



### Welcome to the Spring 2004 edition of the Paddington Clinic News!

It has been a while since we had our last newsletter. We are now well into spring and this is a time of year when lots of changes can take place in both body and spirit. Many find the change of weather and the abundance of flowers can upset their immune system, and their tendency to allergies becomes more active.

Spring is a good time for cleaning out unwanted rubbish in any form. It is a good time to detox the body and spring clean our whole body system. There are different ways to do this but it is important to consult your practitioner to discuss the most effective way your body can have a clean out.

For some, a very gentle detox can be successfully completed through appropriate herbs. For others, especially those with more obvious immune and toxic conditions, a six-week plan of dietary changes and criteria, including particular products, is by far the most successful program. This program includes:

**Weeding** - clearing out unwanted debris from the bowel;  
**Seeding** - replacing healthy cultures in the bowel; and  
**Feeding** - providing the right nutrients to sustain the healthy bowel.

This whole process is designed to have a dramatic effect on the individual's health and means the person can enjoy a better standard of well being thereafter. A cellular health analysis can provide a good indication of your body's level of toxicity. Ask your practitioner what would suit your individual health needs.

Springtime has brought some changes into our clinic too. Michael Finn, after working in our clinic for 12 years has moved into a new phase of his life and has joined his partner, Bernadette, to work in their own clinic. He will be sadly missed by us all, but fortunately still pops in to see us. We wish him well with his new venture. Rachel Steward joined us five months ago as an acupuncturist and is now working in the clinic full time. Her expertise is in Japanese acupuncture and she also provides massage and nutritional support. Pete, Deb, Sue and myself (Mary), continue our practice here and please note that Sue has extended her hours of work to make herself more available for clients. Our wonderful receptionist team led by Maureen remains the same.

Please visit our web site for plenty of additional information about our services & staff. The address is: [www.paddingtonclinic.com.au](http://www.paddingtonclinic.com.au)

#### HEALTHY TIPS

##### Water - nature's miracle cleanser

Water is required by the body to deliver nutrients to the cells and clean out toxins. If we are dehydrated our cells starve and cannot release waste products of metabolism. If you drink water your body's lymphatic system clears away many toxins you ingest and breathe in.

At the very least, most nutritionists agree that your body requires two liters of pure, preferably filtered, water daily. To determine your minimum individual water requirements per day, divide your weight by 8 and that is how many glasses you require. If however you are exercising or working up a sweat, overweight, sick or tired you will need more water.

It can take months to become fully hydrated and by adding trace minerals to your water for example, you will become hydrated faster.

Caffeine in tea, coffee and soft drinks is a diuretic - as is alcohol - and diuretics prevent assimilation of water in your body. By drinking more water with your stimulants or alcohol you will be less dehydrated.

#### SPECIAL FEATURE

This beautiful photo is of a Currawong and her new baby chicks in the fig tree which overlooks our treatment rooms. Since the photo was taken the fig tree has dropped all of its leaves, as it always does at this time of year, and now, just two weeks later, it is covered in new growth. The recent fire in the restaurant next to our neighbouring shop, Petro, caused some smoke damage to the clinic but this has been rectified and we are now looking forward to the rest of this year and the year ahead. The abundant new life in our beloved fig tree is a fantastic reminder that new growth is always possible.



#### HEALTHY RECIPES

##### Poached Chicken and Pasta Salad

**Ingredients:**  
500g chicken breast fillets  
250g penne pasta (rice pasta for wheat free diets)  
1 large (330g) red capsicum coarsely chopped  
4 large egg tomatoes (330g) seeded, coarsely chopped  
6 green onions thinly sliced  
200g fetta cheese, coarsely chopped  
80g rocket leaves

**Vinagrette**  
1/4 cup olive oil  
1/3 cup red wine vinegar  
1 teaspoon Dijon mustard  
1 teaspoon sugar

- Place chicken in medium saucepan, cover with boiling water; return to a boil. Reduce heat; simmer, uncovered for about 10 minutes or until the chicken is cooked through. Cool chicken, still in the poaching liquid for 10 minutes. Remove chicken from the pan and slice thickly.
- Meanwhile cook the pasta. Rinse and drain.
- Make vinagrette by mixing all the ingredients well.
- Place chicken and pasta in a large bowl with the remaining ingredients and the vinagrette. Toss gently to combine.

ENJOY!  
*"I accept good graciously into my life. All my needs are met abundantly for me now and always."*

*"There is but one cause of human failure and that is our lack of faith in our true self."*

#### PRODUCT UPDATE - ENDURA

##### Ensuring Optimal Hydration - Endura

Maintaining adequate fluid levels during physical effort is a critical part of effective exercise. Exercising while dehydrated severely limits any benefits derived from training and increases the risk of muscle catabolism. Endura is an isotonic solution that rapidly absorbs from the stomach, ensuring efficient delivery of water, carbohydrates and minerals to the body.

Many popular sports drinks contain high levels of sodium chloride, which can actually have a dehydrating effect. Endura on the other hand has a high magnesium composition that mimics that of muscle cells. Muscle cells contain 27% of the body's total magnesium where it is readily utilized in over 325 fundamental biological functions, many of which are essential for physical performance. Magnesium is important for cellular energy production and storage and cell growth and reproduction as well as muscle contraction and relaxation.



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