

NEWS Morning Sickness

The Duchess of Cambridge may have received all the publicity but up to 80% of women feel nauseous during pregnancy and 50% vomit. This is most common in the first 3 months however it can continue for the whole of the pregnancy. As well as the risk of dehydration the symptoms affect daily activities and is not just restricted to mornings

During the early stage of pregnancy, huge energetic changes are going on in the body and acupuncture can help at that energetic level - so the nausea subsides, vomiting (if there was any) or belching fades away, the sense of smell becomes manageable, and energy and emotions return to balance, so that the mum to be can enjoy her pregnancy.

The treatment is entirely safe to the pregnancy and generally the sickness will resolve from the beginning of treatment but sometimes it can take a little longer in more severe cases.

A change in diet can also help. Avoid strong smelling, fried or spicy foods and eat little and often. Many women find tea made from freshly grated root ginger in hot water, ginger ale or ginger biscuits help.



News Year's Resolutions

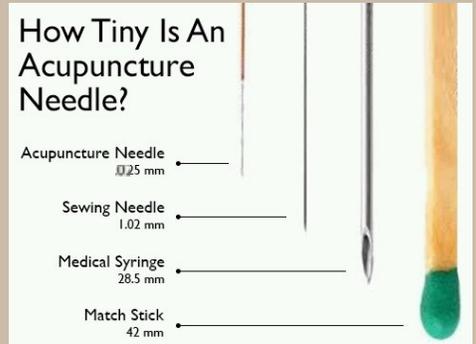
Most of us make New Year's Resolutions such as dieting and giving up smoking but how many of us stick to them beyond the middle of January. The fact is that it takes time to make changes to longstanding habits and that these can be difficult when there are imbalances in our body. These can be as simple as nutritional deficiencies leading to cravings or addictions. In Chinese Medicine health is simply about having a balance of Yin and Yang and smooth flow of qi (energy), blood and body fluids. Acupuncture can be used to correct these imbalances and restore the smooth flow of substances and therefore make it easier to achieve our goals. Ear acupuncture applying the NADA protocol is used to help people with addictions including smoking – see overleaf.

How Tiny Is An Acupuncture Needle?

Many people are put off trying acupuncture as they are concerned about the needles. The fine, single use needles are so vastly different to those used by doctors to take blood or give injections – to give you some idea of how small they are consider this fact: you can fit 15 to 20 acupuncture needles inside of one hypodermic needle. They are tiny!

Patients frequently fall asleep on the couch and are surprised that they feel no pain on insertion of the needle.

During treatment your practitioner will take a full case history to identify the underlying cause, which is so important in acupuncture treatment – this holistic approach often results in other symptoms improving.



Contact Clare on 07889 143899/ clare.venters@gmail.com to see if acupuncture can help you

Chickpea Lentil Soup

Ingredients

- 2 tablespoons olive oil
- 1 yellow onion, chopped
- 2 garlic cloves, chopped
- 1 16-ounce can crushed tomatoes
- 3/4 cup dried lentils (I used green)
- 1/2 teaspoon turmeric
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cumin
- 1 teaspoon salt, or to taste
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground cardamom
- 6 cups water
- 1 16-ounce can chickpeas, drained & rinsed
- 2 tablespoons fresh lemon juice

Method

1. In a large saucepan over medium heat, heat oil.
2. Add the onion and garlic. Cover and cook until softened, about 5 minutes.
3. Stir in tomatoes, lentils, turmeric, ginger, cumin, salt, pepper, and cardamom.
4. Add water (or vegetable or chicken stock for more flavor), cover, and cook until lentils are tender, about 45 minutes.
5. Add chickpeas and cook uncovered for 10 minutes.
6. Stir in the lemon juice.
7. Sprinkle with parsley and serve.

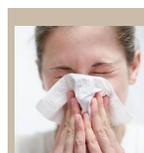


Pointing in the right direction

The use of acupuncture for the treatment of drug and alcohol dependency is a recent development. For centuries, Asian cultures have placed needles in precise locations on the body to relieve pain and treat disease. Only since 1972, when a Hong Kong neurosurgeon discovered that acupuncture could alleviate the symptoms of drug withdrawal, has this method been used for detoxification and relapse prevention.

Acupuncture treatment for substance misuse has shown to be clinically effective and has been shown to decrease the following symptoms significantly:

- Craving for alcohol and drugs withdrawal symptoms including nicotine
- Relapse
- Anxiety, insomnia and agitation



Cold Remedy Correction

The October newsletter did not include the fluids in the tea recipe - If you can't get in for acupuncture treatment and have a cold (sneezing with a runny nose) why not try this simple remedy

- Rest, Drink plenty of water, Eat simple meals especially liquid based foods such as soups and stews
- In half pint water simmer 20g fresh ginger, 10g red cayenne pepper, 20g garlic, 20g spring onion or leek for 5 minutes. Strain the liquid off. Mix with 2 teaspoons brown sugar and drink. Then have a hot bath or shower and go to bed covering yourself with plenty of blankets. If there is little change repeat



The World Health Organisation lists a wide variety of diseases or disorders for which acupuncture therapy has been tested in controlled clinical trials

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if acupuncture can help you