

PADDINGTON CLINIC NEWSLETTER

PADDINGTON CLINIC

better health naturally

Welcome to our Spring 2007 newsletter!



As we move into Spring time it is an opportunity to consider our possibilities for bursting into new health! We can look around us in nature and see it is the season of new growth and vitality. It is an ideal time to think about new health goals to improve energy levels - such as some dietary changes, an exercise program or other health aspects working with one or more of the Paddington Clinic practitioners.

As you may be aware, we offer a variety of tests at the Clinic, which can serve as a guide in terms of where to focus in working on your health. These tests are performed in the Clinic and include:

- the Zinc Tally taste test which tells us your zinc status;
- two urine tests - one to check for bowel toxicity and the other to check for heavy metals;
- two blood tests - one to check your blood group and the other, Hemaview, to carry out a live blood cell analysis; and
- the Cellular Health Analysis (BIA) which shows fat and muscle mass, water distribution in the cells and energy markers.

We also have tests for which samples can be collected in the Clinic and then sent away for analysis. These include

- Hair analysis to check for heavy metals and mineral levels in the body; and
- ARL pathology for salivary hormone tests and digestive analysis.



If you are interested in any of these tests please talk to your practitioner about it.

At Paddington Clinic we offer a wide range of expertise in Naturopathy, Acupuncture, FSM and Massage. We are now into our 25th year as a Clinic. Our practitioners all take time to attend seminars and study groups and we make it our aim as a Clinic to keep well informed on developments in our field. We also choose to use the very best quality products - both for our clients and ourselves and our families! At a time when the herb and vitamin/mineral industry has become so big it is important to us to know we are able to access the best products available.

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

Can we help avoid Dementia?

Dementia and age-related cognitive decline seriously affect a person's ability to carry out daily activities. Six percent of those aged 75-79 and 45% of those aged 95 or over suffer from the condition. The proportion of the population aged 65 years and over is projected to grow from 13.3% at June 2006 to 26.4% at June 2056. It is therefore not surprising that research to assist with the health of the ageing brain is paramount.



At first the only symptom of age-related cognitive decline may be mild forgetfulness. However, other symptoms may include;

- Difficulty performing familiar tasks;
- Problems with language;
- Disorientation in terms of time and place;
- Poor or decreased judgment;
- Problems with abstract thinking; and
- Changes in mood and behavior and loss of initiative.

As we age, we need to take steps not only to keep our bodies as healthy as we can, but our minds too. Exercise and diet are both naturally very important but are not the whole story. Supplements are important to consider. Fish oils, for example, aid healthy brain function and the herb Ginkgo Biloba assists the memory by enhancing healthy blood flow to the brain. The nutrients B12 and folic acid have also been shown to aid healthy neurological activity

Recently, there has been some exciting research on a safe, naturally-occurring substance called Colostrinin which has been found to prevent degenerative neurological changes associated with Alzheimer's disease, as well as improving cognition and memory retention in people who already have the disease.

If you are interested in a healthy ageing program, incorporating preventative measures to protect your cognitive function, consult your practitioner. All of the products mentioned above, and more to help with healthy aging, are available at this Clinic. The important point is to be proactive in preventing problems associated with ageing so that we can grow old with dignity and vitality

Fertility and FSM

Frequency Specific Microcurrent (FSM) has been used at the Clinic with great success over the past 5 years for the treatment of pain in its many forms. However FSM is not limited to pain management.



As many of you would be aware natural fertility management is a major focus of our Clinic. This includes naturopathy, acupuncture and massage - and FSM! FSM has a very important role in the treatment of infertility.

Each tissue in the body vibrates at a certain frequency which is unique to that tissue. FSM can be set to run that frequency through that tissue and restore its normal vibration, and therefore, health to that tissue. The benefits of this are immediate.

FSM has the ability to directly stimulate various tissues in the body including the lymphatic and circulatory systems, the ovaries and the uterus itself. By increasing the flow of blood to the uterus, improving lymphatic drainage and strengthening the whole area, FSM is able to increase the chances of a positive outcome. FSM can be used to assist couples trying to conceive naturally and those undergoing IVF.

FSM is a painless and safe treatment and you can read more about it on our web site at www.paddingtonclinic.com.au Alternatively, feel free to ask your practitioner about FSM and how it could help in your particular case or to assist a family member or friend.

Did You Know?

We have decided to ask if any of you have a desire to write a testimonial about your treatment/s at our Clinic. Sometimes people like to be able to hear success stories from other clients that have been treated at the Clinic. If you would like to participate in this we have forms available at reception or, alternatively, you can just email your story to the Clinic via our website. Thank you.

Know your Blood Type

As many of you would be aware, at Paddington Clinic, we recommend the Blood Type Diet. In our last two newsletters we have looked at the diets suitable for people with Type A and Type B blood. In this newsletter we provide an overview of the best foods for people with Type AB blood.



If you are unsure of your blood type please ask your practitioner to check it for you. The test is very quick and only requires one drop of blood from your fingertip. Once you know your blood type you can start to maximise the foods that act almost like medicines in your body and minimize those which do just the opposite.

People with Type AB blood tend to have low stomach acid and therefore do not digest meats very efficiently. The best meats are lamb and turkey although portion sizes and frequency should be kept in check. Fish is generally beneficial as are cultured or soured dairy foods. A wide variety of grains can be taken, although wheat is best avoided, particularly if weight loss is desired. The more alkaline fruits and most vegetables are invaluable in supporting the immune systems of people with Type AB blood.

The recipe below is perfect for you if you have Type AB blood.

Spicy Eggplant Steaks

- 3 or 4 large eggplants
- 2 tablespoons finely chopped onion
- 3 tablespoons chilli oil
- 3 tablespoons tomato paste
- 2 tablespoons lemon juice
- Salt to taste
- 1 tablespoon Garam Masala
- 1 teaspoon curry powder
- ½ teaspoon turmeric
- Fresh coriander leaves



Cut eggplant into thick slices and soak in salted water. Pat dry on a paper towel. Brush with

oil and sprinkle with garam masala. Grill until soft and then set aside

Fry the onions, remaining masala, curry powder, turmeric, salt and tomato paste. Cook on a gentle heat until the oil separates. Add the lemon juice.

Arrange eggplant steaks on a plate and pour over the mixture (above). Garnish with fresh coriander and serve with rice, salad and your favourite chutney!

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