



Welcome to the Winter 2006 Edition of the Paddington Clinic News!

Winter has approached us with sudden cold weather this year and we are told to expect quite a cold season this time. This means we should all be prepared to support our immune systems. One of the best ways to do this is to try to avoid putting our bodies under extra stress. This could be emotional stress, eating the foods that our bodies react to in a negative way or generally over-doing it in any way. Our immune systems love some exercise but they also love rest. Finding the right balance is important and getting a good night's sleep is of benefit to us all.



Dealing with our stress levels is important for our total health and particularly our immune system. Talk to your practitioner about how to address your stress levels and what advice can be beneficial.

Garlic in our diet is also wonderful to support the immune system and helps to rid any bugs that might be present. Garlic was eaten way back in European history and was known as one of the principle ingredients in the "Four thieves vinegar". It was said to be used by four thieves in France, wanting to rob bodies during the bubonic plague. It appeared to keep the thieves free of sickness.

Of course there are the old favourites herb-wise such as Echinacea and Andrographis that are wonderful anti-viral and anti-bacterial herbs which can be used as preventative medicine as well as administered in the acute stages. There is also some information in this newsletter about the importance of zinc in boosting your immune levels

Did you know?

We have a gift package for sale here for the new mother. The package includes a massage voucher and oils and creams that would be most welcomed by the mother either before or after the birth. We can also make up other gift boxes if you have someone in mind. They make a beautiful gift.

Think Zinc!

You may have wondered why every treatment room in our clinic has a bottle of Zinc Tally on the desk which our practitioners regularly use to assess zinc status. Why is zinc so important and why do we need it as a supplement?

Zinc is arguably the most important trace mineral and, to date, researchers have found more than 200 zinc-dependent enzymes in all the major biochemical pathways in the body.

What this means is that adequate zinc status is needed for healthy skin, hair and nails; good reproductive function; a healthy nervous system; effective digestion; and a strong immune system. Poor energy can be a hallmark sign of zinc deficiency. Zinc is also used by the body to detoxify chemicals and metabolic irritants and can reduce healing time after surgery.

It is estimated that up to 8 out of every 10 people may be deficient in zinc.

One of the most significant factors affecting zinc stores is stress. Stress and infection can cause rapid depletion of zinc and people who are unwell or under significant stress should have their zinc status tested every 4 weeks.

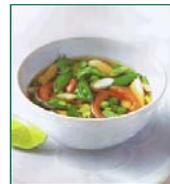
Other reasons for zinc deficiency include the processing of food, particularly refined grains; soil depletion, often from over-farming; poor absorption, sometimes due to low stomach acid; and contamination with heavy metals which can actually block zinc in the body.

Maintaining your zinc status is a great way to ward off winter colds. Additionally, people often find that when they start taking zinc their energy improves - zinc can really give you back your "zing"! If you have not had your zinc status tested recently mention it to your practitioner next time you visit the clinic.

Hot and Sour Thai Chicken Broth.

Recipe from "The Della Collection. Soup."

- 2 skinless organic chicken breasts (6oz/175g each)
- 2 pints (1.2 litres) chicken stock
- a small bunch of fresh coriander
- 2 small red bird's-eye chillies
- 1 stalk of lemongrass, roughly chopped
- a small piece (2.5cm) of ginger, peeled and sliced
- 2 medium, ripe tomatoes
- 3 spring onions, trimmed and finely sliced
- 2oz (50g) fresh, shelled peas
- 2oz sugar snap peas, cut in half
- 1 tablespoon Thai fish sauce
- 1 tablespoon tamarind puree
- juice of a large lime (approx 2 tablespoons)



Pick all the coriander leaves off the stalks and cut 1 of the chillies in half lengthways and deseed it. Put the chicken stock in a large pan and add the coriander stalks, halved chilli, lemongrass and ginger. Bring to the boil, stir, cover and simmer gently for 15 minutes.

Blanch the tomatoes, peel and thinly slice. Cut chicken into thin strips.

Strain the stock and remove the coriander stalks, chilli, lemongrass and ginger. Return stock to the pan and bring to a simmering point. Stir in the chicken strips and half of the spring onions. Stir, cover and leave the chicken to poach for 5 minutes or until cooked.

Finely slice the remaining chilli, removing the seeds.

Add to the soup, peas, sugar snaps, sliced chilli, fish sauce, tamarind and lime juice. Stir and gently simmer for 2-3 minutes or until the peas are tender but still retain their bite.

Stir in tomato slices just before serving. Place coriander leaves in the 4 serving bowls and ladle the soup on top. Garnish with remaining spring onions. Serves four.

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, or [Click Here to send us an email via our contact form](#)
All information that you provide to this clinic is, of course, kept confidential and never passed on to third parties.

Fish Oils - Oils ain't Oils!

Good quality Omega 3 oils are valuable in both maintaining good health as well as for treatment of a range of specific conditions.

A large body of scientific research has shown that Fish oils improve circulation; maintain normal cholesterol and triglyceride levels; support cardiovascular systems; reduce inflammation associated with joint stiffness, arthritis and skin disorders; provide an essential nutrient for pregnancy to assist the development of the retina and brain before birth; and provide continued nutrition for growth and development of infants during lactation.

A recent report in Australian Doctor (15 June, 2006) highlights the results of an Australian study which found that fish oil can help improve the behaviour of children with attention deficit disorder (ADD), as well as improving their memory and concentration. A double-blind controlled trial was conducted with 145 children with ADD who were given either fish oil or placebo. The parents of the children who received the fish oil reported after 15 weeks that the children's concentration had improved, they were calmer and could read better.

It's not just any old fish oils we are talking about - it is the EPA and DHA constituents of Omega 3 oils extracted from cold water fish such as Herring, Cod, Salmon and Sardines which provide these benefits.

As practitioners we source the products from manufacturers who ensure the fish come from a natural environment (not farmed), the distillation process is done correctly to remove all impurities and every batch is independently tested to ensure there are no heavy metals or contaminants. People should be wary of cheap products which may not meet these standards.

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