

The Village Clinic News

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The sneezing season.....

Hayfever...

Can make the late spring and summer-time a real trial for many. There are a variety of effective medicines that one can buy nowadays, however many people choose a natural alternative either due to unpleasant side effects experienced with conventional drugs, or through a desire to try a more 'natural' approach'.

There are as many 'natural' products as conventional and often the only way to find out what will work for you is a trial and error approach.

During my time at university, I had regular acupuncture sessions for my hayfever which really did help alleviate the symptoms. In Chinese medicine hay fever can be due to more than one pattern of dis-

harmony, and so first of all for effective treatment, one needs to establish the correct diagnosis. Here the, is why some natural products will work for you and some not.



Acupuncture treatment is usually supported with a herbal formula, which again will address your particular pattern of disharmony.

If you are sick and tired of the sneezing, sniffing and itchy eyes, why not give Chinese medicine a whirl. You might be surprised!

Hay Fever

One recent research paper found that supplementing with high doses of Reishi mushroom extract was effective at treating even severe cases of hayfever



In traditional Chinese medicine, reishi is taken to enhance memory, fight fatigue and increase longevity. Recently research has found **reishi** to be effective at improving immune response, and helping alleviate the side effects of Chemo and radiotherapy. The early Chinese medical texts speak with genuine reverence about Reishi and it's powers to heal while the Taoists used it to lighten their selves and to become "capable of spiritual transcendence".

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Interesting facts:

- Archaeologists have found medical tools made of stone called 'bian stones' which were used in ancient China to either apply pressure to the skin or to puncture it. The date when used? **8000-2000 BC!**
- Recent studies found that those undergoing IVF and having acupuncture had a 50% greater chance of conception than those using IVF alone.
- Acupuncture is effective at treating many gynaecological disorders—endometriosis, polycystic ovary syndrome, PMT, excessive bleeding, period pain.



Stir frying....

A great way to cook food, though there are some basic 'rules' that we use in Chinese medicine.

- ◆ All ingredients should be fresh wherever possible (the more fresh they are, the more *qi* they have)
- ◆ Try to use ingredients that are in season
- ◆ Use a groundnut oil or corn oil, as it will tolerate a higher temperature than olive oil
- ◆ Get a tablespoon of the oil hot (not smoking) and then add 1 inch of finely chopped ginger. Ginger is said to purify the oil (it has anti-bacterial, and anti-viral properties)
- ◆ Chop all vegetables into thin sticks, adding the 'hardest' vegetables first.
- ◆ The softest items should be added last (fresh herbs for instance), and garlic added the last 30 seconds!
- ◆ If using spring onions, cut into thin sticks and place on top at the end as a garnish
- ◆ Add any sauces toward the end of cooking
- ◆ Vegetables should still be crunchy

"The quick, hot cooking, seals in the goodness of the vegetables, thus preserving their qi".

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In a recent survey of popular soya sauces, Kikkoman was one of the few that did not contain traces of GM soya. Always check on the label..

Ingredients:

Choose whichever vegetables you like. My favourites are recipe is:

1 Onion roughly chopped (added 30 seconds after the ginger),

Then I add (in this order) :

1 carrot, 2 sticks of celery, 1 red pepper, 1 chilli pepper with seeds removed (I like it spicy) - all sliced into thin strips
A dozen mushrooms roughly chopped, **2** crushed cloves of garlic, **a couple of dashes** of fish sauce (open a window at this point!), **a few splashes** of soya sauce and finally a **generous portion** of chopped coriander on top to garnish.

The whole cooking process should take no more than 5 minutes. The quick, hot cooking, seals in the goodness of the vegetables, thus preserving their *qi*. This recipe will heat the body up nicely, nourish the immune system and help expel any colds that may be lingering. Serve with either Basmati rice (good for the spleen *qi*), or rice noodles.

Stir frying :

- preserves the nutrients in your food
- presents the food in an 'easy to digest form'
- Is good for your health
- Is great for helping aid weight reduction
- The quick, hot cooking, seals in the goodness of the vegetables, thus preserving their *qi*

Case Study: Deep massage and cupping help 14-yr old back to the stage

There's more to Chinese medicine than needles! In the last issue cupping was discussed. This time, deep tissue massage with a Chinese oil was used, along with slide cupping.....

Dance and drama enthusiast, Amanda (14) of Ambrosden near Bicester, had a hip condition that had worsened to the point that she was tripping over, and her ability to carry on with her passion for the stage was threatened. She and her mother (Tricia) decided to seek treatment.

Following 3 months of consultations at Nuffield Orthopedic Hospital in Oxford and a course of physiotherapy, Amanda had been prescribed 3 x 200 mg of Ibuprofen per day and whilst this all brought temporary relief, the pain still persisted.

Amanda had been diagnosed – following X-rays taken at the Nuffield – with a condition known as Ileo Tibial Band (ITB) Syndrome. This condition causes the muscles from the hip to the buttocks and the knee to be very taught, thereby severely impacting mobility. This can give severe pain in the hip and often in the knee too.

An ex-gymnast, Amanda had always led an active life and now, the drive to continue with her dance and drama activities meant that instant relief was required. So, they sought alternative treatment. Originally thinking that *acupuncture* might be the answer – and hearing of Lee Butler's The Village Clinic, Amanda and her mother went for a consultation with Lee.

However, Amanda was frightened of the needles. "Lee has such a lovely caring personality that he didn't push Amanda, and said that if she wasn't happy with it then they should try something else," said Tricia.

Lee turned to a combination of massage and cupping. Deep massage hit the spot. "I was so amazed, said Amanda. He just took all the pain away. I was so relieved." After only 2 sessions Amanda was jumping around like a 'spring chicken', according to her mother.

"Deep massage hit the spot"

'Cupping at the Olympics'

Chinese medicine practitioner Gordon Hepburn has been part of the Aussie swimming team's support staff since the 2001 world championships in Fukuoka. Having seen the telltale bruises of cupping on the backs of the Australian swim team the Australian press questioned him on the technique. Hepburn said that cupping helps to ease pain and discomfort and is used to alleviate muscle spasms, aches and pains and muscle tightness commonly found in the shoulders, back and hip flexors of swimmers.

The massage oil used....

For treatment of tense, taught muscles and muscular spasm, a traditional Chinese formula was used called Po Sum On. This oil is great for helping move the qi, works well on tension headaches, is great for softening up tense shoulders, and can also be used to help clear blocked sinuses. It also smells great and comes in a nice looking presentation tin. Easy to use, a great home remedy. **Please call if you would like more information.**



Focus on: essential fatty acids:

In studies, essential fatty acids have been shown to:
Lower most risk factors for cardiovascular disease;
Improve brain function: mood, intelligence, behaviour, and vision (results in children are astounding); Aid in weight reduction; Produce beautiful skin, hair, and nails; Strengthen the immune system.

There are many varieties on the market, but be aware that not all supplements are created equal. Purity of the oils is essential, especially with fish oils that in many instances have been shown to be contaminated by heavy metal poisons. The two types that I believe to be the best on the market are:

Eskimo-3 stable fish oil



Studies have shown this to be one of the strongest, purest fish oils on the market..

And no, this one does not taste of old fish! On the contrary the children's version is 'tutti fruiti' flavoured and the adult one is lemon flavoured. A recent survey by the Food Safety by the Food Safety Authority of Ireland examined a range of popular European fish oil capsules for the presence of dioxins. Eskimo-3 stable fish oil was found to have the lowest levels of

contaminants, which included dioxins and dioxin-like PCB's. Concentration of heavy metal contaminants such as cadmium and mercury was below detection levels in Eskimo-3. £20 for 210ml. Eskimo kids £9 for 105ml

Udo's Oil (vegetarian choice)

Udo's Choice Oil Blend is an *organic* blend of guaranteed GMO-free, unrefined edible oils giving a blended mix of the finest Omega 3, 6 and 9 varieties of Essential Fatty Acid sources. Made from: organic flax seed oil; organic sunflower seed



oil; organic sesame seed oil; rice and oat germ oils; organic coconut oil; organic evening primrose oil; lecithin (guaranteed GMO-free); vitamin E; antioxidants (tocotrienols); and rosemary oil

It has a pleasant light nutty flavour and is easily mixed with health shakes, protein drinks, or, added as a topping to salads and vegetables!

£15.00 for 500ml

Caution:

Essential fatty acid supplements are not recommended for haemophiliacs. If on blood pressure medication, be aware that their blood thinning properties may exaggerate the effects of anti-coagulant medication, such as warfarin, coumarin or heparin.

Please call for further details or to order.

We're on the web!
www.thevillageclinic.co.uk

Recommend a friend and receive 50% off your next treatment

The Village Clinic, Blackthorn

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Dedication, Enthusiasm, Commitment

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