



Welcome to the Christmas 2005 edition of the Paddington Clinic News!

Welcome to our Christmas newsletter!

As the warmer months have rapidly approached it is time to look towards the end of 2005 and the beginning of a new year.

Hopefully 2005 has been a good year for you but it is always good to anticipate a new year and the fresh beginnings it can bring. The end of a year is a time to reflect on the achievements of the year as well as the changes we would like to see in 2006. There are so many things around us that most of us would love to change but feel that they are out of our control - but making personal changes can be extremely beneficial.

Take the time to reflect on what you want to achieve physically, mentally, emotionally and spiritually over the next year. Write down your aspirations and refer to them over the next year. Having goals to strive for is very important as it means we can maintain some focus in our lives.

On a more practical note our clinic will be closing at 2pm on Friday 23rd December and reopens at 9am on Tuesday 3rd January 2006.

Make sure you are fully stocked with your herbs and/ or nutritional products to tide you over the Christmas break. Ask your practitioner for any tips to survive the typical over-indulgences of this period! Don't forget the wonders of drinking lots of purified water.

The New Year is a good time to think about a detox and incorporating an exercise plan into your health regime. We are here to help. All of us at Paddington Clinic wish you a very happy Christmas and hope that 2006 is your best year yet.

Healthy digestion

It goes without saying that we need healthy digestion all year round but this is particularly important in the festive season. Over-eating and drinking over a prolonged period of time can cause it's own problems and it is often the liver that takes the brunt of this by trying to detoxify the body. Ask your practitioner about liver support as there are herbs that can really help to protect the liver from any damage. If you do over-indulge in the holiday time make sure you can protect your liver!

A general digestive problem that can occur at any time is constipation. Now you maybe thinking to yourself that your bowels move nearly every day and so there is no problem. However, many people do not feel that their bowels have completely emptied every day, or, they move their bowels with some difficulty.

There are four main factors that have a major influence on healthy bowel function. These are:

1. **Diet.** Are you eating the foods that most suit your digestion? Often when people change their eating habits, with their practitioner's advice, they notice better bowel motions and feel less bloated.
2. **Water.** Sometimes something as simple as increasing your intake of purified water can be enough to help regulate your bowels. Remember, especially at this time of year, that if you are drinking alcohol you need more water than usual as alcohol is very dehydrating. Two or three litres of water is considered the normal daily requirement but, again, ask your practitioner about your personal needs.
3. **Exercise.** A lack of exercise can lead to sluggish bowels so try and make sure you are regularly participating in some form of exercise whether it is walking for 30 mins a day, a full gym program or some other activity you can enjoy.
4. **Stress.** This can be the hardest area for some to work on but decreasing stress levels can be one of the most successful way of improving bowel function. It is not always possible to decrease your external stressors, but acupuncture, massage, nutritional support and herbs can all help your body in coping with stress. This, in turn, will improve bowel function.

Improving your eyes

Vision change is a sensitive barometer of the nutritional status of tissues. Small errors can result in changes and become visual distortions of optic transmission.

Bilberry has long been considered an effective anti-oxidant herb for improving vision as it helps to reduce free radical stress to the eyes - together with taurine which is a major amino acid in the lens. Supplementation of taurine has been shown to delay the onset of cataracts. Co-factors such as lipoic acid and vitamin B12 maintain glutathione levels in the eye which protect against vision loss.

All these products can be found in our practitioner product, Eye Rite, so if you feel you can benefit from this product discuss it with your practitioner.

To protect your eyes avoid direct UV light, sugar, commercial salad dressings and other refined foods and smoking.

Foods which contribute to eye health include nuts and seeds, olive oil, lentils and fresh fruit and vegetables - specifically broccoli, cauliflower, celery, snow peas, lettuce, sweet corn, cabbage, spinach, lemons, limes, pineapples, apricot, figs, grapes, peaches, dates, berries and melons.

It is sometimes difficult for nutrients to reach the site of injury in the eyes due to poor ocular circulation. Substances that increase blood flow and reduce intra-ocular pressure may assist in this process.

Did you know?

All of our practitioners will be ready and eager to help you with our comprehensive detox program in the new year !!

Would you like to receive your newsletter by email?

We are hoping to be able to distribute future newsletters via email and so if you would like to receive them in this way please provide us with your email address. Email to reception@paddingtonclinic.com.au All information that you provide to this clinic is, of course, kept confidential and never passed on to third parties.

Maureen's Christmas Message

Thank you O God for all the benefits and blessings you have bestowed on us.

May we know you more clearly, love you more dearly and follow you more nearly, day by day.

Caramelised Figs

1 cup brown sugar
 ¼ cup water
 6 figs halved
 1 tablespoon butter
 Sweetened marscapone to serve

In a saucepan over a medium heat combine the water and brown sugar and stir until the sugar melts. Simmer for five minutes

Melt the butter in a large frying pan and then add the figs, cut side down, and cook briefly. Pour the sugar syrup over the figs and cook over a low heat until the syrup has caramelised.

To serve, place 3 fig halves onto individual plates, then spoon over some of the syrup with a little sweetened marscapone on the side. Serves 4

From "Gluten Free and Easy" Robyn Russell

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