar laden foods for more wholesome options.

These little mini Christmas puddings have become part of my own family's tradition. They are still delicious, and to be honest, contain quite a lot of sugar, but at least it comes in the form of fruit. They are also gluten free, so so suitable for all my clients with gluten intolerance or digestive issues, or for anyone who wishes to cut back on their inflammatory load.

They are quite rich, and are best served warm with some sort of heavy cream, whether it be organic cream from your local area, coconut cream for my dairy free friends, or home made brandy cream if you want to get seriously festive.

INGREDIENTS FOR FRUIT MINCE

zest of 1 orange

750g peeled, and chopped pears

60g molasses or honey

100g cranberries

130g currants

50g fresh ginger

60g flaked almonds

juice of 1 lemon

juice of 1 orange

1 tsp each ground cinnamon, cloves, nutmeg & cardamom

2 tblsp brandy (optional)

INGREDIENTS FOR CHRISTMAS PUDDINGS

Zest and juice of 2 oranges and 2 lemons

300g of the fruit mince above

400g mixed dried fruit of choice (cranberries, raisins, apricots, pineapple, figs, prunes ect

200g mixed whole nuts of choice

60g brandy

75g unsalted butter

50g honey or molasses

3 eggs

100 almond meal

1 tsp baking powder

1 tsp each of cinnamon, nutmeg, ginger, cloves & cardamom

200g dark chocolate chips or chunks

DIRECTIONS FOR FRUIT MINCE

1. roughly chop the pears in your blender until they are still slightly chunky, but quite fine.

Place the pears in a saucepan, along with all the other ingredients, except the brandy, and cook for 35 minutes, at a low-medium heat, adding a small amount of water every now and then to avoid the fruit burning.

Cool slightly, then stir through the brandy.

Set aside.

DIRECTIONS FOR CHRISTMAS PUDDINGS

Combine zest, juice, fruit mince, all fruit, nuts and brandy into a saucepan and gently stir together on a low heat for several minutes.

Set aside, cover, and leave overnight.

Preheat oven to 180 degrees celsius.

Place butter and sweetener of choice into a mixer, and mix until light and fluffy. Add eggs, almond meal and spice and mix slowly until all combined.

Stir through fruit, nuts and chocolate chunks.

Spoon mix into individual pudding moulds, darioles, silicon cups or ramekins. Cover each pudding with either baking paper or foil, secured with string.

Place puddings into a baking tray and pour boiling water around the puddings, until the water reaches up half way up the sides of the ramekins. Cover the whole baking dish with foil, and cook for 60-90 minutes, depending on pudding size.

Serve warm with cream, ice-cream or brandy sauce, with dessert wine or a cup of tea.

Makes about 18 mini puddings, with fruit mince left over.



CLINIC NEWS

OPENING HOURS OVER CHRISTMAS AND NEW YEAR

Margaret River: Open all normal days/hours, apart from public holidays.

Exmouth: Closed from Christmas day to New Years Eve.

DR. CLAY AND DR. SAM TEMPORARILY SWAP CLINICS

Due to the arrival of Mary and Clay's next little human in January, Clay will be spending some time down in Margaret River, and Sam will be replacing him, temporarily, up in Exmouth. This swap will happen in the new year, so look out for the new face in January!

30% OF INITIAL NATUROPATHY CONSULT WHEN SIGN UP TO SWELL YOGA

Swell Yoga Studio has opened, just up the road from the Margaret River Wellness Centre. Georgie is teaching Vinyassa Flow (Both slow and power), Yin and Teens Yoga, so be sure to get along to this beautiful new space and try out some classes!

As a double bonus, she is offering 30% off an Initial Naturopathy consultation when signing up to Swell's \$50 Intro offer. This could be a great Christmas gift for someone who is looking for a bit of a health kick post New Years, or anyone who simply wishes to further their health journey. Georgie will be away until 10th January, but this offer extends to Skype consultaions, or face to face consults when she returns.



FAIR HARVEST PERMACULTURE OFFERINGS

Fair Harvest Permaculture in Margaret River now has a cafe open from 8am to 4pm on Friday's and Saturdays, as well as great courses, mindfulness retreats and other permaculture related events. Their cheap, delicious and sustainable lunches are truly special!

Lastly - don't forget to use up your health cover before the year ends!

We send you all our best wishes and hope you have a lovely Christmas and New Years Eve!

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