



Welcome to our Christmas Newsletter 2009!

Do you feel weary in the hot weather and stressed by all those extra jobs that need to be done before the end of the year? The lead-up to Christmas can be a demanding time and a health check can be timely. Do you need to come in and have a massage or acupuncture treatment to help bring you back into balance? Or perhaps you need to see one of our naturopaths for advice on how to survive the silly season....!



At the end of year I like to take stock of the year that has been. I make a list of what I want to attract in the coming year, and of things things I no longer want in my life, under the categories of health, work, personal life and so on. I also get the chance to read through my wishes from the following year and while not everything may be achieved, it is rewarding to see changes have been made! Why not try this for yourselves and open yourself to your wildest dreams for the future.

The year 2009 has been a busy year for the Clinic and we welcomed Suzanne Wilson to our team of naturopaths. Suzanne is a great asset to the Clinic and hopefully all of you who have visited our Clinic would agree that we have a wonderful team of both receptionists and practitioners. All our practitioners are dedicated to improving their knowledge and between us we spend hundreds of hours each year attending seminars and workshops so we can be up to date with all our skills.

We look forward to being able to help you in the new year to achieve your health goals so that you can reach your optimal levels of wellbeing!



Paddington Clinic Christmas Opening Hours

The Clinic will be closed over the Christmas period. Our last day of trading is 23rd December and we re-open on Monday 4th January 2010.

Don't forget to stock up on your products to last you over this time. Finally, if you are stuck for ideas for Christmas gifts we have gift vouchers that you can have tailored for that special person. We wish every one of you a wonderful Christmas and may 2010 be the best year yet for all humanity.....Mary and all the team.

Why I love treating children

Treating children and young people is very fulfilling to me as a practitioner and is also very enjoyable! I relish the energy and sense of fun that youngsters can bring to the working day. More importantly, it is extremely satisfying to hear a child say that all their symptoms are gone - because when a child is sick it affects the whole family.



I find that even quite young children can be very coherent about the problems they are experiencing and are usually very open to discussing them. The beauty of treating children is that they tend to respond very quickly to treatments because they have lots of energy or "qi".

Now, more than ever, children are affected by busy lifestyles and stress. This can lead to mood, sleep, digestive and immune disturbances. These issues respond very well to treatments such as low-dose herbal medicine, acupuncture, massage, and/or bush flower essences. Also, when children need dietary adjustments, they often find this easier to manage than adults, as they have had less time for their eating habits to become entrenched!

I was recently treating a young person of 10 years and when I asked him how he found his first treatment his response was "cool as"! I think this is a great testimonial (!) so if one of your children needs it don't hesitate to make an appointment. Needle-free acupuncture is available if needed.....Rachel

Why Pregnancy Is Like Getting Married

The similarities between pregnancy and getting married start at the very beginning. For some it's an easy, natural next step, while others may struggle to find the right partner and then to move forward.

Next is the flurry of secretive excitement until everyone is told, in the correct order of course, the wonderful news. Someone always astutely guesses, and must be sworn to secrecy. The planning, endless lists and shopping begin, and at some stage, he will moan "That's all you ever talk about! What happened to our life?".



Childhood expectations clash with reality, and the expectations of others, particularly the mothers on both sides. Relationships and finances can become strained. You feel fat, even if you are not, and "does my bum look big in this?" continues to run through your head long after you've been barred from asking it. Some days you are euphoric, other days you wish you could escape to some far-off fantasy land where everything is easy and no decisions ever need to be made.

However, you can enjoy your pregnancy, look forward to a birth free from fear-induced pain and, resolve fears and issues, in all areas of your life, as they arise! Imagine the relief of having someone to confide in, who is non-judgmental, practical and supportive. Sue Lester's Growing Content All The Way therapeutic coaching program is designed to support you during pregnancy, through birth, into parenthood, and then in the transition back to work. To discuss your needs and to book in for your complementary 30-minute introductory session call Sue at Paddington Clinic on (07) 33690045 or (07) 3103 2679.Sue Lester
www.growingcontent.com.au

Withania the magic herb

Withania has become a very popular herb in the West. Traditionally an energy tonic in adults and children it can also be very suitable for breast-feeding women. We have had lots of positive results with Withania in terms of improvements in energy and immunity. It is especially useful for people who are exhausted due to stress, after acute illnesses or post-pregnancy. Clinical trials on the use of Withania in children and adults have shown improvements in serum iron as it actually contains iron. Another trial on trainee mountaineers showed significant improvements in sleep, alertness and physical capabilities. Withania has a positive effect on adrenal cortisol levels and is a fantastic herb to counteract stress and exhaustion..... Debbie



Think well, Eat well and Be well this Festive Season!

It's that time of year again when festive functions and the end-of-year rush make it harder to get to the gym and the abundance of delicious food at family and work gatherings threatens to derail your healthy eating habits. For many of us, in addition to extra food, increased alcohol consumption and hangovers become the norm. By following some simple steps you can eat well, make good food choices and ease hangovers leaving you feeling and looking fresh in the morning!



- If you are attending a Christmas barbecue cocktail party, plan to select four canapés when you arrive, and make them last. After each event, ask yourself if you came across other barriers, so that you can tweak your plan for future events
- Start the day with a satisfying breakfast, such as an omelette, and a glass of fresh lemon in water.
- Have a pre-party snack or protein shake to avoid over-eating.
- Eat small, frequent meals to keep your metabolism and appetite in check.
- Serve food on a smaller plate for yourself and wait 10-15 minutes before taking a second helping.
- Drink two glasses of water or a cup of hot tea 30 minutes before meals to reduce appetite.
- Don't be too hard on yourself if you do put on a few extra kilos this festive season. It will not take long to lose it with the Paddington Clinic Fat Loss Program.
- Most importantly, relax, enjoy and be safe this festive season.

Supporting your Liver this Christmas

Key liver herbs, digestive enzymes and nutritional supplements are all you need to avoid hangovers this festive season. Make an appointment with Suzanne Wilson to find out more. Here are some of her tips on alcohol consumption:



- Vodka, lime and soda is a good choice as it is low in carbohydrates, contains vitamin C, aids digestion and has less sugar than dark spirits.
 - Dilute white wine with soda water.
 - Follow any soft drink with lots of water as it is highly acidic
-Suzanne



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