

Newsletter

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Achilles Tendon Pain by Ian Murray B HSc (Acu)

Achilles tendon pain can get in the way of a retiree's morning walk, stop an athlete's exercise routine or a social tennis game. In case you are not sure where it is, the achilles tendon is the thick tendon above your heel that connects the calf muscle to the foot. This painful condition starts out with achilles stiffness in the morning and progresses to temporary pain with exercise, to pain all day and eventually to a lump around the bottom of the tendon.

We have been treating midpoint achilles tendon pain at Kenmore Centre for Health using exercise therapy, massage, acupuncture and infrared laser for many years. More recently we have developed an especially effective treatment for achilles tendon pain (often mistakenly called achilles tendonitis). It involves a short course of saline injections into specific points around the achilles tendon using very fine needles. As saline is used there are none of the risks of a cortisone injection. In many cases as little as five treatments can lead to long term improvement.

Managing Menopause by Michelle Blum B H Sc (Acu)

For some women menopause is a simple transition to a new stage of life. For many it is a time when unexpected changes occur which can rob quality of life. Hormone replacement therapy (HRT) isn't for everybody but there are other things that can help. Losing excess weight and ensuring regular exercise tops the list for improving wellbeing and helping the body help itself. For some women alcohol and caffeine are strongly associated with hot flushes. Soy products contain the plant hormone like substances called isoflavones which can help symptoms.

A properly supervised detoxification programme is often effective at triggering weight loss and improving hormone metabolism - the result is fewer symptoms. When more help is needed acupuncture and herbal medicines are often very effective in helping with irritability, mood swings, fatigue, insomnia and hot flushes. There is no one miracle herb or nutrient for treating menopausal symptoms, and best results come from individualising herbal formula to each person.

Coping with Colic: A Western and Chinese Medicine View

Colic is one of those conditions in babies which is no easier to deal with just because it is common. The cause of crying bouts which can last for 3 hours or more and typically occurs from age 2 to 16 weeks is officially unknown, however many aggravating factors have been identified.

Top of the list for breast fed babies are foods in the mother's diet. A baby's digestive and immune systems are very immature at birth and some babies just can't cope with some substances. Look out for cow's milk, cauliflower, broccoli, chocolate, and onions. Chemicals such as caffeine and nicotine are also implicated. For a bottle fed baby choose a hydrolysed cow's milk formula. The hydrolysis process breaks the difficult to digest casein protein in cow's milk into digestible components. Even then it may be necessary to try a few different products until a compatible formula is found.

In Chinese medicine this condition is considered to be a "Ji" or accumulation disorder. The immature digestive system cannot cope with the volume or quality of food leading to an accumulation in the bowels and pain. This condition is made worse by overfeeding - a situation which can arise if every cry is treated as a hungry cry. Treatment is often simple. A series of acupuncture points are quickly stimulated with a very fine pin, and other points are treated with laser. Typically the baby has a large bowel motion a couple of days after the treatment and symptoms subside. Usually a couple of treatments and appropriate dietary changes are all that is needed. This same approach is often effective for reflux as well.

A few other factors should always be considered. If the mother has had antibiotics due to mastitis or other infections, then the baby has had antibiotics as well and should be given a suitable baby probiotic. **Continued over ...**

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[Cold and Flu kit available now!](#)

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Cow's milk should always be suspected, especially in reflux. Often adults with dairy intolerance will report how they had reflux as a baby. For further ideas on how to cope with colic look up www.betterhealth.vic.gov.au.

What's the fuss about fructose making you fat? By Stephen Janz RN BN BAc

There are many suspects among the obesity epidemic hitting the USA and Australia. The public health message is that the culprit is fats, and an alternative view is that the problem is carbs. It may yet be that part of the answer lies between the two. Fructose or fruit sugar makes up 50% of table sugar. The other 50% is glucose – the body's preferred energy source. Fructose is 60% sweeter than glucose, so when a product tastes sweet, you know that fructose is there.

Unfortunately it appears that the body's appetite and metabolic processes adapted before fructose was in abundance. Eat a glucose rich meal (starches are really just lots of glucose molecules joined together) and an insulin surge will result in a feeling of satisfaction and make you feel full. Eating fats causes the release of cholecystokinin (CCK) which also makes you feel full. By contrast fructose does not stimulate insulin or CCK or make you feel full. Worse still, the body cannot use fructose for energy so the liver converts it straight to fatty acids which circulate around the body causing all of the same problems we blame on dietary fats. What's more – a high fructose diet keeps the liver busy making fat and can lead to non-alcoholic fatty liver disease.

Our ancestors didn't have an abundant source of sugar and didn't have biochemistry degrees either. Eating processed foods defeats the body's appetite control and metabolic processes. Natural doesn't automatically mean it's good. Small quantities of cyanide are a natural metabolite of many fruit seeds, fructose is not healthy in large quantities either. Two pieces of fruit a day is great – fruit juice, dried fruit and soft drink are not. If you have trouble swallowing this story then check out the science by a www.pubmed.com search, or have a read of David Gillespie's book *Sweet Poison*.

New Research: Soy Products Increase Survival Rates after Breast Cancer

This exciting research reported in the Journal of the American Medical Association (JAMA 2009;302(22):2437-2443 – available in the clinic) removes the uncertainty around soy products and women's health. This study was based on over 5000 breast cancer survivors in Shanghai where soy consumption is common. It found that among women with breast cancer, soy food consumption was significantly associated with decreased death and recurrence. The higher the soy intake the better the survival rate.

Previously there were concerns that the hormone-like effect of soy isoflavones may have had a negative effect. The study also reported that soy isoflavone consumption by the US population is about 1-6 mg/day compared with 47 mg/day in the study. So while the western diet would need to

change significantly to benefit from the findings of this study, it offers reassurance that consuming soy products is safe for women.

From Linda's kitchen

Here is a recent Women's Weekly recipe which is a great alternative to sandwiches for the kids (and big kids) lunch box. All my fussy eaters enjoyed it and it saves on time too!

Bacon and Vegetable Slice:

- 1 small red onion, chopped finely
 - 1 medium carrot, chopped finely
 - 1 small capsicum, chopped finely (you can replace this with zucchini)
 - (you can also grate or food processor these if you wish)
 - 6 eggs
 - 1 cup self-raising flour
 - 50g baby spinach leaves, shredded finely
 - 200g no fat, rindless bacon, chopped finely (you can replace this with corn kernels)
 - 1½ cups (180g) grated cheddar cheese
 - ¼ cup (60ml) vegetable oil (I use extra virgin olive oil)
1. Preheat oven to 180°C (160°C fan-forced). Grease a 20cmx30cm slice pan, line base with baking paper.
 2. Whisk the eggs and flour in a large bowl until combined. Season with salt and freshly ground pepper.
 3. Add all the vegetables, bacon, cheese and oil, stir until combined.
 4. Pour into the prepared pan and bake for 25 minutes or until set.
 5. Cool in the dish and cut into 12 pieces

Suitable to freeze. Do not microwave.

Is Toxicity the Reason You Feel Unwell?

- Are you often tired or lethargic?
- Do you regularly suffer from bloating, diarrhoea, constipation or other digestive disturbances?
- Do you get recurrent headaches?
- Do you regularly suffer from muscle aches and pains?
- Does poor short-term memory and concentration affect your ability to function at work?
- Do you have allergies or sensitivities?
- Do you suffer from depression, anxiety and/or mood swings?

If you answered "Yes" to one or more of these questions, your body may be overburdened by toxicity.

The body has an amazing detoxification system to remove the usual build up of metabolic waste. These processes can be overwhelmed by inappropriate diet, especially sugars, fats and alcohol, along with environmental pollutants. Sometimes the solution requires more than just going back to a healthy eating plan. In these cases a comprehensive program including specific nutrients to support healthy gut and immune function, along with addressing the body's pH and liver detoxification pathways works best. Ask your practitioner for further details.

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