

NEWSLETTER

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

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THE POWER OF SLEEP

BY CORRIE TIPENE

“Sleep is the Best Meditation ~ said the Dalai Lama”

Maintaining adequate amounts of quality sleep is essential to our optimal health and overall well-being, it is as vital as breathing, nutrition and exercise. Disrupted sleep is a major contributor to many modern-day degenerative diseases like obesity, diabetes, heart disease, and cancer.

Then why do we struggle with getting adequate amounts of quality sleep?

THE POWER OF SLEEP

CONTINUED...

In a fast-paced environment, many people forgo sleep and overextend themselves to catch up on work, to study, to embrace the quiet as their children are asleep, catch up on domestic duties, work long hours, screen time (computer, T.V.), shift work, insomnia, are unable to shut off, or simply do not value sleep and don't make it a priority.

Are you feeling run down, struggling to focus, or feel irritable for no clear reason, you may want to investigate your sleep patterns.

What if you could wake up every, single, day, feeling refreshed, focused, calm, excited to move & embrace the day ahead?

THE IMPORTANCE OF QUALITY SLEEP

Critical bodily activities occur during the sleep state [1];

- - Hormones are released which help to regulate appetite control, stress, growth, metabolism, and other bodily functions;
- - Internal organs rest and recover. Tissue repair, muscle growth, and protein synthesis primarily occur during sleep;
- - Memory consolidation occurs, allowing for the formation and storage of new memories, which is essential for learning new information;
- - The human growth hormone is released during the deep sleep phase, in children;
- - Reduction of blood pressure, inflammation and pain. Though pain and inflammation can cause insomnia (this is for another discussion - to be continued);

BENEFITS OF QUALITY SLEEP INCLUDE:

- Increased energy to make beneficial lifestyle choices (cooking, exercise, self-care, etc.)
- Strengthened immune system
- Heightened alertness, focus, and creativity
- Improved mood by reducing anxiety, irritability, and mental exhaustion
- Increased libido (sex drive), promotes testosterone production.

The direct correlation between sleep and overall health inevitably helps to improve your quality of life.

HOW SLEEP DEPRIVATION AFFECTS YOU [2-5]

There are many complex factors involved in the relationship between sleep and health. While it may be more difficult to scientifically prove that quality sleep improves health, the negative effects of sleep deprivation, also mentioned above, are widely documented.

You're more likely to gain weight.

Leptin, your satiety hormone, is significantly reduced when you are sleep deprived. Since leptin plays an important role in appetite control and metabolism, having low levels of this hormone results in hunger not being naturally suppressed. Therefore, your appetite and cravings increase – yes increase.

You are at a higher risk for illness.

Your body is more susceptible to stress without a good night's sleep. The immune system does not function optimally, and inflammatory proteins and blood sugar levels rise in response to lower levels of insulin being released throughout the night. All these negative effects on the body contribute to an increased risk of diabetes, heart disease, stroke, and infection.

Your risk of injury increases.

When you are exhausted, both physically and mentally, there is an increased risk of injury, errors, and accidents. This tired state of mind may lead to mishaps like stubbing your toe, cutting yourself in the kitchen, or getting into a car accident.

Your brain does not function optimally.

There are measurable changes in brain activity that occur after a period of sleep deprivation. When you do not get enough sleep, your mental performance suffers, impairing your ability to process new information and memories and impacting your overall mood, focus, and high-level cognitive function.

You are more likely to struggle with your emotions.

Without enough rest, you may have trouble keeping your emotions in check. Increased feelings of irritability, anxiety, sadness, and anger are common. You may even find that you are more vulnerable to unprovoked bouts of laughter or tears.

Weight Gain

Illness

Injury

Poor memory

Concentration
impairment

Emotional
instability

Pain

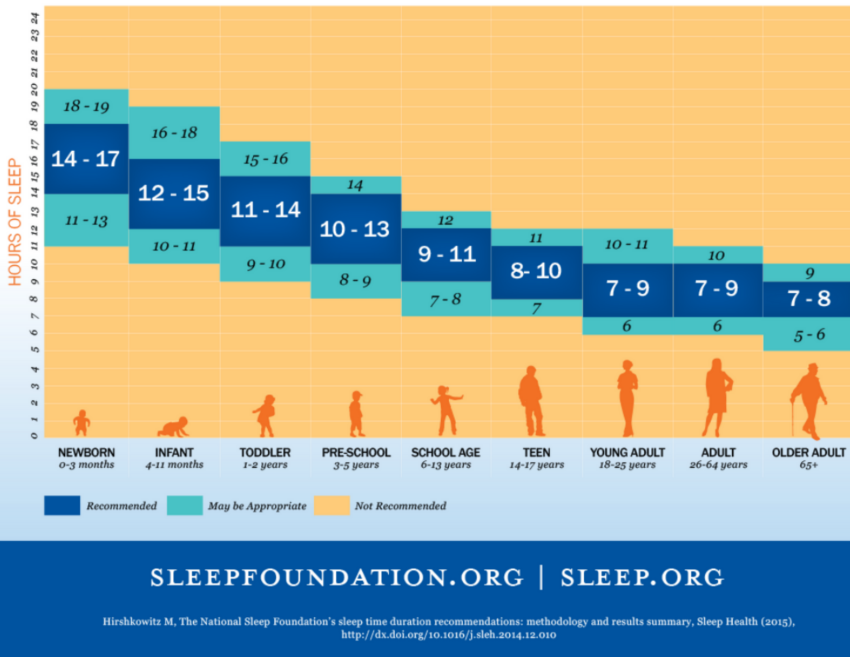
Cravings

HOW MUCH SLEEP DO YOU REALLY NEED?

Everyone requires quality sleep for optimal health and well-being, but the number of hours vary depending on individual and age group. Try experimenting with your sleep patterns to find out what works best for you and your specific needs.

 NATIONAL SLEEP FOUNDATION

SLEEP DURATION RECOMMENDATIONS



FOLLOW THESE STEPS TOWARD BETTER SLEEP

- Reduce your daily intake of caffeine;
- Setting aligned boundaries - this is key;
- Maintain a consistent daily schedule;
- Turn off the computer or television a couple of hours before bed;
- Avoid going to bed on a full or empty stomach ~ generally eat 2-3 hours before going to slumber;
- Keep your bedroom dark and quiet;
- Go to sleep and wake up using your internal clock;
- Limit beverage consumption before bed - minimal fluids after 6pm;
- Invest in comfortable bedding;
- Journal before bed & Meditation during;
- Engage in regular aligned movement.

To optimize your sleep and health benefits, practice good sleep habits. Seven to nine hours of snooze time is ideal for most of us. Do your best to get this much sleep every night to enjoy better mental and physical health.

* For references, please email us directly.



**IF YOU ARE STRUGGLING
WITH YOUR SLEEP,
CONNECT WITH ONE OF
OUR FRIENDLY TEAM
MEMBERS -
CHIROPRACTIC -
REMEDIAL MASSAGE
THERAPY - NATUROPATHY
- HOLISTIC WELLNESS
COACH**

KITCHARI



INGREDIENTS

- 1 cup yellow mung dal.*
- 1 cup mung beans*
- 1 cup brown rice*
- 3 tablespoons ghee or clarified butter.*
- 2T fresh ginger & 2T fresh garlic*
- 1 teaspoon each: whole cumin, whole mustard seeds, whole fennel seeds, ground cumin, ground coriander & ground cardamom*
- 1 cinnamon stick*
- 1 tablespoon turmeric*
- add diced vegetables of choice – green beans, sweet potato, kale, spinach cherry tomatoes ect*
- Fresh coriander and lime to serve*

DIRECTIONS

- 1. Soak lentils, mung beans and rice for 12-24 hours, then rinse well in several changes of water until water runs clear. Drain and set aside.*
 - 2. Make the kitchari:
In a large pot, heat ghee over medium-high. Add cumin seeds, mustard seeds and fennel seeds and cook, stirring, until mustard seeds pop, 1 to 2 minutes. Add remaining spices and ginger and garlic and cook, stirring, until fragrant, 30 seconds. Add dahl and rice mixture, 6-8 cups water, salt, and vegetables. Bring to a boil, then reduce heat and simmer partially covered, stirring occasionally, until most of the water is absorbed and the rice and vegetables are tender, about 1 hour.*
- Serve with fresh coriander and lime.*
- **variations use some home-made stock/coconut cream/tomato puree with the liquid portion*



CLINIC NEWS

Margaret River Wellness Centre



Corrie kicks off her workshops!

This date is in alignment with first week of school starting & is for Woman who are wanting to recharge, re-centre, reconnect after the school holidays, take 60 + minutes for themselves before collecting kids from school, & starting their holistic health journey.

Advanced training for Dr Siobhan Overberg

Dr Siobhan received a scholarship to undertake a 2 year Diplomate in Chiropractic Neurodevelopmental Paediatrics, which begun last week. This training focuses on the essential components of neurodevelopment in embryology and infants through to adolescents to fully support healthy development in children. Siobhan has agreed to write an article up for the next newsletter on this topic, so watch this space!

Exmouth Wellness Centre

Double whack of Magnesium goodness available

Exmouth Wellness Centre is now stocking delicious chocolate as well as magnesium bath salts, to help get your magnesium doses up, in the most enjoyable and relaxing ways possible. Bit of healthy (ish) chocolate and a bath before bed anyone?



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