

Mornington Complementary Medicine

-August 2014-

There is nothing better than those last few weeks of August when the days begin to lengthen and the air starts to get that spring smell!

This month we have added to our shelves a range of the Ancient Minerals Magnesium products and on page 2 you can read about the benefits of topical magnesium and decide if its something that would benefit you. We are also explaining for you what the Practitioners mean when they talk about the energy of food, identifying some common warming and cooling foods and giving you a couple of great recipes. Also if you are a new mum or know someone who is you will really enjoy our article on page 5 about re-establishing optimum health post partum.



We are also very excited to be extending an official welcome to Leesa Young who is the newest member of the MCM family!

Leesa recently joined the reception team at MCM after moving to the Peninsula with her husband and young daughter in 2012. After growing up on the sunny beaches of Perth, she is very happy to be living on the coast again in this beautiful part of the world, and loves the opportunity to feel like part of the community by working at MCM. She has a passion for the natural medicine industry, and practices as a nutritionist in her spare time. Having previously worked for a fertility-focussed multi-modality clinic in the city, she has experienced the benefits of Chinese Medicine herself leading up to and during her pregnancy with her beautiful daughter Astrid. Leesa is very excited to be supporting the exceptional team of practitioners in the calm and peaceful clinic environment of MCM.

This month

1. Welcome to Leesa
2. Benefits of Topical Magnesium
3. Warming and Cooling foods
4. Cooling Recipe—Blueberry Cucumber and Mint Smoothie
5. Warming Recipe—Coriander Fish Curry with Pilau and Coriander Flatbread
- 6-7. Re-establishing optimum health post partum
8. Fertile Life EBook

The Benefits of Topical Magnesium

Magnesium is one of the most important minerals for whole body health. It is involved in over 300 metabolic processes, and deficiencies have been linked to conditions as diverse as depression, chronic fatigue, heart disease, lowered immunity, diabetes, anxiety, migraine, fibromyalgia, arthritis and many more.

While magnesium is mainly sourced through diet, modern eating patterns and farming practices mean that many food sources of magnesium are becoming less available or less effective. As our soils become depleted and our food more processed, minerals such as magnesium become more scarce in the food supply. As such it is now common to find magnesium deficiency in Australian adults - and magnesium supplements are often suggested to improve levels.

A new alternative method of increasing magnesium levels is via the transdermal route. The application of topical magnesium chloride is becoming a popular way to obtain additional magnesium to supplement dietary intake, and because it bypasses the digestive system it does not carry the same absorption issues that can be experienced with oral supplementation, and also avoids the side effect of diarrhoea which can occur with high doses of supplemental magnesium.

MCM now stocks a high quality range of topical magnesium products created by the team at Ancient Minerals and using magnesium chloride of superior purity sourced from the ancient Zechstein seabed in Northern Europe. The range includes the following:

Magnesium oil - a highly concentrated solution of magnesium chloride in water that has an oily consistency when applied and delivers readily absorbed magnesium to the dermal surface

Magnesium gel - contains added aloe vera extract to facilitate use during massage and provide an effective treatment for skin conditions such as eczema and psoriasis

Magnesium lotion - formulated with plant-based moisturisers to provide an ideal option for children or those with sensitive skin

Magnesium bath flakes - highly soluble magnesium chloride flakes which dissolve in warm water for a soothing, relaxing and anti-inflammatory soak.

Be sure to have a look next time you're in the clinic,
and choose a magnesium product to suit your individual needs.
Your body will thank you for it!



Understanding Warming & Cooling Foods

In Western diet, foods are evaluated for proteins, calories, carbohydrates, vitamins, and other nutritional contents. However in Chinese diet (and that includes herbs), one looks for not only vitamins and minerals but also the energetic properties of food like energy, flavour and movement. Other less importance aspects include meridian tropism and common and organic actions. These refer to specific internal **organs** or the **meridians** on which the foods can act. For example, celery acts on the **stomach** and **lungs**, carrot on the **lungs** and **spleen**.

According to traditional Chinese medicine (TCM), foods are just as herbs that can be selected and prepared appropriately to tonify, cleanse and regulate the body. The energies of foods refer to their capacity to generate sensations - either hot or cold - in the human body. The five kinds of energy are cold, hot, warm, cool and neutral, and this refers not to the state of the food but its effect on our bodies. For example, tea has a cool energy, it means that when we drink hot tea, it generates cool energy and it is therefore considered a cool beverage. Shortly after you have drunk hot tea, the heat begins to fade quickly and it begins to generate cool energy internally, allowing your body to cool off

To seek a balance in diet, we can define food as predominantly **yin or yang**. If you eat predominantly yin foods, your body will be capable of producing more yin energy - darker, slower-moving and colder. In contrast, eating predominantly yang foods will produce more yang energy - faster, hotter and much more energetic. It's helpful to remember certain rules to determine the type of energy a food produces:

It is important to know about the energies of food because different energies act upon the human body in different ways and affect our state of health. If a person suffers from cold rheumatism and pain is particularly severe on cold winter days, eating foods with a warm or hot energy shall relieve the pain considerably. Or if a person suffers from skin eruptions that worsen when exposed to heat it is beneficial to eat foods with a cold or cool energy to relieve the symptoms.



To read the complete article 'What are the energies, flavours and other properties of food?' follow this link to Shen Nong TCM's page: http://www.shen-nong.com/eng/lifestyles/food_property_food_tcm.html

COOLING RECIPE

Blueberry + Cucumber + Mint Super Smoothie

If your blender is not very high-powered, try peeling your cucumber for a smoother drink

- 1 cup coconut water
- 1/2-3/4 cup frozen wild blueberries
- 1/2 cup melon of your choice
- 1/2 cucumber, unpeeled and diced
- A few sprigs of mint
- 1/2 tablespoon coconut oil
- 2 cups spinach, packed
- A few stalks of kale
- 1 tablespoon chia seeds (optional)

Blend the spinach, kale and cucumber with half of the coconut water to create a smooth liquid. Then, add everything else and blend until it reaches desired consistency. ENJOY :)



WARMING RECIPE

Coriander fish curry with pilau and coriander flatbreads

For the pilau

2 tbsp. vegetable oil
1 onion, thinly sliced
3 cardamom pods, crushed
1 cinnamon stick, broken in half
2 star anise
400g/14oz black rice or quinoa



For the curry

2 tsp cumin seeds
4 tsp coriander seeds
50ml sunflower oil
1 small onion, finely chopped
1 tsp black mustard seeds
1 tsp turmeric
1 stick cinnamon, broken up
3 garlic cloves, chopped
1 red chilli, seeds removed and finely chopped
2cm fresh ginger
1 mango, finely diced
100g fresh coconut, grated
400ml coconut milk
800g white fish fillets, pin-boned, skin removed, diced
4 tsp tamarind paste
4 tbsp. finely chopped coriander

For the coriander flatbreads

1 tsp turmeric
1 tsp curry powder
4 tsp finely chopped coriander
1 tsp salt
200g plain flour



For the pilau rice, heat the oil in a large saucepan and, once hot, add the onion. Cook until the onions are golden-brown, this will take approximately 10 minutes.

Stir in the cardamom, cinnamon and star anise. Add the rice and stir to coat in the onion spice mix. Add 600ml/21fl oz. water and bring to the boil, reduce the heat to low and cover with a lid. Cook for 15 minutes then turn off the heat, leaving the lid on, and leave to steam for another 15 minutes.

For the curry, heat a small frying pan and add the cumin and coriander seeds and cook until they start to pop. Remove from the pan, transfer to a pestle and mortar and pound the seeds to a coarse powder.

In a large pan, heat the sunflower oil. When hot, add the onions and fry for 4-5 minutes, or until deeply golden-brown. Add all the spices (including those from the pestle and mortar), garlic, chilli, ginger, mango and fresh coconut and cook for 2-3 minutes and then add the coconut milk and bring to the boil.

Add the fish and cook for 2-3 minutes.

To finish, add the tamarind paste and coriander and simmer for 1-2 minutes.

Method for the coriander flatbreads, mix the turmeric, curry powder, coriander, salt, flour and in a bowl adding enough water to create a soft dough.

Knead using floured hands and roll out on a floured surface until thin. Cut into rustic shapes and then pan fry in a hot pan brushed with butter for 4-5 minutes on each side or until golden-brown.

Serve the curry and rice in shallow serving bowls and place the flatbreads on the side.

Re-Establishing Optimal Health Postpartum

By Cindy Micleu

During pregnancy, the focus is often on supporting the health of the mother as it directly affects the growth and development of the foetus. But in traditional Chinese medicine, maintaining a woman's health is also highly emphasized in the postpartum period and the care she receives during this time often sets the scene for her state of health far into the future. In general, younger women have an easier recovery from the demands of pregnancy and labour and delivery than do older women, but of course that is all relative to the woman's constitutional strength, her health before conception, and how well she takes care of herself during the pregnancy.

In Chinese medicine, the "postpartum period" refers to the four months following labour and delivery, the first month being the most important time to take special care. It is not until the end of the 4th month after delivery that the yin and blood are considered full again and the womb and Ren and Chong mai are fully recovered. There are some general tendencies to imbalance that may be expected during this time, which can be mild or severe, brief or prolonged, and are evident particularly when postpartum disorders arise.



Postpartum Diagnostic Considerations

Primary postpartum imbalances:

1. Qi and blood deficiency
2. Spleen / Stomach qi deficiency
3. Yin and blood deficiency
4. Pathogenic cold entering the Uterus
5. Blood stasis in lower burner

During pregnancy, a woman's blood volume almost doubles in order to support the placenta and the developing foetus. The "work" of labor and delivery and blood loss during delivery of the baby further deplete the mother's qi and blood. And because breast milk is formed from the same substrate as blood, breastfeeding is comparable to a constant loss of blood. For all these reasons, women are often qi and blood deficient postpartum. For all these reasons, the spleen is often temporarily taxed by the need to replenish blood, resulting in poor digestion, poor appetite, and possibly poor breast milk production. Difficulty falling asleep due to Spleen qi and Heart blood deficiency is common and the ensuing fatigue and sleep deprivation can be a cause of postpartum depression. Therefore supporting the middle burner and tonifying qi and blood with food and herbs is highly recommended.

Blood deficiency is also commonly seen in conjunction with yin deficiency. Again, due to the high demand of Kidney yin and Liver blood by the growth of the foetus, mothers are often left deficient after delivery. This seems particularly true with older women, those who had difficulty conceiving due to poor egg quality or other kidney deficiency issues, and those who conceived with procedures such as IVF (in vitro fertilization). Some potential problems due to yin deficiency are dry constipation, excessive night sweats, and insomnia with waking and inability to fall back to sleep easily (even when given the opportunity to sleep without interruption). Blood and/or yin deficiency can also lead to excessive hair loss, headaches, dizziness, rashes, or anxiety.

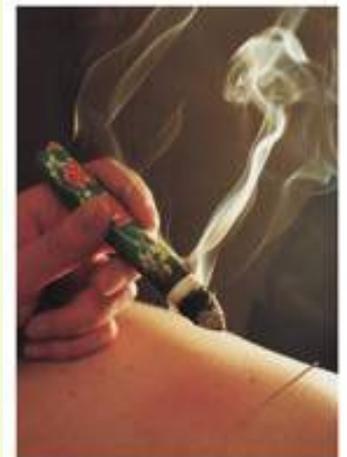
Because the “womb” is blood deficient after labor and delivery, and the channels and collaterals that traverse the uterus and low abdomen are left empty and open, pathogenic cold can enter easily. Care should be taken to avoid environmental wind and cold, and foods that are cold in temperature or nature. Cold in the uterus can cause blood stasis, resulting in abdominal pain, retention of the lochia, or scanty bleeding with clots. Severe postpartum depression and mania may occur due to blood stasis in the uterus affecting the Heart.

Recommendations for Postpartum Moms

There are several simple recommendations made to help women regain their health and balance in this postpartum period. In Chinese medicine, this is viewed as a critical period in a woman's life and taking the time to care for and nourish one's health after childbirth can have a great impact long-term health.

1. In the postpartum period, women should take special care to get enough rest and nourishment. Many cultural traditions incorporate a specific rest postpartum, often for a moon cycle (28 days) or 40 days. When feeling stronger, women should try to find time for moderate activity such as walking, in order to help restore the circulation of qi and blood.
2. Digestion tends to be somewhat weak after delivery and because there is a great demand for nutritious food in order to replenish blood and form breast milk, warm, nourishing and easy to digest foods are recommended. Traditionally, soups are particularly emphasized. Herbs, food or drink that are cold in temperature or energetic nature should be avoided. Using a small amount of fresh ginger root as a tea or added to soups can be helpful.
3. Heavy lifting should be avoided for the first four months in order to minimize the risk of uterine prolapse and to allow the pelvic tissues to completely heal and renew. Heavy physical work or exercise should not be resumed until the 4th or 5th month postpartum.
4. Moxabustion is an effective treatment to help warm the uterus and uterine collaterals, and has been shown to help dry up the lochia, prevent or treat haemorrhage, shrink the uterus back to normal size, and stimulate milk production. At delivery, the Mingmen "life gate" opens, allowing passage of the infant. Postpartum the Mingmen must close and become strong again or the Kidney qi will be chronically diminished.

In this technique, indirect moxa is burned over the lower abdomen and/or low back for 20-30 minutes until a sensation of deep warmth penetrates the area. The treatment may be repeated often and is usually experienced as very comfortable, relaxing and revitalizing. It can be useful to teach the postpartum woman's partner or other family member to administer the moxabustion treatment at home.



-Fertile Life EBook release-

STOP...if you want your baby now!

Read Fertile Life now instead of trawling the internet for answers – everything you need to know is compiled in this easy to read book.

Fertile Life is a clear, concise, practical, no nonsense and proven method for conceiving your baby. But, it's not about just conceiving. It's about first creating the best possible version of yourself and your partner.

Dr Kirsten Wolfe and her team has treated thousands of women for fertility issues, and given them the Fertile Life they long for. Whether trying to conceive naturally or via assisted conception, the Fertile Life method shows you how to implement Traditional Chinese Medicine, acupuncture, diet and lifestyle into your conception journey, to achieve your healthiest and most balanced self. Only then will you be able to grow the healthiest baby you can.



There is no quick fix. There is only patience, time and dedication by you and your partner. The Fertile Life outlines how to do this. Follow Fertile Life and dare to hope for your healthy baby.

Kirsten Wolfe (nee Doughty) is the principle acupuncturist and founder of THE FERTILE LIFE METHOD as well one of the founders of Mornington Complementary Medicine. Her passion for Women's Health and a culmination of studying natural healing techniques over the past 20 years, give Kirsten a unique understanding of the human body and spirit.

Known as “the baby maker” Kirsten has treated thousands of couples and helped them conceive from the easy case to the most difficult cases, where she was their last chance.

For more information please visit www.naturalfertility.com.au

Fertile Life is a clear, concise, practical book containing everything you need to know about fertility. The Fertile Life Method has been built around Chinese Medicine, the latest clinical research and the teams 50+ years of combined experience of working with couples trying to conceive. It provides both couples and individuals who have been experiencing primary and secondary infertility, whether through IVF or trying to conceive naturally, with a comprehensive program of natural treatment options to conceive and achieve a successful pregnancy. Chinese Medicine has been used for 2000 years successfully treating infertility and many other obstetric disorders. Many of the world's population uses Chinese Medicine as their main form of health care. We work harmoniously with the mind and body to establish a more normal equilibrium, conducive for conception.

