

Is Acupuncture OK for Kids?



Acupuncture and Chinese medicine have gained rapid acceptance in Australia. Once an unfamiliar “new” treatment it has now transitioned to the mainstream as a registered health profession. As acupuncture usually involves the insertion of fine pins to stimulate specific acupuncture points the question is often asked, is it suitable for children? The answer is yes and there are options suitable for even the most sensitive patient, including children. Some children actually enjoy the classical acupuncture treatment, especially when given by registered

acupuncturists who are experienced with children’s acupuncture. As for children who are not keen on pins there are also effective no-needle treatments available.

If your child is willing to try pins here are some things to consider. The single-use, pre-sterilised, fine solid pins are completely different to a needle for injection. Depending on the condition, treatment is usually painless. Children’s bodies are more dynamic than adult’s which means that pins are usually inserted and immediately removed, whereas in the case of adults the needles are usually retained for about 20 minutes. This approach of inserting and immediately removing the pin is typically used, for example, when treating babies for colic.

If a child is completely averse to the pin approach then there are other methods to stimulate the acupuncture points. Traditionally specialized massage techniques are applied to acupuncture points for young children instead of using needles. Moxibustion, where acupuncture points are gently warmed, is another needleless approach suitable for some conditions. In the modern acupuncture clinic it is also common to treat sensitive clients (both children and adults) with laser instead to create a truly needle-free treatment. Either infra-red or visible red laser are used to stimulate acupuncture points.

Acupuncture is part of the Chinese medical model and as such treatment can also involve dietary advice, herbal medicine and/or an exercise prescription. Why would a child come for acupuncture in the first place? Headaches, digestive upsets, colic, sleep problems, lethargy, recurrent respiratory infections and back and limb pain are common complaints which can bring children to an acupuncturist. Ian and Stephen are both experienced with treating children.

Losing the Christmas Bulge

Each New Year brings with it the promise of change and the hope of better things to come. Imagine starting the New Year though almost 2 kg heavier than in December! For many this is exactly the challenge which is faced with the average Australian gaining 0.8 to 1.5 Kg over the Christmas/New year season. Much of the cause of this weight gain is eating too much festive food, drinking too much alcohol and sugary drinks and being relatively inactive all at the same time. It’s understandable that we want to lose this extra baggage as soon as possible. To start with stop buying the type of energy rich nutrient poor party foods that led to the weight gain in the first place. It is very easy to get used to extra sweets, treats, chips & high energy drinks, but if you don’t buy it - it won’t be there to eat!

Not everyone understands what is expected of a healthy and balanced diet, so a good start to getting back on track is to look up the Mediterranean diet. This simple eating plan involves avoiding processed foods, eating plenty of leafy greens and vegetables with every meal, include nuts and legumes, have fruit daily, emphasising fish over other meats, sticking to olive oil as the main added fat, using wholegrain bread with meals, restricting

The Clinic provides specialised treatment for:

- Fertility
- Pregnancy care
- Detox
- Weight management
- Shoulder Pain
- Back & Neck Pain
- Insomnia & Stress
- Symptoms of allergies
- Poor Immunity
- Sinus & Hayfever
- Glandular fever
- Irritable Bowel (IBS)
- Plantar fasciitis (heel spur)
- Trochanter bursitis
- Achilles’ Tendonitis
- Shin Splints



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- Carpal Tunnel Syndrome
- Memory & Chinese medicine
- Tips for Weight loss
- Irritable Bowel Syndrome
- Osteoarthritis
- Bakers Cysts
- Achilles tendonitis
- Anti-inflammatory herbs
- Recipes
- Type 2 Diabetes
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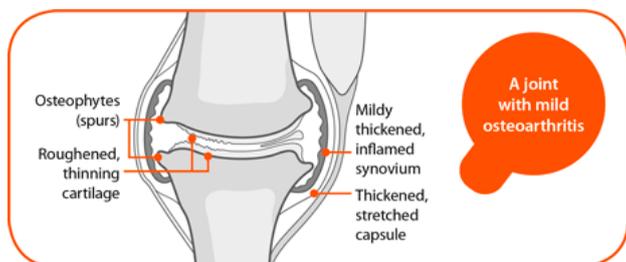
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dessert or sweets to occasionally and limiting alcohol to no more than one standard drink with meals. Of course you don't have to eat all of the above in one sitting! Over eating won't be much help. This diet is an anti-inflammatory diet which is also beneficial for people with cardio-vascular disease, asthma, hay fever, fatigue and managing a healthy weight.

Tried all this before and still can't lose weight? It may be that a chemical or hormonal imbalance is at play. The biochemistry of metabolism, hunger and satiety is complex, and a number of imbalances can get in the way

Paracetamol not the best for knee osteoarthritis after all (and not good for back pain either): Alternatives available

Paracetamol is a readily available inexpensive medication which is popular for arthritic pain, with a sustained release version especially available for osteoarthritis. One of the attractions of paracetamol is that it does not have the gut irritating effects of the NSAID anti-inflammatory drugs, neither is it associated with an increased risk of cardiovascular problems or kidney damage. Unfortunately a recent study found that it is essentially in-effective for back pain, and a new study just published in the Annals of Internal Medicine has found that it also a poor choice for knee osteo-arthritis. Of course studies do not look at the effects on a given individual, but examines the statistical effect on a group of people so if paracetamol is providing the desired effect for an individual then of course they



should keep using it. NSAID anti-inflammatories were generally found to be more effective for knee osteoarthritis but they are a poor choice for long term use.

There are more sustainable and gentler natural options available. Knee osteoarthritis responds well to a course of acupuncture. The troublesome stiffness and night-time pain associated with a Baker's cyst responds remarkably well in most cases. Remaining cartilage can be supported with both acupuncture and supplementation with glucosamine and chondroitin. Success has also been had in clinic using a new product which combines glucosamine with gelatin. Fish oil is often useful for the symptom of stiffness, but for acute inflammation herbal medicines that incorporate high doses of turmeric can be effective. In practice the doses of turmeric found in over the counter products are not often sufficient to give an

adequate result, so we use a proprietary practitioner only product which is made up of a high dose turmeric extract in combination with other anti-inflammatory herbs such as boswellia, ginger, and cayenne.

of weight loss. Some imbalances such as low thyroid levels can be identified with a simple blood test; other blocks to weight loss include chronic stress, high oestrogen levels, inflammation, poor detoxification function and even an imbalance in gut organisms. The good news is that many of these issues can be addressed with an individualised diet, herbal and nutritional prescription. Our experienced naturopath/nutritionist Ruth Sladek is able develop an individualised treatment plan to help you re-establish good habits and lose those unwanted kilos.

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Managing Menopausal Symptoms

Menopause may be a natural process, but that doesn't mean that some of the uncomfortable symptoms often associated with menopause need to be tolerated. Common menopausal symptoms that bring women to the clinic seeking help include hot flushes and night sweats, irritability, mood imbalance, foggy thinking, fatigue and forgetfulness, aches and pains and urinary problems. On top of this there is concern over maintaining adequate bone density to reduce the risk of developing osteoporosis.

Self-help includes establishing a regular exercise program and working towards a healthy body weight, eating a nutritious diet such as the Mediterranean diet (discussed in the above article), and maintaining adequate calcium intake. It is important to limit alcohol and caffeine as these substances can increase the tendency for flushing.

Acupuncture & herbal medicine have a strong role to play in managing these symptoms, with ear acupuncture especially useful for symptoms such as insomnia, irritability and poor mood. A range of herbal options are available to help with fatigue, anxiety, hot flushes and night sweats and herbs are also available which support bone density.

It's important to get the right amount of calcium in the diet, and if dairy is not for you then often some professional help is needed to get the recommended 1300 mg of calcium a day. Our naturopath/nutritionist Ruth is able to assist with developing a diet to make sure that this target is reached with or without dairy.

Massage Team Update

We welcome Tracey Le Roux who has joined the massage team at the clinic. Tracey is a remedial massage therapist with a particular interest in sports therapy. Tracey is currently completing her myotherapy studies. Tracey joins Uli, Teena and Zoe and is available on Tuesday afternoons and Saturday mornings.