



# Holistic Medical Centre

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## A Farewell and Our Favourite Recipes

Firstly we must sadly bid farewell to Dr Fiona Gordon. She is finishing with us at the end of January and she will be sorely missed but we wish her very well with all her further studies she is embarking on. We have all tremendously enjoyed working with her. We are delighted to welcome Dr Inga Schader back from Australia and she is back in New Zealand for good which many of you will be happy to hear.

As a nice change from biochemistry we would like to share with you some of our favourite recipes for you to try out.

**Vegetarian Spaghetti.** A family favourite from **Dr Jackie Mills.** Sauté in several tablespoons of "frying oil" 1 sliced onion, 1 sliced green and 1 red pepper. After 5 mins add as much crushed garlic as you like. Add 3 sliced zucchini and 3 chopped

tomatoes. Cook for 5 minutes. Add a large jar of tomato pasta sauce. (Optional: a tin of tomato soup.) Dried oregano to your taste and 1-2 cups of chopped mushrooms. Cook slowly stirring lots for 30-40 mins until vegetables are soft and flavours well combined. Serve over Gluten free pasta. (We like quinoa or spelt pasta). **Chocolate Almond Cake with Ganache Icing** thanks to **Karin** our nurse; the desert queen. If you are on a strict elimination diet then you will need to substitute the butter in this recipe for oil. 150g butter, 150g dark chocolate, 1/3 cup cocoa powder, 1 1/3 cups firmly packed soft brown sugar, 1/3 cup hot strong coffee, 1 cup of ground almonds, 4 eggs separated (or substitute from health food shop). Heat oven to 160°C fan bake. Grease a 22cm

spring form cake tin and line the base with non-stick baking paper. In a bowl, melt chocolate and butter together and stir until smooth. Combine cocoa, sugar and hot coffee in another bowl and stir until smooth. Combine both these mixtures and stir until smooth. Stir in ground almonds and egg yolks. In a clean bowl beat egg whites until soft peaks form. Fold egg whites into chocolate mixture. Pour mixture into prepared cake tin and bake for 1 hour and 15 minutes or until inserted skewer comes out moist but clean. Cool cake for 30 minutes before removing to wire rack. Ice when cold. Optional Ganache. Melt 150g dark chocolate with 1/2 cup of cream in a bowl and stir till smooth. Cool to room temperature and thicken then spread over cold cake.

## Our favourite quote

Educate and inform the whole mass of the people... They are the only sure reliance for the preservation of our liberty. Thomas Jefferson 1743-1826

## Health tips

The vagina has normal bacterial flora just like the bowel and can become disrupted just as easily. One teaspoon of dairy-free probiotic powder mixed with one teaspoon of MediEssence Aquaderm cream applied vaginally daily for two weeks can be great for elimination of thrush and the symptoms of thrush where there is a negative swab result. Probiotic needs to be taken orally for the same length of

## Happy Patient File

Just before Christmas a lovely patient of ours was having lots of trouble with menopausal hot flushes and consequent lack of sleep which had begun to affect her mood and her work. She preferred to not use the hormone creams. We gave her some nutritional and herbal solutions and she called us a week later to say she felt great. Flushes and sleep were much better and the best thing was her mood was stable and getting more done with the extra energy.

## Acne

There are a few things to think about with acne. Firstly food; if you have acne of a more pustular type then do a trial elimination of all dairy products for two weeks. If this works well, then consider eating small amounts of dairy e.g. a bit of butter daily and good quality yoghurt every second day. If you have acne that looks a lot like a red rash then try eliminating all gluten (wheat, rye, oats, barley) for two weeks. If this works well, then experiment

to find your own personal tolerance level of gluten each week. Two Brazil nuts a day will give you adequate selenium in normal circumstances. Plenty of water and good amounts of fresh fruit and vegetables are important and some raw food or fruit/vegetable juice each day. You can ask for recipes when you are next in. If the foods are not enough then the following supplements (adult doses) can be very helpful : Omega 3 fish oil

3000mg/day and 20mg elemental Zinc per day (high in oysters). If this is not enough then a very good green tea supplement with an antioxidant supplement that contains glutathione and N-acetyl-cysteine (amino acids). Probiotics may be important if you have problems with wind to ensure good digestion and vitamin A synthesis. See prior newsletter about probiotics for more information. This should help the

majority of you. However if hormones are involved or if the bowels are sluggish you should see a practitioner. Article Ten from the United Nations Declaration of Human Rights. *Article X. Everyone is entitled in full equality to a fair and public hearing by an independent and impartial tribunal, in the determination of his rights and obligations and of any criminal charge against him.*