



Welcome to the Autumn 2004 edition of the Paddington Clinic News!

As we move into the winter months it is timely to look after our immune systems. There are many ways to do this both inside and outside the clinic! Nutritional and herbal support, massage and acupuncture will all boost immune function as will exercise, stress reduction techniques and laughter.

We have recently welcomed a new therapist, Rachel Steward, to our team. Rachel has trained in two styles of Japanese acupuncture, Toyo Hari and Manaka Protocols, in addition to her primary training in Traditional Chinese Medicine. Rachel's study of Toyo Hari has included training in Japan. She has experience in treating people from a wide range of backgrounds, including refugees, through her work with the Queensland Program of Assistance for Survivors of Torture and Trauma.

Rachel offers Japanese acupuncture, Massage, Australian Bush Flower Essences and nutritional support.

In July, Peter and I will again be travelling to Japan for further training in Toyo Hari with the Japanese master teachers. This is always an incredible experience.

Some of the teachers have been practicing Toyo Hari for over fifty years and can discern much about the health of a person from feeling their radial (wrist) pulses alone. As always we are very much looking forward to this trip.



After our training in Japan Peter and I will be traveling on to England to visit relatives and friends. We will return to the clinic during the week beginning 23rd of August.

Maureen has returned from her holiday in Bali. Welcome back Maureen and thanks to Judy, Sharon and Anna for holding the fort in her absence.

Debbie is now back from her holiday in the Simpson Desert. After trekking across the Desert with camels for twelve days she will certainly have some stories to tell!

Next time you are on the internet don't forget to check out our website.

The address is: www.paddingtonclinic.com.au and there is a feedback mechanism if you would like to offer us any suggestions or comments. Stay well and healthy. Mary and staff.

HEALTHY RECIPES

Poached Salmon and Eggs

Ingredients:
 2 Eggs, whole
 150g Salmon fillet, cut into 2 pieces = 23g protein
 200 ml water
 3 tsp. toasted silvered almonds
 Sprinkling of fresh cracked pepper and salt
 Sprinkling of fresh chopped parsley

Method:

Put the fish in a non-stick frying pan and cover with water
 Bring slowly to boil, then simmer until fish is tender but not breaking up
 Transfer with a slotted spoon to warmed serving plate and keep hot

Bring the cooking liquid to a boil
 Crack one egg into a cup
 Using a spoon, stir the water very quickly to create a 'whirlpool' and then slide the egg carefully into the water
 Repeat with the remaining egg
 Simmer for 3 minutes or until each egg is firmly set
 Meanwhile sprinkle fish with cracked pepper and salt to taste
 When eggs cooked, remove from the pan with a slotted spoon and place on each piece of fish.
 Garnish with toasted almonds and fresh chopped parsley, Serve & Enjoy!!



PRODUCT UPDATE

IMMUNOCARE T-Helper Cell Regulation

Immunocare is a scientific breakthrough for the maintenance of a healthy immune system. Immunocare is a unique combination of soybean extract (Moducare) and Astragalus. The soybean extract is known to modulate the Th1:Th2 helper lymphocyte ratios, which determine immunological function. Astragalus has been traditionally used for centuries in China to support healthy immune function.

APPLICATIONS: Maintenance of a healthy immune system

The overall effect is to balance the immune response, by reducing inflammation and allergies, and increasing resistance to infection.

- Prophylaxis against infection, Any immune deficient condition or disease, Stress induced immune dysregulation, Allergies, Viral infections: Colds, Flu, Upper Respiratory Tract Infections (URTIs), Herpes, Ross River fever, CFS,

HIV, Cytomegalovirus.

Moducare may reduce the symptoms of allergies as indicated during a double blind controlled study on allergic rhinitis showing 100% of patients had less rhinorrhoea and post-nasal drip, Brittle W, et al. University of Stellenbosch, 2001.

HEALTHY TIPS

Boost Your Immune System

While most cases of the common cold and flu simply "run their course" in one or two weeks, there are things you can do to relieve your symptoms and support your overall immune system. In addition to the nutritional and herbal formulas that your healthcare provider may recommend, it is important to:

- Drink at least 8 glasses of water per day. Water is important for moistening the lungs and respiratory tract and has been shown to loosen mucus secretions in cold and flu patients.
- Get plenty of rest. Seven to eight hours of sleep each day is essential in restoring and/or maintaining health and vitality to your mind and body.
- Light exercise (e.g., walking at a moderate pace) may stimulate your immune system. If you are generally active, however, it may be best to reduce your level of physical activity while you have a cold or flu. This may speed up recovery time and help prevent complications, such as bronchitis or pneumonia.
- Avoid bananas and dairy products, as they have been shown to increase mucus production in cold and flu patients.

Excess sugar may decrease immune system activity and thus it may be beneficial to reduce your sugar consumption.

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