

The Village Clinic News



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Happy New Year

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.



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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.

Blessed is the season which engages the whole world in a conspiracy of love.
--Hamilton Wright Mabi



Twangy Fat Duck....

Ingredients:

Duck breast, boned
3 tbsp Olive oil
1 tbsp sesame oil
2 tbsp soy sauce
1 tbsp clear honey
2cm piece fresh root ginger, finely chopped
1 tsp dried oregano
5 spring onions, sliced diagonally
225g/8oz green beans
150ml/ 1/4 pint dry white wine
1 mango, peeled, stoned and sliced
5 cardamon pods, cracked
15g/1/2 oz butter, 1 garlic clove, finely chopped
1 tbsp chopped fresh mint
1 tsp grated lemon rind
seasoning

"Cardamom comes into its own as it has the ability to break through dampness. "

The lemon has the ability to slice through the fat in the duck

1. Trim off the skin and fat from the duck breasts and then cut meat into thin slices. Place in a bowl with 1 tablespoon of the olive oil, the sesame oil, soy sauce, honey, ginger, oregano, spring onions and seasoning. Mix together well, then set aside to marinate.
2. Meanwhile, cook the green beans in a pan of boiling water for 2 minutes. Drain and cool under cold running water.
3. Pour the wine into a small pan, bring to the boil and simmer for 1 minute. Add the sliced mango and cardamoms and simmer for 5 minutes. Remove and discard the cardamoms then transfer the mango and juices to a food processor or blender and whizz until smooth.
4. Heat 1 tablespoon of the olive oil in a frying pan until very hot. Add the strips of duck and the marinade and cook for 5-6 minutes, stirring occasionally, until browned, Meanwhile melt the butter with the remaining olive oil in a separate pan, add the garlic and cook for 1 minute on a medium heat, add the chopped mint and lemon rind and blanched green beans, cook, stirring for 1-2 minutes.
5. Pile the beans onto serving plates and top with the duck. Spoon the mango sauce around the edge and serve with new potatoes

Thank you Sarah for sending this recipe in. Please feel free to contribute your favourite recipes.

Chinese dietary therapy overview

Duck is said to be a warming energetically, and a little bit dampening. Here though the cardamom comes into its own as it has the ability to break through dampness. The lemon has the ability to slice through the fat in the duck, whilst the mint has a slightly cooling property, thus balancing out the warmth of the duck.


Both garlic and onion have anti-viral and warming properties, whilst the honey nourishes the spleen and stomach. Soy sauce nourishes the kidneys and oregano is antiseptic, anti-parasitic and relaxing

Cosmetics

To many, beauty treatments are predominantly external, however as any good therapists knows, it is a combination of many factors, not least of which are internal balance and good nutrition.

In response to enquiries, I have thought it might be of interest to talk about natural ways to help enhance our internal and external health.

External application:

- **Rosa Mesquita oil** has been used for centuries in South America for helping heal scars and enhance skin condition. The Village Clinic stocks an organic form of this wonderful oil. I generally recommend adding a couple of drops to your daily moisturizer.
 - **Vitamin E cream** - Vitamin E has been shown to play an important role in protecting skin from environmental and oxidative damage. I have found that many vitamin E creams soak to quickly into the skin and do little to provide the long lasting moisturising effect necessary. Over the years I have tried many types and have settled on a particular one that also includes **calendula**, plant extract that has been referred to as nature's first-aid, and has been used to heal skin for many years. A great cream for helping prevent stretch marks, and also great when used as an after shave balm. Add a couple of drops of lavender essential oil to heaped teaspoonful to make a great skin nourishing, heat calming after sun (use the same approach for razor rash).
 - **Massage** - regular massage not only helps relieve muscular tension, but also moves waste products and toxins from body. Hollywood stars have for many years used regular massage to help keep cellulite at bay. In Chinese medicine cellulite is seen as an accumulation of damp. Essential oils from the citrus family are great for helping out here. A particular favourite is grapefruit oil. Massage regularly with firm strokes in the direction of the heart. Why not think about a pre summer course of massages?
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- **Acupuncture** - can help balance the system internally as well as address external issues directly. Thread veins, scars, blemishes, sagging skin, acne, muscle tone and circulation can all be helped with acupuncture.
 - **Slide cupping** - application of massage oil with the addition of suction cups which one then slides across the skin. This is a powerful ways to relax tense muscles, relieve pain and move toxins.

Internal measures:

- Supplementation with a good, strong anti-oxidant is one of the keys here. One of the strongest is **pycnogenol** (found in pine bark and grape skins). **Vitamin E** again is also a good anti-oxidant (take capsules internally, and you can also snip the end off the capsule and smear the oil on the skin).
- EFA's - **essential fatty acids**. Research has shown that not only can they assist weight loss, but they can also help improve stamina and mental function, lubricate dry skin and add lustre to dry hair. Purity and strength are the key considerations here. My preferred brand is **Eskimo 3** (or Eskimo kids for kids). One of the few brands to actually deliver the potency claimed and be contaminant free.
- Many of us do not obtain the minerals from our diet that are essential to good health. The reason for this is simple - the minerals are not present in the soil of intensively farmed land. Supplementation with a good **multi mineral capsule** is recommended.

Lastly - although lung cancer is the number one concern with regards to smoking, cigarette smoke is also a great way to age the skin!



Interesting nutritional facts

According to a report from the Government's Health Protection Agency, chicken kills more people in Britain than any other food; poisoning from contaminated birds are also responsible for more hospital admissions than other forms of food poisoning. *Campylobacter* is the bacterium that triggers most chicken-related illnesses, and is believed to be present in over 50% of shop-bought birds

Regular use of commonly prescribed non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, naproxen, and diclofenac, increases the risk of heart failure by 30%, according to a new study. (Heart failure arises when the heart no longer has the power to pump blood effectively.)

The study didn't look at the modern alternatives to NSAIDs, called COX-2 inhibitors. Vioxx, Merck's controversial COX-2 inhibitor, has already been withdrawn for increasing the risk of heart attack and stroke in a trial.

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, zeranol,

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, July 2006, 12: 4018-4026)

Cholesterol - Statins, commonly prescribed for elevated cholesterol levels have been shown to deplete levels of Co-enzyme Q10 in the body. The clinical benefits of Q10 supplementation in prevention and treatment of cardiovascular diseases have been observed in many trials. Research suggests that if taking statins, then one should also consider supplementing with co-Q10 to offset depletion.

Sperm health - Spermatozoa from smokers have significantly decreased density and motility compared with non-smokers. Two commonly used chemicals (methoxychlor, an insecticide, and vinclozolin, a fungicide), cause infertility in the male offspring of animals exposed to them. Some evidence suggests that this damage is passed on genetically to subsequent generations.

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