

Newsletter

August/Sept
2010

Immune Tips for the Flu Season

By Stephen Janz RN BN BA Clinic Director

The flu season is upon us so it is timely to revise the personal measures that can be taken to reduce the risk of winter illness. The basics of good nutrition, adequate rest and exercise, along with effective stress management are always the foundation of good immunity.

Avoid chill air and bare feet on cold floors. Everyone knows that colds and flu are caused by viruses but not everyone gets them. Old wives and Chinese medicine have long understood that some people cannot adapt quickly enough to environmental temperature changes and that this creates an imbalance in their surface immunity making them vulnerable.

Probiotics are critical for anyone who has had a recent course of antibiotics or suffers from ongoing digestive disturbances. Studies consistently show that childhood respiratory illnesses are reduced in children who take probiotics (I don't mean yoghurt – it is necessary to take enough of the correct strain to get the results). Fresh ginger tea is an excellent daily drink to bolster immunity and is a key Chinese herbal medicine for warming the lungs. Zinc and Vitamin C supports the function of the important immune cells neutrophils and natural killer cells, essential in fighting viral illness. Olive leaf extract is another popular product that anecdotally seems helpful for both prevention and treatment. Echinacea, astragalus, andrographis and ganoderma are commonly used herbs that provide immune support.

Chinese medicine has a range of specific approaches to enhance immunity and treat viral illness depending on the particular case. Acupuncture, often combined with moxibustion (warming selected acupuncture points) is ideal to support immune function and is a popular recuperation treatment for colds, flus, and glandular fever. Cupping (applying suction cups to points – often on the back) is often used in the earliest stage of a cold and can tip the balance in favour of the immune system. Most importantly, remember winter illnesses cannot spread if people don't spread them. The best place to be when feeling feverish and unwell is resting at home in bed – not sharing it at work. Stress to your children to not share drink bottles, cough into their elbow and not their hand, dispose of tissues properly and wash hands. I recommend that clients keep our cold and flu kit on hand as taking these herbs at the earliest sign of a viral infection or after a chill often stops the illness in its tracks.

Congratulations to Uli Graf: Suncorp Employee Excellence Award winner at the Quest Westside News Business Achievers Awards.

Uli was selected from all of the businesses eligible at the award for the Employee Excellence award. Uli has been with the clinic for over 12 years and has adapted her practice over time to focus on Bowen Therapy, Orthobionomy, and gentle massage techniques suited for all ages. We congratulate Uli on her award.

Antenatal Care and Acupuncture

One of the great benefits of acupuncture is its ability to improve health without taking medication. This is a stand out advantage in treating complaints of pregnancy where both women and doctors are reluctant to take medication when a non-drug alternative is available. Acupuncture can be used to treat morning sickness, heartburn, insomnia, constipation, haemorrhoids, sinus and many other

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COLD & FLU KIT AVAILABLE

Previous Issues

- What should fish oil be used for?
- Beating Insomnia.
- Managing Menopause.
- Summer Bean Salad.
- Japanese Acupuncture at the clinic.
- New treatments for Heel pain & Hip Pain.
- Acupuncture doubles success with IVF.
- Saline Acupuncture Point Injection Therapy.
- Fructose and fat.
- Soy Products Increase Survival Rates after Breast Cancer.
- Is Toxicity the Reason You Feel Unwell?

Three massage therapists available Monday to Saturday offering Sports, Bowen, Remedial, Deep Tissue, Foot Reflexology, Orthobionomy, Lymphatic Drainage and Relaxation massage.

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annoying complaints. Remarkably acupuncture can even safely turn a breech baby! Acupuncture is not only for illnesses though, and in the case of pregnancy routine pre-birth treatment has been associated with better and shorter labours and a reduced incidence of medical intervention. Debra Betts, a New Zealand nurse and acupuncturist has extensively studied and published on acupuncture and pregnancy and its use as a pre-labour treatment. In the clinic we follow Debra's recommendation of a treatment once a week for the last 4 weeks of pregnancy. Of course if the baby is overdue acupuncture can often also help to induce labour. Debra's website has some great resources for pregnant women and is available at : <http://acupuncture.rhizome.net.nz/>.

Rich Beef Stock: the starting point for soups, risottos and stews.

Place into a large 6 litre pot: 1 Rolled Brisket; 4-5 Meaty beef bones; 2 large onions peeled & halved; 4 sticks of celery chopped; 2 cloves of garlic peeled & halved; 3 carrots chopped; 1 tomato, 1 parsnip, 1 turnip; Any other left over veges; 3 bay leaves; 5-6 litres water.

Simmer for 1 1/2 – 2 hours. Remove the brisket when tender. This can be used for sandwiches or salads.

Continue gently simmering for up to 4 hours. Cool slightly then strain. Remove any beef from bones. Meat can be reserved for soup or added to the salad brisket. Discard vegetables and bones. Refrigerate the stock. When cold skim fat from the top. Distribute stock into smaller containers for freezing. When preparing stock for use reducing it through simmering will create a richer flavour and may only require salt and pepper to taste. Just add a little macaroni or tortellini for a great warmer for kids pre-sports snack on cold wintery evenings.

New Members of the Team

The Clinic Welcomes Ruth Sladek, Naturopath and Teena Stefanovic, Remedial Massage Therapist to the team.

Ruth brings with her experience in managing health and wellness using diet, lifestyle advice and herbal and nutritional medicine. Ruth is also qualified in the NAET system which can be used to reduce a person's reactivity to food and substance sensitivities. Ruth also uses bio-impedance analysis to prepare a detailed report on body composition and biological age. This information provides a valuable insight in to your cellular health and is a great benchmark to measure the impact of treatment, exercise, diet and lifestyle changes on your health. This is also a particularly good test to do prior to commencing an exercise program to better understand the progressive impact of exercise on your health. Ruth is available on Tuesdays, Wednesdays and Saturdays.

Teena is an experienced Remedial Massage Therapist with skills in both deeper and gentler massage techniques as well as hot rock massage. Teena is available Monday, Tuesday, Thursday, Friday and Saturday.

Conferences and papers.

Here is a roundup of our practitioners' activities since the last newsletter:

Stephen Janz was a keynote speaker at the recent AACMAC conference in Adelaide. In addition to a keynote address he presented two other papers and a workshop and was awarded best overall paper at the conference.

In June Stephen was invited to present at the New Zealand Register of Acupuncturists annual conference in Wellington. Stephen conducted a workshop on the treatment of plantar fasciitis and trochanter bursitis as well as providing an overview of auricular acupuncture to his New Zealand colleagues.

Ian Murray presented a paper on the treatment of Achilles Tendonosis using saline acupuncture point injection therapy at the AACMAC conference in May. Ian's paper on this subject has just been published in the Australian Journal of Acupuncture and Chinese Medicine and provides a valuable contribution to treatment options for this condition. Ian also co-authored a paper on saline acupuncture point-injection therapy which was presented at the conference and awarded best paper for a first presentation.

In the Media

Stephen Janz participated in a recent panel discussion on alternative and complementary medicine on ABC Radio National's *Australia Talks* segment. Stephen was on the panel with Professor John Dwyer, a professor of medicine at the University of NSW and well known sceptic critical of much of the complementary medicine sector; and Professor Alan Bensoussen from the University of Western Sydney's Complementary Medicine Research Institute. The stimulus for the program was the recent IBISworld report showing the increasing use of complementary and alternative medicine by Australians. Interestingly Meditation was the most used complementary medicine followed by Acupuncture. If you would like to follow the discussion the podcast can be downloaded from

http://mpegmedia.abc.net.au/rn/podcast/2010/07/ats_2_0100727.mp3, or navigate from www.abc.net.au to Radio National and the Australia Talks show (27July2010).

Our Practitioners

Acupuncture & Chinese Medicine: Stephen Janz, Ian Murray, Michelle Blum.

Massage Therapy: Uli Graf, Karen McGrath, Teena Stefanovic.

Naturopathy and Nutrition: Ruth Sladek