

Our Massage Therapy Team has Expanded!

Karen remains on maternity leave following the birth of her baby Flynn. Meanwhile we welcome Monica and Teo to our massage team. Along with Uli and Teena they offer Deep Tissue, Relaxation, Remedial, Sports, Lymphatic massage, Foot Reflexology, Ortho-bionomy & Bowen Therapy. From stress to headaches or stiff & sore muscles or an achy neck or back, massage can help! Not sure what massage to have? – Just ask our receptionist. We thank Shanal, Clint & David for their work as locums.



Lonicera japonica 金银花 (Jin yin hua)

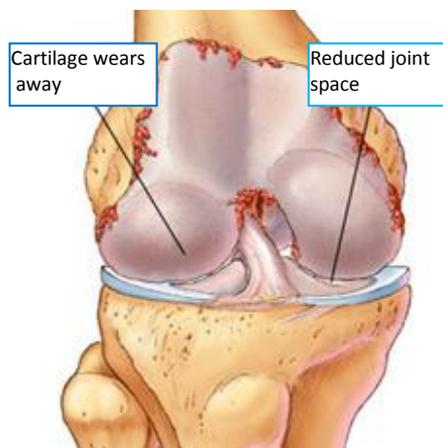
Stay on Top of Cold & Flu Already this is proving to be a bad year for influenza so don't forget to pick up the Clinic's cold and flu kit (Chinese herbs and immune specific supplements) and have the tools you need on hand. Treatment at the first sign of a viral illness is often effective; a delay of 12 or 24 hours is often too long to prevent infection. The use of a Probiotic continues to be one of the simplest, safest and yet effective strategies to improve the immunity of children in particular (we have a specific probiotic for children under five). Once ill, treatment is focused on symptom improvement. Cupping, acupuncture, herbs and sometimes moxibustion all have a role in the treatment of early viral illness and during recuperation. Have a look over the page at the *research update* for more on herbs & flu.

Keep Active by Managing Arthritic Knees

by Ian Murray B HSc (Acu), Registered Acupuncturist and Chinese Medicine Practitioner

Osteoarthritis of the knee is a very common condition and can make performing simple daily tasks painful and difficult. With osteoarthritis the normally smooth, shock absorbing joint surfaces inside the knee erode or wear down leaving the ends of the bones unprotected. It is a degenerative form of arthritis and for many people there is no clear cause. Although there is no cure for osteoarthritis, the condition can be managed by maximising the health of the remaining joint cartilage and maintaining joint movement. For many this can be achieved with appropriate use of pain medication, exercise, Acupuncture and nutritional supplementation.

Acupuncture plays a key role by reducing swelling and inflammation, providing pain relief and improving joint function. The results of a recent study showed that after 8 weeks of treatment, pain and joint function are improved more with acupuncture than in either of the control groups in the study. (Berman BM, Lao L, Langenberg P, Lee WL, Gilpin AMK, Hochberg MC. [Effectiveness of Acupuncture as Adjunctive Therapy in Osteoarthritis of the Knee: A Randomized, Controlled Trial](#). *Annals of Internal Medicine*. 2004; 141(12):901910.)



Once pain and inflammation are under control we find that a one off treatment every four to eight weeks maintains joint function and helps to manage pain and inflammation. Resuming exercise also helps to maintain muscle strength and joint stability. Supplements such as Omega 3 fish oil and Glucosamine & chondroitin are often useful to reduce inflammation and stiffness and to preserve the remaining cartilage. This approach of combining acupuncture with careful exercise and suitable supplements can often be just as helpful for osteoarthritis of other joints as well as it is for knees.

Rachael Reed Joins the Naturopathic Team

Rachael has joined the team to fill the gap left by Ruth, who is on maternity leave. Rachael is a university educated naturopath who has specialised in the field of immune sensitivities for seven years. Rachael uses a range of traditional and modern naturopathic approaches including live blood analysis, electro dermal screening, kinesiology as well as nutritional counselling, vitamin, mineral and herbal therapy and lifestyle advice. Rachel brings a naturopathic and nutritional perspective to weight loss, detoxification, immune sensitivities,

The Clinic provides specialised treatment for:

- Back & Neck Pain
- Insomnia
- Stress
- Poor Immunity
- Sinus & Hayfever
- Irritable Bowel Syndrome (IBS)
- Plantar fasciitis (heel spur)
- Trochanter bursitis
- Achilles' Tendonitis
- Fertility
- Pregnancy care
- Detox
- Weight management

Previous Issues (online):

www.kenmorehealth.com.au/newsletters-downloads

- Carpal Tunnel Syndrome
- Memory & Chinese medicine
- Tips for Weight loss
- Irritable Bowel Syndrome
- Bakers Cysts
- Achilles tendonitis
- Anti-inflammatory herbs
- Recipes
- Type 2 Diabetes
- And much more ...

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wellness and general health issues. Initially Rachel will be consulting on Thursdays and Saturdays. **Joyce Ormond** has returned to Brisbane and will be resuming her naturopathic practice at the clinic initially one morning a week. We are pleased to be able to maintain a strong naturopathic capacity at the clinic and to be able to provide continuity of care during Ruth's leave.

Acupuncture and Chinese Herbal Medicine are Now a Registered Health Profession

Since the first of July it has become much easier to find a qualified acupuncturist or Chinese herbalist. These professions are now registered the same as other registered health professions such as doctors, dentists, nurses and physiotherapists. This is a unique event not only because it means a new health profession is registered in Queensland, but also because Chinese medicine is the only complementary medicine included in the national registration scheme. The registration board sets standards which practitioners must meet in order to gain and maintain registration, and also provides the public with the accountability that goes with a robust complaints mechanism should the need arise.

In Queensland it has historically been more common to refer to practitioners as an Acupuncturist and/or Chinese herbalist. With registration both of these practitioners will be registered by the Chinese Medicine Board of Australia as 'Chinese medicine practitioners'. They will also be

registered specifically as an 'acupuncturist' and/or 'Chinese herbal medicine practitioner' and/or 'Chinese herbal dispenser' depending on their qualifications, so look out for these new titles.

Australia is the first country in the western world to introduce the regulation of Acupuncture & Chinese medicine through registration which indicates the impact that Chinese medicine is having on our health system. What does registration mean to the local community? Registration makes it easier to identify qualified acupuncturists and Chinese herbal medicine practitioners. To find out if a practitioner is registered by the Chinese Medicine Board of Australia look up the Australian Health Practitioners Regulatory Authority website at <http://www.ahpra.gov.au/>. **Stephen, Michelle and Ian are all registered with the CMBA as Acupuncturists and Chinese herbal medicine practitioners.**

Stephen Janz has been invited to speak at the 16th *International Conference on Oriental Medicine (ICOM)* in Seoul, Korea in September. The conference expected to have 16,000 participants and brings together practitioners from around the world, and in particular Korea, Japan and China. Stephen will also be making a presentation to the Queensland Podiatry Association annual conference in October on *Plantar fasciitis*

Research Update:

Chinese herbs resolve H1N1 flu fever as fast as Tamiflu. A randomised controlled trial in China compared a combination of Yin Qiao San (part of the clinic's cold & flu kit) and Ma Xing Shi Gan Tang, with Tamiflu. Patients in both groups recovered at a similar rate, each approximately 35% faster than the group who received no treatment. (*Osetlmaivir Compared with the Chinese Traditional Therapy Maxingshigan-Yinqiaosan in the Treatment of H1N1 Influenza: A Randomized Trial. Ann Intern Med. 2001 Aug 11.*)

Acupuncture helps when anti-depressants don't. An American study was conducted to see if acupuncture could be helpful when anti-depressants were unsuccessful. Researchers found that depressive scores improved by 50% or more in 47% of subjects after eight weeks of treatment. (*A pilot study of acupuncture augmentation therapy in antidepressant partial and non-responsive with major depressive disorder. J Affect Disord. 2011 April;130(1-2):285-9.*)

Chinese herbs effective for PCOS. A study into Chinese herbs and Polycystic ovary disease (PCOS) found that the Chinese

herbal group compared favourably with both metformin (which regulates blood sugar) and ethinyl estradiol with cyproterone acetate (a contraceptive with anti-androgen properties). (*Efficacy of Chinese herbal patent medicine Tian Gui Capsule in patients with polycystic ovary syndrome: a randomised controlled trial. Zhong Xi Yi He Xue Bao. 21011 Sep;9(9):965-72.*)

Microbial diversity in the gut may protect against allergies. The results of a Swedish study show that microbial diversity in the stools was significantly greater in healthy children at one month of age compared to those children who later developed allergies. Diversity in certain groups appears to be particularly important: *Proteobacteria* consists of 'gram-negative' bacteria which are associated with protection against allergies and are common in children who grew up on livestock farms with cattle. *Bacteroides* were also present which have been shown in experiments to counteract inflammation. (*Linköping Universitet. "High intestinal microbial diversity safeguards against allergies, study suggests." ScienceDaily, 24 Dec. 2011. Web. 26 Jul. 2012.*)

Acupuncture helps with chemotherapy induced peripheral neuropathy. Two studies have recently demonstrated that acupuncture can improve the symptoms of peripheral neuropathy (UK study) and nerve conduction (German study) following chemotherapy induced peripheral neuropathy. (*Evaluation of acupuncture in the management of chemotherapy-induced peripheral neuropathy. Acupunct Med. 2001 Sept;29(3):230-3; Acupuncture for chemotherapy-induced peripheral neuropathy (CIPN): a pilot study using neurography. Acupunct Med. 2011 Dec 5.*)

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

Naturopathy: Rachael Reed & Joyce Ormond **Massage:** Uli Graf, Teena Stefanovic, Monica Levine, Teo Lucaciu

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