

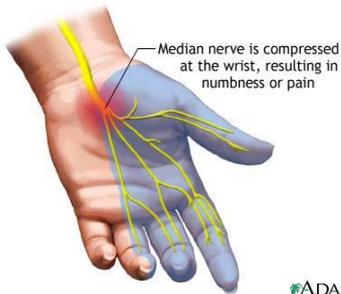
# Newsletter

March 2012

## If you think you're losing your grip – it could be Carpal Tunnel Syndrome

By Ian Murray BHScAc Cert Ac (China) Cert IV Rem Therapies

If your hand is experiencing pain, loss of grip strength, tingling or numbness, and a feeling that the fingers are swollen, then you may have carpal tunnel syndrome. The carpal tunnel is a small opening amongst the many bones and tendons at the base of the hand which the median nerve passes through. This nerve supplies the palm, thumb, index finger, middle finger, and thumb side of the ring finger. Anything which causes swelling in the carpal tunnel and increases pressure on the median nerve leads to these symptoms. An overuse injury, pregnancy, arthritis or trauma such as a broken wrist can all lead to CTS. Sometimes however its cause is unknown and women are affected more often than men. The onset is usually gradual and symptoms are often first noticed at night. Although pain may only be slight in the early stages of carpal tunnel syndrome, it is essential to treat persistent symptoms. Left untreated, permanent nerve damage can result. Conventional treatment for carpal tunnel includes:



- Rest the affected hand and stop performing any actions that aggravate your condition.
- Wear a wrist splint at night or more often if your symptoms are severe.
- Take pain relief when required, particularly before going to bed as reducing your pain level will help you sleep.
- Corticosteroid injections into the carpal tunnel.
- Surgery to relieve pressure on the median nerve.

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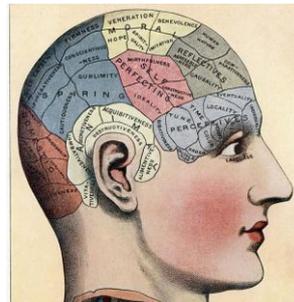
When conservative measures for managing carpal tunnel are inadequate steroids and surgery are not the only option. At

Kenmore Centre for Health we have had success with our unique approach in treating carpal tunnel. Acupuncture, infra-red laser and Chinese herbal medicine and specific nutritional supplements are often effective for mild cases. More severe cases have responded to acupuncture point injection therapy where saline is injected into acupuncture points over the carpal tunnel. This drug-free approach has offered lasting relief for many sufferers of carpal tunnel syndrome. As with all conditions where treatment is essential, it is best to seek treatment early when symptoms are less severe and usually easier to manage.

## Memory and Chinese Medicine

We are often asked if anything can be done to help improve memory. This question is not only from people experiencing age related memory decline, but common from students preparing for exams and busy stressed people as well. The role of Chinese herbs for memory has been documented since the first herbal medicine text, *Sheng Nong Ben Cao Jing* in the Han dynasty, 1-2 century.

A recent review of herbal formulae traditionally used to improve memory found ten herbs were commonly used among memory formulae, and in particular the herbs Fu ling, Yuan Zhi, Gan Cao, Dang gui, and Shu Di Huang all have a plausible biomedical relationship to memory improvement. As with all Chinese herbal medicine the herbs actually dispensed will vary with the individual circumstances. When dealing with memory the role of the Omega 3 fatty acids is also crucial and fish oil is often used if dietary levels are inadequate. Managing stress, treating hormone imbalance and maintaining healthy exercise also helps to balance hormone levels, boost circulation and improve memory.



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- Spiced Quinoa with Lamb
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- Integrative Medicine Forum
- Hot & Sour Cabbage soup

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## Get rid of the barriers to weight loss!

By Ruth Sladek, B HSc (Nat & Nut) Naturopath, Nutritionist – Kenmore Centre for Health

Are you tired of beginning each year with great intentions of losing weight then discover it's not as easy as you thought? It is even more frustrating for those doing all the right things but not receiving the deserved results. Don't despair and most definitely don't give up. You may be one of the many who have a persistent but hidden health problem. If so, these underlying health factors must be identified for them to be addressed once and for all. You will not only have defeated your barrier to weight loss, you will start enjoying the overall benefits of better health!

Here are a number of factors which can adversely affect the ability to lose weight. **Hormones:** Excessive levels of estrogen in men and woman can lead to an inability to lose weight.

**Ruth** can help determine if any of these factors are contributing to your difficulty in weight loss success. She can then provide the appropriate treatment to address this as well as identifying what is the right diet for you. 2012 can be the year that you really achieve the success you deserve!

## From Linda's Kitchen: Spiced Quinoa with Lamb

Combining an Italian method and a South American grain with Middle Eastern flavours, this recipe is a super nutritious way to spice up your life.

### Lamb

1" Lamb Shoulder Chops (1 per person)  
Marinate in roaster with Olive Oil, Balsamic Vinegar, ½ Tsp Moroccan Spice  
Place in 160° oven and roast 1¼ hours turning twice during cooking.

### Spiced Quinoa [Keen-wa]

Prepare 3½ cups Beef Stock (2 'Massel' brand Stock Cubes) in separate saucepan simmering.  
Prepare 1 ½ cups Quinoa rinsed and set aside.  
Sauté for 4 mins in 2 Tbl sp Olive Oil  
1½ lge Onions diced  
3 Garlic Cloves finely chopped  
1" Ginger grated/chopped  
1 Birdseye Chilli finely chopped



Then stir through 1 Desert Spoon Tumeric  
Then mix through Quinoa  
Add 2 stalks Celery diced  
Add Kernels from 2 Cobs Corn

Add 1 Cup of the hot stock  
Add 1 Tbl Sp Green Ginger Wine  
Add 2 Tbl Sp Dry or Cream Sherry and stir  
Cook on Moderate heat until liquid reduces  
Add another cup of hot stock  
Add ½ Red Capsicum diced  
Add 2 Cups Green Beans diced  
Add 2 Cups Broccoli flowerets

Once reduced add remaining stock. Cover and remove from heat until Lamb is cooked. Plate Lamb onto Quinoa and sprinkle with fresh chopped Mint

This is also great in your lunchbox with left-over lamb sliced through.

**Clinic News** **Monica Levine & Shenal Sundaram** have joined the massage team. Monica specialises in deep tissue massage and also works with relaxation massage. Shenal is also a personal trainer and he has a special interest in sports massage. We welcome Monica & Shenal to the clinic. Clinic Director **Stephen Janz** will be a keynote speaker at the Australasian Acupuncture & Chinese Medicine Annual Conference (AACMAC) to be held in Brisbane in May. Stephen's presentation will be based on his recently published papers and is titled *Acupuncture by Another Name: Dry Needling in Australia; Past, Present & Future*.

**Our Practitioners:** Acupuncture & Chinese Medicine: Stephen Janz, Ian Murray, Michelle Blum  
Naturopathy: Ruth Sladek    Massage: Uli Graf, Teena Stefanovic, Monica Levine, Shenal Sundaram