

NEWS



NICE Recommendation for Headaches

Information released by NICE (National Institute of Health and Clinical Excellence) recently reported medication overuse is one of the most common causes of headaches affecting about one in 50 people. Women are five times more likely to suffer from these. NICE conclude that acupuncture is the only proven method to prevent tension-type headaches and migraine and that doctors should prescribe it.



Autumn

Wrap up warm In Chinese Medicine we believe that protecting the neck from the cold and wind is important to protecting the body from colds and infections. Use scarves to not only keep you warm but to jazz up an outfit!

Goodbye to salads Chinese Medicine is simple – if it is warm cool it down, if it is cold warm up. A salad is fine in the summer but now is the time to switch to warming soups and casseroles – see recipe overleaf

Don't be SAD Seasonal Adjustment Disorder affects millions of Britons every year. Eat seasonal foods to help protect you from infection - the NHS recommends nutrient rich foods such as apples and berries and all vegetables. Try delicious pumpkin, apple & ginger soup (see over).



Got a Cold

Why not try this simple remedy

- Rest
- Drink plenty of water
- Eat simple meals especially liquid based foods such as soups and stews
- 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. The have a hot bath or shower and go to bed covering yourself with plenty of blankets. If there is little change repeat
- The tea is spicy but really does work



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

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



Avoid chilled foods and drinks,

Avoid mucus forming foods such as dairy, sugars, fatty foods and wheat

Autumn is the time to build our immunity

Beneficial foods include:

- Rice and oats
- Carrots, sweet potato and cabbage
- Honey, barley malt, liquorice and molasses in small quantities
- Small amounts of cooked pungent foods such as onions, garlic, leek, spring onion, horseradish, fresh ginger
- Pork

Slow-cooked celeriac with pork and orange

Ingredients

- 3 leeks , trimmed and washed
- 2 carrots , peeled
- 3 tbsp olive oil
- 900g boneless pork shoulder, cut into large stewing pieces
- 1kg celeriac peeled & diced
- 2 garlic cloves , chopped
- 400ml chicken stock
- juice & zest of 1 orange
- 2 tsp soy sauce
- large sprig of rosemary

Method

1. Preheat the oven to fan 120C/conventional 140C/gas 1.
2. Cut each leek into about five pieces, chop the carrots into pieces the same size as the leeks. Heat a large, lidded, flameproof casserole dish on the hob until it's very hot. Add 2 tbsp of the olive oil, then carefully tip the pork into the casserole and leave it for a couple of minutes to brown. Stir once, then leave for another couple of minutes.
3. Using a slotted spoon, transfer the meat to a plate. Pour the rest of the oil into the dish, tip in the leeks, carrots and celeriac and fry for 3-4 minutes, stirring, until they start to brown. Add the garlic and fry for a minute more.
4. Stir the pork and any juices into the vegetables, then pour in the wine, stock, orange juice and soy sauce. Throw in the rosemary and orange zest, season with salt and pepper, give it a stir, then bring everything to the boil. Cover the dish, transfer it to the oven and cook for 2 hours, stirring after an hour. Cook until the pork is very tender and the leeks fall apart when prodded with a spoon. Leave to stand for at least 10 minutes, then spoon into bowls. Serve with crusty bread to soak up all those juices.



Apple Pumpkin and Ginger Soup

- Serves 4
- Preparation 20 mins
- Cooking 30 mins

Ingredients

- 1tbsp olive oil
- knob of butter
- 1 red onion, finely chopped
- 2 cloves garlic, finely chopped
- 5cm/2in piece of fresh ginger, peeled and finely chopped
- small pumpkin or squash, peeled, deseeded and cubed
- 1 cooking apple, peeled, cored and finely chopped
- 450ml/15fl oz hot vegetable or chicken stock

Method

5. Heat oil and butter in a heavy based pan. Add onion and a pinch of sea salt and cook on a gentle heat for about 3-4 mins, then stir through garlic. Cook for a few mins more.
6. Add ginger and pumpkin. Stir to coat, then add freshly ground black pepper. Stir in apple and cook for 5 mins or until it just starts to caramelize.
7. Pour in a little stock, raise heat and stir to get all bits from bottom of pan. Add remaining stock and bring to the boil. Reduce to a low simmer and cook with lid ajar for about 15-20 mins until pumpkin is tender. Ladle into a liquidiser and blend until smooth or to your desired consistency. Then either serve or pour back into a clean pan to reheat later.