



Welcome to our Winter Newsletter 2009!

Winter is here once again and for all you cold weather lovers it can mean more energy and vitality. For others, however, it can bring fear of sickness and feeling run down. Please read the article in this newsletter about managing your immune system.



We had fun last month celebrating 26 years of operating the Clinic by inviting you all to enter our draw which had two major prizes. We are pleased to tell you that Alisa Jones won two nights in a luxury apartment in Noosa and Rachel Croft won the dinner for two with two of our practitioners. We were also glad to note that many of you took advantage of the free heavy metal test we offered for the month of April.

Just a reminder to you all that we work as a team here at Paddington Clinic. All of our practitioners are very well trained and experienced. For this reason if you cannot get a booking with your usual practitioner at your preferred time you may be able to book in with another practitioner. We may also refer you to one of the other practitioners to complement the treatment you are already having. We have great respect for each practitioner's abilities and are dedicated to working as a team. It is also important for you to ask if you feel you would like to try a treatment that we offer here and has not been suggested to you.

We are fortunate to be involved in working with people who would like to be parents. It brings great joy to us when a baby is born and we would like to make a new offer to all new mothers.



When you come in for your follow-up appointment after the birth you can also bring your new born for a quick 10-minute check up free of charge! This only applies when the mother is coming for an appointment herself. If there is time the practitioner may also be able to show you a few massage techniques for your baby.

Managing your Immune System this winter

With media reports of increasing infections of swine flu each day it is easy to feel concerned about how to ward off illness this winter.

Swine flu is a respiratory disease of pigs caused by the type A influenza virus. The symptoms of swine flu in people are similar to the symptoms of regular human seasonal influenza and include fever, lethargy, lack of appetite and coughing. Some people with swine flu also have a runny nose, nausea, vomiting and diarrhoea.

The good news is that you can significantly increase your general immune response with a few simple measures. Herbs such as Echinacea, Andrographis and St John's Wort (which is known for treating depression but is also strongly anti-viral) and nutrients such as zinc and vitamin C can prevent infections. As always it is vital to buy top quality herbs, so that the desired effect is obtained, and to take them in therapeutic doses.

It is also important to get enough sleep, exercise often, eat nutritious food and manage stress levels.

All of these factors have a direct effect on your immune system. Problems with sleep, stress, depression and/or anxiety can be treated with acupuncture, massage, NLP and naturopathy. Talk to your practitioner about how to get yourself and your family in the best possible shape for winter now.

Mind-Body Connection

Have you ever wanted something so badly that the sight or thought of someone else having it made you furious, sick to the stomach or tearful? Maybe it's that promotion, that baby, that income, that partner? Desire can motivate us, but taken to the extreme it works in reverse, driving away what we most want, spiraling us down into despair.



You've no doubt heard, seen or read of "The Secret", The Law Of Attraction etc, so perhaps feel that since you want something so badly, it has to come to you. The key, of course, is how you feel when thinking about what you desire. Your feelings about a goal become anchored into your body, so that simply the sight, sound, mention or thought of the goal will immediately generate the same response in your body.

The idea is to fill your body with positive sensations, so that psychologically and physiologically, you program yourself that this goal is a very good thing for you. The bonus is that you are certainly more likely to achieve your goal/desire, and most importantly, your journey will be a pleasant positive experience. The opposite works the same way. If you continually experience strong negative emotions when you think of your desire e.g. anger, jealousy, frustration, sadness, fear, guilt, you will anchor those into your body. The result is that you will associate your goal with pain, and strive to avoid achieving it. So, you not only miss your desire, you have a miserable journey grabbing at something you always keep out of reach, in order to protect yourself from the pain.

For example, if you are trying to conceive, perhaps through IVF, and yet the sight of someone else's baby or a pregnant woman sets off a negative emotional chain reaction, you are training your body that "baby=pain".

To train your body to believe that "baby=love", you need to collapse your negative anchor (easily done using NLP), and layer in a new positive anchor by flooding your body with warm, loving, protective, happy feelings. The idea of making this shift may seem impossible, but it can be achieved more quickly and easily than you can imagine, if you have access to the right techniques, - and you do. Master NLP Practitioner Sue Lester is available Mondays and Wednesdays at Paddington Clinic.

Did You Know?

Research carried out at Swinburne University in Melbourne has shown that the use of "Remotiv" a specialized preparation of St John's Wort over a four month period is as effective as nicotine patches and the drug "Bupropion" with a substantially lower cost (\$120 as compared to \$350 and \$600 respectively) and no side effects. At present we are offering a free 15-minute consultation to assess whether this form of treatment is suitable for you and, if so, to get you started on the program. Call our Clinic now to finally break the habit.



CoQ10 offers wide Benefits.

CoQ10 plays an important role in the health of our bodies and it is essential for life. It is distributed throughout all cells in our body and is an integral part of the cellular machinery to provide energy. High levels are found in heart and liver cells.

CoQ10 also acts as a potent, protective anti-oxidant. In healthy individuals CoQ10 is manufactured within our cells. People who have deficient levels of CoQ10 often include those with heart disease, high blood pressure, high cholesterol, Parkinson's disease and cancer. Women pre-disposed to pre-eclampsia during pregnancy, men and women with low fertility and people with degenerative conditions may also have low levels.

A growing number of studies support the outstanding benefits of CoQ10 which is now available in capsule form. Ask your practitioner about whether this is a supplement that you could be on.

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