



newsletter

Winter 2009

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Welcome to the Winter 2009 Salus Newsletter.

This newsletter is packed with information on up-coming events, how to embrace winter and how to ward off winter flu's.

We have a delicious immune boosting recipe for you to try and some excellent winter articles on which natural medicines to use against viruses and infections and how to maintain your energy through the winter season.

Dr Paul Stevens and Heyltje Vaneveld both write about the emerging significance of complementary medicine to address modern lifestyle conditions and inform you of the scientific research that substantiates this healthcare model as the most significant for the 21st century.

We draw your attention to our in-house educational evenings, Tuesdays 6pm till 7pm and we inform you of our use of email and text messaging to keep in touch.

In this edition we are delighted to announce our 3 new practitioners at Salus. Clinical Psychologists' Dr Gerke Witt, Robert Postlethwaite and Osteopath Dr Belinda Burnside who are highly experienced in their fields and are accepting new patients.

Belinda has written 3 articles for this newsletter and they are very interesting so we hope you enjoy them.

We also welcome back from maternity leave Chinese Medicine practitioner Mandi Azoulay.

Jane Daley, Salus Naturopath, has begun maternity leave from Salus, we wish her all the best as she embarks on this exciting new journey in her life.

So make yourself warm and cosy with a few squares of dark chocolate (instructions: to gain the extra benefit do not let the chocolate touch your teeth) and a small glass of deep red wine and sit back and enjoy our newsletter.

Yours in Good Health,

Salus Practitioners and Staff

Musculoskeletal Week at Salus

Salus has commenced in-house *health week* focusing on services being offered at Salus and how they may benefit you.

Psychology Week was a great success, please view our website www.salusmedicine.com.au to view more information.

Musculoskeletal Week is currently our focus and as part of this, our Osteopath Dr Belinda Burnside will be teaming up with our Myotherapist / Remedial Massage Therapist Louise Norman to run a small series of classes focusing on stretching and using the Swiss Ball to combat pain and tension resulting from prolonged periods spent sitting at a desk or computer.

Please see below for more information, and to book your place contact Salus reception.

Our next in-house focus health week will be on Nutrition.

Swiss Ball Class at Salus

By Dr Belinda Burnside - Osteopath

It is a well known fact in corporate health that people need to get up from their computer work stations every two hours - yet so few people do. I would estimate that 50% of my patients present with computer related neck and shoulder pain.

Therefore I have put together an exercise programme designed to counteract prolonged desk posture. With daily stretching over a 4-6 week period, muscles that have shortened and tightened **will** lengthen. The stretches can be incorporated efficiently into your day at work, with additional exercises that can be done easily for 15 minutes in front of the television. So now there are no more excuses about time!

In the class I will demonstrate the stretches and give you one on one guidance to ensure that you are doing the right thing. A follow up class will be held to jog your memory and make sure that you have incorporated the stretches correctly.

Swiss Ball Class at Salus

By Dr Belinda Burnside—Osteopath and Louise Norman—Myotherapist

This fabulous class will focus on preventing and relieving pain and tension that results primarily from prolonged periods spent sitting at a desk or computer.

Bring a friend, family member or workmate and learn together!

The class will be run over Tuesday evenings the 9th, 16th and 23rd of June from 6pm—7pm

Please contact Salus reception to reserve your place.

Cost: Gold coin donation going to charity.



Welcoming... Dr Belinda Burnside

Osteopath

M.Ost (Osteopathy) B.App.Sc (Complementary Medicine Naturopathy) M.A.O.A, WOHO, AVCA



Belinda has over 10 years of experience in the field of complementary medicine. She has completed a Bachelor of Applied Science in both Naturopathy and Osteopathy, followed by a Masters of Osteopathy.

At present Belinda is completing a Post Graduate Diploma in Veterinary Chiropractics.

Belinda applies her skills to everyone from babies to octogenarians, tailoring treatments to suit each individual and their current health conditions.

She treats all manner of muscle and joint pain and injury, as well as a variety of conditions as diverse as headaches, menstrual pain and asthma. Belinda has a special interest in women's health, particularly pre and post natal care.

Belinda also has an interest in veterinary chiropractics and is available for home visits to treat your dog for any wellness or lameness issues they may have. Please phone Salus reception for more details regarding this service.

Belinda is registered with the Victorian Osteopathic Registration Board and is a member of the Australian Osteopathic Association; World Osteopathic Health Organisation and Australian Veterinary Chiropractic Association. Her patients are eligible for private insurance rebates on consultations.

Welcoming... Dr Gerke Witt

Clinical Psychologist

B. Sc (Hons) Psychology, D Psych (Clinical)



Dr Gerke Witt joins our Psychology team at Salus. Gerke has broad experience in clinical practice and in research, she will be taking care of Dr Dionne Shnider's patients while she is on maternity leave and is also available to see new clients.

Gerke works with a variety of mental health issues, including depression, anxiety, panic disorders, eating disorders, stress, post-traumatic stress and psychotic disorders. She also has extensive experience in treating issues such as self esteem, confidence, substance use, anger management, personal and relationship issues.

Gerke considers that establishing a trusting, respectful and empathetic relationship is the foundation for any change that the client may wish to seek in their life.

Dr Gerke Witt is a registered psychologist with the Victorian Psychologists' Registration Board and is a full member of the Australian Psychological Society (APS), the APS College of Clinical Psychologists and the Australian Association of Cognitive-Behaviour Therapy (AACBT). She undertakes extensive ongoing professional development with APS. As a registered Clinical Psychologist, clients can be referred to Gerke by their GP on a Medicare plan and are therefore eligible for a Medicare rebate.

Welcoming... Robert Postlethwaite

Clinical Psychologist

B.B. Sc, M Psych, M.A.Ps. S



Robert Postlethwaite has also joined our Psychology team at Salus.

Rob's major interests are chronic pain and chronic illness with a focus on assisting people to overcome the distress that these conditions frequently cause. Rob finds that the states of depression, stress and frustration are common experiences for people who have chronic illness, and that these states impact on quality of life, relationships, friendships and employment and financial opportunities.

Rob supports each person to maintain a quality of life focus, and he has observed from his clinical work that the manner, in which a person copes, plays a significant role in the long-term outcomes.

As a registered Clinical Psychologist, clients can be referred to Rob by their GP on a Mental Health Care Plan and are therefore eligible for a Medicare rebate.

To read more about Dr Gerke Witt, Robert Postlethwaite or Dr Belinda Burnside go to the Salus web site and follow the links. To make an appointment, call Salus reception on 9500 8870.

Medicine in the 21st century: Functional Medicine

By Dr Paul Stevens

Integrative Medicine Practitioner

Modern functional medicine understands the nervous, immune/inflammatory, hormonal and digestive systems to be of most importance in both health and disease development. Mediators of function or dysfunction (wear and tear) are released in response to events, particularly life-stress, and poor diet, often before 'diseases' develop.

In the last decade, the interest and volume of research into the biomedical activity of herbs and nutritional supplements has increased dramatically. There is an emerging body of evidence for the beneficial actions of herbs and nutrition in improving functional imbalances. Herbs in particular hold many secrets, including centuries of traditional use and potential new drug therapies, so called Ethnopharmacology.

The potential for maladaptive processes to silently mediate stress in vital organs has not been fully appreciated by western medicine, as evidenced by our rates of dementia, diabetes, heart disease and strokes, or chronic infections and frailty in the elderly. To combat wear and tear more effectively we must actively compensate with appropriate responses, including the use of biologically active supplements (herbs) and appropriate diet and exercise practices. Several Ginseng herbs, Turmeric, Green tea and Fish oils, in my opinion, offer some of the greatest benefits for maintaining human health.



Next newsletter, an in depth look at Ginseng's use in modern medicine.

Fighting Fatigue Naturally

By Elise Grauer

Naturopath

Do you jump out of bed in the morning? Or do you struggle to pull yourself out of bed and battle to make it through the day? Many of us lead a lifestyle that places a tremendous amount of pressure on our bodies both physically and emotionally. Tiredness is often a consequence of our busy lives whether from lack of sleep and relaxation, poor diet, nutritional deficiencies, excessive workload or chronic stress. Whilst occasional fatigue may not be a problem, persistent tiredness may be a symptom of a more serious underlying problem such as:

- Sleep disorders
- Depression
- Food allergies
- Low iron levels
- Underactive thyroid
- Hormonal imbalance

Whatever the cause, it is essential to address fatigue and improve energy as it has a major impact on day to day functioning and quality of life. Below are some tips for fighting fatigue and improving energy levels naturally:

Drink up



Drink a minimum of 2 litres of water daily – dehydration is one of the most common causes of fatigue. Our bodies rely on water to transport nutrients, create healthy blood, balance mood, move our muscles and digest our food. Warm liquids such as herbal teas also add to your daily intake.

Kick start the day with breakfast

Skipping breakfast will cause an imbalance in blood sugar levels leading to fluctuating energy levels throughout the day. Ensure you are eating a meal that is high in fibre, wholegrains, protein and some vegetables. Poached eggs on wholegrain toast with some spinach and tomato is a good example of this.

Cut caffeine alcohol and sugars

Avoiding these stimulants will have a profound effect on your energy levels and improve sleep quality.

Steer clear of 'white foods'

Refined carbohydrates such as white bread and pasta, processed cereals, cakes, biscuits are broken down very quickly by the body which result in an energy spike, however what goes up must come down. Just as quickly as your energy levels are boosted, they will drop dramatically, resulting in fatigue, increased hunger and may be the cause of your mid afternoon slump.

Exclude any serious illness

There are many conditions that can cause excessive fatigue. Speak to your practitioner about any concerns and exclude any underlying condition such as food allergies, anaemia, sleep apnoea or hormonal disturbances.

Sleep well

Sleep is vital for rest, rejuvenation, detoxification and repair. Ensure you get 7-8 hours of good quality sleep each night.



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Relax

Whether it is meditation, yoga, learning breathing techniques or simply sitting in the park with a book, find a relaxation technique that works for you and learn to let go of the daily stresses that deplete us of vital energy.

Enjoy exercise

Regular moderate activity has been linked to an increase in the levels of neurotransmitters, dopamine, noradrenalin and serotonin, all of which have a positive effect on mood and energy. Aim for at least 30 minutes of aerobic exercise daily



Supplement naturally

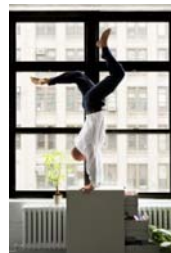
There are a number of nutritional supplements such as B group vitamins, magnesium and CoQ10 which all help with energy production and can fight fatigue. Herbs such as Rhodiola, Ginseng and Withania have been found to support the body during times of stress, increase physical endurance and promote optimal energy production.

While we've all heard many of these things before, sometimes it takes a little bit of extra support and guidance to help achieve true health. Your naturopathic practitioner at Salus can offer you an individually tailored Wellness Program structured to help you get your 'bounce' back. It's about having a great night's sleep, waking up with boundless energy, feeling true relaxation and living the best life you can. It's about incorporating the right food, exercise and disease prevention plan for you.

After a full assessment with your skilled practitioner, you will be advised on using food as medicine, on the right nutritional supplementation for you, immune boosters when you need it and any lifestyle coaching that may be appropriate. Following your initial consultation, your practitioner will keep you on track with periodic visits and regular information updates.

Remember, always listen to your body and take rest when you need it, however if a constant lack of energy is interfering with your daily functioning it might be a timely reminder to seek professional guidance and ensure you're on the right track to optimal wellbeing.

To make an appointment with Elise to discuss how she can work with you to improve your energy status, reduce stress and achieve your health goals, contact Salus Reception on (03) 9500 8870



Elise Grauer is a Naturopath who is experienced in treating a range of energy related problems such as sleep disorders, hormonal imbalance and food intolerance/allergies. Elise uses herbal medicine in conjunction with nutritional medicine and diet and lifestyle guidance to assist patients in achieving their true health potential. If you have any specific questions, email Elise at e.grauer@salusmedicine.com.au

Protecting Our Immune System

By Mandi Azoulay

Chinese Medicine Practitioner and Acupuncturist

Catching the common cold, the flu or winter infections are often unavoidable. However, this doesn't mean that the infections have to be unbearable, last the whole winter or become recurrent. This article outlines the differences between the common cold and the flu, as well as highlighting nutritional and herbal medicines to increase your resistance and support your immune system.



Is it the Common Cold or the Flu?

Often people find it difficult to tell the difference between the common cold and the flu. Both are respiratory illnesses but they are caused by different viruses. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds do not generally result in serious health problems, such as pneumonia, bacterial infections, or the need for hospitalizations.

According to Chinese Medicine, a common cold is called a *Wind-Cold* attack, and the flu is called a *Wind-Heat* attack. The signs and symptoms, and indeed the treatment for both are quite different.

A *Wind-Cold* invasion, the common cold, manifests with *cold* signs in the body and a running nose with a white watery discharge, headache and chills. There is no fever. A *Wind-Cold* invasion can transform into a *Wind-Heat* condition. A *Wind-Heat* invasion, manifests with *heat* signs in the body, including a dry sore throat, red face, fever, thirst and aching muscles, which are associated with the influenza virus.

Treatment Options

There are no drugs that can prevent or cure the common cold, whereas natural medicines can increase resistance to it and can also reduce the length and severity of it. It is ideal if you can recognize the onset of a cold or flu and start treatment early. Acupuncture, cupping and gua sha (spooning) are effective treatments at the early stage, as are the famous Chinese herbal formulae "*Gan Mao Ling*" and "*Yin Qiao San*".

Gan Mao Ling

Also known as "Miraculous Cold Pills", is a Chinese herbal product recommended in the early stage of a cold, usually the first 24-36 hours, when symptoms of sore throat, runny nose or slight malaise are noticed. *Gan Mao Ling* can be used for the duration of the cold, if the symptoms are confined to the throat and sinuses. Once the cold enters the lungs, a different formula is required. It may also be used preventatively, especially when people around you are sick, or when you are run down and want to stay well.



Yin Qiao San

Is an example of a formulation devised about 150 years ago, that is regarded as highly effective for treating infection and inflammation associated with influenza/the flu, marked by sore throat, congestion, fever and body aches.

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Comparison of Common Cold and Influenza/Flu characteristics

Feature	Common Cold	Influenza/Flu
Cause	> 100 viruses (rhinovirus most common)	3 strains of influenza virus (influenza A, B, and C)
Site of infection	Upper respiratory tract	Entire respiratory system
Onset	Gradual: 1-3 days	Sudden: within a few hours
Fever, chills	Occasional, low grade (<38.3°C)	High (>38.3°C), lasting 2-4 days
General aches and pains	Mild, if any	Often severe and affecting the whole body
Cough	Mild-Moderate	Moderate-Severe
Headache	Mild	Severe
Fatigue and weakness	Mild	Severe, may last 2-3 weeks
Stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore throat	Mild	Severe or absent
Season	Year round, peaks in winter	Most cases during winter
Antibiotics helpful?	Not unless a secondary bacterial infection develops	
Herbs and nutrients helpful?	Yes. For prevention and cure.	

Recommended foods for *Wind-Cold*:

- Miso soup with spring onions
- Vietnamese vegetable rice noodle soup with spring onions and some chilli
- Chai (spiced) tea, no milk
- Ginger tea
- Tom Yum soup with coriander
- Grandmother's chicken soup (contains a sulfur amino acid that acts like a natural antibiotic)



Recommended foods for *Wind-Heat*:

- Simple bland flavors
- Peppermint tea, Chrysanthemum tea, Licorice root tea, Mulberry leaf tea

Foods to avoid:

- **Alcohol** and **coffee** - weaken the immune system
- **Greasy** and **dairy** foods – increase mucous production
- **Raw** and **cold** foods - difficult to digest and extract the nutrients, may also contribute to mucous production

Essential Vitamins for your Immune System

Vitamin C

For over 30 years, Vitamin C has been used to treat viral respiratory infections such as the common cold and flu. A plethora of research have shown that therapeutic levels of vitamin C can provide symptomatic relief of cold and flu by reducing the severity and duration, as well as prevent the development of new symptoms. This effect has been found to have an even greater effect in children.

Food sources of vitamin C: red cabbage, strawberries, tangerines, red bell peppers, oranges, kiwis.

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Zinc

Zinc plays a pivotal role in maintaining optimal function of the immune system. The cells of the immune system that engulf and destroy the viruses and bacteria are impaired when the body does not have adequate zinc levels. Children aged 1-3 years, adolescents, males and the elderly are the groups that are at highest risk of zinc deficiency.

Food sources of zinc: barley, chicken, lamb, turkey, oysters, crab, beef, green leafy vegetables, pumpkin seeds.

Vitamin A

Vitamin A is also important for immune function, especially for the optimal health of the respiratory tract. Vitamin A deficiency is common in children and causes a weak mucous membrane barrier to infections.

Food sources of vitamin A: liver, eggs and whole milk are good animal sources of vitamin A. Many orange and green fruits and vegetables are good sources. Cod liver oil is another excellent source.

Favourite Winter Herb - Andrographis

The Ayurvedic herb, *Andrographis* is fantastic at boosting the immune system to increase immune resistance and prevent getting sick in the first place or to reduce the severity and duration of symptoms. Research has confirmed a host of pharmacological benefits for this herb, including potent anti-inflammatory, anti-bacterial and antiviral effects. It is definitely my "best friend" during winter to prevent me from getting sick from repeated close exposure to sick patients! *Andrographis* is not recommended for pregnant or breastfeeding patients so **Echinacea**, **Reishii**, **Shiitake** and **Elderflower** are ideal alternatives.



Other advice

- At onset: have a hot bath to induce sweat, drink a ginger or spiced tea and go to bed wearing warm pyjamas (to induce a sweat whilst resting). Viruses and bacteria do not survive well when the body temperature goes above 37.5°C – a fever is the body's response to killing off the infection! (Note: a fever should be monitored closely to ensure it does not go beyond 39.0°C when medical advice should be sought).
- To build the body's immune system during winter exercise regularly (this is known to improve immunity), get enough sleep, eat healthily and include foods such as ginger, garlic and ginseng.
- Jade Screen Formula (*Yu Ping Feng San*) is a Chinese formula that is ideal for taking daily to prevent colds and flu, but is not useful when the cold or flu has begun. Unfortunately, it is difficult for most of us to motivate ourselves to take something for prevention, but to paraphrase an ancient Chinese saying, "To treat disease after it has begun is akin to trying to build armaments after the war has started."

Please remember, that if you do get sick stay at home and rest to help your body fight the infection and minimize the spread of germs to your work colleagues! Seek advice from your practitioner as early as possible for appropriate treatment, such as acupuncture and cupping. Lastly, start taking your immune boosting herbs and nutrients to make a speedy recovery and prevent a relapse or another infection.



Brugger's Postural Relief Technique

By Dr Belinda Burnside

Osteopath

Brugger's postural relief technique is a counterbalance to the slumping posture that seems almost inevitable with hours of computer use. It lengthens shortened tight muscles that cause rounded shoulders and strengthens the muscles at the back that become long from slouching. For a lasting change to your posture it must be done every hour whilst sitting at a desk job.



1. Sit at the edge of a chair.
2. Knees hip width apart.
3. Arms hanging by your sides, palms turned out.
4. Forcibly open your fingers wide.
5. Turn your arms outward as far as they go.
6. Pull your chest up to the sky.
7. Tilt your head back then tuck chin in so that you are looking forward.
8. Breathe in through your nose and out through your mouth.
9. At the end of the out breath give 3 little puffs.

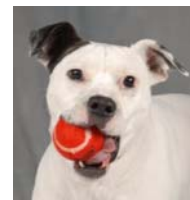
Musculoskeletal care for your dog – Ball chasing

By Dr Belinda Burnside

Osteopath

Throwing the ball may be a game your dog loves to play and you may think you are being very nice when you take your dog out to the park for a ball chase. But it isn't necessarily the best form of exercise, especially for middle aged and older dogs. It would be equivalent to us having sat around all day, then getting up, going outside and sprinting. As I'm sure you can imagine, that is a formula for very sore muscles.

Going for a decent walk first to warm up, loosens the muscles and also gives you more exercise. For older dogs it may be beneficial to give away ball throwing all together, as the sudden stopping can be quite jarring on arthritic joints. Ball launchers can be a useful device because the further the ball is thrown, the more time there is for the dog to slow down before reaching the ball.



Dr Belinda Burnside is a highly experienced Osteopath with a particular interest in women's health, particularly pre and post natal care and also has a special interest in veterinary chiropractics. Belinda is available to treat your dog for any wellness or lameness issues they may have. Please phone Salus reception for more details regarding this service.

International Congress on Natural Medicine

By Heyltje Vaneveld

Naturopath

Practitioners from Salus recently attended the 6th International Congress on Natural Medicine on the Gold Coast over the long weekend.

450 practitioners from Australia and New Zealand participated in this event and were again privileged to be the recipients of presentations that this year focused on pain, inflammation, neurological health and aging.

It was a truly inspiring weekend reaffirming that integrative / complementary healthcare is the most important healthcare model that embraces and treats complex dis-eases and that this area is dominating research.

Scientific research can now demonstrate that lifestyle, environment and nutritional status are the most significant influences on human health and wellbeing and that the complementary healthcare paradigm is already positioned to take up this challenge.

Winter Recipe

Immune Booster Soup

This almost-instant soup is a supremely healthy way to fight colds and flu's. For extra immune boosting, *Brands Chicken Essence* is available from Asian food shops and may be added to individual servings.

Ingredients

- 8 dried shiitake mushrooms
- 6 cups chicken stock
- 4 cloves garlic, chopped
- 2 tbsp ginger, grated
- 1 onion, diced
- 1 chicken breast, diced
- 1/2 cup white miso paste
- 1/2 cup spring onions, sliced
- 1/4 cup fresh parsley, finely chopped
- 1/4 cup fresh basil, finely chopped



Method

Soak the mushrooms in a cup of hot water for 10 minutes while preparing the soup. In a medium saucepan, place the stock, garlic, ginger, onion, chicken, miso and spring onions. Bring to the boil, reduce heat and simmer for 10 minutes. Slice mushrooms and add with their soaking liquid, and simmer for a further 3 minutes. Place in warmed bowls and sprinkle with basil and parsley.

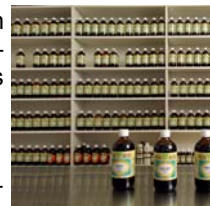
Serves 4

Recipe from *Very Wellness* by Val Allen, Naturopath, which is a cookbook containing fantastic low-fat, low dairy, wheat-free, low sugar and low GI recipes. *Very Wellness* is available for sale at Salus, please enquire at reception.

Salus News

Salus Dispensary

Salus does not accept any solicitation from pharmaceutical companies, therefore our selection of medicines is based entirely on a patient's individual requirements.



This is also true for our natural medicine dispensary. We select **Practitioner Only** products based on the most up-to-date research, clinical evidence and we actively participate in professional education seminars to continually update our knowledge.

Children's Health - Mindd Foundation

Mindd (metabolic, immune, neurological, digestive disorders) **Foundation** promotes an integrative approach to children's healthcare with a focus on comprehensively assessing each child for biomedical factors that contribute to the child's condition. For more information please view the Mindd Foundation website at <http://mindd.org/>.



Heyltje Vaneveld, Salus practitioner has recently completed the training provided by Mindd and is a certified DAN (Defeat Autism Now) practitioner. She can be contacted at Salus and welcomes all enquires.

Salus Information Nights and Classes

Due to the success of our classes on a Tuesday evening we would like to continue providing the patients of Salus ongoing educational opportunities and are in the process of organising a biological holistic dentist and a wholefoods cooking educator to come and present in the very near future, more information will be provided via newsletter and available on the website, if you have any ideas or an interest for a type of presenter or topic please contact reception.

Calendar of Events

9th, 16th and 23rd of June - Swiss Ball Class

7th, 14th, 21st and 28th of July - Watch this space

4th and 11th of August - Basics of Gait: understanding the basic mechanics of walking to retrain and improve the musculoskeletal system.

We are taking bookings now!

New Ways of Keeping in Contact

We are constantly adding value to our website and encourage you to visit us regularly at www.salusmedicine.com.au.



We will shortly begin text messaging to confirm all appointments with Salus practitioners and we thank you in anticipation of your acceptance of this.

In the near future we will also begin sending out our newsletter via email, print copies will still be available at Salus but we believe many of our patients will prefer to receive our newsletter this way. Therefore so that you do not miss out, please ensure your email contact details are up to date with reception.