



Welcome to our Autumn 2007 newsletter!



This is our first newsletter for the year and we hope that so far it has been a good year for you all. Often the new year is a time to look at your health goals and begin on a health program. If you feel that your new goals have not yet taken off, talk to your health practitioner about what you can do to get back your full vitality and enthusiasm. At the clinic we offer a "cellular health analysis" that will let you know the muscle and fat ratio in your body as well as whether you are absorbing and utilising your fluids in a positive way. You will receive a print out of some vital information about your health status with advice on how to improve your health. If you are interested in learning more about your health book in for a cellular health analysis.



As we move into autumn it is also a time when people with allergies are aware of their health. Avoiding allergic reactions is more than avoiding the things that cause the reaction. It is a matter of building up the immune system so that it is in a less reactive state. Once again this is something to be discussed with your health practitioner.

Something that we are proud of in this clinic is that all practitioners are constantly updating their knowledge by attending seminars and reading updated material. We are all conscious of giving the best to our clients and this includes treatments and the products we sell. For this reason we only use the best products available on the market.

If you are interested in our past newsletters they are all on our web site at www.paddingtonclinic.com.au

Product update

Recently we have introduced to the clinic a small range of herbal products developed and manufactured in Germany. The manufacturer Steigerwald has been developing and manufacturing high quality, clinically proven herbal medicines for 50 years. They have invested in many clinical trials which have proved that the herbal products work well with no reported side effects.

One of the products that has impressed us is a liquid extract called Iberogast consisting of 9 digestive herbs.

The combined action of these herbs has been shown to strengthen the upper digestive system by stimulating appetite, increase digestive secretions and gastric emptying, therefore improving the breakdown and assimilation of food, and settle digestive spasms. Fourteen clinical trials in Europe have shown Iberogast to be effective and safe in infants, children and adults, and easy to administer.

There is currently a proposed research project by a gastroenterologist Professor Gerald Holtmann at the Royal Adelaide Hospital where the effects of Iberogast will be assessed for the treatment of people who have medically diagnosed Irritable Bowel Syndrome (IBS). We look forward to seeing the published results of this study.

As over 30% of the general population suffers from digestive symptoms such as heartburn, nausea, bloating and cramping on a regular basis this is a valuable addition to our herbal pharmacy and we encourage you to discuss with your practitioner whether this product may be of benefit to you.

Did you know?

There is research based evidence showing that regular exercise during menopause provides benefits such as:

- Increased bone density;
- Lower cholesterol and blood fats;
- Stronger muscle;
- Slimmer waists;
- Improved endurance;
- Fewer mood swings;
- Fewer migraines;
- and-Reduced insomnia.



These results were published in 2005 after a three year study in Germany. The 'exercise group' took part in four 65-70 minute sessions per week, which consisted of a 10 minute warm-up followed by a mixed program of aerobic movements, weights, calisthenics and stretching. Although there are no formal results from clinical trials as yet, many Yoga teachers are noticing the benefits of regular yoga practice during menopause in themselves and for their students.

Tofu - How and Why?

Organic tofu is a great source of protein and particularly good for those of us with Type A blood.



It is also low in fat and full of beneficial phyto (plant) oestrogens. Many people do not eat tofu because they don't know how to prepare it. Try out the recipes below to see if tofu can become a regular part of your diet.

Choosing and storing your tofu

To start with buy organic, "hard" tofu, which is sold in a solid block in plastic wrapping with some water around it. Hard tofu is much easier to cook with especially for savory dishes. You can also buy packets of pre-marinated tofu which is great if you want to make a meal in a hurry.



To store any unused portion of plain tofu just put it in a container in the fridge and cover it with purified water. Change the water daily and use the tofu within 3 or 4 days.

"Tofu Stir Fry"

This is the same as any stir-fry except you use tofu instead of meat. Chop your tofu into cubes and then marinate it in a mixture of sesame oil, soy sauce, honey, chilli flakes, ginger and garlic. Alternatively you could use a pre-made marinade or use pre-marinated tofu.



When you are ready to cook the tofu stir fry it at quite a hot temperature for 2 or 3 minutes until it has "browned" and then take it out of the wok while you cook your choice of vegetables. Your marinade can be used as a cooking sauce. Return the tofu to the wok for the last 2 minutes of cooking and then serve with rice or noodles.

"Scrambled Tofu"

This is a quick easy dish that is great for lunch or breakfast if you like curry.



Chop an onion, 2 or 3 cloves of garlic (depending on taste), and a carrot and fry them gently in olive oil until soft. Add 2 or 3 cups of hard tofu that you have mashed up with a fork (cut it into slices and then mash it up until it is the same consistency as mince). You can also add some peas at this point or any other diced vegetables that you have.

Fry gently with some dried turmeric, cumin and coriander (a pinch of each), a little soy sauce, and/ or a little tahini/ or a little tomato paste. When it tastes good put it on hot buttered toast and enjoy.

Toyohari Acupuncture

As most of you are aware at the clinic we use a number of different styles of Acupuncture, one of which is Toyohari.

Acupuncture has evolved and developed in many different historical and cultural contexts since it originated in ancient China. There are many different styles of acupuncture used today. The most common and widely known is TCM (Traditional Chinese Medicine).

Toyohari acupuncture, whilst based on similar fundamental principles, is experienced in quite a different way by the patient. It is a gentle yet dynamic treatment using very fine needles and specialized needle techniques many of which are non-insertive. This ability to influence the flow of the energy (or qi) using such subtle techniques is specifically characteristic to Toyohari. This system was developed in Japan by blind practitioners, as a style of Meridian Therapy acupuncture. Because of this, there is a strong emphasis on palpation, feeling the quality of the pulse and abdomen as a means of diagnosing the person's state of energy. Once an assessment has been made this tells us what treatment should follow. Treatments are specifically designed based on the person's present state of energy balance rather than a western diagnosis, therefore people with the same medical diagnosis may receive very different treatments. The Toyohari Association in Japan ensures that Toyohari acupuncture is a living tradition where diagnostic and treatment techniques are continuously being re-examined and evaluated in the context of our modern and rapidly changing environment.

Once on the treatment table, the practitioner will gently palpate the meridians and your abdomen and feel the pulse at the wrist. Treatment involves addressing the root (underlying) energetic imbalance in order to strengthen the whole body; this is the key to Toyohari's unique treatment system. The branch treatment addresses the specific presenting conditions or complaints for which you have sought treatment. Just as a tree depends on its roots, once a strong balance is achieved, the branches begin to grow and flourish. Over a period of time the body is restored to a balanced healthy state.

Because Toyohari treats the deeper underlying weaknesses of the body energy it can be used to help in all conditions. Often people feel a sense of calm and well-being during the

treatment itself and immediately afterwards. Regular treatments not only increase your sense of wellbeing but are also preventative medicine in its true sense.

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