

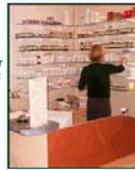


Welcome to the Winter 2005 edition of the Paddington Clinic News!

#### Welcome

Pete and I have just returned from a trip to England where we caught up with family and old friends. This time the main purpose was to celebrate my parents' 60th wedding anniversary. My father also celebrated his 92nd birthday while we were there and it is wonderful to see how active both of them are. I put it down to their daily swims (in a heated indoor pool of course) and their good diet that includes daily home made soup with handfuls of fresh herbs from the garden.

The clinic survived excellently in our absence and we are always so grateful to have such reliable and capable practitioners and office staff to run the clinic in our absence.



The weather is finally turning a little colder and for those more warm blooded people this can be a relief. For others it is a concerning time as we move into the winter months and cold and flu's are more prolific. Many of our clients who have dealt with us over the last 22 years know there are precautions that can be taken to assist our bodies immunity to avoid getting a severe case of the flu (and I'm not referring to the flu injection!).

One of our most popular remedies is Andrographis Complex. Those who have taken this remedy when you have started to get sick, will I'm sure, vouch for your speedy recovery. This practitioner range of tablets consists of three herbs: Andrographis paniculata, Echinacea angustifolia and Ocimum tenuiflorum. The blend of these herbs supports normal immune function. Andrographis is used in both traditional Chinese and Ayurvedic medicine for flu, sore throat and cough. Echinacea is a well known herb that was originally used by the American Indians to reduce the symptoms of mild respiratory complaints. It is now known to be a wonderful immune boosting herb to prevent disease as well as to treat immune disorders. Ocimum, known commonly as Sacred Basil, reduces the symptoms of upper respiratory diseases and also acts as a mild tonic.

For some people taking just two of these tablets a day can prevent them from falling prey to the viruses that tend to be more prolific during the winter months. If you do manage to get sick with a virus or bacterial infection, then large doses of this remedy can be taken and the results can be phenomenal. If you know you are someone who is prone to catching colds or flu's talk to your practitioner about boosting your immune system.

Mary

#### Stick a Candle in your ear..what, and light it?!

Ear candles are a tried and proven treatment first developed by the Hopi Indians and now refined for use by herbal practitioners with great results.

Ear candles are a wonderful soothing treatment particularly for children, those with chronic sinusitis or sufferers of ear, nose and throat congestion.

Candles are made according to a traditional recipe using linen, beeswax and medicinal herbs.

Our clinic only uses high quality candles that are tested for safety regularly. They burn cleanly and evenly without dropping any wax. Candles are placed in the auditory canal opening and the combined chimney effect inside the candle and the vibration of a rising air column within the ear serve to massage the ear drum and promote clearance of the sinuses. Warmth also stimulates the immune, circulatory and lymphatic systems. Please ask any of our practitioners about this form of treatment.

Debbie

#### 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 [click here to subscribe](#) All information that you provide to this clinic is, of course, kept confidential and never passed on to third parties.

#### Men's Health

Men's Health seems to have taken a back seat in the health industry and the public eye for quite a while. Men do, however, make up 50% of the population and their health needs are important.

There is reluctance among men to talk about certain health issues as there is still the "All Australian Male" syndrome present in our culture. However statistics show that there are some very real problems out there which needs to be addressed. Some of these hidden concerns are impotence, low libido, erectile dysfunction, prostate problems and infertility. Here are some of the statistics related to the above:

Benign prostatic hyperplasia is present in 90% of men by the age of 85;

Premature ejaculation occurs in as many as 40% of men; and

Erectile dysfunction affects up to 30% of men between 40 and 70 years of age.

An estimated 10% of men eventually develop prostate cancer.

Women tend to live longer than men in general. This is due to a range of factors but one that stands out is the fact that women take a more active role in their health care. In America women visit their doctor more frequently, 150% more than men. Women start visiting their doctor at an earlier age and put more emphasis on their health whereas men are more performance oriented and put less emphasis on longevity and health. If they are feeling good then they don't think about their health but wait until there is a crisis.

As men age there is a natural decline in testosterone levels in the body. In men with higher body fat the increase is much greater leading to an increase in the above symptoms. The lower the testosterone levels go the greater the increase in abdominal body fat and decrease in lean muscle. This is a vicious cycle and one which needs to be addressed as soon as possible. Most of the conditions mentioned above can be helped and are either treatable or reversible.

There are a number of things which can be done to intervene in this downhill spiral such as:

- Regular exercise, both resistance and aerobic;
- Good nutrition i.e. good quality food and water and a reduction in alcohol and fast foods etc.;
- Regular visits to a practitioner to monitor our health, especially lean muscle mass and fat mass.
- Taking supplements (if necessary) to support any deficiencies; and
- Maintaining as positive an outlook as possible and seeking help if we are finding it difficult to do so.

"Good health is not an accident."

Peter

#### Did you know?

In Australia sweet potatoes are the 8th most purchased vegetable of all the fruit and vegetables. Sweet potatoes are high in the essential nutrients, vitamins A and B6, and the mineral potassium.

Sweet potatoes are great in casseroles and curries, or as part of a warming winter soup - see below!

#### WINTER RECIPE

##### Sweet potato soup with corn and chillies

You will need:

- 50g butter
- 1 teaspoon yellow asafetida powder (or curry powder)
- 4 cups diced sweet potato
- 4 cups rich vegetable stock
- 1 cup cooked corn kernels
- 1 green jalapeno chili, seeded and finely diced
- 1 1/2 teaspoons of salt (less if using a salty stock)
- 1/2 teaspoon freshly-ground black pepper
- Whole coriander leaves for garnish.

Melt the butter in a 3 liter saucepan over moderate heat. Sprinkle in the yellow asafetida powder and drop in the sweet potatoes. Saute the potatoes for 2 or 3 minutes, then add the vegetable stock. Bring to the boil and cook for 15-20 minutes, or until the sweet potatoes are tender but not broken down. Remove the saucepan from the heat.

Strain the sweet potatoes, being careful to reserve all the liquid. Return the cooking liquid to the rinsed out saucepan. Place the sweet potatoes in a food processor and reduce them to a



puree. Add a little cooking liquid if needed.

Add the sweet potato puree to the cooking liquid and return to moderate heat. Add the cooked corn, chilli, salt and pepper. Simmer the soup for another 10 minutes, then serve hot with crusty bread and a garnish of fresh coriander leaves.

Preparation and cooking time: = about 40 minutes. Serves 4-6 people.

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