

Newsletter

Nov/Dec 2010

Acupuncture Point Injection Therapy – when to choose it.

Sometimes musculoskeletal injuries just don't respond adequately to usual care. The repair process seems to stall and a range of different treatments are tried to restart it. We have found saline acupuncture point injection therapy (APIT) to excel in restarting the repair process in these cases. In this technique about 0.5 ml of normal saline is injected up to 7 mm into the relevant acupuncture points. Minimal discomfort is experienced due to the small volume of saline and fine needle used. Achilles tendonitis responds especially well often resolving within 5 treatments. Chronic low back pain (including disc pain), persistent shoulder pain, ankle and other ligament strains and carpal tunnel syndrome also respond well to APIT. This safe drug free approach often helps in cases where a steroid injection is the alternative.

Inflammation, Non-Steroidal Anti-inflammatory drugs (NSAIDs) and Alternatives

Inflammation underlies almost every process in the body associated with pain. Acute inflammation is part of the repair process and resolves as its associated injury resolves. Chronic inflammation does not lead to repair and is a sign of imbalance. Chronic inflammation is associated with long-term conditions such as arthritis, irritable bowel syndrome, chronic neck and back pain, allergies, asthma and autoimmune disease. Chronic inflammation is also associated with conditions without pain and is causally linked with heart disease, diabetes, depression, Alzheimer's disease and many cancers. The understanding that inflammation underpins many diseases means that the goal of treating inflammation goes beyond managing pain alone.

For many years the treatment of choice for inflammation has been the NSAIDs such as aspirin, ibuprofen (eg nurofen advil, brufen), diclofenac (voltaren), naproxen (naprosyn, naprogesic) and celecoxib (celebrex). While these drugs can reduce pain and inflammation, apart from Celebrex they can cause digestive irritation and bleeding as well. These medications are not usually recommended for people with high blood pressure or some other medical conditions. The safety of the NSAIDs is a contentious issue with a recent Danish study showing that common NSAIDs can increase the risk of cardiovascular diseases in otherwise healthy people. These effects are dose related leading to the recommendation that the lowest necessary dose should be used. Paracetamol also helps pain and inflammation and does not have the same risks as the NSAIDs. High doses of paracetamol are toxic to the liver though so it is essential to take the recommended dosage only.

Medications are not the only solution to inflammation. Obesity leads to inflammation as can food intolerances, so shedding excess kilos and cleaning up the diet is the first step. Some animal fats also result in inflammation so excess red meat should not be consumed. A pH in the body towards the acidic end of the scale also promotes inflammation – a simple urine test can measure pH and a more alkaline diet can often manage this factor. Acupuncture can reduce inflammation in the body, so along with stimulating repair and treating painful conditions, acupuncture can also help inflammatory and auto-immune conditions. There is much more to acupuncture than just treating pain!

Fish oil is an ideal source of anti-inflammatory Omega 3 fatty acids with large doses giving the best results. Both Chinese and western herbs have anti-inflammatory effects without the risks associated with the NSAIDs or paracetamol.

Our Practitioners:

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

Naturopathy: Ruth Sladek

Massage: Karen McGrath, Uli Graf, Teena Stefanovic

We are currently treating:

Hay fever
Sinus
Back and Neck Pain
Irritable Bowel Syndrome
PMS
Weight management
Male & Female Fertility
Frozen Shoulder
Shoulder pain & problems
Plantar Fasciitis (heel pain)
Trochanter Bursitis
Anxiety, Depression
Stress
Insomnia
Menopause
Fatigue, Post-viral fatigue
Candida
Headaches
Arthritis
Poor Immunity
Growing Pains
Coughs and Colds
Stopping Smoking

Specialised treatment for

- Plantar fasciitis (heel spur)
- Trochanter bursitis
- Achilles' Tendonitis



Fast claims... on the spot

New Organic Skin and Hair Range

No nano-particles or petrochemicals
Also organic argan, rosehip and hemp oils

Gift Vouchers

Available Vouchers can be used for massage, acupuncture, naturopathy or products including our new organic skin product range. A great idea for Christmas.



Ph 3878 4477

Green tea, lycopene (from tomatoes), curcumin (turmeric), ginger, resveratrol (red wine, red and purple grapes), boswellia (frankincense) and bromelains (from pineapple) all have well established anti-inflammatory properties with some being cancer protective. Natural anti-inflammatory approaches sometimes take longer to work than medications. The reward however for managing inflammation through diet, acupuncture and herbal medicine is a sense of wellbeing derived from addressing the underlying root of inflammation without the risks associated with symptomatic treatment with medications. Our Chinese medicine and naturopathic practitioners can help with individualised advice on managing inflammation.

Mobile phones: Guidelines for safer use for children



Love them or hate them mobile phones are an invaluable tool which have progressed from status symbol to everyday essential in less than two decades. The technology behind this revolution is microwave

radiation. Apart from radar and ovens, microwaves are used in mobile phones, DECT cordless phones, Bluetooth technology and wireless internet. The increased use of mobile phones has raised the question of safety – can holding microwaves against the head cause brain tumours? The 13 country INTERPHONE study hoped to answer this question. The results released earlier this year showed that there was a slightly increased risk of some types of tumours for people in the highest call time category and longest years of use. Due to the time that the study was conducted (2002-2004) less than 10% of cases had used a mobile phone for 10 years or more and a heavy phone user in the study (30 mins per week) is not considered a heavy user today. Children and young adults were not part of the study either.

Children's brains keep developing until about age 25 and children's skulls are thinner than adults so a mobile phone irradiates twice the area of a child's

brain as an adult's. Safe mobile phone use guidelines for children were released in 2009 by STUK – the Finnish radiation and nuclear authority and in May 2010 by the Australian government:

- Use SMS rather than voice as it keeps the microwaves away from the child's brain.
- Minimise children's number of calls and duration.
- Use hands free (not a Bluetooth earpiece) where possible and keep the phone at least few centimetres away from the body.
- Do not use mobile phones in weak fields (in a car, train, tunnel, basement, large distance from mobile tower – when the signal is weak stronger microwaves are used to make the call).

This sounds like good advice for adults as well. Because radiation reduces dramatically with distance, holding a phone even 2 cm away from the body makes a significant difference. For this reason men should think of taking phones out of their pockets and wear them in a belt pouch or manbag. There is no doubt that the use of mobile phones has increased personal safety and security. Understanding how to use the phone safely allows us to get the best of both worlds.

Wheat free/gluten free

Spiced Besan Fritters

These quick and delicious fritters are a healthy sugar and gluten free alternative to muffins. Besan flour is rich in protein, is produced from dried chick peas and is available from Blazing Star health food shop or Indian supermarket in Marshall Lane. Turmeric has been used traditionally for gut disturbances and it's anti-inflammatory and anti-oxidant properties.

- 1 large Zucchini
- 1 small – med Carrot
- 1 small Onion
- ½ cup Corn Kernels (fresh or frozen)
- 1½ tsp Turmeric
- ½ - 1 tsp Curry Powder
- Salt & ground Black Pepper
- 1 Egg
- 1 – 2 cups Besan Flour
- 1 tbl spoon ghee or sunflower oil

Grate vegetables into a mixing bowl: add corn, turmeric, curry powder, salt and pepper to taste then mix all ingredients. Mix in a beaten egg then mix in ½ cup of flour, adding flour gradually and mixing until pancake mix consistency. Heat ghee to thinly cover the base of a frying pan on medium heat. Place dessertspoonfuls into hot ghee and cook approx. 2 minutes each side. Serve hot with natural yoghurt. Can be refrigerated and packed for lunches.

Hot Stone Massage with Teena



One of the skills that Teena has brought with her to the clinic is hot rock massage. Hot rocks are placed on the body and also used in the massage. Hot rocks result in deep muscle relaxation, relief of pain, calms the mind and eases stress. Book now relax

and unwind with a hot rock massage!

New skin and beauty product range

The clinic now stocks the *lariese* range of organic botanical skin, hair and beauty products. This range is free from the petrochemicals and synthetic compounds which dominate the skin care market. The range also includes pure Moroccan Argan oil.

