

AUGUST 2011

Robin Hill Clinic

And The Cork Natural Fertility Clinic

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“The road to health is the one that begins with an understanding and commitment to cleanse and detoxify the body, to restore balance, peace and harmony.”

- Dr Bernard Jensen D.C. Ph.D.



You're Invited to Kick Start your Health!

There IS no time like the present for making changes in your health. No matter how small these changes are they can have a substantial influence on how your body functions. It is never too late!!

We are delighted to have a number of new clinics up and running to tell you about. Our Spa / Retreat packages and reduced accommodation options are getting great client reviews (see Trip Advisor). We hope that you find our newsletter informative and all of us at Robin Hill hope you are enjoying your summer!!

Save the Date!

Pilates Matwork Classes

Beginning 23rd August 2011

Tuesday Evenings 8:00 pm
6 week Course
Booking Essential

Homeopathy Course

One-day Intensive

Last Sunday of every month
Next Course: 28th August 2011
9:30 am – 6:30 pm
Booking Essential

What's New @ Robin Hill Clinic

Low Cost Acupuncture Clinic



Traditional Chinese Medicine is not just about treating illness, it's about living, life balance, self-awareness and vitality. The goal of our low-cost clinic is to ensure that acupuncture services are made available to those who otherwise do not have the financial resources to purchase them. Our clinic welcomes all children, individuals over 65, pregnant women, and anyone who needs our services and can't normally afford the full price of a visit. Improve your health and well-being with Acupuncturist Maebh Goggin every Saturday morning.

Personal Life Coaching

Coaching is a partnership that will help you to produce fulfilling results in your personal and professional life. Coaching is available to anyone who wants to achieve more in a specific area or in their life in general. People attend coaching for many different reasons e.g. to achieve greater work life balance, improve communication skills, career direction, achieve greater levels of motivation, improve fitness levels, personal development... the list is endless. Coaching is particularly effective for individuals who are experiencing change in their lives e.g. school leavers, professionals experiencing career change or heading into retirement or any change you are encountering. Niall O'Callaghan is available every Monday evening to help you deepen your learning, improve your performance, and enhance your quality of life.



Thai Massage



Centuries ago, a dynamic bodywork therapy based on yoga and Ayurveda was born in the temples of Thailand. In this unique healing system of Traditional Thai massage - the practitioner guides the recipient through a series of gentle postures while palming and thumbing along the body's energy lines and pressures points. Together these actions result in a comprehensive full body treatment that relieves muscular tension, improves circulation, boosts the immune system and balances the body energetically. Treat yourself to this invigorating treatment every Thursday with Thai massage

Cork Natural Fertility Clinic

A Multidisciplinary Approach: Treating Infertility Naturally

We are delighted with the successes so far this year. The age-old practice of acupuncture has been well documented in its ability to enhance fertility. Add in Homeopathy, Chinese Herbal medicine, cranial osteopathy, pre conception massage, kinesiology and nutrition and yes we see much better results!

The Cork Natural Fertility Clinic is the only multi disciplinary clinic in Ireland specializing in the treatment of all aspects of male and female infertility naturally.

Female and male infertility now stands at one in five, and research is proving that age, health and stress-levels are key factors in contributing to these alarming statics. More than ever, couples are turning to natural treatments to prepare for, combine with, or use as an alternative to assisted fertility treatment such as IVF, ICSI, IUI.

Studies show the success rate with the above unique multi-disciplinary approach is 58%, while for acupuncture alone it is 20%. The success rate for IVF treatment alone averages at 28%, and is 47% when Acupuncture is incorporated.

The following conditions respond well to our Multidisciplinary Approach

- Polycystic Ovarian Syndrome
- Raised FSH levels
- Premature Ovarian Failure
- Unexplained primary and secondary infertility
- Erectile dysfunction
- Endometriosis
- Fibroids
- Amenorrhoea
- Dysmenorrhoea
- Painful periods
- Irregular menstrual cycle
- Low sperm count, reduced sperm motility, and auto-immune sperm issues
- Poor response to previous assisted fertility programmes such as IUI, IVF, or ICSI
- Pre/Post IVF supportive treatment
- A complete and holistic programme for Pregnancy preparation
- Mental and emotional issues related to infertility treated with Psychotherapy and counseling.



Consultations may be booked by appointment at The Cork Natural Fertility Clinic based at The Robin Hill Clinic in Rushbrooke. Please contact them on 021-4812222 or email info@robinhillclinic.com

Log on to www.corknaturalfertility.com to read about other couples journey's and research studies.



Love Your Feet!

The average person takes between 8,000 to 10,000 steps every day, the equivalent of several miles, making a total of approximately 70,000 miles during a lifetime. The foot is a complicated part of the body, which works very hard everyday. It is important to take regular care of our feet, as without them there is very little we can do; yet they are often one of the most neglected parts of our body.

Your feet serve as both a shock absorber and propulsion engine that are capable of withstanding incredible stresses. Not surprisingly, to support this daily pressure, they contain over 25% of all the body's bones and have the thickest skin of all your body parts. Yet despite their natural padding and cushioning layer of fat, they are also extremely sensitive since the soles of the feet contain more pressure-sensitive nerve endings than any other part of the body. These tactile nerve endings also occupy more room in the sensory cortex of the brain than the entire torso.

Your feet deserve the best of care especially during later life when the risks of infection, photoaging, dehydration, and everyday aches and pain are greatest. There are some simple things you can do at home to protect and care for your feet such as washing them regularly and using a good foot cream containing natural, health-promoting ingredients such as eucalyptus oil, menthol, tea antioxidants, squalene, coconut oil,

and shea butter provide powerful ingredients to help rejuvenate the feet.

Just like your regular dental checkups, you should make a habit of scheduling with a qualified chiropodist. A chiropodist is a highly and medically trained practitioner whom specializes in the assessment, management and general care of the feet, common foot problems and those of the lower extremities. The scope of their role has extended to include associated problems relating to diabetes and rheumatoid arthritis.

Love your feet! As a result, they will also feel happier and healthier—and so will you.

Paul Urell is a highly qualified and talented Chiropodist and Foot Care Specialist He is available for appointments at Robin Hill Clinic every Monday from 9:15 am to 7:15 pm. Put your feet in good hands!



Why Detox?

Remove Toxic Stress

Everyone is at risk of toxic stress in today's world – our bodies naturally create toxins internally as a byproduct of metabolism. Add to this - stress, contaminants in our food and water, poor exercise habits and exposure to pollutants. Our hardworking organ of detoxification, the liver, has to work harder than ever. We can feel tired, lethargic and depressed when our liver has problems keeping up with eliminating wastes.



Prevent Illness

We are all ageing much quicker than we should and many of us are suffering from illness such as cancer at younger and younger ages. This is partially a result of toxicity. Deterioration associated with the ageing process is something we can slow down by supporting the organs of detoxification in our own bodies. Similarly removing harmful toxins from the body on a regular basis allows genuine healing and health maintenance to take place. Just like you regularly change the oil in your car, shower or launder your cloths, your body really needs a change to be cleansed; to rest from our daily diets; to eliminate accumulated toxins and rebalance biochemical processes.

A Healthier More Efficient You

After a detox your metabolism will become more efficient at generating energy and eliminating wastes. If you continue to adopt a healthy diet and lifestyle as a way of capitalizing on the benefits of detoxification you will be rewarded with feeling and looking healthier for much longer periods of time



For Your Children

We all accumulate toxins within our lives no matter how clean or good our diets and lifestyle are, and unfortunately during pregnancy they will be passed through to your baby if not previously removed. This stands for men and women both. And for the Mums-to-be, when your body has to struggle with excess internal toxins, it will not have the energy or goodness, let alone capacity to form or deal with a pregnancy, and if it does, then it may be a struggle.

The Detox Diet: where do you begin?

Detox or detoxification is the process of neutralizing or eliminating toxins from the body. Detox plans may be in different forms and ways – from regular exercise to body scrubs and spa massages, to yoga and meditation. But the simplest and the most common perhaps is to go on a detox diet.

A detox diet is a program that minimizes the chemicals ingested into the body by going for organic food. It highlights food like vitamins and antioxidants that the body needs for detoxification. It also involves taking in of food that will aid in the elimination of toxins like high fiber food and water. It generally suggests a high intake of fresh vegetables, fruits, beans, nuts and lots of fluids, while cutting down on caffeine, alcohol, yeast and sugars.



So why go for a detox diet? If you're a regular fast food chain eater, you've probably ingested many fat-soluble chemicals contained in the French fries, cheeseburgers, twisters and soft drinks you've consumed. An 'overload' of these chemicals in the body can lead to illness and conditions like liver malfunction, kidney

problems, hormonal imbalance, nutritional deficiencies and inefficient metabolism. And the most common symptoms of these illnesses are the usual fatigue, poor skin and low



tolerance to pain.

By going on a detox diet, people would have improved energy, clearer and fairer skin, a regular bowel movement, improved metabolism and digestion, increased concentration. Generally, it spells



wellness and a better well-being.

Although anyone can take on a detox diet there are certain conditions where detoxing is not recommended and others where the patient needs to be closely monitored. It is wise to properly plan your detox diet with your doctor or nutritionist.

Side effects may occur within the first few days of starting the detox diet. There's headache and a general feeling of weakness as the body is adjusting to the change in food intake. So it is recommended to start your diet plan gradually or on Fridays when you won't be doing much physical activity or requiring much energy. Others

may experience diarrhea as the body eliminates the toxins, so take care not to be dehydrated. Drink plenty of water.

Take note that such detox diet programs should not be done for a long time. They are normally recommended to be done at least one to two times a year, and should be done during the warm months.

If you are considering a detox diet our Nutritionist Catherine Kenneally would be happy to assist you through this process. Just give us a call to



Colonic Hydrotherapy

The colon is the body's sewer system and if the sewer system is blocked, the rest of the body cannot eliminate toxins effectively, instead pushing toxins back into the body causing acidosis and stress on the body's organs and systems.

Poor dietary and lifestyle choices result in toxic, acidic bodies which are unable to work efficiently. Many health problems such as headaches, aches and pains, boils, acne, constipation, IBS, body odor, kidney stones, tiredness, fatigue, depression, lowered immunity, fatigue, inability to concentrate or lose weight are symptoms of internal toxicity.

Therefore, it makes good sense to cleanse our bodies of these toxins at least once yearly, or more preferably every six months so that our liver, digestive system and immune system get a break from the 'onslaught' and can perform their jobs unhindered.

A cleanse is not complete without colon hydrotherapy to remove the wastes that can potentially re-toxify the body if they are not excreted quickly and efficiently. With colonic hydrotherapy we effectively "unblock the drain", which allows all the other organs of elimination to empty and work more effectively. It also triggers a strong detox response in the liver-our most important organ of detoxification.

A properly functioning digestive system allows for better absorption of all nutrients in the bloodstream, which equates to higher energy levels, improved concentration and balanced emotions. Every tissue in the body is fed by the blood, which is supplied by the bowel. When the bowel is dirty, so too will be the bloodstream. Your colon (large intestine) is approximately 6 feet long and an average of 3-8 kilos of impacted fecal matter will be removed during a colonic session-just imagine what those wastes are doing to your health and vitality!

During a cleanse we recommend a series of at least 3 colonics to make sure the entire colon is irrigated and that all toxins are completely removed from the body.



Benefits

- ④ Clears and removes toxins from lower intestine
- ④ Stimulates the liver and lymphatic system activating deep tissue detoxification
- ④ Strengthens the immune system and improves skin texture
- ④ Improves metabolism and aids in the absorption of nutrients
- ④ Helps weight loss
- ④ Relieves pressure on abdominal organs, reducing pain and discomfort in this area.
- ④ Increases blood flow to lower extremities and pelvic region
- ④ Improves circulation and digesting problems with out the aid of prescribed drugs
- ④ Tones up the abdomen
- ④ Maximizes function of the large intestine, lymph, and nervous system

Thank Goodness for Aloe Vera !



Aloe Vera is one of the best known herbs throughout the world, widely used for its numerous health benefits, both internal and external. The health benefits of aloe vera have been well known for centuries, however, at that time it was mostly used to treat wounds and cuts. Nowadays, we know there are many other health benefits of aloe vera juice. There are also several side effects associated with aloe vera when consumed in high quantities. It is important to strictly follow the recommended daily dose.

Aloe Vera Juice Benefits

- ④ Helps detoxify the body and cleanse the colon.
- ④ Helps detoxify the blood stream.
- ④ Benefits people with intestinal or stomach problems.
- ④ Aids in the healing of ulcers and helps the digestive tract to work smoothly.
- ④ Aids the symptoms of acid reflux
- ④ Helps alleviate inflammation
- ④ Improves circulation.
- ④ Helps dilate the capillaries and aids in cell growth.
- ④ Acts as an antibacterial, antiviral and antifungal agent, preventing illness.
- ④ Boosts your energy levels
- ④ Resets the immune system



A wide variety of Aloe Vera products are available through Robin Hill Clinic. We do provide a variety of aloe vera juices in various flavors as well as personal care products such as aluminum free deodorant, non-fluoride toothpaste and healing lip balms all with an aloe vera base. If you interested in learning more about the benefits of aloe vera internally or externally, feel free to contact Deirdre Mackesy on 021-4812222.



Detox recipe

Vegetable Super Juice

Ingredients:
 1 whole cucumber
 4 sticks of celery
 2-4 handfuls of spinach
 8 lettuce leaves
 Any other greens!
Optional boosters:
 parsley and fresh alfalfa sprouts

This juice is a popular one for breakfast as it gives your energy levels a boost, wakens your digestive system whilst giving your body a nutritional yet gentle start to the day.

Juice all ingredients and mix 50/50 with distilled water. Add optional lemon juice to taste

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Thank you for taking the time to read our newsletter. Please pass it along to anyone who may find it of interest.



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OPTIMISE YOUR HEALTH AND MAXIMIZE YOUR FERTILITY



Cork Natural Fertility Clinic based
at Robin Hill Clinic Cobh

"Optimise your health and
get pregnant naturally!"



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