Dear NIIM Members & Supporters,

NEWS FROM NIIM

We have all seen the terrible devastation happening in Japan as a result of severe earthquakes and tsunami - one of the worst natural disasters in the country’s history.

On behalf of our NIIM community, we convey our sincere condolences to the people of Japan and extend our heartfelt thoughts to all affected.

Donations to help the Japanese people can be made via a number of registered charitable organisations including the Australian Red Cross, which has launched the Japan & Pacific Disaster Appeal 2011. See www.redcross.org.au or phone 1800 811 700.

Save the Children Australia has also launched a fund to respond to children’s ongoing and urgent needs. For more information visit the Save the Children website. World Vision and Global Giving are also raising funds to support the relief effort.

The NIIM CLINIC is well placed as one of Australia’s few truly ‘integrated healthcare clinics’. With specialist practitioners offering services across the disciplines of General Practice (Integrative GPs); Live Blood Analysis; Osteopathy; TCM (Traditional Chinese Medicine); Naturopathy; Exercise Physiology and more. Our expert Doctors & Complementary Medicine practitioners work together providing an integrated approach to meet your healthcare needs.

The Intravenous Clinic at NIIM offers Intravenous Treatments such as Vitamin C, B, K therapies and Chelation. Other unique specialist treatments Include: Hyperthermia and RTM Thermography.

A great range of Nutritional Supplements from leading Australian manufacturers are available for purchase from the NIIM Clinic Dispensary. To find out more and make an appointment, contact our friendly reception staff:

Julie, Deborah or Amanda on (03) 9804-0646

The EXECUTIVE INTEGRATIVE HEALTH CHECK - Offering excellence and an integrative approach to a total health check. Find out more about how you and your valued employees can receive this comprehensive approach to health screening and management.

For more information contact: Program Manager: Robert Bujnowski – T: 9804-0646
E: robetb@niim.com.au

Now available for purchase:
A Guide to Evidence-based Integrative Complementary Medicine
A new book co-authored by Professor Avni Sali, with Dr Vicki Kotsirilos & A/Prof Luis Vitetta

This excellent book is packed with great information for treating conditions from an evidence based integrative medicine perspective. Approaches include advice for lifestyle and behavioural factors, mind-body medicine, stress management, dietary changes, exercise and sleep advice, nutritional and herbal medicine, acupuncture and complementary medicines that may impact on the treatment of the disease(s). It is an excellent resource for all Practitioners and general public with an interest in keeping up with the latest in Integrative Medicine.

To order your copy: see publishers Elsevier:
www.shop.elsevier.com.au
Professor Avni Sali has been invited by the European Congress for Integrative Medicine to be the Australian Representative on the Scientific Committee at the:

**EUROPEAN CONGRESS FOR INTEGRATIVE MEDICINE:**

The Future of Comprehensive Patient Care  
07 – 08 October 2011, Berlin  
in conjunction with the German Congress for Integrative Medicine  

[www.ecim-congress.org](http://www.ecim-congress.org)

Professor Sali will also be presenting on “Mind & Body: An Integrative Health Approach” at the upcoming National Annual Anxiety & Depression Conference in Melbourne 6 & 7 April (see [www.reconnexion.org.au](http://www.reconnexion.org.au))

### Education @ NIIM:

At National Institute of Integrative Medicine, we are continuing to adhere to our mandate of expanding Integrative Medicine into the mainstream medical model. One way we hope to achieve this is through the delivery of education. We are excited about our new **COMPLEMENTARY MEDICINE AND HEALTH (CMH) SHORT COURSE** - soon to be launched. The CMH short course has been created by leading experts in integrative medicine and will be delivered via a cutting-edge online platform that incorporates video and text material, as well as online assessments and lecturers available for academic support.

The course will appeal to a wide range of healthcare professionals and well as other people working in the healthcare environment (including pharmacy assistants and pharmacists, health store sales assistants, hospital and medical administration staff), as well as the general public, with an opportunity to increase their understanding of the benefits and science of the various modalities of complementary medicine.

For further information please see: Web: [www.niim.com.au](http://www.niim.com.au)  
Email: study@niim.com.au

### Latest Research, News & Pieces of Interest:

(click on link to access full article)

**AGING**

High Cholesterol and Blood Pressure in Middle Age Tied to Early Memory Problems.  
[LINK](#)

**ASTHMA**

Asthma & paracetamol: is there a link?  
[LINK](#)

**BRAIN**

Mobile phone emissions affect brain metabolism.  
[LINK](#)

**BLOOD PRESSURE**

High BP? Hold the MSG  
Consumption of monosodium glutamate may raise blood pressure, especially in women and in people taking antihypertensives.  
[LINK](#)

**CANCER**

Cancer causing chemicals found in cola colouring ingredient.  
[LINK](#)

Protect yourself with this vitamin to dramatically lower colon cancer risk.  
[LINK](#)

Too Little Sleep May Raise Colon Cancer Risk.  
[LINK](#)

Mechanism revealed for antioxidants’ cancer benefit.  
[LINK](#)

Book and vegetables and cancer risk.  
[LINK](#)

More vitamin D could help prevent lung cancer recurrence.  
[LINK](#)

Tea tree oil may help skin cancer patients.  
[LINK](#)

Frequent flyers in airport scanning cancer risk.  
[LINK](#)

Peer Reviewed Publication Supporting Intravenous Vitamin C for Cancer Patients.  
[LINK](#)

**NEW STUDIES REVEAL ALARMING HIDDEN CAUSE OF BREAST CANCER**  
[LINK](#)

**CHILDREN**

Parents often believe certain foods affect their kid’s behaviour, particularly for children with ADHD. But is this link fact or fiction?  
[LINK](#)

Counting kicks in at 18 months.  
[LINK](#)

Energy drinks put kids at risk: report.  
[LINK](#)
**DIABETES**

Diabetes egg study separates experts
THE creators of a controversial CSIRO weight-loss diet are now challenging the dogma that egg consumption may be harmful to people with type 2 diabetes. [LINK]

Daily consumption of vitamin D– or vitamin D + calcium–fortified yogurt drink improved glycemic control in patients with type 2 diabetes: a randomized clinical trial. [LINK]

The latest news on vitamin D comes from Iran, where a study found that drinking yogurt containing extra vitamin D may help individuals with diabetes regulate their blood sugar. [LINK]

**EARS**

Did you hear? Tinnitus may be curable. [LINK]

**EYES**

Omega-3s May Slow Vision Loss. [LINK]

**FOOD / NUTRITION**

More fibre intake associated with lower risk of death over nine year period. [LINK]

Seaweed offers clues against malaria. [LINK]

A food review has recommended a crackdown on health and nutrition claims on labels. [LINK]

**HEART HEALTH**

Antioxidants in Pecans May Contribute to Heart Health and Disease Prevention. [LINK]

**IMMUNITY**

Zinc cuts short the common cold. [LINK]

**FERTILITY / CONCEPTION**

Magnesium sulphate may protect against cerebral palsy induced by maternal inflammation. [LINK]

**FOOD**

Gates funds wheat rust research. [LINK]

One in ten infants has food allergies. [LINK]

High rates of seafood anaphylaxis in children. [LINK]

Consumers warned not to consume Latin Seed products. [LINK]

**GUT / GASTROENTEROLOGY**

Researchers uncover gastro's sugary secret. [LINK]

**MULTIPLE-SCLEROSIS**

Sunnier outlook for multiple sclerosis diagnosis. [LINK]

**MUSCULOSKELETAL**

Tart cherries help speed muscle recovery. [LINK]

**PARKINSONS DISEASE**

Consuming more flavonoid-rich foods could offer protection against Parkinson's. [LINK]

Study links pesticides to Parkinson's. [LINK]

**SKIN**

Worried about Rosacea? [LINK]

Lavender oil is a powerful antifungal that fights skin conditions. [LINK]

**STROKE**

The Spice that Helps Prevent Cancer - Now Being Used to Repair Stroke Damage. [LINK]

**SLEEP**

Gadgets ruining people's sleep. [LINK]

**VITAMIN D**

High Vitamin-D Bread Could Help Solve Widespread Insufficiency Problem. [LINK]

**WOMEN'S HEALTH**

Hot flashes may be a sign of good heart. [LINK]

Acupuncture Eases Menopause. [LINK]
Thank you to Nature’s Cuppa Organic teas for supplying NIIM with all our favourite Organic Herbal Teas!

**MISC:**
Caution on fungus protein issued after vomiting claims. [LINK](#)
Get rid of moth balls and other harmful insecticides and use natural alternatives. [LINK](#)
Learn more: [LINK](#)
India and Cuba explore ways to increase natural medicine usage. [LINK](#)
Paracetamol increases fracture risk by 50%. [LINK](#)
Photographs Of Loved Ones Can Be Effective Painkillers. [LINK](#)
Doctors issue ibuprofen toxicity warning. [LINK](#)

### Super Foods:

We all know that Professor Avni Sali has been advocating the excellent properties of **DARK CHOCOLATE for a long time... but do you know why?**

**DARK CHOCOLATE (70% and up to 100% cocoa):**
- Contains Endorphine – lifts mood, antidepressant, reduces stress
- Is anti-ageing
- Contains Anti-cancer chemicals
- Contains Anti-heart disease chemicals
- Helps normalise blood fats, i.e. cholesterol
- Decreases blood stickiness
- May assist with blood pressure
- Has a high mineral content – chromium, magnesium, zinc
- Has a high iron content
- Has fewer calories than average sweets
- Aides in protecting tooth decay
- Is anti-inflammatory
- Is a powerful cough-suppressant
- Aides in memory!

(Note of caution – do not feed chocolate to pets)

Professor Sali recommends to eat around 50 gram daily to help assist your wellbeing!

### Websites of Interest:

- Allergy Kids: [www.allergykids.com](http://www.allergykids.com)
- Herbal Listing: [www.herbmed.org](http://www.herbmed.org)
- Healing & Humour: [www.wakeuplaughing.com](http://www.wakeuplaughing.com)

### Events Calendar:

**NIIM is an endorsing organisation for this unique international event you won’t want to miss!**

**Nutrition in Medicine Conference**
Introducing the International Conference on the Science of Nutrition in Medicine and Healthcare, presented jointly by The Australasian College of Nutritional and Environmental Medicine (ACNEM), the Food and Nutritional Sciences Division of the CSIRO and the Nutrition Society of Australia (NSA).

**Location:** Swiss Grand Hotel and Resort, Bondi Beach, Sydney.
**Date:** 13-15 May 2011.
**Themes:** Epigenetics & Nutrigenomics; Metal Health; Metabolic & Cardiovascular Conditions; Cancer; Scientific Abstracts Stream.

Who Should Attend:
- GPs & Medical Specialists; Nurses; Scientists & Researchers; Naturopaths;
- Dieticians; Nutritionists; Psychologists; Other health professionals and Public health professionals.

**Call for Abstracts:** closes 15 March.
Don’t miss the first early bird 15 March, second early bird 15 April.

For Website: [http://www.nutritionmedicine.org.au](http://www.nutritionmedicine.org.au)
Detecting Alzheimer's Early
Optical Scientists, Psychiatrists Develop Minimally Invasive Eye Test for Alzheimer's

Have you heard of the EAT TO DEFEAT CAMPAIGN? -- Watch Dr. William Li present at the TED Conference about the science behind preventing cancer through eating anti-angiogenic foods and the positive global impact prevention can have.
http://www.facebook.com/pages/Eat-To-Defeat-cancer/158071357537012?v=app_4949752878&ref=ts

GM FOOD
Do you know whether the food you eat is genetically modified? And do you care? Greenpeace is stepping up its anti-GM campaign, with a new guide to affected foods. But others argue genetic modification is not only safe, but could lift world health standards and help feed the hungry.

For better or for worse... but not for lunch!

HOME FOR LUNCH
Shy Tiger Productions presents
By Rebecca Lister in collaboration with David Bardas
16 June to 3 July 2011
Chapel off Chapel 12 Little Chapel Street Prahran

What happens when the suit no longer fits; when the lifestyle you’ve so carefully sculpted for yourself comes to an end? Home for Lunch is the story of one man’s coming of age – the end of an era, the search for new meaning. A comedy drama exploring the dilemma of ‘retirement’ and the impact it has on a relationship.

Book now: www.chapeloffchapel.com.au or call 03 8290 7000

The National Institute of Integrative Medicine is an Endorsing Body for the

Happiness & Its Causes Conference
16-17 June 2011
Special guests include:
His Holiness the Dalai Lama.
Brisbane Convention & Exhibition Centre.

The conference program, full list of speakers and brochure are available on www.happinessanditscauses.com.au

Sandra Dubs OzFoodTrainer™
Wholefood Nutritionist, Natural Food Trainer, Macrobiotic & Wholefood Cooking Teacher, presents a wide range of Wholefoods for being well Classes

AUTUMN VEGETARIAN WHOLEFOODS- April 3 & 10
COOKING FOR NATURAL BEAUTY nourish your skin - April 6
Intro Class –THE BASICS OF WHOLEFOOD - June 5
WARMING WINTER VEGETARIAN WHOLEFOODS - June 19 & 26
ALKA LIZE FOR LIFE - June 22 & 29
NOURISHING YOUR THYROID - March 30
Plus HEALTHY FOOD TOURS LAST SATURDAY EACH MONTH
FOR FULL DETAILS: see www.ozfoodtrainer.com
Or Contact Sandra Dubs: M: 0407 360323

Videos to Watch:
Detecting Alzheimer’s Early
Optical Scientists, Psychiatrists Develop Minimally Invasive Eye Test for Alzheimer’s
Professor Avni Sali’s - Happy Page -
outlines four simple things we can all do each day to boost our overall MOOD, feel positive and improve our wellbeing!
If you missed this in our last newsletter, you are most welcome to visit us at NIIM – Hawthorn East to collect an A5 sized Happy Page!

Or email me for an electronic version: annaryan@niim.com.au

Thank you for supporting NIIM and helping us achieve our goals.
Yours in Good Health!

Anna Ryan & the team at NIIM

Please feel free to email me at NIIM: annaryan@niim.com.au

(If You Do Not Wish To Receive This Newsletter Please Advise Us At The Above Email)