



### Welcome to our Spring Newsletter 2011

Dear Subscriber,

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Many of us associate new beginnings with Spring either literally or metaphorically.

Nature shows us lots of new birth at this time of year whether it be buds on the tree, baby animals or a beautiful array of new flowers. It's also a time for us to take stock and think about what we would like to see freshly in our lives. Is it just a more positive attitude that we know we need or to clear out old beliefs? It's also a time to look at our health from all perspectives and seek guidance on how to be as fit and energetic as possible.



Many people dread spring time as it seems to exacerbate their allergies and they are left with streaming eyes, relentless sneezing and generally feeling miserable. These are all signs of a weakened immune system and there are numerous things we can do to help you at Paddington Clinic.

Spring is also a time when you can spring clean your body and clear out toxins and any extra fat that has accumulated over the winter months! A urine test at the clinic will show any bowel toxicity and whether you are accumulating rubbish in your system. Ask your practitioner about our fat loss program and /or one of our detox programs.

I would also like to once again thank all of you who refer others to our clinic. We really appreciate your trust in us and we are all dedicated to giving the best treatments and advice possible to all who visit our clinic. You may also like to know that we all give up a lot of our personal time attending seminars to make sure we are up to date with the amazing knowledge out there. Just in August itself all the acupuncturists attended a full weekend of Japanese acupuncture with one of the most outstanding acupuncturists from Holland. Our naturopaths attended a full day seminar on herbal medicine and its treatment of children and our NLP practitioner attended a workshop in Sydney. We are determined to give you the best!!!!!!

#### Crimes Against our Bodies!

With our modern lifestyles our bodies are being exposed to many forms of stress; from food, our environment and the people around us. Maintaining a state of balance and optimal health is a constant battle. There are things we can do to minimise the impact of these stressors on our health and it doesn't always mean taking a truck-load of tablets!



Below are some nutrients, and their sources, and tips which can make a huge difference to how well we do in our quest to stay and feel well.

1. Vitamin E – wheat germ oil, nuts, seeds and eggs
2. Vitamin C - guavas, red peppers, kale and parsley.
3. Beta Carotene and Vitamin A – sweet potatoes, parsley, carrots and wheat germ oil.
4. Magnesium - almonds, pecans, walnuts, tofu, spinach and unprocessed grains eg. brown rice
5. Reduce coffee, alcohol, smoking and synthetic drugs
6. Meditate and/or exercise every day
7. HYDRATE by drinking 1.5 – 2 litres of purified water daily.
8. Keep an opened box of Epsom Salts by your computer to absorb radiation. When it turns to powder replace it. Peace Lilies are also good for this purpose but will periodically need some time out of doors in a shady spot to "recover" from being next to your computer.
9. A quick way to relax is to dab some lavender oil onto your temples. This may also assist sleep.
10. Think about the chemicals that are present in your everyday products such as cleaners, make up and food! There are many high-quality, effective and well-priced natural and or organic alternatives.

Stock up your pantry and be kind to your body and enjoy abundant health in the long term. More information can be found at [www.whfoods.com](http://www.whfoods.com)

#### Have You Tried Facial Acupuncture Yet?

Now that the change of season is upon us with the weather warming up, many of us will be thinking about looking good for summer! For those of you who haven't tried facial acupuncture, it's a unique, pain-free system of facial rejuvenation that reduces wrinkles, fine lines, sagging, under-eye bags and other unwanted skin appearances. The insertion of very fine acupuncture needles is interpreted by the body as 'positive' injury which then stimulates collagen and elastin production in the face. The treatment also involves a facial conducted by a fully trained beautician.



Women who have undergone facial acupuncture treatment have enjoyed remarkable results, so if you'd like to find out what all the fuss is about, we are offering an opportunity for you to experience it for yourself for just \$97 for your initial consultation and treatment - saving you \$130.

A client who had her first treatment yesterday emailed saying the following: "Many thanks for a delightful experience today. I know I am going to enjoy these sessions. Thanks to Judy also. Please let her know that she did a wonderful job on my neck and shoulders (as well as the rest). I look forward to the next session."

#### Would You Like To Know Your REAL Age?

Clients love our wellness assessments. The testing we do at Paddington Clinic in these assessments allows people to find out their cellular health and hydration levels, fat-to-muscle ratio and other aspects of their internal make-up such as toxicity levels.



What people love the most though, is undergoing our biological age test, which uses comprehensive metabolic assessments in order to find out what someone's true age is, as opposed to their chronological age. We perform a series of assessments to analyse the biological age of a person's cells in regards to the nutrition, permeability, integrity and amount of damage present.

In addition to your biological age test, we can provide you with the necessary information to make the changes needed to improve all aspects of your health, lifestyle and nutritional habits. We can have you living longer, looking better and feeling healthier with the insights gained from our wellness assessments. Ask your practitioner if you are interested in a wellness assessment.

**Gymnema Leaf - known as the "sugar destroyer"**

In Ayurvedic (Indian) medical herbal texts it is noted that chewing the leaves of gymnema removed the ability to taste sweet or bitter substances for up to 2 hours. One or two ml per day is all that is necessary for reducing sweet cravings and the sweet taste.



The extract can be applied directly to the tongue, rinsed off and swallowed. This can be done at 2 to 3 hour intervals. Oral administration of gymnema also demonstrated hypoglycemic activity by regulating blood sugar and increasing the activity of enzymes that facilitate the use of glucose by insulin-dependent pathways. There have been several clinical studies where blood glucose levels in mild diabetic models who were not taking insulin nor were diet controlled, noted improvement with treatment from 12 to 24 weeks. Gymnema reduced appetite, calorie intake and sense of taste for sweet foods and controlled clinical trials for both insulin-dependent and non-insulin dependent people demonstrated significant therapeutic benefits. Has nature provided us with a wonderful antidote to help reduce out of control blood sugar spikes that affect so many people today and perhaps help us reduce our addiction to super-sweet foods? Gymnema is available in both tablet and liquid tinctures.

#### Health Fund Claims

If you belong to a health fund and would like to make a claim at the time of your treatment, please present your health fund card before your payment. Please note that not all health fund claims can be processed at the Clinic. If this applies to you we will give you a receipt that you can use to claim directly from your fund. Thank you, Reception

#### Community Announcement

Sunday 11th September at 9am is the annual Nepal in the Park fundraising walk held at Simpsons Falls picnic ground. Mt Coot-tha. Most of us from the clinic will be participating in the 5km walk and enjoying great food and entertainment afterwards. If you are interesting in coming along please check [www.nafa.org.au](http://www.nafa.org.au) for more information.

