



Welcome to our Autumn 2008 newsletter!

I am excited to say that this year we are celebrating our 25th year as a clinic! This auspicious date falls in April. As part of our celebrations, if you visit the clinic during April, you will go into a draw to win massage vouchers, product vouchers, and for one lucky person, a weekend away.

Our beginnings were very simple with just Pete and myself establishing a clinic on our own. At this time we had a small space in an arcade opposite the Paddington Tavern. From there we moved after seven years to a larger space in the same building. Nearly thirteen years ago we moved into our current premises.

I am delighted to say that there are a few of you who have come to us at each of the three different locations. When Pete and I first started we had no receptionist and I have to say very few clients for the first few months. Now we can boast that we have four receptionists, 6 practitioners and many, many clients. It is with great pride that we look at our clinic and the wonderful staff we have, and of course, all our wonderful clients.

All the practitioners have been following a detoxification regime for the past few weeks. If you are interested in detoxification for yourself ask your practitioner.

Recently we all went on a bush walk to the beautiful Kondalilla Falls as a team building exercise. We were led by Debbie and Sue who are experienced walkers. All in all we walked just over 11 kilometers and were lucky enough to be able to swim in a water hole with a view at lunch time. Have a look at the web version of this newsletter if you would like to see some photos!



CLICK ABOVE TO VIEW



Clinic Case Study

In today's society infertility is a major problem. The distress caused to couples who have fertility problems is one of the reasons I became a Natural Fertility Consultant about ten years ago.

Fertility problems can be caused by a variety of factors and can affect both women and men. In this instance I will talk about the male perspective. In the general community infertility affects approximately 40% of men.

The following case study illustrates the type of treatment that we can offer and the outcome that can be achieved. In November 2006 a couple came in for a consultation after trying to conceive for four years. Tests showed the male partner had defective sperm and the couple had been told it was unlikely they would conceive naturally. The couple had tried four unsuccessful attempts of artificial insemination at the time of their visit to me.

I prescribed a number of detoxifying herbs and a comprehensive regime of vitamins, minerals and dietary guidance, all of which were necessary to improve the health of his sperm. At the same time I guided his partner on pre-conceptual care.

The couple had two further unsuccessful artificial inseminations but continued following my recommendations. In August 2007 they visited the clinic with the good news they were 11 weeks pregnant...naturally! They are enjoying a healthy pregnancy and await the arrival of their baby in a few weeks.

At the clinic we test for things such as heavy metal toxicity, bowel and liver toxicity and zinc deficiency which can be present due to the heavy environmental load that many of us have been exposed to. Our treatments deal with toxicity and support stressed nervous and immune systems.

Treating such conditions takes time and commitment but, as this case demonstrates, can have a wonderful outcome. There are many people with chronic fertility problems who rely on IVF for pregnancy and we provide these people with natural fertility support to give them the best possible outcome with the IVF program.



Stress Management

Are you stressed? If so, you are not alone. Busy lifestyles, combined with sensory overload, can combine to affect nearly everyone. However, many people are not aware of how profoundly stress can affect their health. Consider the following facts:

- 75-90% of all visits to primary care physicians are for stress-related complaints or disorders;
- 43% of all adults suffer stress-related adverse health effects; and
- Stress has been linked to all the leading causes of death, including heart disease, cancer, bronchial disease, accidents, liver disease and suicide.

At Paddington Clinic we offer an approach that focuses on:

- relieving the symptoms of stress (usually over a two to four week period);
- treating the causes of the stress or anxiety as much as possible (over four to eight weeks); and
- implementing an ongoing program of supplements and life-style changes to maintain the state of balance that has been obtained.

To do this we correct nutritional deficiencies, manage symptoms with herbs, vitamins and minerals, administer treatments such as acupuncture, massage and Frequency Specific Microcurrent. Detoxification can be very helpful in the long-term stress-management process, as can regulating blood sugar and assisting weight loss.



Nine proven stress-management techniques

Sleep. Sleep is essential in restoring health and vitality to your mind and body.

Diet. A nutritious, balanced diet will help your body to deal with daily stress. Supplementing your healthy diet with targeted nutrients - at doses that are difficult to obtain from food - can help to restore depleted energy lost during prolonged stress.

Exercise. Incorporating 10 to 30 minutes of moderate physical exercise into your daily schedule may significantly reduce stress-related tension.

Guided imagery. Guided imagery has been shown to relieve stress, reduce anxiety, and support health lifestyle changes, and is used widely in medicine, nursing and psychology.

Relaxation. Relaxation techniques such as yoga, meditation, and deep breathing exercises can reduce physical and emotional tension.

Effective communication. Learning and practicing effective communication is essential for healthy relationships with family, friends, co-workers and acquaintances.

Time management. Learning to manage your time, and saying no sometimes (!), can help to reduce the stress that comes when "there aren't enough hours in the day".

Leisure activities. Pursuing a satisfying hobby or leisure activity can bring fulfillment and gratification - emotions associated with decreased stress levels.

A positive attitude. Choosing to have a positive attitude is essential in dealing with stress.

Did You Know?

Fertility management is a large part of what we do at Paddington Clinic and we have had many successful outcomes in this area over the last 25 years.

A recent article published in the British Medical Journal (7/2/08) confirms the benefits of acupuncture in improving the outcomes of IVF treatment. The study included over 1,300 women and the results showed that there was a 65% increased chance of falling pregnant, as well as a 91% increase in live births, when IVF treatment was combined with acupuncture.

[Original Paper in the BMJ - Review by the Australian](#)

Hummus

Hummus is often used as a dip or sauce on kebabs but this delicious food can be used for many other dishes as well. This recipe includes tahini, which is a paste made from unheated sesame seeds, and is a great source of calcium. Tahini is sold in jars in the health food section of supermarkets.

- 250g cooked chickpeas
- 1 teaspoon ground cumin
- 2 pinches sea salt
- 2 tablespoons tahini
- 3 tablespoons water
- 1 clove garlic, finely chopped or crushed
- 1 lemon, juiced



Freshly ground black pepper to taste

Blend the chickpeas to a fine puree. Add the cumin, salt, tahini, lemon juice, garlic, water and a little pepper and blend again. Refrigerate and use as a dip, spread, dressing on salads, or on steamed vegetables.

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