Wellness Inside and Out!!
Sheryl Hockey, Medical Herbalist & Iridologist
Room 2, Health Suite, YMCA Raymond Terrace, 0422 422 804

What is ‘Wellness’??
Many people believe 'health' and 'wellness' are terms that simply mean being free from disease, but there is so much more to being truly well!

Are you really well if you are overweight, forgetful, tired, moody, or have poor skin? What if you suffer from headaches, frequent colds, constipation or bloating?

If you regularly experience these symptoms, you may not necessarily have a disease (yet!), but you aren't truly well either. There are steps you can take to escape these frustrating complaints and enjoy true wellness.

The concept behind wellness, is that 'prevention is better than cure'. So take steps daily towards improving your wellness! (Tips on page 3!)

If you are feeling tired, rundown, stressed or even a little depressed, then seeing a trained Medical Herbalist could make a huge difference to your energy, health and wellbeing in as little as two weeks!

Call us today to book in your Wellness Consultation!
What can a Medical Herbalist & Iridologist do to help with your health issues and concerns?

I provide a holistic form of health care that addresses the physical, mental and emotional aspects of a person as well as the functioning of various systems of the body and external influences. I use all this information to tailor a treatment plan to your individual needs to help you achieve your desired goals!

Here are some of the common health issues that people come to see me about:

- Poor energy
- Weight loss
- PMS
- Constipation
- Fatigue
- Muscle cramps
- Acne, eczema
- Dandruff
- Bloating
- Depression
- Irritable Bowel
- High Cholesterol
- Poor Concentration
- Anxiety
- Dry Skin
- Women's Health
- Recurrent colds/flu
- Children's Health
- Fertility and conception
- ...and MANY who come because there is no medical explanation to what is wrong with them, but they know that something is not right!
Water, water and more water!
How much do we REALLY NEED??

You've more than likely heard this before ... you can live for days, weeks, and even months without food, but 2 to 3 days without water could kill you. In Australia, it's more like 2 to 3 HOURS (in some regions!) without water could kill you! OK, a bit of an exaggeration (unless a person started out dehydrated and exercised in the heat for 2 or 3 hours in which case heat exhaustion and death could be very real outcomes) but I wouldn’t be surprised to know that a majority of people reading this right now are not properly hydrated. (Hang on, just going to get my water bottle!!) Especially in Australia, people tend to walk around in a constant state of dehydration.

Drinking plenty of water is also important for healthy skin. Another interesting fact: sometimes our body confuses a thirst signal for a hunger signal, which is why drinking a glass of water before a meal or snack is a common weight management tip.

This is a simple EFFECTIVE health TIP!!!

As parents, it's our job to teach our kids to drink water!

Staying hydrated is essential for everyone, but athletes have an even greater need to maintain proper hydration. Water is the most important nutrient for life and has many important functions including regulating temperature, lubricating joints and transporting nutrients and waste throughout the body.
How do you know if you're hydrated or dehydrated?

The best way to tell if you're hydrated is to monitor your urine. You should be urinating a significant amount regularly (3-4 times) throughout the day. If your urine is pale yellow or clear in color you are drinking enough. If it is dark yellow and odorous, get a big glass of water and start guzzling! Keep in mind that certain vitamins will also make your urine dark - so it is possible to have dark urine and still be hydrated.

The first sign of dehydration is thirst. Other signs of moderate dehydration are low grade headache and fatigue. Severe dehydration is accompanied by nausea, chills, increased heart rate, inability to sweat, and lightheadedness. At this point, medical attention is warranted.

How much water do I need?

It depends, everyone is different and we can fluctuate from day to day depending on what we are doing. A common amount is no less than 8 glasses (2L) of water per day, but this is a bare minimum and would need to be increased due to exercise, drinking diuretics (tea, coffee) etc. When you add exercise and hot weather, your fluid needs increase significantly. It would be a good idea to add at least two more glasses daily if you live in a warm to hot climate.

Water needs are also related to how many calories you burn daily. You need about 1 ml of water for every calorie you burn. So, if you're very active and burn 3000-4000 calories per day, you would need 3-4 liters of water (13-17 cups)!

The bottom line of all this -- DRINK LOTS OF WATER / FLUIDS !!! The chances of your getting too much water are slim to none, so drink up!