

# The Village Clinic News

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Welcome to the long overdue newsletter from the village clinic.

I hope you find the contents of interest. Lee Butler

## Cordyceps

**Cordyceps sinensis**, known in English commonly as caterpillar fungus, and has been used medicinally in Chinese medicine for hundreds of years. As the name suggests, this was originally found growing on the body of caterpillars. Researchers have however managed to grow it in labs in recent times — no caterpillar involved!

**Commonly referred to as a 'medicinal mushroom'.**

Due to its beneficial effects on the lungs it has been used by endurance athletes to increase performance and also by mountaineers to alleviate altitude sickness.

Recent research has indicated that cordyceps:

- ◆ has anti-tumour properties
- ◆ is a strong antioxidant
- ◆ Has an immune stimulating effect
- ◆ may inhibit the build up of cholesterol
- ◆ may help to inhibit the formation of arthero-sclerotic lesions (Furring of the arteries)

### Infertility

One of the causes of infertility in some women can be diminished ovarian reserve (DOR) either as a result of advanced ageing or from premature

ovarian failure (POF). This decline in Chinese medicine terms is referred to as a decline of Kidney qi and *jing*. Cordyceps is traditionally used to nourish the Lung and Kidney *qi* and the *jing*. Trials in the West have established that cordyceps has the ability to enhance mitochondria and ATP generation. It is this enhancement of mitochondrial function, along with its traditional properties that suggests that cordyceps may be beneficial in improving DOR.

One of the researchers into the use of medicinal mushrooms has recently produced a very potent extract of cordyceps in capsule form. This new brand 'MycoPro', is now in stock. **£14.00 for 84 capsules.**

## Infertility & Acupuncture

Acupuncture has become a popular choice for couples who are trying to conceive. Many have read anecdotal reports on chat forums about how acupuncture has helped others, whilst some

have read the research conducted in Germany which found that women having acupuncture in addition to IVF, had a greater chance of conception than those choosing IVF alone,

Whilst others have read how acupuncture has been seen to have a beneficial effect on the lining of the uterus.

**If you would like any further information, please do not hesitate to call.**

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**Citrus peel.** Compounds found in citrus peel are not only good for digestion, but have also been found to have cancer inhibiting properties — time to bring back marmalade to the breakfast table.

**Foetal Breech presentation** — studies have found that the use of moxibustion (burning of a herb over/on the skin) on a particular acupuncture point on the little toe, is effective at turning the foetus in 75-84% of cases.

# Recipe Spaghetti and mackerel in spicy tomato sauce.



A quick, easy, nutritious and light meal for one

## Ingredients:

- 1 tin of mackerel fillets in tomato sauce
- Dessert spoon of tomato puree
- 1 dried birds eye chilli
- 1 tbsp olive oil
- 1 medium onion finely chopped
- Enough spaghetti for one
- 1 pinch of salt

Mackerel is an excellent source of omega-3 fatty acids, selenium, and vitamin B12

## Method

1. In a saucepan, lightly cook the onion in a dessertspoon of olive oil
2. Add the mackerel fillets, tomato puree, and pinch of salt
3. Snip the chilli up finely over the pan using scissors.
4. Stir well, cover with a lid and simmer
5. In a separate pan, boil the spaghetti until aldente.
6. Drain the spaghetti and add mackerel mixture to the pan. Stir well and serve



Tomatoes contain lycopene, a very potent anti-oxidant. Lycopene in tomato puree is four times easier for your body to absorb than in fresh tomatoes

## Fish Facts

1. The food standards agency recommends that recommends eating at least one portion of oily fish a week
2. Researchers for the American Dietetic Association found that fatty fish aid short-term memory. The Rush Institute for Healthy Aging states that people who eat at least one meal of fish per week will be significantly less likely to develop Alzheimer's disease than those who never eat fish.
3. Researchers at Harvard Univer-

sity analyzed the benefits and risks of eating fish (a potential source of mercury and dioxin contamination). They calculated that eating one to two fish meals per week, especially fish high in omega-3 fats, reduced the risk of death from heart disease by 36 percent and death from other causes by 17 percent.

4. If you are unable to eat oily fish on a regular basis, then the availability of high-quality omega-3 fatty acid sup-

plements, free of contaminants, is a convenient alternative. The Irish government did a spot check of 20 fish oil supplements to establish whether they contained harmful contaminants. Although many did, these were of a permissible level. The only supplement that did not contain any was Eskimo 3.

Available from the village clinic in capsule and oil form



## Natural and Free! - the foods we tend to forget

**An apple a day** - Scientists at Cornell University treated liver, breast and colon-cancer cells with triterpenoids – antioxidants in apple peels – and found the compounds inhibited cancer growth. Researchers don't yet know how potent triterpenoids are, but they believe the antioxidants have the



cancer-fighting properties attributed to the whole fruit.

**Tomatoes.** Recent research suggests that consumption of approximately five tomatoes a day may protect against sunburn and premature ageing, including wrinkles! (*Am J Respir Crit Care Med, May 2008*)



**Celery.** Valuable in weight-loss diets, where it provides low-calorie dietary fibre bulk. Also a rich source of calcium.

# The treatment of pain

Back pain, stiff neck, tight shoulders, tennis elbow, golfers elbow, sciatica, hamstring pain etc etc. Although the diagnosis for each may be different, they have the common feature of PAIN!

In my experience pain can be split into three broad categories:

1. Gets better on its own within a week to ten days (a classic muscle strain, slight stiff neck on waking etc)
2. Gets better slowly after many weeks, leaving slight discomfort
3. Does not get better if left.



Scenario 1 is usually the case in young people. When we are young the body has an amazing ability to recover from injuries. Unfortunately as we get older, an injury tends to look like scenario 2 or 3. As we age, because our body has usually 'sorted itself out', we always expect it to, regardless of what age we are. It is a sad fact of life that from about the age of 30 onwards, the body is going to recover more slowly and is often going to need help to fully recover.

## What's to be done?

**RICE.** For an acute injury (one that has just occurred) the best advice is always R.I.C.E - Rest, Ice, Compression and Elevation. Bind the area quite tightly with some form of cold compress and elevate it. Of course in the case of back pain, this is easier said than done. After the acute stage, Chinese medicine practitioners generally only use heat, unlike other therapists!

**"It is a sad fact of life that from about the age of 30 onwards, the body is going to recover more slowly"**

## Massage

If seeking professional help is not convenient, then massage with warm olive oil is a good strategy. You can do this yourself, or recruit a friend or partner to help (easier said than done!). The next step up from olive oil is tiger balm, which can be massaged directly onto the affected area.

## Professional help

This may entail seeing a chiropractor, osteopath, physiotherapist or acupuncturist.

As a general rule of thumb, when I treat pain I insert acupuncture needles into and near the affected area, and also into areas along the affected acupuncture channel. After this I will either attach electrodes to the needles and apply a mild electrical current to them (which feels like a tapping sensation rather than feeling like you are wired to the mains!). Once this is done, a 'bio-lamp' is directed at injury. After 20-30 minutes the needles, electrodes and lamp are removed and then a light massage is given to the area using specific Chinese oils that have been seen to aid recovery.

## ...and after treatment

**Chinese herbal pain plasters** are given and advised to be placed on the skin for 24-48 hours. These compliment the treatment well and help further promote recovery.

**The whole process takes just under 1 hr and costs £40. Often, 1 treatment will be enough, though on occasions a course of 4-6 may be required.**

## Biolamps

**Bio-lamps are used in most of the major pain clinics in China.**

**A bio-lamp does not just emit heat. 33 different mineral elements are embedded onto the grey plate which when heated, emits a special band of electromagnetic waves. The waves coincide with the natural bio-spectrum of the body - which in technical terms, is in the far-infrared range of 2-50 microns. It is this process which yields the therapeutic benefits.**

# Pain



## Things that help...

- ◆ **Hot** baths loosen up stiff muscles and can alleviate pain
- ◆ **Backache.** Sleep with your back on a hot water bottle. Let the heat soak in overnight.
- ◆ **Mild exercise.** Research has found that people who stay active recover faster than those who do not
- ◆ **Massage.** Rub the area lightly through your clothes or apply oil.
- ◆ **Creams.** Topically applied creams such as Traumeel, or glucosamine and green lipped mussel extract cream are non greasy, do not smell and can be left on the skin all day.
- ◆ **Prevention.** Pilates, yoga and all regular stretching exercises can help prevent injuries. The more supple you are the less chance of a strain.
- ◆ **Always stretch before exercising.** Gentle warm up exercises prepare the muscles for exertion.
- ◆ **Glucosamine and chondroitin** can help alleviate and prevent joint pains



## Things to avoid

- ◆ **Trying to 'train through' an injury.** Repeating the same exercise/movement that caused the injury in the first place will slow down or even prevent healing. (Golfers please take note!)
- ◆ **Exposing the area to the cold.** Always keep the affected area covered. Cold can lodge in the area and slow down recovery. Wrap up!
- ◆ **Procrastination!** If you have been in pain for longer than a week with no signs of improvement, you need help. See your doctor, seek professional advice (men take note!)
- ◆ **Twisting and bending at the same time.** A perfect recipe for a strained back.
- ◆ **Unstable surfaces.** One of the most common causes of back strain is standing on steps that are unstable whilst decorating.
- ◆ **Becoming unfit.** Regular moderate exercise will help keep the body supple and the muscles strong.

We're on the web!

[www.thevillageclinic.co.uk](http://www.thevillageclinic.co.uk)

**Recommend a friend and receive 50% off your next treatment**

## The Village Clinic, Blackthorn

Lee Butler MRCHM, MBAcC, Accredited Teacher in HE,

MSc Chinese Herbal Medicine

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**Acupuncture**

**Massage**

**Chinese Dietary Therapy**

**Dedication, Enthusiasm, Commitment**

[www.thevillageclinic.co.uk](http://www.thevillageclinic.co.uk)

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Member of the British Acupuncture Council

Member of the Register of Chinese Herbal Medicine

Member of the Acupuncture Fertility Network

