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JAN 2011

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Welcome!



Hello and welcome to the beginning of a wonderful new year and also to the launch issue of Shore Beauty & Health magazine.

This exciting new free monthly magazine will bring you info on products and services from top beauty and health practitioners on the North Shore. We aim to keep you up to date on what's available locally, so that you can tap in to the huge resources and talent that we have right here in this beautiful part of Auckland.

Backed by a wealth of experience in print-media publishing and driven by a passion for beauty and health, it gives me the great pleasure to introduce you to the first issue of this magazine.

Shore Beauty & Health is poised to become a North Shore favourite among women of all ages, packed with a spectrum of useful and practical information from health and wellbeing, to beauty and longevity.

As the late American speaker and author Jim Rohn famously said, "Take care of your body. It's the only place you have to live".

I hope you enjoy the read and trust that you will take advantage of all the special offers available on our coupon page.

See you soon

Norma

AWARD WINNING BROWNS BAY SALON MAKES HUNDREDS OF AUCKLAND WOMEN FEEL **10 YEARS YOUNGER!**

SkinDeep is a stalwart on the Browns Bay business scene, having been in its location for nearly two decades. We boast a welcoming reception area, filled with a huge variety of products, a comfortable relaxation lounge and four well appointed therapy rooms.

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- Pro Beauty Clinic of the Year
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- Madeline won LaClinica therapist of the year

SkinDeep prides itself on the friendliness and technical expertise of its staff, on its professionalism and its comfort.

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See our limited offer voucher on pg 12 for \$247 worth of treatments for just \$99! Call Now!

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www.skindeepstudio.co.nz

SKINDEEP
FACE AND BODY STUDIO

Shore Beauty & Health

Contact details:

www.beautyandhealth.co.nz

Publisher & Editor:

Norma Vaz

E-mail: - norma.beautyandhealth@xtra.co.nz

Telephone:

09 413 5359

021 043 7342

Design & production:

Chris Mostert - shore.art@vodafone.co.nz

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Opinions expressed and statements made in adverts and editorials in Shore Beauty & Health are those of contributors and advertisers. They do not necessarily represent the views of the publisher.

Shore Beauty & Health sets out to be a print medium for salons, clinics and health practitioners to market their products and services to our readers.

Shore Beauty & Health contains information on beauty topics, products and services and light medical & health related topics.

While all efforts are made to ensure accuracy, no responsibility will be taken by the publisher for inaccurate information or for any consequences of reliance on this information.

3 Programs

CACI has developed three new results-focused programs to make beauty simple and affordable.



We all want fresh, radiant skin. A flawless complexion makes us look and feel healthy and more youthful. Sometimes trying to find a skin solution can be confusing. What products should I use? Why does my skin look so dull? Where did all these wrinkles come from?

Caci aims to simplify your beauty, providing simple skin treatment programs to address your personal signs of facial ageing.

Caci are New Zealand's leading Appearance Medicine professionals and they understand that knowing you look your best is an important part of feeling attractive and confident.

With more than 16 years experience operating in the skincare and appearance industry, Caci also understands which treatments will give their clients the very best results. That is why Caci developed three new results-focused programs to make beauty simple and affordable.

Amerase™ allows you to enjoy the long-term benefits from use of Botox® to achieve softened lines and a reduction in the

appearance of wrinkles. By spreading your Botox® payments throughout the year, **Amerase™** makes it easy to manage your regular treatments.

"Caci aim to simplify your beauty, providing simple skin treatment programs"

Reformaskin™ is a revolutionary 48-week skin treatment program that combines three world-renowned, evidence-based, skin-correcting treatments, designed to remove your old, damaged skin, and reveal a new, bright complexion. **Reformaskin™** targets

the signs of ageing including fine lines, freckles, brown spots, red patches, broken capillaries and spider veins.

Freedom™ is a 12-month Laser Hair Removal program with a 2-year guarantee. **Freedom™** combines all the expertise that Caci has developed over the years with service excellence, highly trained practitioners and award-winning technology.

If you would like to learn more about the exclusive Caci Amerase™, Reformaskin™ or Freedom™ programs, call Caci in confidence on 0800 458 458 and make an appointment for a free consultation.



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Botox® is a Prescription Medicine containing 100 units of clostridium botulinum Type A toxin complex for injection. It is used for the treatment of severe frown lines and associated "crow's feet" around the eyes. It should be administered only by trained medical professionals. Talk to your specialist about the benefits/risks of this procedure in appearance medicine. Cautions: people with defective neuro-muscular transmission disorders, presence of infection at site of injection, glaucoma, pregnancy and lactation. Possible side effects include headaches, pain, burning or redness at injection site, local muscle weakness including drooping eye lids, lack of feeling & nausea. If you have side effects or concerns speak to your doctor. A charge applies. Allergan Pharmaceuticals, Auckland. NA 4336

HP20100708-3

Enjoy that **barefoot feeling** – in your running shoes!

The science of custom-made
(prescription) orthotics



We all remember that wonderful free feeling of running around barefoot as children, feeling the grass and beach sand under our feet. Yet all the man-made terrain surrounding us in today's living environment obliges modern road runners to wear dedicated shoes to protect and support their feet.

All those rigid, non-flexible flat surfaces can place abnormal strain on runners' feet, which also affects other areas of the body. This is because all the systems that make up the human body are interconnected, with movements linked by a biomechanical kinetic chain. So any abnormal movements in one area of the body can interfere with another area.

As youngsters run around barefoot, they tend to develop very strong connective tissues in their feet and lower limbs. Sadly, as we grow up and hardly ever run without shoes, our connective tissues lose that strength and battle to cope with the extreme shock and localised pressures of road running.

"the running shoe market has boomed and with it, a new style of running"

When walking on the beach or on any other flexible surface, our feet sink in, resulting in an even pressure distribution to most parts of the underside of the foot. There are sensory "mechanoreceptors" in our feet that communicate to the brain exactly what kind of surface we're walking on, allowing the body to compensate accordingly. Conversely, when we walk on hard, flat surfaces and in shoes, our feet aren't able to communicate much of this information and the result is impeded balance and poor muscle response.

Did you know that prior to the early 1800's shoes were neither left nor right? People just put them on randomly and even interchanged left and right to get further life from their shoes! The idea of dedicated left and right shoes only came into play later in that century.

In the present day, the running shoe market has boomed and with it, a new style of running. We call it the heel strike, rather than the mid-foot strike of the barefoot runner. The faster we run, the less heel strike and the more mid-foot strike takes place.

So how do we manage to keep our feet in a healthy position? The answer lies in returning to the barefoot running dynamics of our ancestors. Imagine the comfort of feeling beach sand under every step you run — while wearing your running shoes!

Shore Orthotics has innovated the top surface of its foot orthotics to match that beach sand feeling — and then matched the bottom of the foot orthotic to the flat surface of the tar seal. Using this unique model, runners can heel strike or mid-foot strike without experiencing discomfort or damaging their feet.

FSG Foot Orthotics balance out the foot's reactions to a hard, flat surface and allow runners' feet to move as if they were walking or running over beach sand. They've succeeded in imitating the barefoot feeling with foot orthotics that contour to the foot — just like beach sand — with both their soft and rigid foot orthotics.

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Shore Orthotics will evaluate, design, custom design & manufactures all types of foot orthotics to meet individual needs.

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or 09 427 4477 - Kinetics, 47 Riverside Rd. Orewa

Contact Gary Seaman

Shore Orthotics Ltd.
12 / 326 Sunset Road
Mairangi Bay
Auckland 0632
Email garys@shoreorthotics.co.nz
Web site: www.shoreorthotics.co.nz
Tel (B) : +64 (0) 9 479 3874
Tel cell: +64 (0)212650082



Seeking that 'Healthy Glow?'

Three steps to acquiring the healthy body and happiness you have always desired!

Do you wish to achieve a "healthy glow" and improved health and wellness in 2011? This includes clear skin, shiny hair, lack of dark circles under the eyes and energy to cope with everything in your day. Here are my top tips for leading a healthier, happier lifestyle and ultimately having boundless energy and a "healthy glow".

Firstly – you are what you drink. Drink more water and less juice, fizzy drink and alcohol, or as a friend of mine says – "drink more water until your wee runs clear". Our bodies are made up mostly of water and we need to stay hydrated to feel energetic and alive. Water is calorie free, whereas alcohol contains 7 calories per gram and juices and fizzy drinks often in excess of this. Fluids other than water can just add calories to your diet, cause your blood sugar to rise and fall sharply, leaving you feeling thirstier or lethargic and may have little nutritional value.

Secondly – eat like you lived 50 years ago. Eat more foods that come out of the ground, than from a packet or wrapper. This way you will consume more foods with higher nutritional value,



that are fresher, less refined and contain less sugar, additives and preservatives, some of which maybe harmful to your overall wellbeing. Along with this, learn to read the food labels on the backs of packets. Look at the total, trans and saturated fats, carbohydrates, sugar content and overall calories. From this, try to select foods that are low in fat (particularly saturated fat), added sugar and salt (sodium).

Thirdly – move more. Our bodies were meant to move and any form of exercise will make you feel healthier, fitter and stronger. It is especially important to include strength or resistance exercise as well as some form of exercise that makes you huff and puff. Don't worry ladies, doing some weighted exercise will not make you look like Arnie or Sly Stallone, but it will improve your overall muscle tone and metabolism, meaning that you will burn more calories at rest. It is a fact that walking, while better than no exercise, is not enough to ensure your ongoing strength and wellness. The endorphins that exercise produces will also leave you feeling happier too.

For a great way to improve your health and wellness this year, visit the friendly, fully qualified team of health and fitness professionals at Configure Express Albany. The ladies here are specialized in exercise for women and can help you take great steps to a healthier, fitter and stronger you and achieve a "healthy glow" in 2011.

Article supplied by Configure Express.
Northridge Plaza, Albany.

ANGELA TURRALL BHS_c (Physiotherapy), PGDH_{Sc} (Cardiorespiratory Rehab), REPs Registered Personal Trainer

**HEALTH
WELLBEING
LONGEVITY**

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34 Ideal Age

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- Doc Childre and Howard Martin, *The HeartMath Solution*

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"An appliance diagnosis for each patient leads to a completely new dimension of orthodontic care that far surpasses that of the past."

Dr. Don McGann Inventor of the IP Appliance brace system

The Individual Patient (IP) Appliance® was the first customised appliance system in the world and is an enhanced straight archwire technique. In the current standard in orthodontics, dentists use "straight archwire" appliances with one bracket design and one archwire for all patients, which is not always sufficient to treat all tooth movements.

However, the IP Appliance® revolutionized orthodontics by allowing doctors to customise the optimal appliance for each patient. This customisation of dental brackets results in faster, more consistent treatment results. Tens of thousands of successful cases from all over the world have already proven that this is the most efficient way to straighten your teeth, the next generation of orthodontics

Your dentist uses the most advanced orthodontic tools to provide you with the highest levels of orthodontic treatment. Instead of a "one size fits all" approach used in typical straight wire appliances, your dentist customises your braces and wires. Since the braces have been specifically made for you, faster and more effective treatment can be expected.

Your dentist trained at Progressive Orthodontic Seminars, in the most



Computer-Customized for your Perfect Smile

comprehensive and best networked orthodontic continuing education program in the industry. Your dentist has learned to use computerized orthodontics to provide you the most effective and detailed diagnosis and treatment. By using the most advanced computerized orthodontics for treatment, your doctor makes sure that every detail of your case is analyzed before starting, to give you the best smile and care.

The Science & Components Behind It

The IP Appliance® has proven to be the most effective method of orthodontics. Cases finish in 40% less time by adding torque and rotations early in treatment. This system also uses the optimal archwire shape for each patient based on each individual's anatomy and case goals. More importantly, results are more stable as teeth have been in their final position for longer.

Your dentist uses brackets and archforms customised to you, to minimize wire bending. This improves the consistency of your results and will give you the best looking smile.

Your braces will be individually designed, tailored to your anatomy and case goals, unlike other orthodontic appliances.



Benefits

- CUSTOMIZED – Your braces will be designed and made for you.
- FASTER TREATMENT – Treatment with the IP Appliance® has been shown to be at least 6 months faster than the current straight archwire appliance treatment.
- FEWER TREATMENT VISITS
- MORE COMFORT
- BETTER SMILES
- IMPROVED RETENTION

A Progressive smile uses computer generated orthodontic technology that produces faster and more stable results. Your braces will be individually designed for the most effective and fastest treatment. With the aid of a computer, your dentist diagnoses your teeth, bone structure, and facial profile to develop your treatment plan and customize your brackets.

Your dentist uses cutting edge orthodontic technology to create the optimal treatment plan for you. Your doctor analyzes every detail before the case starts to interpret any potential problems before they happen. Some of the technologies used include digital cephalometric analysis, model measuring, visual treatment objectives and over 150 treatment plan templates.

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Albany Yoga Room

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- Yoga practice also teaches you how to relax deeply, enabling you to deal with stress more efficiently, to breathe easier and to sleep better at night
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- As you move deeper into your practice you will begin to feel uplifted by a new sense of balance and harmony in your life

The Albany Yoga Room welcomes beginners. We want you and every other student to enjoy the time you spend with us.

Slowly and gently we help you to build strength and confidence, increase your flexibility and learn to relax deeply. We will help you let go of stress and enable you to breathe and sleep better. Relief from back and joint pain, headaches and a whole host of other complaints is also within your reach.

So come and join us to discover the wonderful benefits yoga can offer. And remember when you first start coming to class that each and every class is different, and that our teachers all teach in slightly different ways. So don't hesitate to try a variety of classes.

Yoga is good for everyone - you don't have to be young and flexible. In fact the first thing most beginners say is "I'm really stiff" - so don't worry - that's why you need yoga!

A few other good reasons?

- Regular yoga practice brings strength, toning and flexibility to your body and helps to ease the aches and pains that come from our less-than-ideal lifestyles
- Many students find relief from back or joint problems, headaches and a variety of other physical ailments through yoga
- Yoga can improve your circulation, your digestion and elimination and strengthen your immune system
- It is widely accepted that gentle inversions (upside down poses) are helpful for balancing the hormonal system - especially good for women!

Yoga Room Albany. - 36 William Pickering Drive. Albany.
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To arrange a consultation, please call our North Shore rooms.
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Shore Beauty & Health magazine is a focused environment to advertise your hair, nail, beauty or health clinic, products or services.

Advertising here will get you into the post-boxes of 25 000 homes in the North Shore, Auckland.

Shore **BEAUTY & HEALTH** Magazine

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The Shopping list!



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Herbal Essences - Smooth Lovin'
Herbal Essences None of your Frizziness shampoo, conditioner and serum! We know very well how frustrating a bad hair day can be, but with this awesome range the frizz is reduced, without making your hair look oily, plus it smells delicious!"



Environ® - advanced vitamin skin therapy
The Advanced Vitamin Skin Therapy or AVST® Range from Environ® Skin Care evolved for use in skin at any age, or in any condition in contemporary environments. This product aims to protect, restore and assist the skin to mobilise its innate ability to repair and maintain itself. Environ® AVST is the leader in this new exciting skin care philosophy.

Murad Professional Daily eye Lift
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Kickstart healthy summer hair with Pantene!
The first step in your beautiful hair transformation is with the new formula Pantene Shampoo and Conditioner range – with a new recharging Pro-Vitamin formula.

Sun's Up So Cover Up With Nimue

Summer is the best time to show off our gorgeous skin but protecting it from harmful UV rays is now a high priority for us all. Nimue Sun C Tinted SPF 20 has a RRP of \$71 for 100ml. For a full list of Nimue stockists in New Zealand visit www.globalbeauty.co.nz/where-to-buy1



Juice Up Your Skin This Summer With OPI!

OPI's Avojuice Skin Quenchers are like a fruit smoothie for the skin, leaving it soft, supple and positively delicious. OPI's Avojuice Skin Quenchers, designed for hands and body, are available in 200ml pump bottles and a handy 30ml squeeze bottle – perfect for popping in your handbag for a fruity burst on the run. RRP for a 200ml bottle is \$19.90.





Kiwi women want **better hair & better bodies!** Pantene Transformation Survey

Kiwi women want to be thinner, taller and have more attractive hair, according to a new survey.

The Pantene Transformation Survey found that more than a quarter of women (26%) would like healthier hair and more than one in five (21%) want thicker hair.

Longer hair was still favoured by respondents, with 11% putting that on their transformation wish list and 10% wanting their hair to appear shinier.

"it's great to see women wanting to make changes to their appearance for themselves"

Interestingly, of those women surveyed, only 7% said they would change their hair to become more attractive to an existing or potential partner.

This was also the case when it came to changing the appearance of their bodies. While Kiwi women admitted to wanting to change their body shape, this was not to become more attractive to their partners. A mere 7% of respondents said that when it came to wanting a better body appearance it was primarily to be more attractive to their partners.

But the results did show that nearly four out of ten women (38%) would most like to be thinner. The winter gloom may have also taken its toll on exercise routines, with more than one in four (27%) saying they would like to be fitter.

Women's reasons for wanting to change their bodies included health concerns (37%) and being generally unhappy with their appearance (33%).

Leading psychologist Sara Chatwin says it's great to see women wanting to make changes to their appearance for themselves and not for anyone else.

"If women want to be fitter, healthier and feel better, they need to want to do it for themselves," she says.

"The research does suggest that women are still fairly hard on themselves with regard to their looks and perceived appeal. We must also remember that if our expectations are too high or unrealistic, we may be disappointed. So it's really important to take measures that accentuate the positives and allow women to feel good about themselves!

"Hair is such a visible part of us that when our hair is healthy and well groomed, we feel confident and ready to face the world. It's even better when a hair product has such a proven and positive track record."

The survey was commissioned by Pantene which has transformed itself, launching a range of new generation products with stylish packaging, an upgraded lightweight formula and improved conditioning system.





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The Science behind **CHIROPRACTIC** practice

Dr. Barry Rushton brings you a first in a series of articles on understanding "The Science behind CHIROPRACTIC practice"

Human nature being what it is, always offers up the opportunity for some people to feel they are superior to others. Why would it do that?

Two reasons: It gives those who partake in the practice, knowingly or not, the opportunity to feel good about themselves and the effort it may have taken to reach their exalted status. And secondly, it gives them the lesson of humility when they realize they are not. The pinnacle of this type of thinking sits solely within the health professions.

AND IT SHOULD NOT!

True science is based on only four steps:

LAWS.....THEORIES.....HYPOTHESIS.....CONJECTURE.

LAWS are irrefutable TRUTHS, studied, challenged, proven.

THEORIES are trying to become laws, but often lack the physical proof to make them so. For instance, our tides on earth happen predominantly because of the gravitational pull of the moon.

HYPOTHESIS is a statement, open to challenge but yet appearing true on examination, that SUPPORTS the theory.

CONJECTURE is an IDEA, a WORK IN PROGRESS that supports the hypothesis.

In health, it is yet admitted by all disciplines that there is a **LAW** of biology, of homeostasis, a wisdom, that this living organism of ours is

striving to function, perform to its innate ability. Cut your hand, the body fixes it. Break your arm, the body mends it. Sure, stitch it up, put the bones close together etc, BUT THE BODY DOES IT.

There is a **THEORY**, that the brain, the central nerve system and our sense organs COORDINATE that ability. I personally have no trouble with that theory. Everything we do, 24 hrs a day, seven days a week, is governed by that system.

There is an idea, or a **HYPOTHESIS**, that, 'IF' the brain, central nerve system and sense organs were functioning at 100% (whatever that may be, or however that is measured), then it is LIKELY that the ORGANISM (us) would function pretty well and adapt sensibly within its environment. Sounds pretty good to me.

Then there is CHIROPRACTIC, the **CONJECTURE!**

We, as a profession, are not trying to improve the sense organs directly like Fred Hollows cataract treatment does. We are not taking bullets out of the brain, BUT WE ARE TRYING TO ALLOW THE NERVE SYSTEM TO FUNCTION AS BEST IT CAN!

That's what we do, that's what CHIROPRACTIC IS!

Dr Barry Rushton established his practice in 1987 and is a Member and Past Councillor of the NZ Chiropractors Association. Dr Rushton has also been a Chiropractic Lecturer for USA and NZ Colleges.



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Be the 'RIGHT' patient for your doctor

Dr Stephen Kruger, Obstetrician & Gynaecologist

A lot has been written about finding the right doctor. But have you ever considered that you need to be the "right" patient?

There have been many articles written about how to find the right doctor — but the fact is that the success of the doctor/patient relationship depends to a large extent on the information you disclose during a consultation.

It's normal to feel a bit uncomfortable and vulnerable when you have to discuss personal, sometimes quite embarrassing medical issues. But remember that the doctor is a trained professional who interacts with people of all shapes and sizes and with all kinds of physical ailments all day long.

You've come to the doctor to get help and your doctor will only be able to make an accurate diagnosis and prescribe the ideal treatment if you make a full, honest and complete disclosure of the reason for your visit. Your doctor isn't there to judge you. Instead, as a caring and unbiased individual, he or she will listen to you in an open-minded way.

We are extremely fortunate in New Zealand to have a well-educated and strictly monitored medical workforce. Every doctor must be registered with the medical council and is required to undergo continual peer review and ongoing medical education. So the doctor you're consulting would be competent and professional.

Allow your doctor to examine you in a professional and appropriate manner. The physical examination is an important and integral part of the consultation. The doctor will be able to gather a large amount of information from the examination that will help solve your problem. Feel free to ask questions during the consultation. Doctors welcome these questions.

As much as you expect a respectful hearing during the consultation, you should also be respectful of the doctor and medical staff. Always try to be on time for your appointment. Please don't run down other medical professionals to your doctor. This puts him or her in an embarrassing and uncomfortable position.

If the doctor orders special tests, make sure you establish a line of communication to receive the results. Many people take a "no hear, no worry" approach to this, but it is far better to find out the test results and talk them over with your doctor, so that the right course of action, if any, can be implemented. Remember, your doctor is busy and the results may inadvertently slip through the cracks, so ask when the results will be through and make a call to the rooms to follow up.

"it's normal to feel a bit uncomfortable when you discuss personal medical issues"

If you are referred to a specialist, you will be expected to bring with you all doctors' referral letters, x-rays, blood results and scans relating to your problem. Again, remember that the success of this consultation depends on your being honest and open. There's no need to feel intimidated — the specialist's objective and intention is to restore you back to health as quickly as possible.

Your relationships with your medical professionals are among the most important in your life. Yes, it is important that you, the patient, have confidence in the competence of your doctor. But it is just as important for you to build a relationship with your doctor based on mutual respect, knowledge and trust. After all, you both want the same thing: health and well-being.

Dr Stephen Kruger is an Obstetrician and Gynaecologist and practices out of his rooms at North Shore Womens Specialist Centre. 104 Rosedale Rd. Albany. www.gynaecologistauckland.co.nz

Dr Stephen Kruger Obstetrician & Gynaecologist



Dr Stephen Kruger
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- Infertility

North Shore Womens Specialist Centre

Ground Floor 104 Rosedale Rd. Albany

email: stephen.kruger@xtra.co.nz

for an appointment contact

Wendy : 09 479 9016

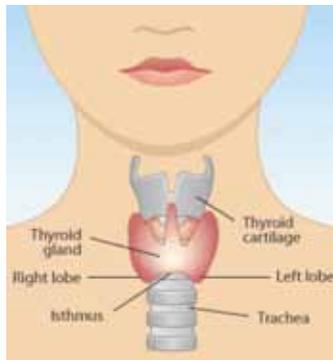
www.gynaecologistauckland.co.nz

Is your **Thyroid** holding you back?

How to know if your thyroid is healthy?

What role does the thyroid have in the body?

The thyroid gland is a bow-tie shaped gland which is located at the front of the neck, just below the Adams apple. It produces thyroid hormones called T4 and T3. The thyroid hormone regulates just about every cell in the body, including those in the central nervous system, heart, liver, kidneys, skin, bone and muscles. Among its most important functions is the control of the rate of metabolism, thermogenesis and oxygen consumption.



Currently, eight million dollars' worth of thyroid tests are ordered by the medical community every year in New Zealand. Despite this, recognition and treatment of thyroid disease remains inadequate. As a result, patients with sub-clinical Hypothyroidism remain untreated or under treated.



Do you suffer from any of the following symptoms?

Fill out the symptom survey below today. Rate your symptoms below from scale of 0-3

0- None 1-Mild 2-Moderate 3-Severe

<input type="checkbox"/>	Tired & sluggish, lethargic
<input type="checkbox"/>	Dry hair and skin (thick, dry scaly)
<input type="checkbox"/>	Increased need for sleep
<input type="checkbox"/>	Weak muscles
<input type="checkbox"/>	Constant feeling of cold (fingers, hands/feet)
<input type="checkbox"/>	Frequent muscle cramps
<input type="checkbox"/>	Poor memory
<input type="checkbox"/>	Depressed (mood changes easily)
<input type="checkbox"/>	Slow thinking
<input type="checkbox"/>	Puffy eyes
<input type="checkbox"/>	Difficulty with math
<input type="checkbox"/>	Hoarser or deeper voice
<input type="checkbox"/>	Muscle and/or joint pain
<input type="checkbox"/>	Constipation
<input type="checkbox"/>	Coarse hair, hair loss, brittle hair
<input type="checkbox"/>	Low sex drive or impotence
<input type="checkbox"/>	Puffy hands and feet
<input type="checkbox"/>	Unsteady gait (bump into things)
<input type="checkbox"/>	Gain weight easily
<input type="checkbox"/>	Thinning of outer eyebrow
<input type="checkbox"/>	Menstrual periods more irregular (should be 28 days)
<input type="checkbox"/>	Heavier menses (3+ days)
<input type="checkbox"/>	Carpal tunnel syndrome
<input type="checkbox"/>	TOTAL HYPO SCORE (8)

<input type="checkbox"/>	Tachycardia (Rapid heart beat)
<input type="checkbox"/>	Palpitation (skipping of heart beat)
<input type="checkbox"/>	Insomnia
<input type="checkbox"/>	Shakiness
<input type="checkbox"/>	Increased sweating
<input type="checkbox"/>	Brittle nails
<input type="checkbox"/>	Loss of appetite
<input type="checkbox"/>	TOTAL HYPER SCORE (0)

If you score higher than 8 in the Hypo section or higher than 0 in Hyper, schedule an appointment with your healthcare practitioner for a Thyroflex test today.



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Heather Barnes
98 Mokoia Rd, Birkenhead
Ph: 09 480 7227

www.birkenhealth.co.nz - www.gardenofLife.co.nz

Heather Barnes, ND, qualified as a Naturopath at the Australian College of Natural Medicine and has been practicing for 10 years.

She works with FxMed and uses the ThyroFlex™ machine which is a thyroid-wellness- test as seen on the Dr.Phil show.
visit: www.thyroflex.com/drphil.html to view.

Heather was trained by Dr.Daryl Turner M.D. - one of the creators of the ThyroFlex™ machine and is delighted that this simple screening test is now available in New Zealand.

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OPI Ensures Hand and Nail Care is Right at Your Fingertips

Your fingernails are a very small part of your body but their appearance can speak volumes about your overall health and personality.

Are they beautifully filed, moisturised and polished? Or are they uneven, damaged and discoloured? Most people fall into the latter category but there are some simple tips which you can follow to ensure your nails and hands get the treatment they deserve.

OPI is the number one selling nail lacquer product worldwide and the company's New Zealand sales and marketing manager, Terri Grace, says the first step is taking care of your overall health.

"Indentations, ridges, discolouration and split nails are all clues that you could be suffering from a deficiency such as low iron levels or an illness. Ensuring you eat a healthy, well balanced diet with plenty of fruit and vegetables is a great start," Grace says.

Some people are prone to biting their nails or ripping them off, creating an unkempt look. Bitter-tasting products are available to paint onto your nails and remind you not to bite them! But aside from that some old-fashioned will-power will be required.

Moisturizing and rehydrating your hands and fingernails is an absolute must, Grace says.

"Always keep a good quality hand cream in your handbag and apply it whenever you wash your hands. A good quality cuticle oil should also be gently rubbed into your cuticles twice a day."

OPI's Avoplex Cuticle Oil to Go contains vitamin E and a nourishing blend of avocado, sunflower, sesame and kukui nut oils to hydrate and soothe your cuticles in an easy-to-carry leak-proof tube.

And OPI's range of Avojuice Skin Quenchers are specifically designed for your hands to leave the skin feeling soft and supple. They contain nourishing avocado and soothing aloe extracts to replenish sun-drenched skin.

"While many of us are now vigilant about applying sunscreen to our faces and necks, many people forget to protect the back of their hands. Dry, wrinkly skin is a dead giveaway so make sure you apply sunscreen to your hands as well."

Nail cuticles are your body's armour because they protect your fingernails from infection. Never cut them off! Instead, apply a good quality cuticle oil and gently push them back.

Grace advises filing your fingernails in one direction only to avoid the layers splitting. Wearing gloves when washing dishes and doing other household chores will also help protect them and the skin on your hands.

Finally, always remember to apply a clear base coat of polish before your nail lacquer. "This will prevent your fingernails from staining and help keep them strong and healthy. Your nail lacquer will also go on more smoothly and last longer."



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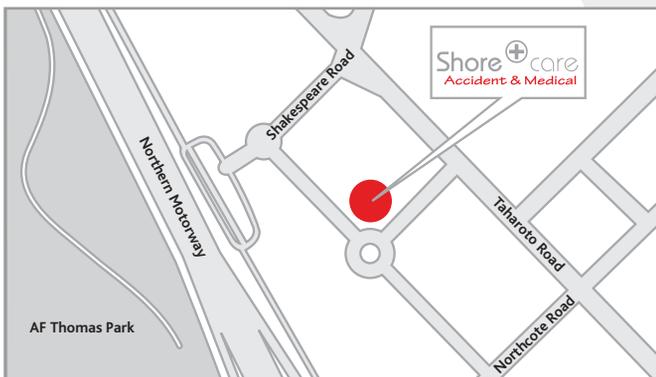
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