



Hello and welcome to our
February/March newsletter!



Spring is definitely in the air: birds singing, daffodils blooming and lighter, longer days creeping in. Isn't it a lovely season to be welcoming, so full of hope and possibilities.

I hope you enjoy reading a few ideas written by some of the therapists that are based at the Traditional Acupuncture Practice in Leamington Spa. We try to be a friendly, professional clinic, keen to share our knowledge and experience in order to build greater health and well-being in our local community.

Wishing you good health and well-being,

Gerry Bishop
Clinic Owner



February/March 2017 issue contains:

- **Therapist in the spotlight**
Each month we feature one of our therapists or treatments so that you can find out more about what we can offer. This month we introduce one of our Acupuncturists, **Dr. Zhaolin Ding**.
- **Gift Vouchers**
Did you know that we have Gift Vouchers available at the Traditional Acupuncture Centre in case you want to treat someone to a therapy?
- **SIBO (Small Intestine Bacterial Overgrowth)**
One of our Nutritional Therapists, Vicki Gotham, explores whether SIBO could be a possible cause of IBS (Irritable Bowel Syndrome).
- **Behind the scenes at TAC**
Our McTimoney Chiropractor, Andy MacKinnon-Little, enjoys practising Tai Chi when he's not at the Centre, find out more in our 'Behind the Scenes' article.



This newsletter's
**Therapist in the
Spotlight** is
Dr. Zhaolin Ding,
Acupuncturist.



- **What is Acupuncture?**

According to traditional Chinese medicine, a healthy body depends on a very important energy cycle called 'Qi.' This energy flows along channels called 'meridians.' When an organ is overactive or under-productive, the energy cycle is believed to be disrupted and becomes 'unnatural.' Acupuncturists examine their patients carefully and insert fine acupuncture needles into specific points on the body called 'acu-points', in order to restore the balance of energy, to the medical benefit of the patient.

During acupuncture, clients can report a range of experiences including a pleasurable sensation throughout the whole body and a strong sense of calmness and relaxation. Acupuncture has been used for over two thousand years and the methods of treatment have been slowly perfected over this course of time with many guidebooks having been written. Currently, about **360 different acu-points have been identified, as well as a number of different tools such as a range of different needles and materials such as moxa.**

The **three main actions of acupuncture:**

1. Dredging meridians

The technique of dredging meridians is to free sluggish circulation of the energy and is one of acupuncture's most basic and immediate effects. The symptoms of sluggish circulation can include: pain, numbness, swelling and rashes.

2. Balancing Yin and Yang

Acupuncture can help to balance the two elements Yin and Yang and is the ultimate goal of the practice. The origins of disease can be very complicated, but in acupunctyre we generally refer to an unbalance of Yin and Yang. The methods of regulating these are:

- Controlling the meridians which belong to the respective element through appropriate acu-points
- Regulating the depth of the needles during acupuncture

3. Strengthening Qi (energy)

The method of strengthening Qi has some of its own effects such as eliminating disease from the body. In acupuncture, the development of disease is believed to arise from a battle between healthy Qi and a trigger which could take a variety of different forms from a disease causing micro-organism to an external event/life experience. Treating disease with acupuncture entails winning that 'battle' by strengthening the patient's healthy Qi.

- **What is it for/how can it benefit people?**

Acupuncture can be beneficial toward a range of conditions, both mental and physical in nature.

Zhaolin has particular experience in using acupuncture in response to:

- Headache/migraine, neck, shoulder, back and knee pain
 - Stress, anxiety, depression, insomnia
 - Trigeminal neuralgia, stroke recovery, facial paralysis
 - Digestive disorders, chronic fatigue, IBS (irritable bowel syndrome), weight control
 - Infertility
- **Why did you decide to become an Acupuncturist?**

I was born in China, the homeland of Acupuncture. I am deeply interested in the natural holistic philosophy and amazing effect of traditional Chinese medicine. My passion for natural and holistic healthcare has taken me on a journey of nearly thirty years.

- **Where did you train?**

I began studying Chinese medicine in 1988 at Beijing University of Chinese Medicine where I qualified in Acupuncture and Chinese Herbalism in 1994. I spent another six years working with Professors Xinnong Chen, JiJun Jiang and Shiozhe Gu who are Grand Masters in Acupuncture in China. I published seven papers about my clinical acupuncture experiences.

Through over twenty years of practice I have built a wealth of experience in treating many different conditions, especially pain relief in the forms of headache, neck, shoulder, lower back and knee pain and pain associated with osteoarthritis. In addition, I have continued my training in using acupuncture to assist weight control and neurological disorders including stroke recovery, facial paralysis and trigeminal neuralgia.

I believe that it is important to restore the balance and harmony to each patient's individual condition. **I examine my patients in the ways of traditional Chinese medicine and integrate acupuncture, acupressure and herbal medicine into the treatments that I offer in order to restore the balance and harmony of Yin and Yang. This has benefited my clients in recovering from various imbalances and had led to me qualifying as a Professor of Chinese Medicine. In 2006, I was formally recognised as one of the top one hundred young medical Doctors of Excellence in Beijing.**

- **What else do you enjoy doing when you're not seeing clients?**

I enjoy reading books in both Chinese and English; I am **particularly interested in ancient Chinese History and British History.**

I practice Tai Chi for energy on a daily basis and I enjoy going jogging. I also love spending time with my family and get a great deal of pleasure from cooking Chinese food which is something that I learnt from my Mum. I'm a big fan of dumplings!

- **Do you have a top health tip you can share?**

It is very important to keep a good balance between being busy and stillness. We need to remember to take time for ourselves to relax.

If you would like to make an appointment with Dr. Ding or have a 15 minute chat with her to see if she may be able to help you, please contact the clinic on 01926 450990. You can read more about Dr. Ding by visiting her website: www.drdingacupuncture.co.uk



We offer gift vouchers for treatments here at the Traditional Acupuncture Centre.

To celebrate a birthday, anniversary or just as a treat for that special person, why not consider a voucher as a gift?

SIBO – a possible cause of IBS?

written by **Vicki Gotham,**
Nutritional Therapist & Kinesiology Practitioner



Our intestinal tract is long – approximately 25 feet in total! The initial 20 feet is the small intestine. The final 5 feet comprises the large intestine (the colon). A huge population of bacteria live within the digestive tract – the vast majority of these reside in the large intestine where they play a vital role in stool formation, nutrient synthesis and immunity. 50% of the mass of a bowel movement is actually bacteria! Only a small proportion of these bacteria live in the small intestine. The small intestine needs to be fairly sterile as this is where digestion of food and absorption of nutrients takes place. Too many bacteria in the small intestine would interfere with this process.

However, things do not always go according to plan! It is possible to develop a condition called **Small Intestinal Bacterial Overgrowth (SIBO)** in which bacteria from the colon migrate into the small intestine and cause all sorts of problems.

Common symptoms of SIBO

- Diarrhoea, constipation, or a combination of both.
- Bloating – some of my SIBO clients report feeling 6 months pregnant by the end of the day. Bloating is usually better by the next morning, but worsens during the day.
- Fasting alleviates symptoms.
- Antibiotics may temporarily alleviate symptoms, though they usually return within a few days/weeks.
- Blood tests may reveal low iron or ferritin with no obvious cause.
- Symptoms of SIBO tend to be quite inconsistent and random with some better days and some bad days – this can leave people very confused as to the underlying cause of their issues.



You may notice that the symptoms of SIBO are very similar to those of IBS – various studies have shown that SIBO may actually be the underlying cause of IBS in many patients.

Possible causes of SIBO

- It is common to develop SIBO after a gut infection or “traveller’s diarrhoea”.

- Proton Pump Inhibitors (medication to reduce stomach acid) can over time increase the risk of developing SIBO as they lead to poor digestion of food and so give the bacteria in the intestines an easy meal!
- Anything that slows or interferes with the Migrating Motor Complex (MMC) may lead to SIBO. The MMC is the contraction of intestinal muscles a few hours after a meal to sweep any debris through the intestinal tract. Certain medications can affect the MMC. Eating too frequently means the MMC is not activated. Certain medical conditions such as diabetes can adversely affect the MMC.
- Celiac disease is linked with SIBO.
- Hypothyroidism slows down intestinal movement which increases the risk of SIBO.
- Adhesions or scar tissue on the intestine, perhaps following surgery, may have an impact on intestinal motility, and therefore SIBO.

Testing for SIBO

An excellent method of testing for the presence of SIBO is a **Hydrogen/Methane Breath Test**. Intestinal bacteria ferment food and produce these two gases which are then absorbed into the blood stream, taken to the lungs and expelled in the breath.

In controlled conditions a drink containing the sugar lactulose is consumed and breath samples are taken every 20 mins for 3 hours. This is to ascertain whether there are bacteria living within the small intestine. In a healthy individual with no SIBO these gases should only be detected when the lactulose solution reaches the large intestine – this takes approx 2 hours. However I have seen many breath tests when the gases start to rise within the first 1hr – this is a good indication of SIBO. The test costs approx £120.

Strategy for SIBO

Diet is the first step in addressing SIBO. Foods which actively and easily feed a bacterial overgrowth need to be reduced or eliminated. I have found a low FODMAP diet to be very useful for a period of time.

FODMAPs are found in various carbohydrate foods and they can be poorly absorbed by some people. Lactose is a FODMAP. Onions, garlic and leeks are high in FODMAPs. Wheat, beans and lentils are also a source, as are various other fruits and vegetables. All of these foods are generally thought of as healthy. So I often see clients with IBS, who have cut out junk foods and are eating a really good diet, but their symptoms have continued to deteriorate. This can be a sign of SIBO.

A FODMAP diet may also need to be combined with a low carbohydrate diet – focusing on cutting down on starchy grains and vegetables which also have a tendency to feed a bacterial overgrowth. This is not always necessary – it really depends on the particular case.

Once in place, it is usually necessary to accompany the diet with appropriate **anti-bacterial supplements** for a few weeks to eliminate the bacterial overgrowth. Antibiotics are also an option if you can find a doctor who is familiar with the recommended SIBO protocol.

A programme to **rebuild defences, strengthen and improve movement** in the intestinal tract is then recommended to ensure that the SIBO does not return. There may well be **additional underlying issues** that also need to be addressed to meet this end point. The diet should over time be expanded again to include some of the healthy and gut supportive foods that may have been previously eliminated.

So, in conclusion, SIBO is not an easy thing to deal with. However for IBS symptoms which match those listed above, I always consider it as a possible underlying cause.

Please get in touch with me if you would like more information or if you wish to book an appointment to see if SIBO may be an issue for you.

In addition to Breath Testing and diet/supplement advice, I also include Kinesiology muscle testing as part of my sessions – this can be very helpful in assessing any potential bacterial overgrowth and helping to guide the strategy to deal with it.

Vicki can be contacted directly by phone on *07786 587 517* or *01926 885 263* or by email on: vicki@healthyapproach.co.uk. If you would like to read more about Vicki, you can view her website: www.healthyapproach.co.uk

Behind the scenes at TAC
Andy MacKinnon-Little, McTimoney Chiropractor
talks about his interests outside of TAC



When I am not at work, I enjoy walking our dog, a rescue lurcher called Jake and **I practise Tai Chi.**

Tai Chi is a Chinese form of exercise derived from Taoism, one of China's oldest belief systems. The practice of Tai Chi enables the development of healthy body and alert mind. It is also a subtle, sophisticated method of self-defence. The two characters 'Tai Chi' first appeared in Chinese literature about 200 BCE.

Tai Chi is well known for the **choreographed movements of the hand form**, of which thousands of variations exist. There are also Weapon forms; principally sabre, sword and spear. The two major principles of Tai Chi Chuan (which translates as "supreme ultimate fist") self-defence strategy are **using stillness to defeat motion**, and **using softness to defeat hardness.**

Based on the equal and opposite principles of Yin and Yang, Tai Chi can be viewed as **'moving meditation'** and a 'martial art of change'.

Tai Chi Chuan, which is the system that I follow, is a system of exercise suitable for people of all ages. Whether the emphasis is on promoting health and relaxation, or self-defence and martial applications you can find a school for you.

I have **practised WuDang Tai Chi Chuan for four years** now. For more information visit www.taichichuan.co.uk

For more information about my Chiropractic practice at TAC please visit www.amlchiropractic.com

Most of our clients find us through word of mouth and referral from you - so thank you all for your ongoing support!

If you haven't already done so, please do 'like' us on Facebook to keep up to date with any offers and information about the centre on a more regular basis. You can find us by searching @TraditionalAcupunctureCentre on Facebook.

We are always keen to hear from our clients and are open to hearing any ideas you may have to enhance our clinic. Please have a chat with us when you pop into the clinic or feel free to call us on 01926 450990 or email on: info@trad-ac.co.uk

Wishing you good health and well-being,

Gerry and all the team at TAC.



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