

# urban sense wellness news

herbal medicine · anti-ageing medicine · iridology · natural fertility, nutritional medicine · weight loss · botanical skin care · herbal teas

Welcome to our April edition of the **urban sense wellness newsletter**.

It's hard to believe that we are now into the second season of the year and that summer has come to an end. This is the time of the year that we need to start preparing your body's immune system against this year flu. Please read our latest update on vitamin D as a valuable flu prevention treatment in our health news update.

## Clinic news

### RBTI testing now in clinic

Last year I came across at testing process called RBTI Testing that I am happy to offer all my clients at urban sense.

***"We don't live on the food that we eat; we live on the energy created by the food that we eat"***

**Ream's Biological Theory of Ionization** (RBTI Analysis) has been used in clinical practice for over 50 years and has helped many thousands of people. It is named after Carey Reams the scientist who through extensive laboratory testing and mathematics came up with what he called the formula for perfect health.

RBTI Analysis is used to measure the residues and components in samples of urine and saliva. This enables a trained practitioner to see at a glance where your body is out of balance and how to design a program to help you achieve optimal health. A similar system is used in naturally based agricultural practices to enhance crop yields with healthier fruit, vegetables and livestock. Developed and refined over many years it has been successfully used to assist the health of babies, children, teenagers, adults and senior citizens. RBTI Analysis allows us to assess and treat your area of greatest need.

The residues and components of urine are still used today in medical science to test for imbalances in the body. Any variations from perfect balance indicate how well or how poorly you have been digesting, assimilating and processing your food and therefore what energy you have available from that food. We look for many factors including whether the pH of the body is in balance or out of balance and where the greatest amount of stress is held in the body.

The nature of symptoms isn't important. More important is how far away from balanced your numbers are. For instance when the pH is out of balance the body will have difficulty in absorbing all of the necessary minerals needed to feed the liver. This can result in many different symptoms and conditions from disease to hormonal imbalance to anxiety, depression, irritable bowel, to aches and pains and headaches. The body will suffer somewhere until the minerals that it needs are supplied.

**Special April offer: RBTI testing for \$66.00 Contact Cheryl for details.**

### This month we welcome Elise Scully to our clinic.

With over 12yrs experience in Kinesiology and Aromatherapy, Elise provides you with the opportunity for growth and learning through personal consultations. Elise offers her clients a greater understanding of how to best look after yourself as well as enhancing your wellbeing.

### Elise Scully – Kinesiology practitioner

Kinesiology can help with:

Back and neck pain / Migraines and headaches / Depression and anxiety / Indigestion and constipation  
Learning difficulties (Adults and Children) / Women's Menstrual problems / Food and environmental  
Allergies / hayfever / Asthma & Eczema

**Elise is available for appointments at our clinic on Mondays. Contact her on m: 0407 887 940**

## urban sense whole foods for health

This month we continue our quick, easy and healthy meal suggestions with this great recipe.

### Chicken, Apple and Celery salad

**Leftover shredded chicken pieces**

**½ green apple**

**1/3 carrot grated**

**½ stalk celery**

**Handful mixed lettuce**

**½ small avocado cut into chunks**

**2-3 tablespoons good olive oil**

**2 tablespoon organic apple cider vinegar**

**Squeeze of lemon juice**

**1 tablespoon chopped herbs (basil, chives or parsley)**

**Small pinch of sea salt and pepper for taste**

**Method; Combine apple, celery, carrot, chicken and avocado and place on mixed lettuce. Combine olive oil, apple cider vinegar, lemon juice and finely chopped herbs and seasoning. Pour over chicken mix and toss through.**

### Health News updates.

#### **Protection against this years flu season may be as easy as testing your vitamin D levels.**

Every year I am asked by my clients if I recommend having a flu vaccination. New research has now confirmed that vitamin D plays an important role in activating your immune defenses against infectious diseases like the flu. Vitamin D deficiency has already been linked to a wide spectrum of diseases including heart disease, cancer, diabetes, depression, autoimmune disease and many others. This new study discovers that activation of T-cells to fight infections needs definite help from vitamin D. When a T cell recognizes foreign invaders like bacteria or viruses, it sends activating signals to the vitamin D receptor gene. The VDR gene then starts producing DVR protein, which binds vitamin D in the T cell. The vitamin D bound and activated DVR produces PLC-gamma1 protein -- which allows the T cell to get started fighting the infection. Dr. John Cannell's research has also reported that vitamin D helps produce antibacterial peptides that help protect against the flu. That is why in winter, when there is little sunshine; people are more prone to vitamin D deficiency and getting infected with flu viruses. So my best advice this year to all my clients concerned about their health and flu prevention is to ensure your levels of vitamin D are at an optimal level.

**If you would like to have your vitamin D levels tested please contact Cheryl for more information regarding this test and appropriate vitamin D levels for your health.**

**Here's to your good health**

## **Cheryl Penna**

**Naturopath & Functional Medicine Practitioner**

B.H Sc Naturopathic & Herbal Medicine

275 St Georges road Northcote, Victoria 3070

Phone 03-9482 5135 | [www.urbansese.com.au](http://www.urbansese.com.au)