

Mornington Complementary Medicine

May 2014

Following on from our April newsletter we continue to look at the different treatments our practitioners may incorporate into your session at MCM or suggest as a way to complement your acupuncture.

With mums in mind we have also included some information on an exciting new birth support package being offered by Women's Health and Fertility specialist Kerry Marshall.

Also, this month at MCM we are starting to make the move to a 'greener' practice. From now on we will offer you the option of emailed invoices in place of a printed version, or if it suits you better we can print you an EOFY invoice.

THIS MONTH

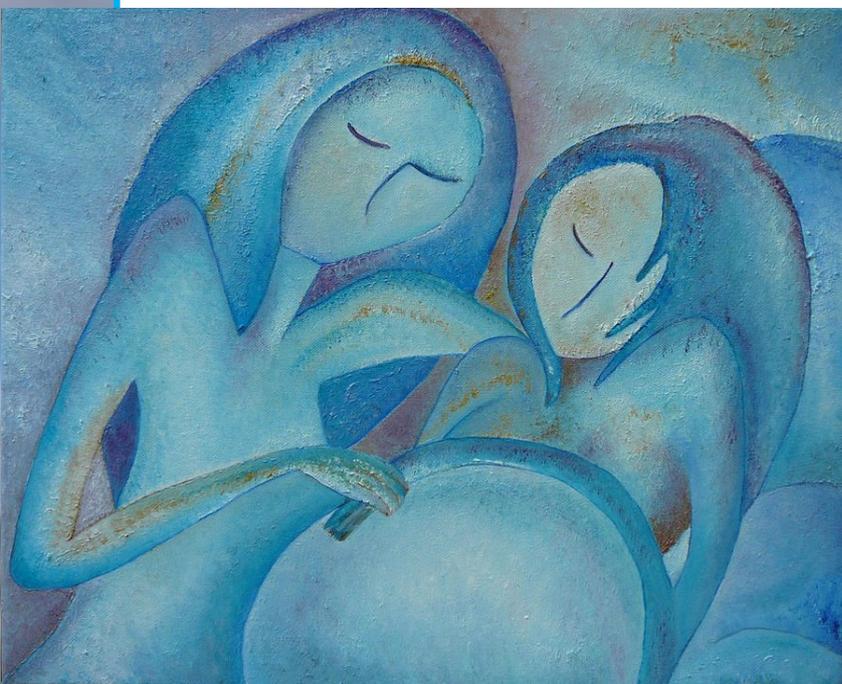
1. May—month of Mothers
2. Birth Support Package—Kerry Marshall
3. New products—'More Tea' bottles
- 4-5. Electro Acupuncture
6. Chinese Herbal Medicine—Peter Loupelis
- 7-8. NLP— Peter Loupelis
9. Winter Warming Quinoa Porridge

-BIRTH SUPPORT-

A Birth Attendant also known as a Doula is a woman with experience and knowledge in the birth process and birthing environments. She gets to know you during your pregnancy, becomes familiar with your pregnancy health history and birth wishes and offers continuous physical and emotional support for the duration of your labour. She is a non – medical presence and does not over ride decisions made by a Midwife or Obstetrician. Having a strong supportive birth team creates a space in which a woman can access her birthing potential and wishes.

Kerry Marshall is a Woman's Health, Fertility and Pregnancy Acupuncturist at MCM. Having attended births in the UK for her patients she went on to become a Doula and developed further skills to support women during pregnancy, labour and beyond birth. She is a strong advocate for woman's rights to information and choice in pregnancy and birth. Kerry is passionate about creating awareness and education in birth preparation, birth planning and healing post birth. Kerry is happy to discuss if birth attending is right for you by phone, email or during an acupuncture session at MCM.

- * **Initial free meeting**
- * Minimum two prenatal meetings, allowing time to get to know you and your partner, discussion of birth wishes, concerns, questions and birth preparation including teaching acupressure for labour to partners
- * Email and phone contact throughout pregnancy
- * Information, resources and birth planning
- * On call 24 hours from 38 weeks
- * Support for the duration of your labour and couple of hours post birth once you and your baby are settled
- * Acupuncture in labour if required and if requested
- * One post natal visit and debriefing of birth
- * One post-natal treatment including acupuncture, moxibustion and massage if requested.
- * Access to a back up birth attendant



Fee schedule

\$200 non - refundable booking fee

\$300 by 32 weeks

\$400 by 38 weeks

*(Total cost of Birth Attending Service
\$900)*

Acupuncture sessions are recommended in clinic weekly from 36 weeks for birth preparation at an additional cost.

-NEW TO MCM SHELVES-

More Tea—Glass Tea bottles



MCM are so excited to be stocking these beautiful glass tea bottles from the team at **More Tea**.

Now you can enjoy quality loose leaf tea anywhere you like, anytime of the day.

Each bottle is designed with double walls (so your tea remains hot and you don't burn your hands), a built-in strainer and an eco-friendly bamboo lid.

Whether its for hot tea in winter, or iced tea in summer, we think these tea bottles are perfect! Goodbye ugly thermos ;)

They are so easy to use too. Simply drop in tea leaves, refill all day with hot water and drink straight from the bottle (you can reuse the leaves too!).

Available at MCM reception for \$32

Grab one before they all sell out

Check out More Tea's website @
<http://drinkmoretea.com.au/>

-ELECTRO-ACUPUNCTURE-

Electro-acupuncture (electro) is an acupuncture technique that, comparatively speaking, has only recently come into use. Some scholars believe electro was first used by physicians in France and Italy as far back as the early 1800s. Others attribute its discovery to Japanese scientists in the 1940s who were interested in making bone fractures heal more quickly. Still others claim that electro wasn't really developed until 1958, when acupuncturists in China began experimenting with it as a form of pain relief. Whatever the case, electro is an increasingly popular form of treatment, and is used by practitioners of traditional Chinese medicine for a wide array of conditions.



What's the difference between electro-acupuncture and traditional acupuncture?

Electro is quite similar to traditional acupuncture in that the same points are stimulated during treatment. As with traditional acupuncture, needles are inserted on specific points along the body. The needles are then attached to a device that generates continuous electric pulses using small clips. These devices are used to adjust the frequency and intensity of the impulse being delivered, depending on the condition being treated. Electro uses two needles at a time so that the impulses can pass from one needle to the other. Several pairs of needles can be stimulated simultaneously, usually for no more than 30 minutes at a time.

Through the current delivered through the needle Electro can stimulate a larger area than the needle itself. Electro can also be employed without using needles. A similar technique called transcutaneous electrical nerve stimulation, or TENS, uses electrodes that are taped to the surface of the skin instead of being inserted. The advantage of this procedure is that it can be used by people who have a fear of needles or a condition that prohibits them from being needed.

What conditions can electro-acupuncture treat?

According to the principles of traditional Chinese medicine, illness is caused when *qi* does not flow properly throughout the body. Acupuncturists determine whether *qi* is weak, stagnant or otherwise out of balance, which indicates the points to be stimulated. Electro is considered to be especially useful for conditions in which there is an accumulation of *qi*, such as in chronic pain syndromes, or in cases where the *qi* is difficult to stimulate.

In the United States, electro has been studied for a variety of conditions. It has been effectively used as a form of anaesthesia; as a pain reliever for muscle spasms; and a treatment for neurological disorders. Other studies have examined the role of electro in treating skin conditions such as acne, renal colic, and acute nausea caused by cancer medications. There is also some evidence that electrical stimulation of acupuncture points activates the endorphin system, which could lower blood pressure and reduce heart disease.

Does electro-acupuncture hurt?

Patients may experience a tingling sensation while being treated with electro which is most likely due to the electric current. In most cases, however, the effect produced by the current is subsational; in other words, the tingling sensation will not be felt. Some minor bruising or bleeding may occur, which is the result of a needle hitting small blood vessels.

Are there any risks involved?

Electro should not be used on patients who have a history of seizures, epilepsy, heart disease or strokes, or on patients with pacemakers. It should also not be performed on a patient's head or throat, or directly over the heart. Another recommendation is that when needles are being connected to an electric current, the current should not travel across the midline of the body (an imaginary line running from the bridge of the nose to the bellybutton).

Before trying electro, patients should make sure to discuss the potential risks and benefits with their practitioner.

Thankyou to acupuncturetoday.com for this article!

Practitioners choose to use electro-acupuncture based on your individual needs. For more information speak to your practitioner or contact reception on 59736886.

- N.L.P -

NEURO LINGUISTIC PROGRAMMING

So, your acupuncturist has suggested to you that you may gain some benefit from having some NLP. What is that, you ask?

A queen once ruled her country with an iron fist - she was extremely determined and prided herself of her strength and perseverance. She didn't like fools and lazy people, and made ever more stringent laws without compassion to punish everyone she thought was like that, which she thought was everyone apart from her. People in her country suffered terribly and unjustly, and finally some amongst them made a petition to a great wizard who lived by the sea.

The wizard went to the palace to see the queen, and placed a spell upon her so she could not speak but only see, hear and feel. He abducted the queen, stripped her of her finery, dressed her in rags and put her out in the worst part of town in the middle of the night. The queen tried to get back into her palace, but dressed as a beggar and being unable to speak, she was driven away by the guards, and so she had to live on the streets in her own kingdom, and she learned for herself just what her laws had done.

Some time later, the wizard lifted the charm; the queen returned to her palace, and lived to become a wise and most beloved ruler.



NLP is firstly an epistemology - it is the study of *how* you know *what* you know. NLP studies the way you take in information from the world, how you describe it to yourself with your senses, filter it with your beliefs and values, and act on the result. As a methodology it provides the means for isolating skills, capabilities and behaviours from their usual contexts, and enables their study, description, and transfer to others.

NLP techniques are used to rewire your brain: in other words, by uncovering your language patterns, habitual behaviours, belief systems and other patterns in your thought processing, NLP techniques can create change at an unconscious level thus allowing profound results, fast and easily – like a ripple effect expanding out to other areas of your life.

Therapeutically, NLP can be used to modify limiting behaviours; even better you can create new, generative behaviours and states that will lead to profound changes in how you live your life. Certainly, NLP has been used with great effect to deal with traumas, phobias, and addictive behaviours. However, with NLP you can also explore your values and beliefs, and develop excellent skills with developing and utilising outcomes. You could choose to build more confidence, or develop time-management skills, or even explore the unconscious purposes behind never attaining that goal (such as losing weight or quitting smoking).

NLP & Fertility

For some woman getting pregnant is simply not as easy as it is for others. For many couples there are no medical reasons why they should not conceive naturally but it still feels as though something is in the way.

Your thoughts and feelings have a direct influence on your physiology. Given the delicate and precise cocktail of hormones required for healthy ovulation, conception, implantation and pregnancy, you can begin to see how your thoughts and emotions can impact this quite dramatically. How strongly do you believe you can become pregnant? What is the level of your doubt after any number of negative test results? How stressed do you feel? All these things could be having an impact on your fertility. NLP can have a profound effect; changing a couple's attitude as well as freeing up the psychological and physical mechanisms to re-establish the healthy balance required for natural conception.

If you have been trying to get pregnant for a while and have been told by medical professionals that there is no physical reason why you should not conceive naturally then NLP may well be able to help. Even if you have only recently started trying for a baby, or if you are already undergoing IVF treatment, NLP may help to improve your chances of becoming pregnant. All you need is an open mind and a genuine desire to explore the way you think and feel about pregnancy, the rest should follow quite naturally.

Is NLP for me?

Your acupuncturist would have recommended NLP to you because they recognised that there may be an unconscious block that is getting in the way of your healing through traditional methods. In NLP understanding the *reasons* behind a problem are not as important as understanding the *purpose* for your block. No lengthy conversations are required; in fact the beauty of NLP is that we can do it 'content-free' - there is no need to discuss in detail (or at all) the details of what you may be thinking or thinking. Because we are concerned with unconscious patterns of behaviour, we are able to observe these patterns through both verbal and non-verbal patterns in normal conversation.

Ask yourself the following questions:

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- Are you obsessing about getting pregnant??
 - Is pregnancy all that you are focusing on??
 - Are you jealous when you see other pregnant women??
 - Are you stressed from the treatments??
 - Do you think life isn't fair??
 - Are the IVF drugs making you feel crazy or emotional??
 - Do you think you should be pregnant by now??
 - Do you think pregnancy will never happen??
 - Are you thinking negatively??
 - Do you think less of yourself because you have been unable to conceive??
 - Is your relationship with your partner suffering as a result of fertility issues??
 - Do you feel hopeless and alone on your fertility journey??
 - Is your sex life becoming mechanical??
 - Are you finding it difficult to achieve what you want to achieve in life??
 - Are you sick of being sick, or tired of being tired - all the time??

-CHINESE HERBAL MEDICINE-

Your practitioner may have directed you towards taking a course of Chinese Herbal medicine.

Herbal Medicine – alongside Acupuncture – are the two main modalities in Chinese Medicine. Whilst they both work within the same theoretical framework, their methodologies are quite distinct, but both comparable in terms of their effectiveness in harmonising and balancing the whole person. Acupuncture essentially does not add anything to the body – it works by manipulating and regulation of the flow of Qi through the extensive channel system. There is nothing being added to the body, but with acupuncture we can work with the body itself and what is already present.

Herbal Medicine on the other hand essentially works by adding something into the system in order to effect a change at a biochemical, molecular level. Herbs – like pharmaceutical drugs – make changes to the chemistry of the body. Certain bio-nutrients work together at the cellular level in all organs and tissues to help them perform their specific function. When we consume medicines (both Eastern and Western) and food, it is absorbed in the gut and then distributed to where it needs to go. This is why the health of the digestive, metabolic, and excretory systems are important in Chinese Medical perspectives, as medicines and foods become less effective, sometimes even useless.

Working together, Acupuncture and Chinese Herbal Medicine are very effective in treating the whole person to come back to a state of good health. While we add the biological building blocks (herbal medicine), acupuncture helps open and regulate the channel system to ensure the herbs are distributed to where they need to go.

Chinese herbs are often different to native Western herbs, and historically were sourced from all around Asia and the Middle East. They are essentially 'super-foods', and were traditionally cooked up as courses of treatment. Different to the application of Western herbalism, the real strength of Chinese Herbal Medicine comes from the synergy of herbs cooked together, and prescribed according to your presenting pattern of complaint and your specific signs and symptoms. Herbs are not given to treat an illness, but combine together in a 'formula' that tend to the root of your problem.

There are a number of different ways we can prescribe Chinese Herbal Medicine at MCM:

Raw herbs are by far the most effective method of taking herbal medicine, with formulas able to be tailored to the specific needs of the individual. They can be time-consuming, as you are responsible for boiling up the herbs. There are other advantages, as individual herbs can be prepared in specific manners to alter and focus its pharmacological effects; and they can also be ground into fine powders for taking, or making into skin-pastes or washes. Fine powders are easier in that you do not need to boil them for as long (usually 5-10 minutes each dose).

Granulated extracts are what are mostly used at MCM. These are pre-made raw herb decoctions which are then freeze-dried. These can be tailored for the individual, and have the added convenience of needing only to be added to boiling water (like instant coffee). These are generally not as effective as crude/raw herb decoctions, however their results are comparable.

Patent pills/capsules are clearly the most convenient form of taking herbal medicines, and there is no taste. However, formulas cannot be tailor-made, as these are pre-packaged pharmaceuticals. Milder and weaker in dosage, they have an advantage for severe chronic disorders, especially when there is digestive and metabolic dysfunction. Different formulas can be combined however, and this method can be effective for some people.

Tinctures are herbal remedies prepared in a solution of medical-grade ethanol and water. These are usually quite potent, but due to the time taken to manufacture these, individualised formulas are not able to be made. These can be particularly effective when the medicinal nature of alcohol is desired as part of the treatment protocol, such as in the treatments for arthritis and PCOS.

Warming Winter Quinoa Porridge

PREPARATION

Soak ½ to one cup of quinoa (white, brown, red, it doesn't matter, but darker colours have more antioxidants) in filtered water for at least 30 minutes (overnight is even better as it will activate the grain, which is actually a seed, and receive a whole lot more nutrition). You will need double the water to quinoa for soaking.

INGREDIENTS

- ◆ 2.5 times the amount of filtered water to quinoa for cooking (not soaking)
- ◆ 1-2 handfuls of dried goji berries
- ◆ 1-2 handfuls of sultanas or raisins
- ◆ 1-2 handfuls of shredded or sliced coconut
- ◆ 2-4 slices of fresh ginger finely sliced
(or dried ginger but include it in the spice mix)
- ◆ 1-2 teaspoons of coconut oil
- ◆ ¼ teaspoon of dried cinnamon
- ◆ ½ teaspoon of dried cardamom
- ◆ ½ teaspoon of dried coriander
- ◆ ½ teaspoon of garam masala
- ◆ 1 teaspoon of dried turmeric
- ◆ ½ teaspoon of dried ginger
(if not using fresh ginger)
- ◆ Rice or almond milk



METHOD

Drain the quinoa, rinse, then drain again. Add cooking water, goji berries, coconut, fresh ginger and raisins or sultanas. Cook until the quinoa becomes soft and releases its little protein ring.

Gently roast the spices in a pan or saucepan until they become aromatic, but not burnt. Stir constantly, they should release their oils and lift slightly off the bottom of the pan or saucepan. This should only take a couple of minutes depending on the heat. You could also use the coconut oil to roast the spices.

Mix all of the ingredients, except the milk, together and cook until the dried fruit becomes plumb, and the quinoa soft. You may have to add more filtered water.

Serve with rice or almond milk and a small amount of honey.

Any left-over porridge can be stored in the refrigerator for the next day, to make busy mornings a bit easier-

Just add more water and or milk to heat in a pan.