

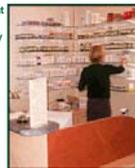


Welcome to the Autumn 2006 edition of the Paddington Clinic News!

Another year is starting to gallop by and is a reminder to us all that it is important at times to take a moment to consider what may lie ahead of us and whether we are going too fast and missing the joy of being alive.

Autumn is here and a time when some people find their allergies start to manifest once again.

Working on your long-term health is the most successful way of preventing flare-ups of these sort of problems. Regularity of treatment is the most cost-effective approach.



After the birth.....

Many of our clients know that our clinic specialises in pre conception-care, natural fertility management and pregnancy. However, we also offer important support in the post-partum phase, commonly referred to as the post natal time or after childbirth.

If you look at literature around you, or even in magazine reports, you would be correct in assuming that most problems are to do with achieving pregnancy and having a healthy pregnancy.

But what about after the birth? Do we presume that all parents go home and have a wonderful time with their new baby? Do we only hear of the more alarming problems of severe post-natal depression or breast-feeding problems? It is an area that I am personally interested in as it occurs to me that there is very little attention given, in many Western cultures, to mothers after the birth.

My own research lead me to discover that in ancient Chinese literature it is recommended that women do the "monthly" after childbirth in order to recover fully from the experience. This practice is still followed in many Eastern cultures and involves intensive nurturing and rest for the mother over a four week period.

Basic recommendations are that the mother does not bathe for one month or leave the house. She is not to do any house work and is encouraged to have a lot of bed rest. She is given the best food and particularly popular is chicken soup with lots of herbs decocted into it. One of the main herbs traditionally used is Dong Quai which is known to be a wonderful tonic to build up the blood.

Now some of these practices may seem appealing to some women while abhorant to others but there is a rationale behind it all. It is considered in Chinese Medicine that if you look after the mother well after childbirth she will recover well and is less likely to develop any illness later on down the track. The mother's energy (Qi) and blood need to be restored if she is deficient in either of these areas. Deficiency of qi and blood can affect her breast milk and general vitality which could lead to other problems including lower immunity, depression and feeding difficulties.

At this clinic we encourage mothers to visit us after the birth to have a check-up and see what they need to fully restore their health and energy. Nutrition and herbs are important at this time as well as acupuncture and/or massage to help the body into full recovery. Remember a happy mother means a happy baby.

Did you Know?

We sell vouchers at our clinic that you can buy as a present for a friend or member of your family. Someone you know may like a massage or has talked about a naturopathic check-up or a treatment with acupuncture. Vouchers make a very caring gift. They can also be used for products but only for people who are already attending the clinic.

Must know about Magnesium!

About half of the magnesium in our bodies is found in our bones. When our diet is deficient in magnesium our bodies will draw calcium from the bones. Recent research concludes that adequate magnesium intake is more important for bone building than calcium intake. A deficiency of magnesium impairs utilisation of calcium for bone building which results in calcium being deposited in soft tissues rather than in bone. The ABC's 7.30 Report this week estimated that by 2020 one third of people admitted to hospital in Australia will be older women with broken bones.

As well as being essential for the development of healthy bone, magnesium can help to reduce cramps and muscle tremors, insomnia, headaches and stress, and is essential for the prevention of heart disease.

Chocolate craving is a sign of magnesium deficiency and often fades when magnesium supplementation is given. Dosage is individual and advice is needed before taking a supplement. For example, if you are sedentary your needs are less than those who use lots of energy exercising.

Magnesium supplementation is especially important for menopausal women to maintain bone integrity. Another factor to consider is alcohol consumption which dramatically reduces magnesium levels.

Greens, sprouted grains, nuts, beans, dried fruits and vegetables contain magnesium provided they are grown and stored properly. Processed grains, grown in mineral-deficient soils as found in industrialised societies, do not provide us with a good source of magnesium. There are many forms of magnesium available and some are poorly absorbed so please ask any of our practitioners which supplement would be best suited to you.

Would you like to receive your newsletter by email?

We are hoping to be able to distribute future newsletters via email and so if you would like to receive them in this way please provide us with your email address. Email to paddingtonclinic.com.au, or [Click Here to send us an email via our contact form](#) All information that you provide to this clinic is, of course, kept confidential and never passed on to third parties.

Japanese Pediatric Acupuncture- What is it?

Japanese Pediatric Acupuncture, called Shonishin, is a type of acupuncture specifically designed for the treatment of children. It is based on theories from Chinese medical texts written over 3000 years ago and is still the standard treatment used by professional acupuncturists today.

The Shonishin techniques have been refined over the past century in Japan by a number of master practitioners, including Fukushima Kodo and Miki Shima, and brought to Australia through various Japanese Acupuncture training courses and the Australasian Toyo Hari Association. In the past 40 years Shonishin has become an essential treatment modality for children in Japan.

Shonishin is a unique and painless approach to acupuncture that does not use inserted needling techniques. Special needles designed specifically for children are used. These needles are not inserted, but instead may be either held carefully over the acupuncture point, or brushed gently along the acupuncture pathways over the body using Pressing, Rolling, and Tapping techniques. Shonishin is a very gentle and relaxing experience for the child and for the parent.

Children respond very well to acupuncture. According to Chinese Medicine, children are very Yang - their energy (or Qi) is right on the surface and easy to access which is why they tend to heal faster than adults. In addition, children often find Shonishin very relaxing and look forward to their treatments.

Children respond very quickly to treatment. If it is done as soon as symptoms arise it can be considered a viable alternative to the use of antibiotics.

Shonishin can be used for many problems that children encounter such as colic, constipation, night crying and terrors and bed-wetting. This treatment can also treat poor immune systems and generally strengthen a weak constitution. Shonishin acupuncture can be used from birth onwards and is a wonderful introduction for children into a natural healing system.

Chutney chicken breast with kashmiri pilaf

Serving size: Serves 4Cooking time: Less than 30 minutes

per serving 15.3g fat; 2561kJWhile many Indian dishes involve long, slow cooking, this recipe captures the essence of the cuisine in a quick and easy char-grill.



INGREDIENTS

- 1 tablespoon vegetable oil
- 1 small brown onion (80g), chopped finely
- 1 clove garlic, crushed
- 1 teaspoon black mustard seeds
- ¼ teaspoon ground cardamom
- ½ teaspoon ground cumin
- ½ teaspoon garam masala
- ½ teaspoon ground turmeric
- 1½ cups (300g) long-grain white rice
- 3 cups (750ml) chicken stock
- 2 tablespoons coarsely chopped fresh coriander leaves
- 1/3 cup (80g) mango chutney
- 2 tablespoons water
- 4 single chicken breast fillets (680g)

METHOD

Heat oil in medium saucepan; cook onion, garlic and mustard seeds, stirring, until onion softens and seeds pop. Add remaining spices; cook, stirring, until fragrant.

Add rice; stir to coat in spices. Add stock; bring to a boil. Reduce heat; simmer, uncovered, until rice is just tender. Stir in coriander; keep warm.

Meanwhile, combine chutney with the water in small saucepan; cook, stirring, until heated through.

Cook chicken, brushing all over with chutney mixture, on heated oiled grill plate (or grill or barbecue) until browned both sides and cooked through. Cut into thick slices. Serve chutney chicken with pilaf.

Serving suggestion

Serve with some extra mango chutney and low-fat raita.

Tip

Mango chutney will burn if the grill or barbecue is too hot.

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