

The Village Clinic News



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Lee Butler

Spring recovery.....

The bug....

This winter, many people have had suffered with bouts off sickness, Diarrhoea, nausea and abdominal bloating. For some, only the bloating has been an issue, whilst for others all symptoms have been present.

In most instances, people have been left with sluggish appetites and bloating/indigestion and abdominal discomfort.

Self help measures:

- If you feel nauseous, then ginger is a great help (regardless of origin of the nausea). Try Green tea with a thin slice of ginger, add ginger to soups and other foods.

- Peppermint is good for alleviating nausea (try peppermint tea)
- Avoid dairy, and 'heavy', hard to digest foods. Eat little but often.
- If bloating persists after recovery, take a strong pro-biotic such as Biocare's 'Replete'.



- Pro-biotic yoghurts provide a fraction of the good gut flora needed. As pro-biotic bacteria are killed off by stomach acid, you need to choose a good quality one that has taken this into account.

Biocare Bio-Acidophilus

Pro-biotic

Contains 8 billion viable cells of Lactobacillus acidophilus and Bifidobacterium bifidus per capsule

Can be taken whilst pregnant and breast feeding.

£17.00 for 60 capsules



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Interesting facts:

- Old women with high cholesterol live longer than old women with low cholesterol
- Lowering of serum cholesterol concentrations in middle-aged subjects leads to an increase in deaths due to suicide or violence
- More than 30 studies of more than 150,000 individuals have shown that people who have had a heart attack have not eaten more saturated fat or less polyunsaturated oil than other people



Carrot and Ginger Soup

Ingredients

25g/1oz unsalted butter
1 large onion, chopped
2 tbsp fresh ginger, peeled and finely grated
2 cloves garlic, minced
600g/1lb 5oz carrots, peeled and cut into 2.5cm/1in pieces
675ml/1pint 2fl oz stock (use chicken or vegetable stock, or Kallo organic-stock cubes)



Ginger helps alleviate nausea & warms the qi

Carrots nourish the spleen and stomach qi

Preparation

1. Melt the butter in a heavy large pot over a medium-high heat. Add the onion and cook for about 4 minutes. Add the ginger and garlic; cook for another 2-3 minutes.
2. Add the chopped carrots and sauté for another 1-2 minutes. Add the chicken stock and bring to the boil. Reduce the heat and simmer until the carrots are very tender, about 20 minutes.
3. Pureé the soup in batches in a blender or food processor. Return the soup to the pan. Season with salt and pepper to taste. Bring the soup back to a simmer, thinning with more stock, if necessary. Just before serving, grate in a bit more fresh ginger.
4. Top with finely chopped chives

Ingredient information

Garlic— Natural source of cancer preventive compounds. Strong antioxidant properties and it has been suggested that garlic can prevent cardiovascular disease, inhibit platelet aggregation, thrombus formation, prevent cancer, diseases associated with cerebral aging, arthritis, cataract formation, and rejuvenate skin, improve blood circulation and energy levels.

Ginger-Has been shown to kill *H. pylori* bacteria. Anti-oxidative, anti-tumorigenic and immunomodulatory effects and is an effective anti-microbial and antiviral agent. Warms qi

Carrot - Nourishes spleen and stomach qi. Cooked carrots are an excellent source of vitamin A, a good source of potassium, and contain vitamin B6, copper, folic acid, and magnesium. The high level of beta-carotene is very important and gives carrots their distinctive orange colour

Eexternally, garlic is a known anti-bacterial and anti-infection agent. An interesting use for ear aches is to slice a garlic clove, heat briefly in a small amount of virgin olive oil, and let cool. Then use a drop of two in the affected ear (strain the mixture beforehand, of course).

Ginger's anti-bacterial properties are recognised by the Japanese who use it as an antidote to fish poisoning, especially from sushi. Ginger has been found to kill the anisakis larvae (a parasite that infects fish and marine animals and can be harmful to humans if ingested).

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 improves quality of life for migraine sufferer

Neck pain had become a way of life for 52-year-old Sylvia Taylor from Ambrosden. The migraine sufferer had begun to accept the severe limitations on her lifestyle caused by impaired sleep, constantly feeling sick and not being able to tolerate being outside in direct sunshine.

Although pain killers provided temporary relief, they only 'took the edge off' the condition which had worsened over 21 years, following a bad car accident which had caused damage to her spine and neck.

Sylvia went to see Lee Butler at the Village Clinic in Blackthorn, in March 2005. After only 2 sessions, she found that she could sleep better – better than she had slept for years and years. Lee had placed acupuncture needles at certain points of her neck, hands and back of head, which he then stimulated with a mild pulse of electricity (a technique known as electro acupuncture). After only 3 or 4 sessions the headaches started to get better.

To her amazement, Sylvia was cured completely after 8/9 sessions. "I had expected to be going for treatment for months and months, so I was entirely shocked to find that I didn't need to go back after only a couple of months," said Sylvia.



"I am so much happier now," she went on to explain. Citing, with some relief, a substantially improved lifestyle, as the main reason for her glowing testimonial about the treatment she received at the hands of Lee – she went on to describe specific activities she is able to do now, that she couldn't before. Activities such as: spending time on the computer, reading and going outside in the sunshine, might seem normal to most – but prior to the treatment they had been luxuries to Sylvia.

"Going to see Lee was the best thing I have ever done for myself," she said. Yet it was completely by chance that Sylvia gave the acupuncture route a go, after hearing of Lee's excellent reputation through word of mouth.

A self-confessed convert, Sylvia openly admits that in future she would not hesitate to try acupuncture first, before she goes down the traditional medical route. "I would rather see Lee than take numerous pain killers day after day, that only provide a temporary relief. I am recommending him to everyone I know," she concluded.

"After only 3 or 4 sessions the headaches started to get better.."



Electro acupuncture

Electro acupuncture is a relatively new method in Chinese medicine, having only been around since 1934. An electrode is attached from the electro-acupuncture machine to the needle and a very mild pulse of electricity is passed into the needle. This feels similar to that of 'tapping' the skin with a finger. When used on needles inserted into muscle, this can also cause the muscle to tense up and relax. Especially good results are expected from electro-acupuncture treatment of neurological diseases, including chronic pain, spasm, and all types of paralysis.

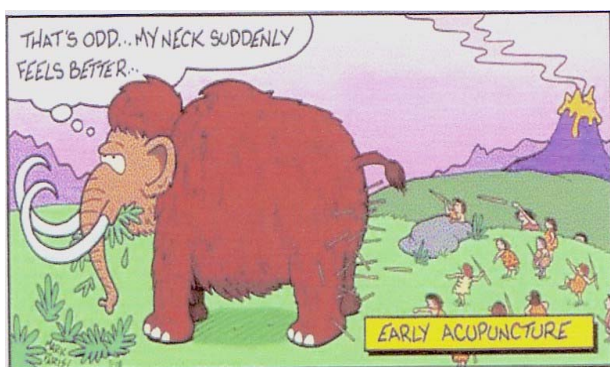
Electro acupuncture is becoming more widely known now due to its use in **cosmetic acupuncture** or **facial rejuvenation acupuncture** (stimulation of acupuncture points in small muscles in the face can help reduce wrinkles and fine lines) and has recently been making headlines such as "Acupuncture Facelifts" due to its reported use by Madonna, Gwyneth Paltrow and Cher. Not surprisingly, New York and LA waiting lists for cosmetic acupuncture are often over a year long and populated by the rich and famous (more on this subject and other natural skin care strategies in the next newsletter).

Treatment Charges

From May 1st 2006 There will be a slight increase in treatment charges.

First appointments will be £45 (1½ hours duration)

Subsequent treatments will be £35 (lasting approximately 1 hour)



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

Dedication, Enthusiasm, Commitment

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