

PADDINGTON CLINIC NEWSLETTER

**PADDINGTON CLINIC** better health naturally



### Welcome to our Winter 2007 newsletter!

Winter has been slow to come this year but even with the small drop in temperature people are already succumbing to colds, flu, sinus infections and so on. At the onset of winter time it is important to take care of the immune system and make sure we are in the best of health. This does not only apply to the elderly and weak - we can all benefit from taking some immune-boosting herbs to act as preventatives. Andrographis and Echinacea are two of the most popular herbs used at the clinic to help ward off illness and they can also be used in the treatment of viral or bacterial infections.

Children need to be taken care of at all times but particularly during the winter. Children's conditions such as asthma, ear infections and bronchial problems can all be exacerbated when there is a virus present. Unfortunately many of these conditions are treated with antibiotics, which may be effective in some situations, but repeated use can upset the digestive system and actually lower immunity in the longer term.

Children have special health requirements and are not just smaller versions of adults. Adult supplements are not always suitable for children and there are herbs that are more specific for children when they are sick. At our clinic we dispense some products that are specifically designed for children, both for their physiology, and also to help with the taste.

We also use a very gentle form of acupuncture that is pain free for babies or even very grown up people! To keep your whole family healthy this winter talk to your practitioner about how they can assist you

If you are interested in our past newsletters they are all on our web site at [www.paddingtonclinic.com.au](http://www.paddingtonclinic.com.au)

### Did You Know?

Moderate intensity exercise of 30 minutes per day can give huge benefits to your health, such as, but not limited to:

- reduced depression, anxiety and emotional stress;
- weight maintenance or loss; and
- Improvement in circulation, assisting in the prevention of heart disease, high blood pressure and diabetes.



### MSG

MSG contains glutamic acid which occurs in meat broths and naturally fermented foods such as miso and soya sauce. It gives a rich taste. Glutamic acid in these foods is naturally occurring and is not toxic unless to hypersensitive people.

Manufactured glutamic acid found in many foods is unnatural and long term ingestion may be harmful. All foods containing MSG, unless naturally occurring, are best avoided. Unfortunately MSG and related substances are not always labeled. Calcium Caseinate, Sodium Caseinate, textured protein, hydrolyzed protein and citric acid often contain MSG. Soy foods, nutritional yeasts, malt flavourings, seasoning salts, soup stocks, frozen dinners, canned soups and various mixes labeled "flavourings", "natural flavours" or "seasonings" may also contain MSG. Hydrolyzed protein for example sounds safe enough. It is a chemical method of producing MSG and contains salts of others protein and may comprise as much as 20% of MSG.



Due to the hundreds of additives, preservatives, colourings and artificial flavourings it is best to avoid processed foods as much as possible. Small amounts taken at one time are usually harmless but what happens with regular over-exposure? Freezing preserves most nutrients and sun drying is another wonderful method for preserving foods. Pickling, fermenting and culturing, according to traditional methods, can even enhance the availability of nutrients. Avoid foods that are processed or dried using high temperature methods, such as most vegetable cooking oils, margarine, tinned foods and dried fruits that are not naturally sun-dried

### Fertility and beyond!

Many patients attend the clinic seeking assistance with various aspects of fertility management. However, often people are unaware that acupuncture is a safe and effective treatment to assist with inducing the onset of labor. Below is one recent case which illustrates how effective this very gentle treatment can be.

Nikki, a 35 year old, came to the clinic when she was 41 weeks pregnant with her second child. Her water had broken 24 hours prior to her consultation at the clinic and she had been informed by her midwife that if the baby was not born within the next 24 hours she would intervene. Nikki had had a very good pregnancy and was hoping for a natural birth. She had done all the right things, such as practicing yoga and maintaining a good diet, and had a very positive outlook. She had also made regular visits to the clinic to see one of our naturopaths.



When Nikki and her husband arrived for her consultation she had just come from her midwife who told her that she had not dilated at all and she had also had no contractions.

Normally we would do consecutive acupuncture treatments over three days for this situation but we only had 24 hours. I told Nikki that I would do a treatment that morning, with a follow-up later that day, and a further treatment early the following morning.

Nikki's husband rang me about two hours later to cancel the next treatment and to let me know that Nikki was in labor and at the hospital. They rang the next day to let us know that they had had a beautiful water birth with no complications and were very happy with their baby girl. They have since brought their beautiful baby girl into the clinic to show us and they are both very happy and healthy.

### Parking at the clinic

We have new signs in our parking bays under the clinic. These were put in place to stop non-clients parking there as this has become a major problem. Please let reception know that you have parked there so that you are not towed away.

### Know your Blood Type

As many of you would be aware, at Paddington Clinic, we work with the Blood Type Diet. In our last newsletter we focused on tofu which is particularly beneficial for people with Type A blood.

In this newsletter we will look at people with Type B blood and the foods that are most suited to them. 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 B blood are usually sturdy and alert and able to resist many of the most severe diseases common to modern life, such as heart disease and cancer. However, people with Type B blood can be prone to immune-system disorders.

The Type B diet is balance and wholesome, including a wide variety of foods, and is actually less restrictive than some of the diets for other blood types. People with Type B blood are the only ones who can enjoy the full variety of dairy foods. Deep ocean fish and some red meats are also extremely beneficial. Most nuts and seeds, chicken and wheat are to be avoided as they can interfere with insulin production and lead to weight gain. These may also irritate the immune system of people with Type B blood. The recipe below is perfect for you if you have Type B blood.

### Indian Lamb Stew with Spinach

- 3 tablespoons olive oil
- 1 large onion, chopped
- 2 tablespoons each of ground mustard, ground cumin and ground coriander
- 2-lb. leg of lamb, cubed
- 1 cup plain yoghurt
- 4 to 5 cloves garlic, and 2-inch piece of fresh ginger, peeled and diced
- 2 lbs. fresh spinach, chopped
- Salt to taste.



In a large stew pot or saucepan, heat oil over a medium heat. Add the onion and cook for several minutes until it is translucent. Add all the spices and cook for 2 to 3 minutes to release the flavours. Add the lamb, mixing it well to coat it with the spices. Bit by bit, stir in the yoghurt and add enough water to cover. Stir in the garlic and ginger and simmer covered, until tender, for about 1 hour and 15 minutes. If necessary you may wish to simmer for a little longer to reduce the liquid. Add the spinach in batches stirring it down to incorporate it into the stew. It will cook in just a few minutes. Season with salt to taste and serve with saffron rice and mango chutney. Serves 4

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