



NEWSLETTER

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SANGANAII/HLANGANANI KUMBANAYI 2025 TOURISM EXPO

BEST MEDICAL FACILITY STAND

The **2025 Sanganaai/Hlanganani World Tourism Expo** was held in Mutare, Zimbabwe, from September 10-12, 2025, focusing on adventure tourism in the Eastern Highlands. Organized by the Zimbabwe Tourism Authority (ZTA), the event showcased African tourism products, attracted international buyers and media, and provided opportunities for business networking, partnerships, and investment in the tourism sector.



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YOUR GUT : COMMON QUESTIONS AND ANSWERS

How does the gut microbiome influence mental health and cognitive function?

The bacteria that line our gut interact with all the food we ingest. Once this interaction takes place, the bacteria start digesting the food, and through the digestion process, create products that will directly impact our mental status. A few examples of by-products that regulate our mood would be : Serotonin ; Dopamine ; GABA (Gamma-aminobutyric acid) ; Short-Chain Fatty Acids.

Which dietary patterns are most supportive of a healthy gut-brain axis?

The diversity of the microbes in our gut directly affects the gut-brain axis, the more diverse the better. Therefore, having a versatile diet, that is filled with whole-grains, mixed vegetables and fruits and inclusion of spread of nuts and legumes.

Can specific foods or nutrients reduce symptoms of anxiety or depression via gut health?

Not a cure on their own, but certain foods and nutrients can help ease symptoms by supporting a healthy gut:

Fiber-rich plant foods (vegetables, legumes, whole grains, nuts, seeds) → promote short-chain fatty acids (like butyrate), which reduce inflammation.

Fermented foods (yogurt, kefir, sauerkraut, kimchi, miso, tempeh) → boost microbiome diversity.

Omega-3 fatty acids (fatty fish, algae-based sources) → anti-inflammatory, support brain function.

Polyphenols (berries, dark chocolate, green tea, olive oil) → nourish beneficial gut bacteria.

Tryptophan and cofactors (pumpkin seeds, soy, legumes + B-vitamins, magnesium, zinc, vitamin D) → support serotonin production.



How does stress affect gut function and microbiome balance?

Stress disrupts gut health in several ways:

Alters gut motility → can cause diarrhea, constipation, or bloating.
Increases gut permeability (“leaky gut”).
Reduces beneficial bacteria (Lactobacillus, Bifidobacterium) while harmful strains may thrive.
Raises inflammation, which feeds back into mood and cognition.

How quickly can dietary changes influence the gut microbiome and, in turn, mental health?

Gut bacteria can shift within a few days of changing diet. Noticeable effects on mood and cognition may take weeks to months, depending on consistency and overall lifestyle factors.

What is the connection between serotonin production in the gut and emotional regulation?

About 90–95% of serotonin is produced in the gut. Gut microbes influence tryptophan metabolism (serotonin’s precursor). Balanced microbiota helps regulate serotonin signaling, affecting mood, sleep, and appetite.

What role do prebiotics and probiotics play in improving mood and mental clarity?

Prebiotics (fibers that feed good bacteria, e.g., garlic, onions, bananas, asparagus) → increase production of SCFAs that benefit the brain.
Probiotics (live bacteria in fermented foods or supplements) → some strains are linked to reduced anxiety and depression (“psychobiotics”).

Are there signs or symptoms that indicate an imbalance in the gut is affecting the mind?

Possible indicators include:

Digestive issues (bloating, irregular bowel habits).
Brain fog, low mood, or increased anxiety.
Poor stress resilience or sleep disturbance.
Frequent sugar cravings (can be linked to microbial imbalance).

How do processed foods, sugar, and artificial additives impact the gut–brain connection?

They reduce microbiome diversity and feed pro-inflammatory bacteria.
High sugar diets can promote insulin spikes → worsen mood swings.

Certain additives (emulsifiers, artificial sweeteners) may disrupt gut barrier and microbial balance.

Can personalized nutrition based on microbiome testing improve both gut and mental health outcomes?

Potentially yes — microbiome testing can guide dietary strategies tailored to an individual’s unique gut profile. Early research shows promise, but results vary; it works best when combined with overall healthy eating, stress management, and lifestyle changes.

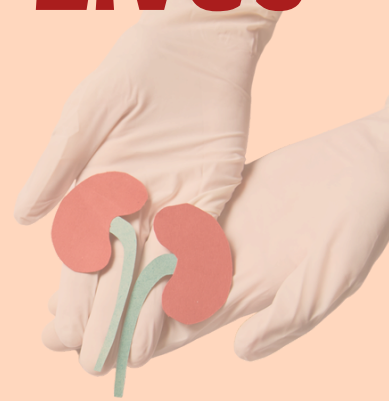


DIALYSIS

..... Saves Lives

What do your kidneys do?

- ~ Clean your blood from waste and toxins
- ~ Remove extra water from the body
- ~ Help control blood pressure
- ~ Keep minerals and chemicals in balance



When kidneys fail...

Waste and water build up in the body

You may feel weak, swollen, or short of breath

Without treatment, kidney failure can be life-threatening

Types of Dialysis

Hemodialysis – blood is cleaned through a special machine

Peritoneal Dialysis – the lining of your belly acts as a filter with the help of fluid

What is Dialysis?

Dialysis is a treatment that does the work of your kidneys when they can't.

It removes harmful waste and extra fluid, keeping your body healthy and in balance.

Dialysis is not a cure, but it is life-saving.

It keeps you going when your kidneys can't.



MT PLEASANT DIALYSIS CLINIC

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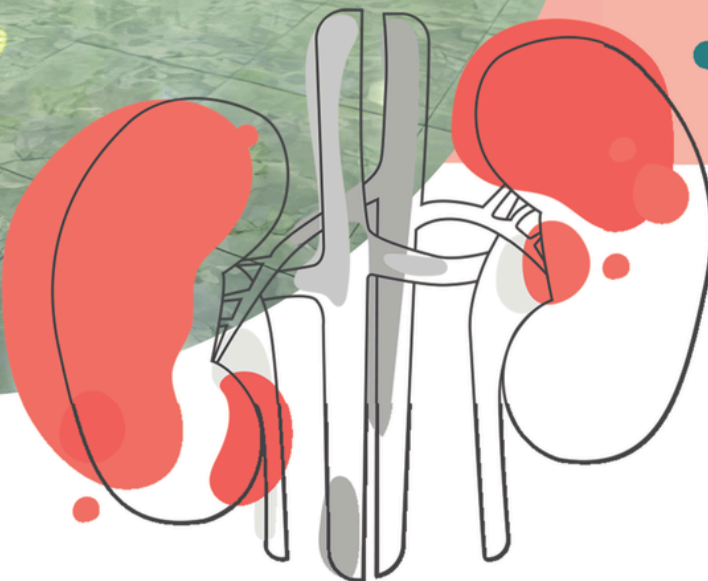
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MOLD

Mold is no longer rare. It's a reality of living in a synthetic world — drywall, carpets, glues, AC units, and plastic-heavy homes create perfect conditions for it to thrive. It's not just in the air. **Mold spores can get into your nose, lungs, and gut.** And once inside, the toxins they release [mycotoxins] spread systemically — even down to the cellular level. **Your body can detox mold.** I see it in urine tests all the time. But if you have a continued exposure, your body gets overwhelmed. It's like trying to empty a sinking boat with a spoon. Mold isn't just from visible water damage.

It can come from *airborne spores, old dry goods, food, and even cross-contamination.* And for many, mold in the home doesn't just trigger symptoms — it triggers trauma. Because **when your home isn't safe, your nervous system can't heal.** Most people think they just need binders. But **mold drains you** — it depletes minerals, disrupts mitochondria, weakens detox, and makes your body too tired to push toxins out. **This is why people stay sick.**

Mold toxins are also endocrine disruptors, so you need hormone support from day one. And yes, your home matters. Poorly built or sealed homes trap moisture, and drywall is a breeding ground. You can try remediation, but in truth — moving is often the only real solution. Mold detox is possible. For kids and adults. But it's a process — and it requires consistency, nourishment, and support.



Text courtesy of Barbara O'Neill
via X (Twitter)

What matters most? Nourishment.

Antioxidants are critical: glutathione, vitamin C, NAC, and astaxanthin help the body neutralize mold's oxidative damage. You also need to **flood the body with minerals and nutrients** so the lymphatic and cellular detox systems can function. And liver function needs to be in top shape, it already has massive to do list, now it has to deal with mold detox 24/7. **Probiotics** matter too — but only mold-resistant strains. Standard shelf probiotics won't compete with mold overgrowth. You need **robust microbial support that can help reshape the terrain.** Colon, lung, and nose biofilm cleansing are essentials. Mold colonizes and stays forever.



MOLD

IT'S NOT JUST IN THE AIR —
IT'S IN YOUR BRAIN, LIVER,
AND CELLS

WHAT PEOPLE THINK IT IS

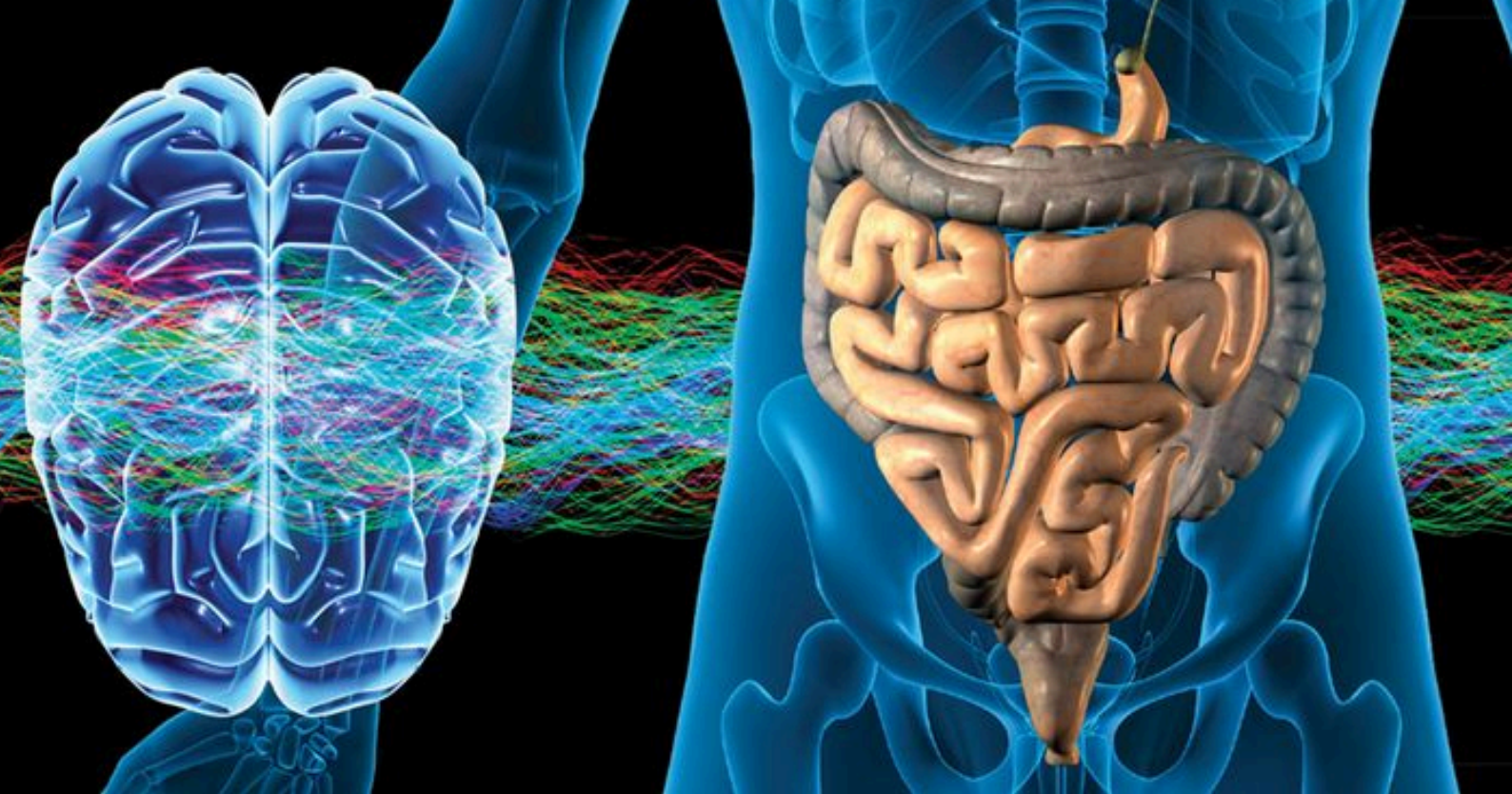
- ✗ Just some spores in your bathroom
- ✗ Only a problem if you're allergic
- ✗ Just causes sneezing or sinus issues
- ✗ Can be fixed with an air purifier
- ✗ Only an issue in old, dirty houses
- ✗ You can kill it with bleach
- ✗ Just take a binder and you're fine
- ✗ Not serious unless you can "see it"
- ✗ Detoxing mold is a one-step process

**MOLD ISN'T JUST
AROUND YOU.
IT GETS INSIDE YOU.
AND ONCE IT'S IN YOUR
TISSUES, HEALING
TAKES MORE THAN
BINDERS —
IT TAKES A FULL-BODY
SUPPORT.**

WHAT IT ACTUALLY DOES

- 🧠 Mold toxins (mycotoxins) are fat-soluble — they embed in your brain, liver, nerves, and mitochondria
- ⚡ Cause mitochondrial damage, leading to deep fatigue, anxiety, brain fog, and exercise intolerance
- 🔥 Trigger chronic low-grade inflammation and immune dysfunction
- 🧬 Disrupt your body's energy production, hormone balance, and gut lining
- 🌿 Act like infections — the immune system treats mold like an invader, not just a toxin
- 🛡️ Detox requires more than binders — it needs antioxidant support (glutathione, NAC, vitamin C, etc.) to neutralize oxidative stress
- 💊 Without phase 1 and 2 liver support, binders just recirculate toxins
- 🍄 Mold often causes or worsens internal fungal overgrowth (e.g., candida, aspergillus)
- 🌀 Creates a "cell danger response" — your body freezes in survival mode
- 🌙 You can't detox mold in fight-or-flight — you need deep sleep and parasympathetic balance
- 🌊 Mold toxins thicken bile and clog drainage — so you must open up liver, lymph, and colon pathways
- 🌿 You don't have to "see mold" to be affected — water damage + musty smell = danger
- 🧠 Mold is behind countless "mystery illnesses" — and most doctors miss it





SEROTONIN

What is serotonin?

Serotonin is a chemical messenger (called a neurotransmitter) found mainly in the brain, intestines, and blood. It helps carry signals between nerve cells and plays a big role in how our body and mind work.

What does serotonin do?

Serotonin affects many important functions in the body, such as:

- Mood – it helps regulate feelings of happiness and well-being
- Sleep – it influences when we feel tired or awake
- Appetite and digestion – it helps control hunger and supports gut function
- Memory and learning – it plays a role in brain activity
- Blood clotting – platelets release serotonin to help wounds heal

Why is Serotonin important?

- Low levels of serotonin are linked to depression, anxiety, and sleep problems.
- Balanced levels help you feel stable, calm, and focused.
- Because of this, some antidepressant medications (like SSRIs) work by boosting serotonin in the brain.

Where does Serotonin come from?

- The body makes serotonin from an amino acid called tryptophan, found in foods like eggs, nuts, cheese, and turkey.
- Most serotonin is actually made in the gut, but in the brain it has a special role in mood and emotions.

Serotonin is often called the “feel-good chemical” because of its big role in mood and happiness—but it also keeps many body systems running smoothly.



DVT

Deep Vein Thrombosis

What is DVT and why is it so Dangerous?



DVT happens when blood flow in a deep vein slows down or becomes blocked, allowing a clot to form.

This is often linked to a combination of factors:

Lack of movement (stasis of blood flow)

Sitting still for a long time (long flights, long car trips)

Being on bed rest after surgery, illness, or injury

Paralysis or limited mobility

Damage to the vein wall

Surgery or injury to a vein

Injections or catheters placed in a vein

Inflammation in blood vessels

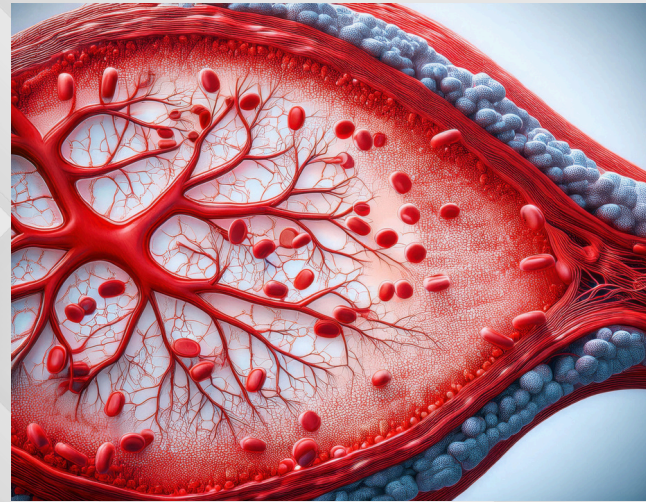
Blood clotting disorders (hypercoagulability)

Genetic conditions that make blood clot more easily

Certain medications (like hormone therapy or birth control pills)

Pregnancy (because of hormonal and blood flow changes)

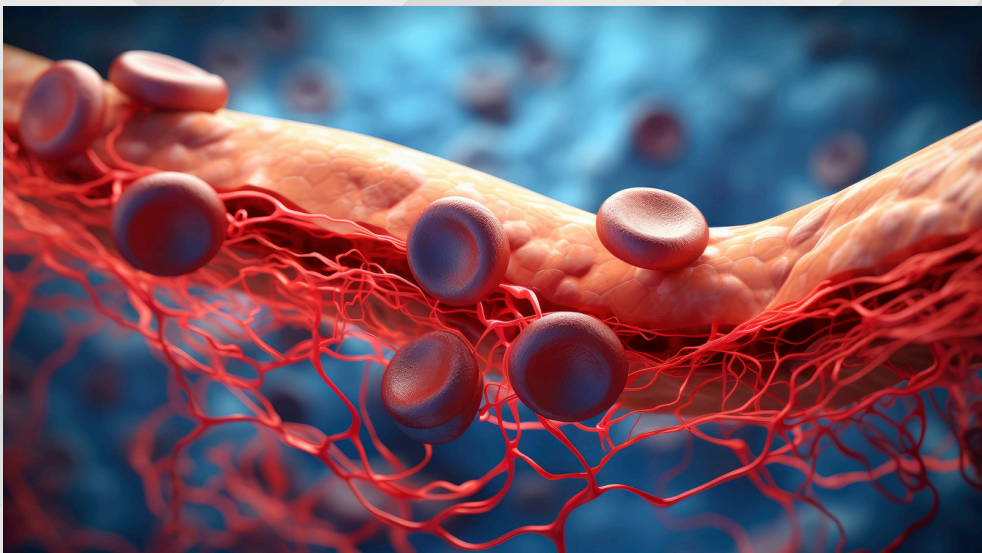
Cancer and some cancer treatments

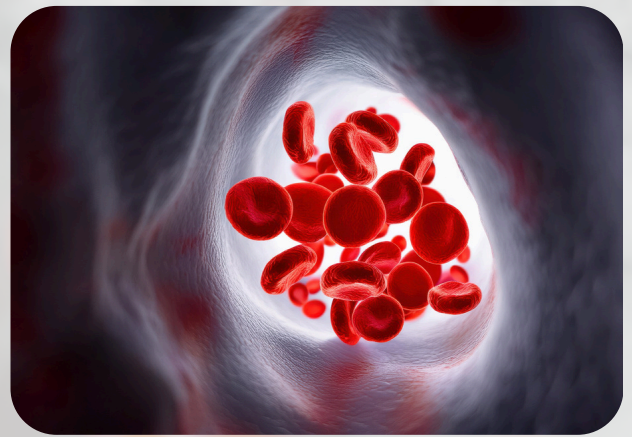


A clot can break off and travel to the lungs (pulmonary embolism)

This can be life-threatening if not treated quickly

DVT needs urgent medical care





What are the Warning Signs and Who is at Risk?

Warning Signs



- Swelling in one leg
- Pain or tenderness (often in the calf)
- Warmth or redness in the skin
- Leg feels heavy or tight

Sometimes there are no symptoms — so stay alert if you're at risk!

Who is at risk?



- People sitting or lying down for long periods (travel, bed rest, hospital stay)
- Surgery or injury
- Pregnancy
- Obesity
- Smoking
- Family history of blood clots
- Older Age

How to Reduce Risk



- Stay active and move often
- Drink enough water
- Wear compression stockings if advised
- Take blood-thinning medication if prescribed
- Stretch legs during long trips or flights

**DVT can
be prevented
and treated.**



HYDROFLEX LEG COMPRESSION THERAPY DEVICE

"Revitalize Your Legs with HyperFlux Compression Therapy
– **Feel the Power of Recovery!**"

Common uses in healthcare:

- Post-surgical recovery (e.g., knee or hip replacement)
- Swelling during pregnancy
- Elderly individuals with circulation issues
- People with chronic venous insufficiency or varicose veins.

Contraindications for leg compression therapy devices include:

- Severe Arterial Insufficiency
- Active Deep Vein Thrombosis (DVT)
- Acute Infection
- Uncontrolled Heart Failure
- Severe Oedema with Heart/Kidney Disease
- Severe Skin Conditions
- Recent or Existing Fractures
- Pregnancy (Caution)
- Severe Neuropathy
- Congestive Heart Failure (CHF)

Benefits

Our HydroFlex leg compression therapy device uses controlled pressure to improve blood circulation in the legs, offering several benefits:

- Improved Blood Circulation
- Reduced Swelling and Oedema
- Prevention of DVT
- Relief from Muscle Soreness and Fatigue
- Enhanced Lymphatic Drainage
- Improved Recovery after Surgery or Injury
- Enhanced Mobility and Comfort
- Convenience and Ease of Use
- Support for Athletes



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OZONE THERAPY



FOR ANTI-AGEING AND OVERALL WELLNESS

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WHAT IS OZONE THERAPY

Ozone therapy is an alternative treatment that uses medical-grade ozone gas to improve oxygen delivery and stimulate the body's natural healing processes.

BENEFITS

- ~ Boosts oxygen delivery to tissues
- ~ Enhances immune system activity
- ~ Acts as an anti-inflammatory
- ~ Promotes wound healing and tissue regeneration.
- ~ Improves circulation by increasing blood flow and reduce blood clumping

- ~ Has antimicrobial effects, helping combat bacteria, viruses, and fungi.
- ~ Supports detoxification, aiding the body in removing toxins.
- ~ Assist with chronic pain, including joint and muscle discomfort.
- ~ Improves energy and reduces fatigue
- ~ Supports anti-aging and skin health through improved oxygenation and circulation.

Call to make your booking :

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POST-PREGNANCY BODY CONTOURING ~ THE MOMMY MAKE OVER ~



What is a mommy makeover?

This is a group of cosmetic body contouring procedures whose ultimate goal is to return a woman's body to its pre- child bearing appearance. These procedures include liposuction, breast reduction and/or breast lift, tummy tuck, etc

Who gets a mommy makeover and when?

Any woman with the desire to return her body to a semblance of its pre-pregnancy state after any number of pregnancies can consider a mommy makeover.

"The best time to get a mommy makeover is when one is done with child bearing and healthy enough to undergo surgery"

How do I start preparing for a mommy makeover?

- Book a consultation with your plastic surgeon.
- Getting into a good exercise routine is encouraged as best surgical results are attained when one is at their optimum body weight.
- Do your research! Do as much research on the procedures you are thinking of getting done so that you are able to ask the right questions during your consultation with your surgeon.



Article courtesy : Dr Tinga Nyoni, Plastic Surgeon, Trauma Centre



SUMMER FUN & SUN SAFETY

There's something magical about summertime—the laughter of children chasing each other across the lawn, the smell of sunscreen mixed with fresh-cut grass, and the irresistible pull of long, golden afternoons. Summer is for family memories. But while the sun brightens our days, it also reminds us to take a little extra care. Sun safety isn't about avoiding the outdoors; it's about enjoying it wisely.



Sunscreen: A Daily Essential

Think of sunscreen as your **invisible summer shield**. A broad-spectrum lotion with SPF 50 or higher helps protect against both sunburn and long-term skin damage. It's not just for the beach—**apply it whenever you're heading outdoors**. Reapply every couple of hours, especially after swimming or sweaty play, and don't forget easy-to-miss spots like the ears, nose, and tops of feet.

Dress Smart for the Sun

What you wear matters. **Lightweight, breathable fabrics** keep you cool while also acting as a barrier against harmful rays. **Wide-brimmed hats** and UV-blocking sunglasses protect both skin and eyes, while **long-sleeved swim shirts** (rash vests) are perfect for kids who love to splash around all day.

Keep Hydrated and Happy

Heat and sunshine can quickly **zap energy levels**. Carry **plenty of water** and make drinking it a habit, not an afterthought. Fun tip: pack cooling snacks like oranges, watermelon, or frozen grapes—they hydrate, refresh, and feel like a treat.

Timing is Everything

The **sun is strongest between 10 a.m. and 4 p.m.**, so plan outdoor adventures for mornings or late afternoons when possible. If you do find yourself out at midday, look for **shade under trees, umbrellas, or a cozy picnic tent**.

At the end of the day, sun safety is simply about balance. With a little preparation, families can soak up the sunshine, stay protected, and focus on what matters most—making those long summer days unforgettable.





BREAST CANCER

AWARENESS MONTH : OCTOBER

Breast cancer is one of the most common types of cancer worldwide, affecting millions of women and, in rare cases, men. While the diagnosis can be overwhelming, advances in medicine and greater awareness have greatly improved survival rates and treatment outcomes.

Signs to Watch For

A lump in the breast or underarm

Changes in breast size or shape

Pain or unusual discharge from the nipple

Skin changes such as redness or dimpling

Not every lump is cancer, but any change should be checked by a doctor.

Risk Factors

Risk increases with age, family history, inherited genes, and certain lifestyle choices like smoking, alcohol use, poor diet, and lack of exercise.

Early Detection Saves Lives

Mammograms, ultrasound scans, and regular self-checks are key to catching breast cancer early. The earlier it's found, the better the chance of successful treatment.

Treatment and Hope

Treatment may involve surgery, chemotherapy, radiation, or hormone therapy. Advances in medicine mean many women go on to live healthy, fulfilling lives after treatment.

Awareness Matters

Every October, Breast Cancer Awareness Month reminds us to take action — check, screen, support, and spread the word. Together, we can fight breast cancer with hope and awareness. 🌸

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Regenerative Medicine:

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- Chronic Pain Management
- Jet Fuel IV Infusions (Vitamins, Amino Acids, Minerals)
- Gynae Aesthetic and Rejuvenation Therapies
- Hyperbaric Oxygen Chamber
- Ozone & Cryo Chamber Therapies
- Chronic Neurological Ailments and Autoimmune disorders
- Chronic Inflammatory Disorders
- Metabolic & Adipose Disorders

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