



Welcome to the Christmas 2004 edition of the Paddington Clinic News!

Yet another year draws to an end and it is a time to reflect on the past year. 2004 has been an eventful year for the clinic welcoming Rachel and saying goodbye to Michael. It has been a year of study for Rachel, Pete and myself, learning more about Japanese acupuncture, in particular the Manaka style. Deb has continued her dedication in the area of natural fertility and this has resulted in many babies being welcomed into 2004. Sue has broadened her knowledge of the Australian Bush Flower Remedies. She is still our Massage Therapist and also offers Frequency Specific Microcurrent (FSM). The FSM machine has seen some outstanding results in various chronic and acute painful conditions.

The clinic building itself, suffered smoke damage in October from a neighboring restaurant fire, and it has been a slow process to rectify all the damage. The end result will be a fresher, newer looking clinic but we have to be patient as the wheels are put into motion.

This year we are closing the clinic at 1.00 pm on the 24th of December and will reopen on the 4th of January 2005 at 9.00 am. We hope you all maintain your health during this time. Make sure you are well stocked with any products you are taking. Talk to your practitioner about how to help yourself if you happen to over-indulge during the festive season.

We hope you all have a wonderful Christmas and new year. The new year is a good time to reflect on the goals you have achieved over the past 12 months as well as the areas that may still need work. Make sure you write down your new goals for 2005 and then encourage yourself to see them through.

HEALTHY TIPS

New Contraception kits

Do you suffer side effects from the Pill or have you wondered if there is a safe alternative? Many women are loath to go back on the Pill after childbirth. Some women are taking some form of contraceptive Pill for many more years than they would prefer. Natural Fertility Management offers a Contraception Kit which is designed to easily guide the woman or couple through all the practical steps to understand her cycle, identify fertile times and feel confident when and if the time is right achieve conception. The kits are available at the clinic now and it is recommended you see a qualified practitioner to help you get started.

WHAT IS FREEDOM?

To hear and see, instead of what should or will be.

To say what one feels, instead of what one should

To feel what one should, instead of what one ought.

The freedom to ask for what one wants, instead of always waiting for permission.

And the freedom to take risks on our own behalf instead of choosing to be only secure and not rocking the boat.

WHAT IS HEALTH?

The question of what "health" actually means is becoming more common every day in the clinic. Many people are of the belief that, if they are free of symptoms, they are healthy. They may come for treatment of their back pain, stomach problem or cough, and once the problem has gone away they feel that they are in a state of health.

When people go to the doctor for a medical and he or she checks their blood pressure and cholesterol, and their heart and lungs sound normal, they get a clean bill of health. But what happens when they walk out of that clinic and have a heart attack....or find they have cancer or a stomach ulcer six months later.....were they really "healthy"? Medical check-ups are, of course, important, but it is vital that we also consider some additional questions for ourselves. For instance:

"Am I sleeping well and feeling refreshed on waking?"

"Is my appetite strong and my digestion trouble-free?"

"Do I move my bowels daily with no constipation or looseness?"

And for women "Is my monthly cycle regular and pain-free?".

If you can answer "yes" to most of these questions you are probably quite healthy. If one or two areas are in doubt then you have some work to do. Often we have minor symptoms which we feel are not worth mentioning, or choose to ignore, but it is important to address these "sub-clinical" issues to prevent more complicated problems later on. They are a sign that the body is not functioning at its optimal level.

Our definition of health is a state where we feel energised and enthusiastic, have a glow about us and are symptom-free.

Health is much more than a yearly check-up. We need to work on our health rather than just expecting it to happen. There are things we can all do for ourselves to support our health. These include having a healthy diet, exercising, getting enough rest and working on both relaxing and letting go of negative thoughts.

Correcting any imbalances nutritionally with naturopathy will also help as will pampering ourselves from time to time with a massage. Acupuncture balances our energy and works well with any other therapy. It can often be the thing that can turn us around in our search for optimal wellness - a course of treatment can rekindle that missing sense of aliveness. Removing pain from our body, via FSM, acupuncture and massage, is not only a relief, but can reduce our stress levels as can a detox which we should do from time to time.

There are various tests we use at the clinic which can point us in the right direction in deciding what we need to focus on with treatments. These include "Cellular Health Analysis", "Hemaview" and "Urinary Indican Testing". More information on these treatments and the clinic can be found on our web page www.paddingtonclinic.com.au

"The tree does not cling to its fruit,

Nor withholds them from those who throw stones

Like your heart, the tree offers its fruit to all no matter into whose hands they fall"

Swamiji - Yoga in daily life

CHRISTMAS RECIPE

Flourless Orange Cake

Ingredients:

3 oranges
9 eggs
350g caster sugar
350g almond meal
whipped cream, to serve
Orange Syrup
2/3 cup water
2/3 cup sugar
1 orange, rind zested and flesh segmented



method

Place oranges into a medium sized saucepan, add enough water to the pan so that the oranges are covered. Cover with parchment paper and a lid and bring to the boil.

Reduce heat to low, and cook the oranges for approximately 15 minutes, or until soft.

Discard poaching liquid and allow oranges to cool.

Using a food processor, blend oranges to a coarse paste. Or alternatively chop them with a knife as finely as possible. Set aside until required.

With an electric beater, cream the eggs and sugar until light and fluffy. Add almond meal and orange puree, and mix to combine.

Pour mixture into a greased and lined 20 cm square cake tin, and bake in a pre-heated 190°C oven for approximately 45 minutes.

Serve cake drizzled with orange syrup and fresh orange segments.

Orange Syrup: Combine water and sugar in a small saucepan and bring to the boil. Reduce heat and simmer for approximately 5 minutes.

Meanwhile, blanch the orange zest in a little boiling water for 30 seconds. Refresh in cold water. Repeat the process again and set aside.

Place the blanched orange zest and segments into the sugar syrup, remove from the heat and allow to cool.

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