

The Village Clinic News

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Welcome to the long overdue newsletter from the village clinic.

I hope you find the contents of interest. Lee Butler

Coughs and Colds

This is the time of year when coughs and colds are prevalent. Coughs often being the left over damage caused by colds and flu.

There are a variety of supplements that can help with both as well as preventative strategies too.

Prevention

In Chinese medicine we believe that the common cold is contracted through the back of the head and neck, often resulting in a stiff neck, and/or headache. The key here is to keep this area protected as much as possible—wrap up warm! . Scarves and hats are the

order of the day when out and about.

There is thought to always be a constant battle between viruses trying to get into your body and your protective qi trying to keep them out. If your protective qi is strong, then few viruses will get in.

Treatment

At the very early stages of a cold (tickly roof of mouth, slight shivery feeling), it is important to induce sweating. This opens the skin pores and helps the body regulate temperature. It also has the effect of pushing the virus to the surface of the skin.

On occasion you may con-



tract a cold and once you feel you are mostly over it, a lot of phlegm is left in its wake. At this point its worth knowing that milk, cheese, fatty foods and orange juice can all be phlegm forming. So reduce these are try to bring in foods like cardamom, lime/lemon zest and juice, and rye bread rather than wheat. All of these ought to help reduce the phlegm, but if not, Chinese herbs can be very effective, and once resolved, acupuncture and Chinese herbs can be used to build up the protective qi again.

Self help

There are a wide range of supplements that can be used for flu, cold and coughs.

Elderberry has possibly the best track record for flu and cold, and a good elderberry syrup can also

help with dry coughs. I stock a syrup that has combined manuka honey (research has established anti viral properties) and elderberry and which tastes quite nice.

And of course you could

always make your own once September comes around. Worth noting too that elderflower has long been used for alleviating fever symptoms and elderflower cordial is easy to make too (see over)

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Interesting news:

Researchers from the US Agricultural Research Service (ARS) have found that you do not need to consume garlic raw to gain its health benefits. Consuming garlic that has been crushed and cooked lightly has most of the health benefits found in raw garlic . Enjoy!

Recipe

Elderflower Cordial

You will need:

- 35 fresh elder flower heads – always pick the sweet smelling ones (which tend to be a bit buttery in colour and which do not drop petals when shaken)
- 2 oranges and 2 lemons roughly sliced
- 2oz citric acid
- 3 pints boiling water
- 3lb granulated sugar

In days gone by, the Elder Tree was supposed to ward off evil influence and give protection from witches, a popular belief held in widely-distant countries.

- 1 Camden tablet per gallon of cordial (these come from winemaking shops or Boots and kill the natural yeasts that arrive with the elder flowers and allow you to store the cordial for years without it going fizzy. Alternatively leave out and freeze to preserve)
- One or two large containers (the size depends on how much you make at once)
- Glass bottles with airtight caps, a siphon tube, muslin cloths or wine filtering fabric, A large sieve and a large



sieve

Elderflower water makes a soothing gargle and when strained makes an excellent eye wash.

Method

This and more great recipes can be found at: <http://www.ashridgetrees.co.uk>

1. Boil the water and dissolve the sugar in it. Allow it to cool properly and pour into a 5 gallon (25 litre) home wine-making plastic barrel.
2. Add the orange and lemon slices to the cool sugar water.
3. Stir in and make sure the citric acid is dissolved.
4. Add the elder flower heads.
5. Cover it up with a lid or cloth and leave it for 48-72 hours
6. Strain the mixture and leave for

another 48 hours

7. Then siphon it all to another container, leaving the sediment/dregs behind and then add 1 crushed Camden tablet per gallon of cordial
8. Shake well, and then leave for 3-4 hours to settle
9. Bottle, leaving behind any more dregs

- ◆ Always, always use **sterilised** bottles

- ◆ Storage:
With no acids or tablets – 3-4 weeks in the fridge. Freeze in plastic bottles for longer storage.
With the citric or tartaric acid it will keep for 3-4 months in the fridge.
With the Camden tablets, elderflower cordial keeps almost indefinitely in a cool, dark place

Dilute the cordial to taste (about 1:5) and Enjoy

Natural and Free! - the foods we tend to forget

Elderberry

- ◆ Low in Saturated Fat, Cholesterol and Sodium
- ◆ High in Dietary Fiber, Vitamin C, Vitamin A, Vitamin B6, Iron and Potassium



A study in 2004 found elderberry to be a safe and effective treatment for influenza (Zakay-Rones, Z.; Thom, E.; Wollan, T.; Wadstein, J.,(2004). *Random-*

ized Study of the Efficacy and Safety of Oral Elderberry Extract in the Treatment of Influenza A and B Virus Infections. The Journal of International Medical Research. 32, 132-140)

Elderflower

- ◆ mild astringent and used in skin washes to refine the complexion and help relieve eczema, acne and psoriasis.



- ◆ Induces sweating.
- ◆ Can be used for fevers, sinusitis, chronic nasal catarrh, sore throat, hay-fever.
- ◆ Tea made from Elder Flowers has also been recommended as a splendid spring medicine, to be taken every morning before breakfast for some weeks, being considered an excellent blood purifier

Herbal and self help

Phlegm

In traditional Chinese medicine (TCM), there are numerous books written about phlegm. Whilst for many phlegm is a temporary after effect of a cold, for others it lingers on, often for many years. This may result in blocked sinus, facial pain, headache, partial hearing loss and/or tinnitus and even dizziness. This condition can be very difficult to treat using conventional medication. Decongestants may help, however often they only give temporary relief.



Chinese herbs can be quite effective at resolving phlegm issues. These, combined with nasal rinses and attention to diet (see over re phlegm forming foods) can help ensure full recovery. Its worth bearing in mind that if you had a tendency toward phlegm/mucous before the illness, there is not only a higher chance of congestion afterward, but it may also take a little longer to sort out. This is because not only will the phlegm have to be cleared, but also the underlying pre-disposing imbalances need to be resolved too.

When phlegm affects the head, sudden onset of dizzy spells can occur. There is no effective way of treating these using conventional medication, other than alleviating any accompanying nausea. These episodes can carry on for months or even years. This again is a condition recognised in Chinese medicine and one which there is a herbal treatment strategy for.

A traditional treatment for blocked and/or infected sinus' is the 'sniffing up' of salt water into the nose

Lastly, though we tend to connect phlegm with sinus congestions and coughs, in TCM we also have a theory regarding 'phlegm obscuring the uterus'. This can result in failure to fall pregnant or recurrent miscarriage. Phlegm is also seen as having a detrimental effect on energy, manifesting as lethargy, weight gain and feelings of 'heaviness'.

So, if you tend toward phlegm production, resolving this issue may well give you renewed vitality! And a sense of well being.

Pelargonium sidoides, a species of South African geranium used for centuries in Zulu medicine has been found to be the effective and safe when used in the treatment of the common cold (*J Fam Pract.* 2008 Jun;57(6):358). Now available in the UK in liquid form. Please call for details



◆ **Radix Bupleuri (Chai Hu)** is widely used in traditional medicine for the treatment of fever, pain, and inflammation

associated with influenza or the common cold. The essential oil extracted from the herb is generally claimed to play the major role in the efficacious treatment of fever. A trial

in 2006 using a nasal spray made from the essential oil suggests that it may be of use in reducing fevers. (*Chem Pharm Bull (Tokyo).* 2006 Jan;54(1):48-53)

Compounds found in citrus peel (often used in TCM to break up damp/phlegm) are not only good for digestion, but have also been found to have cancer inhibiting properties – time to bring back marmalade to the breakfast table

Treatment:

Acupuncture sessions may include other modalities such as cupping, moxa or massage (and some times all three depending on the condition)

Herbs

Herbs are charged at just over cost price which makes them affordable for long term use if needed (£6-8 a week)

Supplements

A wide range of supplements are stocked. Please call for details.



Things that help...

- ◆ **Ginger**—opens the pores and induces sweating. Has been seen to have anti viral properties. Traditionally used also for nausea
- ◆ **Peppermint**—opens the skin pores and induces sweating. Cooling. Also aids digestion
- ◆ **Echinacea** - numerous trials have been conducted. The most effective form is liquid tincture form and seen as most effective if taken before a cold rather than during.
- ◆ **Chicken Soup**—a traditional remedy for those convalescing. Make a strong chicken stock and then add ginger and spring onions.
- ◆ **Watermelon frost**— either in lozenge or spray form has been traditionally used in China for the alleviation of sore throats (I have also found the lozenges to be good for mouth ulcers)
- ◆ **Garlic** (and lots of it). Strongly anti viral



Things to avoid

- ◆ **Cold & raw food**- Cold and raw food depletes your bodies qi and may result in the formation of phlegm.
- ◆ **Dairy products** - same as above.
- ◆ **Orange juice** (as above). Use lemon or lime instead
- ◆ **Exposure to cold** - Wrap up well and protect the back, abdomen and head with adequate clothing. Any fool can be cold!
- ◆ **Complex foods** -homemade soups, stews and broths are good. Keep bread to a minimum
- ◆ **Pre packed/processed food** - devoid of nutrients, full of salt and fat. Will not help speed recovery
- ◆ **Excess alcohol** - though worth mentioning that spirits in moderation can help induce sweating (some Chinese formula are actually taken with spirits to enhance their mechanism of action.

We're on the web!

www.thevillageclinic.co.uk

Recommend a friend and receive 50% off your next treatment

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