

Autumn Newsletter 2024



Here we are once again – our beautiful Sydney autumn weather right around the corner! Less humidity, cooler nights. Better weather for getting fit and staying fit. Practise mindfulness on your walks, when you are in your yoga poses or ocean swimming. Nothing beats a decent night's sleep- our bodies repair and cells get replaced when we are in deep sleep. Prepare for each night's sleep by dimming downlights or just use table lamps after 9pm. Read a book, flick through glossy magazines (much better than television at that time). Allow your busy brain to slow down, relax, take it easy. The literature shows using your mobile or ipad after 9pm will delay your sleep drop off time by at least 90 minutes. The cooler autumn nights should help us sleep a little better and hopefully deeper at night! Lack of night sleep is contributory to chronic inflammation as the lack of good night sleep is perceived as stress by the body and brain.

PROTECT YOUR BRAIN THROUGH SLEEP

The central sleep regulation centre at the SCN or suprachiasmatic nucleus is also the home for Alzheimers and Parkinsons Disorders. A good night sleep protects us from degenerative brain disorders.

A REMINDER TO OUR ASTHMATICS, those prone to winter colds and chest infections, please come in to get your immune support - our immune series (weekly x 4). This includes those who have had more than one Covid infection as well. Have your Chinamed Cold and Flu caps, your Vitamin D and pre and probiotics handy!

CHRONIC INFLAMMATION can occur with persistent insults to the brain and body - including stressors in one's life, infections, neglect (and this includes burning the candle at both ends). Recent literature also show some concern that the various covid vaccines may be contributory to inflammation. The most important way forward is to reduce the chronic inflammation: to recognise it is happening, get into daily movement and exercise, rest ("me time") and meditation time, appropriate diet changes which all lead to better sleep.

2024 METABOLIC RECOVERY PROGRAMME

I briefly mentioned the Metabolic Recovery Programme (MRP) last year. This is RWG's joint effort with Dr Makri in Athens and Vitas labs in Oslo, Norway to reduce chronic inflammation in 2024. The programme is up and running and many of the patients who are 6 weeks into the programme are starting to notice some positive changes in sleep, mood and resilience to stressors. There is also more available daily energy. Naomi Shanahan is our MRP Director. Naomi and I will be looking after the MRPers - making sure they complete their programmes successfully. Good sleep, daily aerobic exercise (over 20 minutes), adequate hydration, better eating and compliance with the supplements are all important!



Happy Autumn everyone!

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