



Welcome to our Christmas 2007 newsletter!

Is it really a sign of getting older when the year passes by more quickly than ever? This year seems to have flown by and here we are ready to welcome in 2008. I feel that as the year draws to an end it is good to reflect on both the wonderful events that have taken place as well as the times we may have wished could have been different.



Coming into a new year is a time to reflect on changes we may want to bring into our lives. Whether we call them new year resolutions or aspirations for 2008, it is a healthy practice to write down what we hope to achieve in the year on a physical, mental, emotional and spiritual level.

Our clinic will close at 1.00 p.m. on Saturday 22nd December and re-open on Thurs 3rd January at 9am.

Please note these closing times so that you can stock up on your supplements and herbs to last you over the break. We can also give you some tips on how to protect your liver if you intend to over-indulge over the holiday period! Just ask your practitioner. Don't forget to rehydrate your body with LOTS of water! Hopefully in the new year you will be feeling motivated to complete one of our detoxification programs.



The sad news for us is that Maureen, our senior receptionist and office manager, is leaving after 15 wonderful years with the clinic. She will be very much missed by us all. She will leave us sometime in the new year when she has trained her replacement. We are so grateful to have had her wonderful skills here for all that time and we thank her for her consistent work ethic, support and friendship over the years.

Just a reminder that we have gift vouchers here and you can select your own gift pack for someone special. From all of us here we wish you a wonderful Christmas and all the best for 2008.

Did you know?

A research article published in the Journal of Science, Food and Agriculture found clear disadvantages in microwaving broccoli.



One of these was significant flavonoid (an important anti-oxidant) losses when broccoli had been cooked in certain ways.

Microwaved broccoli had a 97% loss, boiled had a 66% loss and high pressure boiling showed a 47% loss.

Steaming produced minimal loss. Food for thought!

Maureen's Corner

It seems like only yesterday that I started at Paddo clinic, but in reality it is fifteen years. During this time I have made many friends and I will miss you all very much. I love the camaraderie we have here between staff and clients. But the time has come for me to move on and put my earpiece and receptionist voice (as my children fondly remind me that I use here) away. It will be hard to say goodbye but the years have skipped away and now it's time to start a new adventure.



Next year Tony and I intend to do a bit of travelling as our children seem to be spread all over the world. First up we will visit India where my daughter is teaching with her two children and then we will spend a few days in Helsinki en-route to Ireland. We will live in the little village in the country where I grew up. We will base ourselves there for up to 6 months. From there we will visit a few places in Europe which I have always wanted to see.

It is very sad saying goodbye but it's been a great 15 years for me and I leave you with this Blessing.

- May the road rise to meet you
- May the wind be always on your back
- May the sun shine warm upon your face
- May the rain fall soft upon your fields
- And until we meet again
- May God hold you safe in the palm of his hand.



May God's peace be with you and yours this Christmas.

Maureen.

Echinacea

A study published in the Lancet Journal of Infectious Diseases in July 2007 is one of the few to take a look at the efficacy of Echinacea. The author, Dr Craig Coleman of Connecticut University, did not study the effects of Echinacea directly but looked at the results of 14 existing studies in a meta-analysis. The study involved 1600 people using different Echinacea products.



Interestingly, the study concluded that Echinacea decreased the odds of developing a common cold by 58% when taken daily for preventative purposes. The study also found that when the subjects had a cold Echinacea reduced the symptoms by 1.4 days. Dr Coleman concluded that future clinical trials would be useful.

Over the past 20 years we have been fortunate at Paddington Clinic to have access to very high quality Echinacea products. We have found Echinacea to be the first choice for immune support with positive results not just in preventing infections but in reducing the severity and length of acute infections.

We are aware of the many small studies where Echinacea products have been used and agree with Dr. Coleman that, due to the availability of a wide range of herbal products worldwide, much larger trials using the same product are necessary. We look forward to a large study which will begin in Australia in 2008 using high quality Echinacea plants. In the meantime we are confident of the benefits of taking Echinacea for both adults and children.

Know your Blood Type

As many of you would be aware, at Paddington Clinic, we use and recommend the Blood Type Diet. Over our past three newsletters we have profiled the diets most suitable for the other three blood types (A, B and AB). In this newsletter we look at the best diet for people with Type O blood.



If you are unsure of your blood type please ask your practitioner to check it for you. The test is very quick and only requires one drop of blood from your fingertip. Once you know your blood type you can start to maximise the foods that act almost like medicines in your body and minimize those which do just the opposite.

People with Type O blood thrive on intense physical exercise and animal protein. They tend to have high stomach acid and so can efficiently digest lean red meat, poultry and fish. Generally dairy and grains are best kept to a minimum although there are, of course, exceptions such as - but not limited to - organic butter and rye bread.

Type Os have a tendency to have low levels of thyroid hormones, or unstable thyroid gland function, which can cause metabolic problems. Therefore it is beneficial for them to avoid foods that inhibit thyroid function such as the Brassica family vegetables - cabbage, brussel sprouts, cauliflower and mustard greens - and increase foods which assist thyroid hormone production such as kelp, seafood and iodized salt. Fruits of an alkaline nature, such as berries and plums, are particularly beneficial.

If you have Type O blood the recipe below is perfect for you.

Grilled Curried Leg of Lamb

2 tablespoons curry powder
2 tablespoons ground cumin
1 tablespoon salt
2 tablespoons kelp powder
1 tablespoon five-spice powder
1 leg of lamb, bone and butterflied



Combine spices and rub them dry all over leg of lamb. Let sit for one hour. Prepare the grill. Grill the lamb for 20 minutes on each side for medium rare; or 25 to 30 minutes for well done. Remove the lamb from the grill and let it stand for 10 minutes, then slice thinly. Serve with grilled summer vegetables of your choice. This is a simple, but elegant, dinner.

Liver and Bowel Detoxification Program

The liver is one of the most important organs in the body and carries out many vital functions, some of which include:

- Removal of toxins such as alcohol and medical drugs from the body;
 - Metabolism of carbohydrates, fats and proteins; and
 - Storage of certain vitamins and minerals.
- A healthy liver also supports the immune system.

Lifestyle issues such as stress, excessive alcohol consumption and poor diet can all put strain on the liver. However, the good news is that the cells of the liver are extraordinary, and can regenerate given the right environment.

We are offering a Liver Detoxification Program which works to give the liver the right environment to flourish. The Program combines acupuncture treatments designed specifically for the liver, by Dr Manaka in Japan, with specific naturopathy protocols and supplements for detoxification of this organ. These will give the liver the best environment to regain optimal function.

The bowel also plays an important role in detoxifying our body and imbalances in the bowel can further over-burden the liver. All of the blood flow from around the bowel goes directly to the liver so if toxins are overly present in the bowel they can stress the liver further. A combination of bowel and liver detoxification will optimise the results.

This 6 week program will be offered starting in the New Year and is a great way to recover from the festive season and kick-start a healthy new year. For more information speak to your practitioner or ask at reception.

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