



# Holistic Medical Centre

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## What on earth...?

If you have ever been faced with cooking for a group of people and had to cater for vegetarian, vegan, gluten free and dairy free diets and almost had a migraine at the thought then this article is for you! What follows is a tasty Japanese feast to delight all the aforementioned guests and impress yourself with your culinary ability. The best part is that this is very easy to prepare.

### Rice Cakes

Place a pot of white rice on to cook with some salt (jasmine or plain is fine). When it is cooked stir in 1 T of honey so that it melts through. Add a generous splash of Tamari (naturally brewed wheat-free soy sauce available at the supermarket). Let it cool a little while you make the Miso soup. When cool enough to handle, form into patties by kneading and pressing. Coat both sides in lots of sesame seeds and lightly fry in olive oil on both sides until the sesame seeds are toasted to golden deliciousness. Serve with some wasabi on the side

and umeboshi paste (optional - this is a Japanese condiment that is made from a salted sour plum and the paste makes a great condiment. Available from health food shops). Serve warm

### Miso soup

Wakame is a Japanese seaweed used in Miso soup and can be found in the health food shop and some supermarkets. Firstly take 2 stalks of dried Wakame and soak in a dish of boiling water. Then sauté 1 large or 2 small onions with 4-5 cloves of crushed garlic and a handful of grated fresh ginger in olive oil with finely cut carrot. Add enough water to give each guest 2 bowls. Bring to a simmer and add chopped Wakame. When the carrots are cooked, take it off the heat add Miso paste and 2 blocks of tofu cut into small cubes and its ready to serve. When selecting Miso, the longer it is aged the stronger it is. Miso aged for about 12 months will be fine for this

soup. If you use this type of Miso you cant really go wrong in the amount you use. I use about 1 cup of the paste for 6-8 servings. You can start with half a cup of paste and keep adding until it tastes right for you.

### Japanese Spinach Salad

To a bowl of fresh spinach leaves, add some very finely sliced red onion and drizzle with the following dressing.  
2 T of olive oil, 1/4 cup toasted sesame oil 1/2 cup tahini, 1 T red wine vinegar, 1/4 cup water, 1 T lemon juice, 1 T Tamari, 2 t toasted sesame seeds. Mix together with salt, pepper and extra lemon juice to taste.

### Dessert

Not very Japanese but good nonetheless. Peel and freeze 3-4 bananas the night before. Chop and add to the blender with 1/2 a can of coconut cream. Blend slowly and add more coconut cream to thin if desired. Serve alone (its like frozen yoghurt with a creamy banana coconut flavour) or serve over fresh fruit.

## Our favourite quote

They certainly give very strange names to diseases.  
Plato 427BC - 347BC

## Health tips

Recently we have seen many people who have had their silver (amalgam) fillings drilled out without proper protection. As these fillings contain mercury, proper precautions must be taken as heavy metals can have detrimental effects on the thyroid gland, energy levels and mood to name a few. If you would like a recommendation for a dentist, please call our receptionist.

## Happy Patient File

A lovely lady recently came to see us with her itching skin and she had been taking oral antihistamines daily for five months. After taking dairy, soy, MSG and nitrate preservatives out of her diet she was symptom free within 3 weeks and was very happy. If you would like to know some more about foods and allergic reactions, you can look at the newsletter on our website that is named "What am I eating"

## Primary Health Organisation (PHO)

We have finally joined a PHO as of this month. We now belong to Auckland PHO. You may be wondering what all this means. A PHO is designed to provide bulk funding to GP clinics to reduce the cost of healthcare with specific emphasis on high needs populations. The funding provided to each clinic is based only on the *Enrolled* population. This means that patients are registered with one clinic but may visit other clinics as a *Casual* patient. The subsidy is de-

signed to reduce the cost of a standard 15 minute medical consultation for some age groups and the cost of prescriptions at the pharmacy to all. We have not belonged to a PHO up till this point so we need to establish which of you wish to be enrolled with the Holistic Medical Centre (HMC) and which of you wish to remain casual. We know many of you prefer to keep a GP close to home and come to us for holistic care only. For those of you who do this, you will be our

*casual* patients which means you will be receiving a subsidy from your regular GP to whom the funding is paid. The reduced fees are effective immediately but is not available on any initial consultations. We have started handing out enrolment forms in the practice for those wishing to have the Holistic Medical Centre as their primary health provider. If you do enroll, you need to tell any other doctors or A&M clinics that you visit after hours that you are an

enrolled patient with HMC. We will soon be sending out a letter with an enrollment form. If you wish to enroll, can you please fax, send or drop the form back to us and if you wish to be casual, please do give us a quick call to let the receptionist know. Whichever decision you make is fine and you will receive the same care regardless of your decision. We will be sending out the updated prices with the mail out which you will receive within 4 weeks.