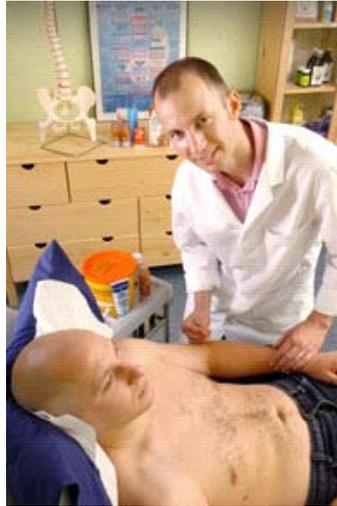


The Village Clinic News



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Lee Butler

Researchers of damaging omega-3 study claim they were misquoted

Authors of a recent scientific review of omega-3 research, which prompted a blaze of negative media publicity on fish oils, have claimed they were misquoted in the media.

The report by Hooper and co-workers, which was published in the British Medical Journal in March, was quoted as suggesting omega-3 fats had no effect on mortality, heart disease or cancer. A wave of severe criticism from nutritionists, doctors and others followed, and the researchers have since issued the following statement:

"Thank you all for your comments about our systematic review on the effects of oily fish and fish oils on mortality, cardiovascular disease and cancers.

We did not report that 'long chain omega-3 does not offer any protection from heart disease', that 'omega-3 fats have no effect on total mortality, combined cardiovascular events, or cancer' or that omega 3 fats are of 'no



benefit' - this is not what we found, or what we reported (despite our being misquoted in much of the press)"

Green Tea

Results of a study carried out at various institutions in Shanghai, China suggest that drinking tea, especially



green tea, reduces the risk of gallstones (biliary stones) and biliary tract cancers, particularly in women. Research has also shown that green tea has a cancer preventing action, helps prevent skin melanoma, and is effective at both inhibiting fat absorption and increasing thermogenesis (the rate at which you burn calories). Beware though, many of the supermarket green teas are of poor quality.

£15.00 for 90. telephone to place an order.

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And finally It's true what they say about oysters!

Scientists have found that there is a link between eating oysters and increased levels of sex hormones. The discovery upholds an ancient "myth" that these molluscs act as an aphrodisiac.

Scientists in America and Italy identified two amino acids in oysters - D-aspartic acid and N-methyl-D-aspartate - which resulted in increased levels of testosterone in male rats and progesterone in females.

Oysters are also known to contain high levels of zinc, which increases blood flow. It is recommended they be eaten between September and April, as amino acid levels are at their highest during the breeding season.



Stir frying....

A great way to cook food, though there are some basic 'rules' that we use in Chinese medicine.

- ◆ All ingredients should be fresh wherever possible (the more fresh they are, the more *qi* they have)
- ◆ Try to use ingredients that are in season
- ◆ Use a groundnut oil or corn oil, as it will tolerate a higher temperature than olive oil
- ◆ Get a tablespoon of the oil hot (not smoking) and then add 1 inch of finely chopped ginger. Ginger is said to purify the oil (it has anti-bacterial, and anti-viral properties)
- ◆ Chop all vegetables into thin sticks, adding the 'hardest' vegetables first.
- ◆ The softest items should be added last (fresh herbs for instance), and garlic added in the last 30 seconds!
- ◆ If using spring onions, cut into thin sticks and place on top at the end as a garnish
- ◆ Add any sauces toward the end of cooking
- ◆ Vegetables should still be crunchy

"The quick, hot cooking, seals in the goodness of the vegetables, thus preserving their qi".

In a recent survey of popular soya sauces, Kikkoman was one of the few that did not contain traces of GM soya. Always check on the label..

Ingredients:

Choose whichever vegetables you like. My favourites are recipe is:

1 Onion roughly chopped (added 30 seconds after the ginger),

Then I add (in this order) :

1 carrot, 2 sticks of celery, 1 red pepper, 1 chilli pepper with seeds removed (I like it spicy) - all sliced into thin strips
A dozen mushrooms roughly chopped, **2** crushed cloves of garlic, **a couple of dashes** of fish sauce (open a window at this point!), **a few splashes** of soya sauce and finally a **generous portion** of chopped coriander on top to garnish.

The whole cooking process should take no more than 5 minutes. The quick, hot cooking, seals in the goodness of the vegetables, thus preserving their *qi*. This recipe will heat the body up nicely, nourish the immune system and help expel any colds that may be lingering. Serve with either Basmati rice (good for the spleen *qi*), or rice noodles.

Add a ladle of the stock to the rice mixture and stir. As the rice soaks up the stock add another ladle, and repeat until all the stock has gone.

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 properties. 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.



Case Study: Deep massage and cupping help 14-yr old back to the stage

There's more to Chinese medicine than needles! In the last issue cupping was discussed. This time, deep tissue massage with a Chinese oil was used, along with slide cupping.....

Dance and drama enthusiast, Amanda (14) of Ambrosden near Bicester, had a hip condition that had worsened to the point that she was tripping over, and her ability to carry on with her passion for the stage was threatened. She and her mother (Tricia) decided to seek treatment.

Following 3 months of consultations at Nuffield Orthopedic Hospital in Oxford and a course of physiotherapy, Amanda had been prescribed 3 x 200 mg of Ibuprofen per day and whilst this all brought temporary relief, the pain still persisted.

Amanda had been diagnosed – following X-rays taken at the Nuffield – with a condition known as Ileo Tibial Band (ITB) Syndrome. This condition causes the muscles from the hip to the buttocks and the knee to be very taught, thereby severely impacting mobility. This can give severe pain in the hip and often in the knee too.

An ex-gymnast, Amanda had always led an active life and now, the drive to continue with her dance and drama activities meant that instant relief was required. So, they sought alternative treatment. Originally thinking that *acupuncture* might be the answer – and hearing of Lee Butler's The Village Clinic, Amanda and her mother went for a consultation with Lee.

However, Amanda was frightened of the needles. "Lee has such a lovely caring personality that he didn't push Amanda, and said that if she wasn't happy with it then they should try something else," said Tricia.

Lee turned to a combination of massage and cupping. Deep massage hit the spot. "I was so amazed, said Amanda. He just took all the pain away. I was so relieved." After only 2 sessions Amanda was jumping around like a 'spring chicken', according to her mother.

"Deep massage hit the spot"

'Cupping at the Olympics'

Chinese medicine practitioner Gordon Hepburn has been part of the Aussie swimming team's support staff since the 2001 world championships in Fukuoka. Having seen the telltale bruises of cupping on the backs of the Australian swim team the Australian press questioned him on the technique. Hepburn said that cupping helps to ease pain and discomfort and is used to alleviate muscle spasms, aches and pains and muscle tightness commonly found in the shoulders, back and hip flexors of swimmers.

The massage oil used....

For treatment of tense, taught muscles and muscular spasm, a traditional Chinese formula was called Po Sum On. This oil is great for helping move the qi, works well on tension headaches, is great for easing up tense shoulders, and can also be used to help clear blocked sinuses. It also smells great and is in a nice looking presentation tin. Easy to use, a great home remedy. **Please call if you would like more information. £8.50**



increasing the risk of heart attack and stroke in a trial.

So, not only do NSAIDs cause gastric upset, but you are 30% more likely to suffer with heart failure if you take them on a regular basis. (*BMJ* Volume 332, pp 1302-5)

Beef. A Danish report shows that growth hormone residues in imported beef may be more damaging to babies and children than previously suspected. Oestradiol, testosterone, progesterone, zeranone, trenbolone and megestrol acetate have all been found in imported beef. The research shows that Oestradiol could bring forward the age of puberty in girls and raise the risk of genital abnormalities in boys, as well as increasing the risk of breast, testicular, prostate and other cancers. If you wish to avoid these hormones, eat organic.

A study of 50 men who had undergone treatment or surgery for prostate cancer, showed that they experienced more stable levels of prostate-specific antigen (PSA) when they drank a glass of pomegranate juice every day. (Pantuck *et al.* *Clinical Cancer Research*,

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