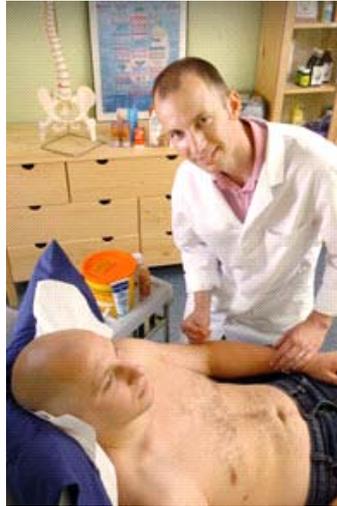


# The Village Clinic News



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Lee Butler

## Internal and External exercise.....

### Working it all out...

This is the time of year when many people decide that after the excesses of Christmas, and before the summer sun, they will start a new exercise regime. Whilst the obvious choice for many is to join a gym, there are other ways to get fit and keep in trim..

Any form of exercise that requires physical exertion, (such as weight training, running, football etc) is regarded as 'external, exercise' (yang).

In Chinese medicine we believe that every hour of external exercise, should be balanced by 1-2 hours of 'internal exercise'.

Examples of Internal (yin) exercises are Tai Chi, qigong, yoga, dance and meditation.

### Balancing the yin and yang

Balancing your physical exertion with 'internal exercises' is said to nourish your qi and organs at a deeper level and replace any qi consumed through the physical exercise.



Exercise generally, will help to move any stagnant qi and resolve any internal 'damp',

If you have injuries or structural disharmonies of any kind, then the internal exercises could be a great option to pursue.

### Water Melon Frost Lozenges

This is a very effective ancient Chinese remedy for mouth ulcers and sore throats.

Suck up to three a day.



Unlike most Chinese medicines they are actually quite pleasant tasting....and yes, it really is watermelon frost!!

**£3.95 for 24. telephone to place an order.**

*Keep one in the car, one in the office and one at home!*

Inside this issue:

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Interesting facts:

- The first Chinese herbal doctor was Emperor Shen Nong. Now the surprising bit— this was in 3494 BC!
- In 1991 a 5,300-year-old mummified man was found in the Italian Alps. He had acupuncture points tattooed on his back and legs.
- Gold acupuncture needles were found in the tomb of Han Prince Lui Sheng (buried 113 BC !)



# Crab and Pea Risotto (for 2)

## (made with a great qi nourishing stock)

### Ingredients

- ◆ 1 Pint of homemade chicken stock, ◆ 1 onion, ◆ 1 cup of frozen peas
- ◆ Extra virgin Olive oil, ◆ 3 cloves of garlic, crushed
- ◆ Pinch of Sea salt and a grind of pepper ◆ 6oz Risotto rice
- ◆ 1 Tin of white crab meat, ◆ Fresh parsley
- ◆ Organic Celery



### Preparation

Put the stock in a saucepan and bring to a boil. Turn down to a simmer.

Chop onion finely and fry gently in olive oil on a low heat until soft.

Add the garlic, and fry gently for 1 minute.

Add risotto rice. And stir to soak up the juices. Allow to fry gently for 5 minutes

*"Remember that you only need half as much food as you think you do. Put half on the plate, and if you are still hungry 10 mins after eating the first helping, then you can always go back for more."*

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.

Drain the crab meat and then add the contents of the tin to the risotto. Stir well.

Add 1 cup of peas to the mixture and stir well. Put a lid (or plate) over the frying pan and leave on a low heat for 5 minutes.

Turn off the heat. Add a large knob of butter and replace lid. Leave for a further 5 minutes.

Stir well and serve onto plates. Garnish with parsley and accompany with a stick of fresh organic celery (optional)

### Stock (simmer for 8 hours)

Place into a large pan the carcass of a chicken

2 carrots

1 onion

6 peppercorns

3 cloves of garlic

Add any other vegetables that you have around (trimmings from other meal preparation are ideal)

*For vegetable stock, just leave out the chicken*

Additional Chinese herbs that I add:

3 strips of astragalus (nourishes spleen qi)

6 red dates (nourish blood and qi)

A pinch of dried mandarin peel (aids digestion)

A dozen wolfberry fruit (nourishes spleen, liver and kidney)

4-5 pieces of Chinese Yam (nourishes spleen)

**Green Tea** - You may have noticed green tea your Chinese restaurant and in the supermarkets of late, but did you know why it is so good for you?

Research suggests that green tea has the following properties:

- ◆ Can protect against breast, colon, stomach, bladder, pancreas, rectum and oesophageal cancer
- ◆ Can lower cholesterol levels
- ◆ Targets the mitochondria in tumour cells
- ◆ Helps reduce blood pressure
- ◆ Inhibits absorption of fat and increases thermogenesis (you burn more calories)
- ◆ Reduces the risk of death due to coronary heart disease

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

# Case Study: 'Cupping' extends Motor Cross Champion's career

You may have seen the marks on Gwyneth Paltrow's back and wondered what they were. These marks were caused by a technique known as 'cupping'. Read on.....

A pain in the shoulder finally got too much for Alan Rogers, 40 from Oxfordshire. After suffering this pain for 8 years it had started to affect both his work -motor vehicle servicing and repair, and his sport - Motor Cross racing. Constant pain had left him feeling irritable and despondent.

Despite having seen several chiropractors, referrals to specialists through the National Health Service (NHS) and having received a Magnetic Resonance Imaging (MRI) scan, he had not been given a diagnosis - not to mention a cure.

So, out of desperation Alan called The Village Clinic. "Lee virtually provided me with a diagnosis over the telephone, I was amazed," said Alan.

Lee's diagnosis was that there was 'a stagnation' of qi and blood in the acupuncture channel which crosses the muscles around the shoulder blade (the Small Intestine Sinew Channel)

In Chinese medicine terms, where there is pain there is an obstruction of *qi* (think of this as energy running along acupuncture channels) and blood - much like a block in a hosepipe. This blockage was most likely to have been due to the continual jarring of the shoulder whilst on the motorbike in combination with the stress placed on the muscles in Alan's job - often working in confined areas, in the cold, straining to move tight nuts and bolts.



After first using acupuncture, Lee turned to cupping. *Cupping* is a technique used in the traditional medicine of many cultures, particularly that of traditional Chinese medicine (TCM).

"Be aware that Cupping can leave a mark that looks like a love bite"

A suction is created inside a glass cup using a naked flame, and the cup is then placed over the area of pain. Cupping utilizes suction on the skin in order to remove the blockage. The cups can be left in one place for small areas of pain, which often leaves behind bruises such as those spotted on film star Gwyneth Paltrow's shoulders (though unlike bruises they are not tender to touch). A variation of this technique, which Lee uses frequently, is to apply oil to larger areas of pain, and then after applying the cup, Lee slides it over the affected area. This has a similar affect to a deep massage, though without the associated discomfort. *Slide cupping* removes the blockage by literally dragging the *qi* and blood through the blockage and back into circulation again. This can often leave a 'row' of bruises or reddened skin behind, though again these marks usually fade after a few days.



After 5 treatments, Alan was satisfied that he had the cure he had been searching looking for. A National level moto-cross champion, Alan had been ready to give up, despite the fact that he had a 20 year track record. Now the 2003 Vale White Horse 250 Champion can ride again. "I've been given another 5 years on my moto-cross career"

"Not only has the treatment increased my mobility, but it has made me happier and lifted my spirits. I really can't thank Lee enough," said Alan.

Forthcoming Event:

**“The Chinese Medicine Chest”**  
An introduction to Chinese medicine, supplements and related health promoting products.

Wednesday 23rd of March.  
Blackthorn Village Hall.  
8pm till 9pm

**Free** admission

**Free** packet of the finest green tea

Please call 01869 253552 if you require directions

**All welcome. Bring your friends**

**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

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** MBAC, Accredited Teacher in HE,  
BSc (Hons) Traditional Chinese Medicine: Acupuncture

**Acupuncture**  
**Massage**

**Chinese Dietary Therapy**

**Dedication, Enthusiasm, Commitment**

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