

The Village Clinic News



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Lee Butler

Coughs and sneezes.....

The cough...

As you may well be aware, this is the time of year for cold, coughs and flu. Coughs particularly can be difficult to shake.

Self help measures:

- If you are shivering, then resort to a hot toddy before retiring. This should help open the pores and encourage sweating (this will alleviate the shivering).
- Stay wrapped up warm
- Avoid dairy, orange and pear juice if your cough is productive (there is phlegm present).
- If you have a dry cough then pear juice is ideal

- A combination of wild oregano oil and oregacyn (oils of cumin, sage and cinnamon) capsules has been seen to reduce the virulence of influenza and in lab tests, has been seen to block replication of SARS virus



Wild oregano oil £20 for 13.5ml

Oregacyn capsules £20 for 30 capsules.

Please call for further details and to order.

Honey & Fennel syrup

This is a soothing, pleasant tasting formula suitable for both adults and children. Use for coughs, sore throats and hoarseness.



Can be taken whilst pregnant and breast feeding.

£5.40 for 250ml. Telephone to place an order.

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Interesting facts:

- The Chinese believe that colds enter through the rear of the neck. Always keep this area covered
- The transition from one season to another places huge demands on the body. acupuncture sessions beforehand can help 'smooth the changes'
- Fresh garlic and ginger both have strong antiviral properties, so try to use more of each.



Prawn Caldine (courtesy of Rick Stein)

Ingredients

- ◆ 550 g (1 1/4 lb) peeled prawns ◆ 2 tablespoons coconut vinegar or white wine vinegar
- ◆ 1 teaspoon turmeric powder ◆ 1 teaspoon black peppercorns ◆ 1 tablespoon coriander seeds ◆ 1 teaspoon cumin seeds
- ◆ 2 tablespoons white poppy seeds or ground almonds ◆ 4 tablespoons groundnut oil ◆ 1 onion, thinly sliced
- ◆ 3 garlic cloves, cut into slivers ◆ 2.5 cm (1 inch) fresh root ginger, finely chopped
- ◆ 400 ml (14 fl oz) coconut milk ◆ 4 tablespoons *Tamarind Water* * ◆ 5 mild green finger chillies, halved, seeded cut into long, thin shreds ◆ 2 tablespoons chopped coriander ◆ Salt

This recipe warms the qi and disperses dampness.

Preparation

Mix the prawns with the vinegar and ½ teaspoon of salt and leave for 5 minutes. This enhances the flavour. Meanwhile, put the turmeric powder, peppercorns, coriander seeds, cumin seeds and white poppy seeds, if using, into a spice grinder and grind to a fine powder.

Heat the oil in a medium-sized pan. Add the onion, garlic and ginger and fry gently for 5 minutes. Stir in the ground spices and fry for 2 minutes. Add the ground almonds if you aren't using poppy seeds, plus the coconut milk, tamarind water, three-quarters of the sliced chillies and ½ teaspoon of salt. Bring to a simmer and cook for 5 minutes. Add the prawns and simmer for only 3-4 minutes so they don't overcook. Stir in the rest of the sliced chillies and the coriander and serve with some Steamed Basmati Rice

* *Tamarind water can be bought, but also you can make your own. Dissolve 1 teaspoon tamarind paste in 1/4 cup of hot water*

Tamarind

Tamarind has been used traditionally in Ayurvedic medicine in the treatment of obesity. Hydroxycitric acid, an extract from tamarind seed, has been shown to reduce appetite and some naturopathic sources recognise it as having a fat-burning role. Western herbal medicine also uses tamarind in the treatment of disorders of the spleen (a key organ in TCM, which is in charge of the transformation of food into *qi*).

New products:

Cordyceps. fungi extract, in tablet form. Has been used against SARS recently. Nourishes lung and kidney, relieves asthma, stabilises cough. Also used to offset negative affects of Chemo and radiotherapy.

Cordyceps facts:

- In recent history, has been used by Chinese athletes to help improve strength, stamina and endurance.
- Team of nine Chinese women broke nine world records in the 1993 Chinese National Games. Attributed success to cordyceps.
- Athlete **Wang Junxia** won the womens 5000m and silver in 10,000m at the 1996 summer Olympics. Attributed success to cordyceps.

All of the Chinese supplements and herbs mentioned can be bought from the Village Clinic, as well as loose leaf green tea. Please call if you would like more information

Case Study: Acupuncture patient placed in National Karate Championship

Back pain? Slipped/bulging disc? Long term back ache? Read on.....

Four days before she was due to compete in the National Karate championships in November 2004, Sally Gidney of Bicester had to be driven by her daughter, and helped through the door to her appointment at The Village Clinic, Blackthorn. She walked out unaided and went on to win a place in the Nationals.

Traditional Chinese Medicine (TCM) Practitioner Lee Butler had used a combination of acupuncture and an electro-pulsing machine to relax the muscles surrounding the lower back. This, along with Chinese herbal plasters and herbal tablets provided sufficient relief for the champion to go and fight for her title.

An MRI scan taken six months before showed a bulging disk – caused by stretching too far in a Karate kick – that had trapped the sciatic nerve and meant that the Karate champion and horsewoman had been in severe discomfort for almost a year. Juggling 3 active jobs - as First Aid Assistant, Dental Assistant and Hog Roaster - and 3 children meant that she could not afford for her condition to affect her mobility, or her livelihood.

Prior to attending the Village Clinic she had been prescribed 50 ml. painkillers to take every 4-6 hours. A course of physiotherapy had not brought the relief she had hoped for and she had been referred to a consultant who advised her not to stretch her left hand side, indicating that eventually a back operation might be necessary.

Following an course of 9 treatments with Lee, Sally has since been advised by the consultant that the back operation will not be required. "I went to Lee with an open mind, not expecting miracles; but I got one – a place in the Karate Nationals," said Sally.

Sally has now been discharged by Lee although she continues to take the herbal tablets and rub the ointments in when competing. She has resumed her vigorous training schedule along with the rest of her family who are also Karate champions and continues to juggle 3 jobs.

"Lee explains everything he does, he is a genuine honest, caring person. If he can't help he'll refer you on to someone else or discharge you rather than keep treatments going for commercial gain – this is quite often hard to find," said Sally, "I wouldn't think twice about going back to him immediately."

"Sally has since been advised by the consultant that the back operation will not be required."



Moxibustion

Lee also used a technique known as Moxibustion (Moxa) on Sally's back. This is common practice in Chinese medicine and involves the burning off a herb (mugwort) on (or over) certain areas of the body. The herb does not burn the skin, but creates a bearable heat into a specific acupuncture point. This technique is excellent for adding warmth into the body and for relieving pain.



Herbal Plasters & Ointments

Herbal plasters and ointments were also used to help speed recovery. **Remember, reduction in pain levels means recovery, rather than masking of symptoms.** This means that once you stop using them, the pain does not return, unlike some 'over the counter' pain killers. Chinese ointments can be used for sprains, strains and fractures.

I would advise every house to at least have pain plasters in the cupboard.

Change of Address

The village Clinic has now moved from its original premises at Minstral house, to a purpose built building at the rear of my home, **Malvern Cottage**. This is only about 150 yds further up Station Road (in direction of railway bridge).

Many thanks to Chris and Teresa at Minstral House for their continued support and for helping make this possible.

Techniques used at The Village Clinic:

Acupuncture - the insertion of fine needles into specific areas of the skin

Moxibustion (Moxa) - the burning of the herb moxa either directly on the skin, over the skin, or on top of an acupuncture needle

Electro-acupuncture - electrodes are attached to the acupuncture needle. A small electrical pulse is transmitted to the needle and into the skin

Cupping - the application of suction cups to specific areas of the body

Slide Cupping - as above, but the cup is placed on the skin and the practitioner slides the cup over the skin.

Massage - massage of the skin using specific oils and concentrating on specific acupuncture pathways

Far Infra-red lamp with moxa spray - similar affect to moxa, without the smell. Heat penetrates very deeply into acupuncture channels.

We're on the web!

www.thevillageclinic.co.uk

Recommend a friend and receive 50% off your next treatment

The Village Clinic, Blackthorn

Lee Butler MBAC, Accredited Teacher in HE,
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Acupuncture

Massage

Chinese Dietary Therapy

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