

Health Guide

Cadence Health 2005

The following are session notes from a presentation Leanne Cooper gave at the Fitness Network conference in 1999 on the use of botanic medicines in sport.

Filex 1999

Session Notes for Botanic Medicines and sports and performance

Benefits of "optimal health" strategies!

- *Strong immunity, lowered stress, high energy*
- *Improved quality of health for you and your clients and vitality*
- *Gets you and your clients results!*

Possible effects of ill health

- Increased time out of training
- Decreased motivation
- Decreased energy
- Decreased results
- Decreased motivation to continue
- Feeling of un-wellness
- Decreased results
- Decreased motivation to continue

Outcomes may be...

- Lowered speed, quality and quantity of results
- Decreased self marketing and word of mouth

Common Health Issues

1. Immune Dysfunction Signals

Do you or your clients suffer from...

- Recurring of colds and flues
- Increased severity of attacks
- Increased length of attacks
- Decreased time between attacks

The effects of Lowered Immunity

- ⇒ Decreased time for training during the year
- ⇒ Decreased time clients can train
- ⇒ Decreased quality and speed of training gains and results
- ⇒ Reduced training time leading to lack of performance & health

What can be done?

Case of d - Male 32, otherwise well, increased fatigue and poor immunity (days out of training, severity of flues), high profiled trainer.

- Flu mixes to decongest and support immune system
- Thyme, echinacea, licorice, eyebright, elecampane and other upper respiratory herbs
- 3mls as often as required
- Reported that his symptoms were lessened, he slept better at night and appears to have longer gaps in between attacks. Ongoing.

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Echinacea
Echinacea angustifolia/purpurea/pallida

Actions

Enhances the function of immune cells
Increases resistance to infection
Slows the breakdown of cell walls (inhibits hyaluronidase)

Applications

Lowered immunity
Recurring coughs and colds

Best used at the first signs of infection
Prior to surgery
Boils (internally and externally)

Echinacea buzz

The three forms of echinacea

<i>Angustifolia</i>	<i>Purpurea</i>	<i>Pallida</i>
Top grade and quality	High grade	Low-med grade
Proven effectiveness	Proven effectiveness	Yet to be proven
Tingles on the tongue	Tingles	Little or no tingle

- There are many quality preparations that use echinacea and garlic together in tablet form, this are excellent ways of supporting your immune system.

Dose: As directed (Not for long term use)

Garlic
Allium sativum

Actions

Antimicrobial
Antifungal
Antibacterial
Anticandidal (rids candida infections)
Antiviral
Lowers
Blood cholesterol
Blood pressure
blood stickiness (aggregation)
Blood lipids (fats)
Respiratory expectorant

Applications

Infections –
respiratory,
coughs, colds, flues,
Candida,
worms
Cardiovascular disorders –
High blood pressure,
high blood cholesterol,
altered arterial vessels
(atheroma, thrombosis risk)

Dose

- Fresh is best (1 clove 3x/day with meals)
- Increase use in cooking by adding in at the end
- Don't loose the goodness by crushing

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Thyme
Thymus vulgaris

Actions

Antimicrobial

Expectorant

Application

Gargle for sore throats

Coughs and colds

Clear coughs

- Taken as a tea, 1 tsp per cup in a teapot and steep for 5 minutes

Ginger
Zingiber officinalis

Actions

Digestive stimulant

Antinausea

Antiinflammatory

Antiinfective

Application

Poor digestive function

Nausea and digestive upsets

Arthritic conditions, migraines, and other inflammatory conditions

Common colds

- Taken as a tea, chop fresh or use 1/4tsp of powdered ginger
- Use in cooking also

Licorice
Glycyrrhiza glabra

Actions

Bronchodilatory

Expectorant

Slows the breakdown of corticosteroids by the liver

Demulcent and improves gastric mucus

Application

Coughs and colds

Clear coughs

Acute and chronic stress

Recovery from steroid use

Ulcers and gastritis

- ½-1tsp of powder licorice in smoothies and/or cooking

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Recipes for cold and flues

Thyme infusion

Antimicrobial on the respiratory system especially the throat.

1tsp of dried thyme

250mls of boiling water

In a teapot (or pot with a lid) put the thyme and pour the water over the herb. Place the lid on pot and leave for 2-5 minutes. Drink as a tea or allow to cool, use as a gargle (and swallow). Store the remainder in fridge. Use as often as required.

Lemon and ginger tea

Soothes the throat, great for digestion, warms the body

The juice of ½ a lemon

1 pinch of cardamom

2 pinches of powdered ginger

1 teaspoon of honey

Place all the ingredients in a mug, pour hot water over, stir and drink. Use as often as required

Banana and Licorice smoothie

The licorice is great for coughs and is also very useful in times of adrenal stress (stress).

Peel 1 banana

250ml of fluid (milk, soy milk, rice milk etc)

1 teaspoon of natural licorice powder

1 tablespoon of natural yoghurt

Place the ingredients into a blender and blend till smooth.

Lemon balm tea

Great for insomnia, times of stress and tummy upsets in adults and children associated with stress.

2 stalks of lemon balm

The juice of ¼ of a lemon

Covered pot

Add the lemon juice and roughly chopped lemon balm to a pot and pour hot water over it and place a lid over the pot. Steep for 3-5 minutes.

Teas

- a) Restoring - Siberian ginseng
- b) Stimulating - Skullcap, peppermint
- c) Relaxing - Oats, passionflower, chamomile, rosemary, lemon balm

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Stress Signals, Fatigue and Lowered Energy

Notice any of these signals of stress?

Decreased tolerance levels <input checked="" type="checkbox"/>	Moodiness and/or withdrawal <input checked="" type="checkbox"/>
Increased or decreased desire to sleep Sighing often <input checked="" type="checkbox"/>	Loss of interest in daily tasks Changed posture and gait <input checked="" type="checkbox"/>
Changed eating habits <input checked="" type="checkbox"/>	Increased reliance on stimulants (caffeine) <input checked="" type="checkbox"/>

Stress can

- ⇒ Decrease the desire to train (it is just one more demand)
- ⇒ Decrease the enjoyment in training ("I could be doing something else")
- ⇒ Limit results gained from training physically and mentally

Lack of energy and fatigue

- ⇒ Decreased ability to motivate clients
- ⇒ Decreased client compliance and motivation
- ⇒ Decreased results
- ⇒ Impacts on perception of the service offered

What can be done?

The case of S - 45 yr old female office worker, high level of stress, constant fatigue, allergies
Herb mix - Siberian ginseng, licorice, lemon balm

Siberian ginseng *Eleutherococcus senticosus*

Actions

Improves mental and physical function
Improves oxygen utilisation and mitochondrial function
Improves adrenal response to stress

Applications

Acute and chronic stress
To improve performance (physically and mentally)

Note:

- Panax ginseng (Korean/Asiatic) is more suitable for debilitated, aged or as short term enhancer as it is very stimulating.
- Available from chemists, naturopaths and health food shops

Lemon Balm *Melissa officinalis*

Actions

Nervous system relaxant
Antispasmodic

Application

Anxiety, tension, insomnia
Abdominal spasms, digestive upsets associated with tension

- Taken as a tea using fresh leaves or dried leaves
- Use in cooking

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Digestive problems of Bloating and Cravings

Been complaining of...

Bloated feeling in abdomen
(+/- pattern)

Increased flatulence

Cravings for bread & sweet foods

Digestive upsets can

- Make you feel uncomfortable and less inclined to train
- Be embarrassing and limit compliance or desire to train

What can be done?

N- 20 yr old model, bloating, wind & poor digestive function

Botanic medicines

Ginger

Lemon balm

Fennel

Peppermint

Nutritionally - Weed, seed and feed

1. Weed out the "bad bacteria" (E coli etc)
2. Seed in with the "good bacteria" (lactobacillus)
3. Feed the good guys with FOS (fructo-oligo-sachharides)

Dietary changes

Avoid

Sweet sugary foods
Refined foods
Yeasty foods
– bread, mushrooms, grapes, soy sauce
Fatty foods

Increase

Fresh foods, garlic, acidophilus
Fresh vegetables and fruit
Freshly made vegetable based sauces

Whole grains, fish, organic foods

Fennel

Foeniculum vulgare

Actions

Carminative

Antispasmodic
Antiinflammatory

Application

Abdominal spasms, digestive upsets, colic
and other intestinal disturbances
As above

Peppermint

Mentha piperita

Actions

Nervous system relaxant
Antispasmodic, and carminative

Antiseptic, astringent
Antimicrobial

Application

Anxiety, tension,
Abdominal spasms, digestive upsets, griping,
nausea, travel sickness

Diarrhoea
Cold and flues

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Complimentary Medicine and Common Sporting Problems

There are many minor sporting complaints which can be attended to easily, thereby improving compliance, performance, health and training results.

Problem	Possible Treatment
Bruising	Arnica or Reckeweg for sports
Cramping during events	Magnesium – Endura fluid or PPMP (celloid)
Inflammation	Natural antiinflammatories
Repetitive strains	Reckeweg for sports
Lowered mental and physical performance	Herbs – ginseng, gotu cola,
Stubborn skin infections	Antiinfective herb mix - topically and internally

Basic health-scan for you and your clients

A quick physical scan of nails, hair, expression, etc can provide you with important information about a persons health status.

Naturopathic body signals of possible deficiencies

Possible deficiency signal	Deficiency
White spots on nails	Zinc deficiency
Lack of taste and smell	Zinc deficiency
Lack of half moons on nails	Protein deficiency (intake or digestion/absorption)
Weak and splitting nails	Calcium, silica
Dry weak hair	Protein
Floater in the eyes	B12
Mouth ulcers	B vitamin

NOTE

Know when to refer on!

A confident and secure professional will know when to refer a client on. Recognise the limits of your skills and abilities when it comes to the professional help of an individual's health issues.

Created by Leanne Cooper

At the time of creation the information given was correct, the author holds no interest in any institution mentioned and takes no responsibility for the use of this information.

Always refer clients for professional health advice if in doubt.

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