



Welcome to our 2011 Winter Newsletter.

Welcome to our latest newsletter. Some of us love the cooler weather and the opportunity to rug up or snuggle by a fire. For others, however, winter evokes a fear of ill health and the recurrence of underlying health issues that are accentuated with cold weather e.g. asthma and arthritis. Some people feel unable to get through winter without getting a cold, or worse still, a bad case of flu. Then there are families who dread this time because "that virus" starts to spread around the entire family and there is coughing, sneezing, snuffling and complaining for what seems like eternity!



At Paddington Clinic we can help! Ideally it is good to start working on your health before the cold weather comes so that your immune system becomes stronger and you are more resilient to the viruses floating around. If you do succumb to one of them there are some fantastic remedies to speed your recovery without suppressing your general health. We also treat children and babies and feel passionate about helping children fight off infections in a natural way to avoid some of the regular drugs that are too readily administered to them.

We are continuing our free health talks this year and the next one is on Childrens' Health and will be held at 6.30 on Thursday 30th June at the Paddington Workers' Club. At this talk you will learn some very practical information about how to protect the health of your children and optimise their wellbeing. You need only phone us on 3369 0045 to book in for this event.

In Chinese medicine winter is a time for people to build up their supply of energy. Getting extra sleep and eating warm nutritious meals are both encouraged.

What this means is early to bed and later to rise, if possible, and lots of yummy soups and stews that are full of vegetables and good quality protein. Adding ginger to your foods is both generally warming and helpful for your digestion and circulation.

Paddington Clinic aims to offer you the best in health care for all the family and for this reason **ALL** the practitioners spend numerous hours of their own time updating their information and practical skills. We all have a passion to provide the best. For this reason too we offer the best in our range of products. We understand there are remedies you can buy at the supermarket, health food shop or chemist but the quality of the original ingredients is vital and not always assured by some brands. **Mary**

Acupuncture and Children

Many people do not necessarily put acupuncture and children together in their minds, but acupuncture is surprisingly well-tolerated, even by the very young, and is also very effective.

Children (and many adults!) naturally enough have a dislike of needles. However, there are various tools in Japanese acupuncture which can be used completely safely and painlessly with children. These tools allow us to work on the acupuncture meridians, or energy lines, and the points along those meridians without ever piercing the skin. Peter, Mary, Joel and myself are all trained in Shonishin which is a Japanese protocol for treating children utilising these painless techniques.



At our next talk, on Childrens' Health, I will be teaching you how to use one of these tools at home to strengthen the immune system of your children and the whole family. The tool is called a Tiger Warmer and is simple to use.

Preventative health care, used in the home, is common in Japan and is well worth learning. Five to ten minutes a day could help significantly to ward off colds and flu's. This will be a fun and, I hope, very useful evening. Come along to learn something new! **Rachel**

Sneezing Super Mum (and Dad)

"I don't have time to be sick" is a common statement in winter - however, when you are rushing around, feeling stressed, anxious and/or overwhelmed your body is using its resources at a faster-than-normal rate. Unfortunately this can also be the time when you aren't feeding your body the right fuel, including filtered water, to function effectively. Your body literally "runs down" like a poorly maintained engine and simply doesn't have the energy to fight off colds and flu's



So before you lose time, money and energy being sick, take stock of what you need to do to get yourself healthier. How much of the time you spend rushing around is for other people? Do you need to start setting and maintaining stronger boundaries? Are you thinking too many negative thoughts about the future or the past and making yourself feel unhappy? If you valued yourself more and felt happier about yourself and your life you'd find it easier to make healthy choices and build your body's immune system. When you're ready to make the changes you want to see, book in for a 30 minute Problem Dissolving NLP session to experience how easily it can work for you. Winter Special: only \$30 for clients of the Clinic (normally \$60). **Sue Lester**

Traditional Healthcare

Hi everyone, I'm traveling to Melbourne this weekend to meet with Traditional Healthcare a not-for-profit organization that focuses on building self sustaining natural health clinics in rural communities. I will be the Queensland representative, and as part of my role is to increase awareness, I thought it would be appropriate to write a little about them in our newsletter.

The national goals of this charity are dedicated to the construction of sustainable healthcare facilities in remote areas in Australia. Currently they are looking to build clinics in Alice Springs and Broome for Indigenous communities to have access to healthcare - not just Western healthcare, but any traditional form, including local indigenous medicines. The construction of these clinics will bring self sufficiency to the local communities after incorporating the many different practices we can bring together, and will involve working with the local community each step of the way.



Currently the pilot project is underway in Datam, India where construction of the first clinic is nearly finished. The goal of the project is to build a self-sustaining holistic health centre that not only treats local people, but also trains them to create an environment that is totally run by local people for local people.

For more information on this amazing organization, visit their website [Traditional Healthcare](#) I'll post more information on my blog once I've returned from my trip. **Joel**

Herbs and Children

Did you know there are **many** herbal remedies that are safe and effective for use in children for issues such as immunity, digestion and general health? Most children are adverse to taking anything that isn't immediately orally pleasant and this can be challenging for herbalists when prescribing for children! However, sweetening agents such as honey or maple syrup can be blended with herbal formulations to get around this. Additionally, we can use glycefracts which are convenient and pleasant tasting. At the Clinic we use herbal glycerine-based products for children which greatly improves compliance. Glycefracts are not used to do the therapeutic work but are added to the formulations.



Herbs such as Fennel and Licorice are pleasant tasting and are used in many cough formulations as expectorants and tonics. Over the years we have found that if children are introduced to liquid herbal remedies at a young age compliance isn't an issue. It is much easier to take a liquid than to crush a tablet. Herbs can be given to children even when they are less than one year of age and it is fantastic to have such an effective treatment option with no side-effects. Many of our mothers will attest to the usefulness of herbs for their children. **Deb**



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