



Welcome to our Winter 2008 Newsletter!

As most of you know in April we celebrated the 25th birthday of Paddington Clinic. We had a few different celebrations but our gift to you, as our loyal clients, was to put you all in a draw to win various prizes.

To all of our forty two lucky winners congratulations! Special congratulations go to Marilyn Ketter who won our weekend for two at Noosa. We were particularly pleased that this prize went to someone who has supported our clinic for nearly twenty five years!

I would also like to welcome Kerry Anson back to our team of receptionists. Kerry worked here six years ago and it is great to have her back. I'm sure there are a number of you who remember her from that time. We also welcome on board Sue Lester who has recently joined us as a NLP practitioner. More about her in this newsletter.



We are coming into the cooler months and it is time again to put particular focus on our immune systems. Each year I talk about the importance of herbs such as Echinacea and Andrographis to support our immune systems.

I know some of you automatically take these herbs as a preventative measure. As practitioners a concern we have is when people self-diagnose their problems and pick up herbal or vitamin tablets from a chemist, health food shop or, worse still, the supermarket shelf.

Sometimes the products are unsuitable for the individual and may do more harm than good. At Paddington Clinic we pride ourselves on understanding the nature of herbs and we can also mix individual formulas that suit the specific needs of a client. This may be liquid or granulated herbs. If, for instance, you have a cough there is not a set formula that we use for all coughs. We need to know whether there is phlegm, and if so, what colour it is; whether the cough is worse in the day or at night; whether there is a fever and so on. This then ensures that the correct herbs are used. Some of the herbs randomly mixed in formulas bought off-the-shelf may not be appropriate for certain people. Please ask the experts!



Two New Services at Paddington Clinic

Neuro Linguistic Programming (NLP)

What is NLP and how can it help you? How you perceive the world determines what you do, how you feel and what you achieve. Your reality is determined by your values, beliefs and attitudes which have developed consciously and unconsciously throughout your life. It can be these unconscious limiting decisions, blocks and fears which are preventing you from achieving your potential and living the life you truly desire.

NLP is a system of tools and techniques which can release any negative blocks and allow you to control your thoughts and feelings (perceptions) so you can really be, do and have anything you desire.

If you are feeling held back by health, infertility, relationship, financial or career issues, NLP techniques can enable you to quickly and easily take control so you can move forward and create the life you want.

If you are ready to make the changes you want to see in your life now book an appointment with Sue Lester. For more information go to www.growingcontent.com.au



Constitutional Facial Acupuncture Renewal

We are also very excited to announce that we will be introducing a totally new treatment in the coming weeks. Peter, Joel, Rachel and Mary have just undertaken intensive training in Constitutional Facial Acupuncture Renewal.

This is a system which uses acupuncture, herbal face masks and facial massage to renew the face, at the same time as treating underlying constitutional issues.

We can honestly say that we saw some amazing results during our training! These included a visible reduction in facial lines, improved facial colour and radiance and an improvement in sagging areas.

At this stage we are planning to offer facial renewal during pre-set session times as treatments are more lengthy than standard acupuncture treatments. If you would like to register your interest for this treatment protocol please leave your details with reception as places may be limited.

Good news!!!

For the winter months of June, July and August we are giving a 10% discount on Andrographis Complex.

This is one of our best selling products and is a wonderful support for the immune system.

Please note Andrographis is contra-indicated in pregnancy.



Heavy Metals and our health

More and more it seems that pesticides, solvents and heavy metals may have a negative impact on our health and wellbeing. Pesticides and solvents may disrupt neurological function; be toxic to our immune and endocrine systems; and cause skin, gastric, respiratory and cardiovascular problems.

Heavy metals poison a diverse range of enzyme functions affecting all systems in our body. In a recent study by Queensland Health 11% of children tested in Mt Isa had dangerously high levels of lead and cadmium in their blood levels. The question is: were the toxins transferred via the mother during pregnancy or are infants particularly susceptible to such environmental poisons in early life? Furthermore what are the long term health impacts of heavy metal toxicity on our children? Tests conducted before, during and pregnancy would be required to answer these and other questions.



We recommend hair analysis as the most thorough assessment of heavy metal exposure. As hair grows slowly hair analysis is a way of determining what has accumulated in our bodies over time. A hair analysis test will provide you with details of the exact amount of heavy metals in your body. We also can do urine tests for heavy metals at our clinic. This test is accurate in showing the presence of heavy metals but does not quantify the amounts or whether the exposure has been long term.

There are a range of minerals and herbs that can safely bind to heavy metals and gradually remove them. However, we do not recommend removal during pregnancy. If exposure is suspected, or if you are planning a pregnancy, your practitioner will be able to advise you on which test would be most appropriate.

Tomato Soup

This is a lovely soup and great on a cold winter's night!

1 clove of garlic, peeled and finely chopped
 1 onion, peeled and finely chopped
 1 carrot, peeled & coarsely grated
 A handful of fresh basil leaves (keep the stalks)
 Olive oil
 6 tablespoons double cream (soya or rice milk can be used instead)
 1 teaspoon red wine vinegar
 2 egg yolks
 1 kg super ripe tomatoes
 2 pints chicken or vegetable stock
 Sea salt & freshly ground black pepper



Method

- Put your onion, garlic, carrot and basil stalks into a large pot with a couple of tablespoons of olive oil. Cover the pan and simmer gently without browning for 20 minutes, stirring every couple of minutes.
- Whisk together the cream, vinegar and egg yolks in a small bowl and put to one side.
- While the vegetables are simmering, drop the tomatoes into boiling water for 30 seconds, then remove the skins and roughly chop the flesh. Add these to the vegetables, then pour in the stock and simmer for a further 20 minutes with the lid on.
- Leave to cool a little then puree the soup in a liquidizer.
- Put back into pan, bring back to a simmer and season carefully with salt and pepper.
- Just before serving whisk in the cream mixture, but do not let it return to the boil. Serve straight away sprinkled with a few torn up basil leaves

Did You Know?

Fragonia Essential Oil is a brand new oil developed in western Australia by The Paperbark Co. The oil is distilled from Agonis fragrans which is a coarse tea-tree that has been given the common name Fragonia.

Fragonia is perfect for use during the winter months as it strengthens the immune system, decongests the chest and is anti-microbial. It can be used in an oil burner for its anti-microbial properties or rubbed on the chest as a decongestant to ward off, and relieve, symptoms of cold and flu.

Fragonia has also been found to alleviate symptoms of menstruation and jet lag as well as having anti-inflammatory and analgesic properties. On an emotional level this oil is balancing and works at a deep level releasing old emotional blockages and congestion to create inner peace and harmony. Fragonia can be used in massage for any of these applications, so ask a practitioner about Fragonia Oil Massage today.

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