

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

Supplementation

As part of a treatment plan I often recommend various nutritional supplements.

Vegetables have much reduced levels of minerals in them now as there are fewer minerals in the soil. In recent research, 60% of those screened were found to be deficient in at least 3 minerals. Bear in mind also that organic vegetables will have greater mineral content than non-organic.

For many long term illnesses a good supplementation program plays a large part. Unfortunately not all supplements are worth their money. It is one thing putting substances into a tablet or capsule, it is quite another getting the substance into the blood stream. This is why some supplements

work well and others have little effect at all.

So here are the supplements I generally recommend as a good base line, though depending on the health issue other supplements may be substituted or added.

1. A good multi vitamin and mineral formula. I prefer biocare or metagenics. A slightly different formula will be needed depending on sex (women need more iron).
2. Vitamin C, 1000mgs. Again I like biocare, good value for money.
3. Essential fatty acid. Here a good quality fish meat oil is the best. The



purest on the market is Eskimo oil (capsules or a nice lemon oil). For those wanting a vegetarian source, then Udo's oil is great. Made from organic seed oils, cold pressed and a nice nutty taste (also available in capsules). Eskimo also do an Eskimo kids in tutti fruiti flavour (my kids love it!)

4. For those requiring a good anti-oxidant, then pycnogenol is my preferred option. One of the best being that by Pharma-nord.

For price details please call

Pre-conceptual supplementation

Most people are aware of the importance of taking folic acid supplements prior to conception but a new study has shown just how much of an influence the pre-conceptual diet can have on the health of

potential offspring. In the new study, mothers with low B vitamin levels before conceiving tended to have fatter male offspring at a greater risk of high blood pressure. This modest early dietary interven-

tion led to adult offspring that were both heavier and fatter, elicited altered immune responses to antigenic challenge, were insulin - resistant, and had elevated blood pressure - effects that were most obvious in males.

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Interesting news:

Broccoli May Boost The Aging Immune System. In studies using mice, US scientists have discovered that sulphoraphane, a compound found in cruciferous vegetables such as broccoli, may help to reverse age-related decline in the body's immune system

Recipe

Spinach & Chick Pea Curry supplied by Alison Drake

Ingredients:

- 1 lb fresh baby spinach
- 2 15-oz. cans chickpeas
- 1 inch piece ginger, grated
- 3 tbsp olive oil
- 2 tsp cardamom
- 1 inch stick cinnamon (or 2 tsp. ground)
- 5-6 cloves garlic chopped

Chickpeas are a good source of zinc, calcium, folate and protein, and are very high in dietary fiber

- 1 cup onions finely chopped
- 1 can tomatoes chopped
- 1/2tsp turmeric powder
- 1 tsp ground coriander
- 1/2 tsp red chilli powder
- 1/2 tsp garam masala
- 1 tsp salt, or to taste



Spinach is a rich source of vitamin A, vitamin C, vitamin E, vitamin K, magnesium, and several vital antioxidants



Method

1. Rinse chickpeas and roughly chop baby spinach.
2. Heat oil over medium heat. Add cardamom and cinnamon. Wait for a minute.
3. Increase heat to medium-high. Add garlic and cook till it starts to change colour. Then add onions and sauté until golden.
4. Reduce heat to medium. Add turmeric powder, ground coriander,

chilli powder, garam masala and salt. Mix well for a minute.

5. Add ginger. Stir for a few seconds. Add tomatoes and sauté for 3-4 minutes till well blended.
6. Add chickpeas. Stir fry for 4-5 minutes. Cook covered for 10 minutes until chickpeas turn slightly soft.
7. Add half of the spinach, stir, and put lid on saucepan for 1 minute.

Remove lid and add the other half of the spinach and repeat the covering process.

8. Remove lid and simmer uncovered for 10 minute, stirring occasionally. Serve hot with Basmati rice.

Natural and Free! - the foods we tend to forget

Blackberry Compound Has Anti-Cancer Properties. Min Ding and colleagues from the US Agricultural Research Service (ARS) and the US National Institute for Occupational Safety and Health (NIOSH) have been working together to identify compounds in blackberries that give them their antioxidant prop-



erties. They found that that cyanidin-3-glucoside (C3G), a flavonoid antioxidant found in blackberries and other food products, inhibited tumour growth and prevented the spread of tumours in animal models.



Nettle – Good for nourishing blood & *yin*, ridding the body of toxins, and relieving fatigue. Blood & *yin* deficiency manifest as pos-

tural dizziness, 'floaters' in the eyes, dry eyes, dark rings under eyes, dry hair/skin. Traditionally used to help alleviate hay fever. The top few leaves of the plant taste best. Simmer a handful in pan for 10-20 minutes and then drink as a tea daily or cook as per spinach. In recent research, nettle was found to be an effective antioxidant and possible anti-apoptotic supplement promoting cell survival in the brain.



Acupuncture & Infertility

Research has found that acupuncture treatment can have a positive effect on those trying for a baby and can actually aid the conception process. Over the past twenty years, fertility problems have increased dramatically. At least 25% of couples in the UK planning a baby will have trouble conceiving, and more and more couples are turning to fertility treatments to help them start a family.

Fertility focused acupuncture treatment can help to increase blood flow to the reproductive organs, balance hormone levels, regulate the menstrual cycle and help improve the lining of the uterus and quality of eggs released. Additionally, conditions such as polycystic ovaries and endometriosis have also been shown to improve with acupuncture.



Men today also face fertility problems - in 60% of cases of infertility, it is an issue with sperm quality!. Benefits to male fertility have been seen with those using acupuncture, with positive effects on sperm count, morphology and mobility.

Some of the positive effects of acupuncture in fertility treatment include:

- regulation of the menstrual cycle and promotion of regular ovulation
- regulation of hormones to produce a larger number of follicles
- improvement of the functions of ovaries to produce better quality eggs
- enhancement of the vitality of sperm
- relieve the side effects of drugs used in IVF
- increase the thickness of the uterine lining so to encourage successful implantation
- reduce the chance of miscarriage

“in 60% of cases of infertility, it is an issue with sperm quality!”

It is known that stress has an adverse effect on the fertility hormones. Acupuncture can be used to strengthen the constitution, thus enabling couples to cope with any stress and anxieties they may experience during the process of trying to start a family. The acupuncture treatment can help promote a calm, positive, relaxed frame of mind which can bring a more successful outcome for conception.

Note:

Whilst many couples time intercourse for the most fertile time of the month, it has been shown that intercourse every 3-4 days is the best policy -no more though as sperm count reaches its highest level after 2 or 3 days of abstinence!

Treatment:

At the Village Clinic, treatments are given to women weekly, except for when menstruating (i.e 3 weeks in 4), for 3 months.



In 2006, researchers in Germany found that women undergoing IVF and acupuncture had a 50% greater chance of conception that when using IVF alone.

Researchers in Israel concluded that patients exhibiting a low fertility potential

due to reduced sperm activity may benefit from acupuncture treatment.

Researchers in a United States fertility clinic found that there was less chance of miscarriage amongst women who had received acupuncture treatment, than those who had not.

If the male partner has had a sperm test and there is an issue with sperm health, then weekly treatments can be given as well. However, good results can be obtained by men just taking a specific nutrient capsule and a specific herbal capsule in combination with dietary and lifestyle advice. I find this a cost effective way of treating both couples



Foods that help...

- ◆ **Brazil nuts** are rich in zinc and also contain the highest natural source of selenium (one nut exceeds the recommended daily amount). Selenium is a mineral that seems to help boost sperm production and improve their swimming ability. Low selenium levels have been linked to sterility in both men and women.
- ◆ **Pumpkin seeds** provide one of the most concentrated vegetarian food sources of zinc. Low zinc levels have been connected to low sperm count. Supplementation with zinc has also been shown to increase levels of testosterone.
- ◆ **Liver, kidney, brewer's yeast, molasses, whole grains, mushrooms and spinach.** These all contain **PABA** (para-aminobenzoic acid) stimulates the pituitary gland and sometimes restores fertility to women.
- ◆ **Soya, corn and olive oil, nuts and seeds, and wheatgerm** (found in cereals and cereal products). All contain **Vitamin E**. Needed for balanced hormone production. Has been known as the 'sex vitamin'. Carries oxygen to the sex organs (and increases sperm count!)



Things to avoid

- ◆ **Smoking** - For women, pregnancy rate is decreased, early spontaneous abortions are increased and ovarian reserve is altered. For men, standard sperm parameters are modified and spermatozoon nuclear quality is compromised.
- ◆ **Plastic food containers** (and water bottles!). These contain xenoestrogens which have been linked to increased risk of breast cancer and male infertility.
- ◆ **Hot baths** before intercourse (men). A traditional method of contraception!
- ◆ **Trans fats** - hydrogenated vegetable oil being the most common. Commonly found in processed foods eg, nearly all cakes and biscuits, pre-packed meals, margarine, vegetable shortening, ice-cream, puddings & pudding mixes, ready-made pies, pizza, potato chips, fritters, doughnuts, gravy & sauce mixes, artificial creamers.
- ◆ **Marijuana** - findings show that both the volume of seminal fluid and the total number of sperm from marijuana smokers are significantly less than for control groups of fertile men.

Many thanks to Nutritional therapist Alison Drake for her contributions.

We're on the web!

www.thevillageclinic.co.uk

Recommend a friend and receive 50% off your next treatment

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Acupuncture
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