

Welcome to our Christmas 2006 Newsletter

Another year has passed and we are soon to welcome in 2007. The end of the year is a good time to reflect on what we have benefited from over the year and what we hope to achieve for the next year. It is also a time to be grateful for what we have in our lives. However hard things may seem it is always rewarding to focus on some of the positives in your life.



On behalf of all our practitioners I would like to thank you all for the kind referrals that you have made to the clinic over the years. We do very little advertising and prefer that our new clients are sent here by friends or relatives.

The clinic is closing for a bit longer than usual this Christmas and it closes at 1pm on Saturday 23rd Dec and reopens 9am on Monday 8th Jan.

Stock Up for Christmas

It is a good idea to make sure that you are fully stocked with your supplies before the Christmas holidays.



Some of us here are lucky enough to be having overseas holidays. Joel is taking his push bike to ride in Central America and will spend some time in a local community learning Spanish and doing some volunteer work. Maureen will be spending Christmas in Indonesia with her daughter who is teaching there and some of her grand children. Deb is going to Laos for Christmas and new year and no doubt will be doing some of her much loved walking. Pete and I are going to England just after Christmas to visit my family and will be there for a family wedding. We will all be fresh to start a new year.

Tips for Christmas

Just a tip for the celebration times, look after your liver and ask your practitioner about excellent herbs we have if you need that extra help!! Don't forget the water too and consider a detox in the new year which could be beneficial for you. From all of us here we wish you a wonderful Christmas and all the best for 2006.

Vitamin D

There are many nutrients in which we can be deficient, and while some of these are quite obvious, others are less so. Three of our practitioners attended a weekend international seminar in Sydney recently which highlighted some of the not so commonly known, but yet very common, nutrient deficiencies.

Approximately 30% of the general population have a vitamin D deficiency! This may come as a bit of a shock to most of us given that vitamin D is synthesised in the skin from sunlight. It seems the main reasons for this widespread deficiency include greater use of sunscreen; staying out of the sun more, due to health issues associated with sun exposure; and working long hours in doors.

We need to expose unprotected skin to 20 minutes of direct sunlight per day if we have fair skin and up to 2 hours per day if we have dark skin. The hottest part of the day should be avoided.

So what does this mean for our health and the health of our children? Some of the symptoms of vitamin D deficiency are

- autoimmune diseases;
- bone tenderness;
- joint pain;
- myofascial back pain;
- decreased grip strength;
- fibromyalgia;
- rickets;
- growing pains in children;
- fatigue;
- depression;
- alopecia;
- hearing loss;
- PMS; PCOS
- hypertension.....and the list goes on.....!

As you can see vitamin D is very important particularly for growing children and to maintain a healthy immune system.

The best dietary sources of vitamin D are eggs (yolks), liver, and oily fish such as salmon, sardines, trout, and tuna. Fish oil supplements are also a good source of vitamin D. At the clinic we use Cod liver A for kids which has a rich source of vitamin D and can be mixed with juice. It can also be taken by adults. There is a blood test available through ARL, a leading pathology clinic, for vitamin D. This can be organized through the clinic with your practitioner.



If you are not getting enough sunlight in your life, (Daylight = vitamin D) then you should talk to your practitioner about a vitamin D supplement or increase the use of the foods mentioned.

Exercise Revisited

Exercise how much is needed? Australia's national physical guidelines are 30 mins of moderate intensity exercise (e.g. walking) preferably on most days. This is based on evidence which shows a reduction in cardiovascular disease, hypertension, diabetes, colon cancer and premature mortality. Studies also show a reduction in depression, anxiety and mood swings. Only about 50% of Australian women are adequately active.

Many people do not see exercise as a priority and therefore, do not allocate time in their weekly routine. Life circumstances such as injury, living alone or concerns about safety can be a disincentive and may reduce opportunities to be active.

Studies have found that walking is more likely to be initiated and maintained when women join walking groups. Why not find a walking buddy in your neighborhood or a workmate or fellow school mum who might like to join you a few days a week? Finish your walk with a "cuppa" at your favourite cafe.



If walking is not your thing think about other options for example cycling, golf, yoga, tennis, swimming, or joining a gym etc to build exercise into your world. Weight gain is associated with age not menopause and changes in body shape cannot be separated from effects of decreased physical activity. In 2006 two Dutch studies on over 62,000 women showed that 30 minutes of physical activity per day reduced the rate of ovarian cancer by 78%.

At the clinic we have a range of products to assist in improving energy, and therefore stamina and endurance, and preventing dehydration and muscular damage. A study of 155 people over 6 months showed significant improvements in fatigue, willingness to exercise, recovery from exercise, concentration and sleep patterns using Co-Enzyme Q10, fish oils, ginseng and vitamin E. Vitamin and mineral deficiencies are quite common among the general population and so when you begin an exercise we recommended a health check with one of our practitioners.

Frequency Specific Microcurrent (FSM)

FSM has been used to treat a range of conditions in our Clinic since 2000. You may have heard about FSM through our clinic, or the media, most recently in a segment on 'Brisbane Extra'. FSM is fast gaining a reputation as an effective and sometimes seemingly miraculous treatment for pain.

There are also other times when FSM is beneficial as a treatment on it's own or to complement massage or acupuncture. Some of these instances would be after a fall or sudden shock, as part of a pre-conception program, while undergoing a detox program, to relieve the symptoms of PMT, after a general anaesthetic and/ or to help relieve emotional distress and anxiety.

The treatment itself is a very fine electrical current that runs at one-millionth of an amp and cannot be felt as it is sub-sensory. Water is the conductor and the practitioner either wears graphite gloves, or has the gloves wrapped in a wet towel, which is then placed on your skin. The treatment takes approximately 30 minutes and the number of treatments required ranges from two to ten consecutive sessions depending on your individual needs.

FSM is also very effective for revitalizing the skin. As it works through the fluid in the body it rehydrates the skin giving the skin that vital healthy glow.

Please check our website www.paddingtonclinic.com.au or speak to one of our practitioners about FSM.

Maureen's Christmas message

There is only one source of meaning in life - love, our deepest longing. This meaning comes from the sum total of all the loves of our lives. There can never be too much love and there can never be too much meaning. The infinite love of god is an essential part but so are human loves.

Did you know?

If you are looking for a Christmas gift for someone special we have massage gift voucher packs available that can be individually tailored to your needs.

Cranberry and Caramelized Onion Sauce

A traditional cranberry sauce is sweetened with apple juice and honey, rather than sugar. A shot of Riesling and some cinnamon sticks are the icing on the cake! This can be served with turkey, chicken or your favorite vegetarian nut roast



INGREDIENTS

- 2 cups fresh cranberries
- 1/2 cup apple juice
- 1/2 cup dry Riesling wine
- 2 cinnamon sticks
- 2 tablespoons grapeseed or canola oil
- 1 medium yellow or white onion, sliced 1/4-inch thick
- 1 teaspoon honey
- Salt and freshly ground pepper

In a large saucepan over a medium-high flame, bring cranberries, apple juice, wine, and cinnamon sticks to a boil. Reduce heat and simmer gently until cranberries soften and begin to pop, about 5 minutes.

Meanwhile, in a large skillet over a medium-high flame, heat oil until hot but not smoking. Add onion and honey; season with salt and pepper, to taste. Cook, stirring occasionally, until onion is nicely browned, about 12 minutes.

Add onion mixture to cranberries and mix well. Taste and adjust seasonings, adding more salt, pepper, and honey, if desired.

This can be serve with turkey, chicken or your favorite vegetarian nut roast.

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