Welcome to the Spring 2005 edition of the Paddington Clinic News!

Welcome to Spring

September has come and we are moving into spring. It's a time when we hope to see the end of winter colds and flu and to feel revitalized in ourselves. This year has seen a late onset of colds and flu so some people are still fighting off the remnants of the winter viruses. Don't forget it is always advantageous to keep your immune system in peak condition and on a general level this means a good diet full of fresh foods, regular exercise, dealing with stress issues and treating colds and flu's with as much natural medicine as needed.

If you are uncertain about what sort of exercise you need to be doing, talk to your practitioner who will be more than happy to assist you in what type of exercise is most beneficial or manageable for you as an individual. One way of looking at your muscle and fat ratio is by booking in for a cellular health analysis (BIA) which will give a very clear indication of whether weight loss is needed, or whether there is purely a need to change a few extra kilos of fat into muscle. This test will also give a clear indication of whether you are drinking enough water, and even more significantly, whether you are assimilating the water into your cells at an adequate amount. Do your cells look like plump round grapes or dried out sultanas? The BIA will also gives us a reading of "biological age" which can either be daunting or inspiring!

Spring time hopefully sees less viruses around but it can be a difficult time for those with allergies. Supporting your immune system at the beginning of spring can be highly beneficial in lessoning the impact of allergies. Once again don't forget to mention any of these problems to your practitioner so that they can suggest the most appropriate treatment for the prevention as well as treatment of allergies.

Spring is always a chance for new beginnings whether it is diet modification, a new exercise program, or looking at emotional patterns that infringe in a negative way on our health. One thing we sometimes notice, as practitioners, is that some people feel awkward about mentioning that they are seeing a counsellor, or feel concerned if we make a suggestion that they could benefit from counselling.

Although herbs, acupuncture, FSM, massage and supplements are all effective in dealing with stressful times and crises in our lives, counselling can be a powerful and sometimes necessary additional tool. We have a list of counsellors we refer to so should the need arise for you please feel free to discuss this with your practitioner.

On a final note, we always pride ourselves on the quality of services and products that you receive here. For ethical reasons we will never sell products that we do not think are highly beneficial and of the top quality available. This is illustrated in the article about Echinacea (see below). The products we sell are selected from thousands of potential products and we use them because we are confident of their strength, effectiveness and relevant research.

Mary

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 reception@paddingtonclinic.com.au All information that you provide to this clinic is, of course, kept confidential and never passed on to third parties.

Did you know?

Our clinic has been established in Paddington for nearly 23 years! After calling the clinic Paddington Acupuncture and Natural Therapies Clinic for all this time we have now decided to call it Paddington Clinic.

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Echinacea study critique

A much publicized article recently featured in the New England Journal of Medicine claims to establish that Echinacea has no effect in the prevention and treatment of the common cold. In the study, the authors compared the effect of different preparations of Echinacea angustifolia root on rhinovirus infection. The dose of Echinacea root used was 900 mg per day for 7 days before the virus challenge and then 5 days after. The study evaluated both preventative and treatment effects of the various Echinacea preparations on the rhinovirus infection and found no significant results for either.

An important consideration was that the dose was not adjusted for the acute infection phase of the study.

The study has been widely condemned, especially in terms of the low dose of Echinacea used. To put this in perspective, the daily amount of Echinacea used in the trial was the equivalent of around one half of a MediHerb Echinacea Premium tablet. In contrast, MediHerb recommends 2 tablets per day as a preventative dose for immune support and 3 to 4 times this amount (6 to 8 tablets) during acute infections. No wonder the study found no benefit from the low dose of Echinacea used.

In 1992, a randomized double-blind, placebo-controlled trial of 180 patients with upper respiratory tract infections received the equivalent of 1800 mg per day or 900 mg per day of Echinacea purpurea root as a tincture, or placebo. Patients receiving the high dose experienced significant relief of symptoms. However patients receiving the lower dose (900 mg) were not significantly different from the placebo control. Also the doses recommended in professional herb texts are clearly higher than 900 mg per day.

Unfortunately, the recent trial reported in the England Journal of Medicine represents a waste of money and a missed opportunity to better understand the real clinical value of Echinacea. If only someone had asked an herbalist!

Source: K Bone, Ass. Prof. Mediherb Monitor August 2005

Embracing Spring with Australian Bush Flower Essences

Welcome to Spring! Did you know that many of our native flowers have healing properties that the Aborigines were aware of and that are now being made available to us in the form of Bush Flower Essences

There are 64 Australian bush flower essences documented so far by Naturopath, Ian White, who continues to research and discover new essences. Their range of applications encompasses physical, mental, emotional and spiritual aspects of our selves so you can start with anything from improving digestion or mental focus to reducing stress or even finding your purpose in life at a spiritual level. Essence combinations can be taken for a general effect or you can work through specific issues with a practitioner who can prescribe essences for you and your current situation.

The Flower Essences are safe and without side effects, they are easy to take and work on the subtle body to enhance positive qualities and dissolve negative patterns. They are self adjusting and are effective by gently helping us work through our 'stuff' layer by layer until we uncover our core issues where healing at a deep level can take place. At times their effects can be quite profound.

Modalities such as Massage, Acupuncture and Counselling combine well with Flower Essences, and as regular treatments these modalities help facilitate the changes necessary for our journey towards better health and happiness. You don't need to have a problem of any nature to benefit from these treatments. They will always help to improve our health and well being and the healthier and happier we are the less we get sick or upset!

Spring brings new growth and energy not only to our garden but to ourselves as well, making it a great time to enjoy being active, start an exercise program or any new venture. If you are interested in the bush flowers, starting anything new or just need a boost you could try the combination essence called 'Dynamis' which promotes abundant energy, vitality, enthusiasm and joy for life.

SPRING RECIPE

Pumpkin Pie

1½ kg pumpkin (Japanese or Butternut) peeled and chopped in very small portions
½ kg feta crumbled or squashed with hands
200 grams fresh parmesan grated
4 eggs beaten
Pepper
2 tablespoons olive oil

Method:

Mix all of the ingredients in a mixing bowl.
Line a pie dish with pastry (gluten free or spelt based pastry if desired).
Place the mixed ingredients into the pie shell and cover with pastry.
Bake in a moderate oven for 30 minutes.