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PACIFIC WELLNESS QUARTERLY promotes health and wellness by providing the latest health and nutrition news, healthy cooking recipes and important updates on insurance and office information. Please pass this newsletter along to your friends and associates so that they can enjoy the information on good health as well.

This newsletter is not to be used as a substitute for medical advice.

We would like to extend our wishes for a Beautiful Holiday Season filled with Joy, Peace and Contentment. Most of all, we would like you to have a Healthy and Body - Friendly Holiday.



HOLIDAY CLINIC HOURS

The Pacific Wellness will be closed from 2pm on December 24th for Christmas Holidays. We will reopen on Tuesday, January 4th at 9am.

Dr. Tanaka Presented His Paper at The 7th World Congress of Chinese Medicine in the Netherlands

The congress was held at the World Forum Convention Center in Hague on Oct 1-2nd. The theme was "The Clinical Practice and Scientific Research of Chinese Medicine". Treatment of infertility and Anti-Aging were among the main topics discussed in this international meeting. During the congress, Dr. Tanaka presented his paper on traditional East Asian medicine diagnostics.

Tanaka, TH. *Standardization of Sublingual Tongue Diagnosis*, Proceedings of 7th World Congress on Chinese medicine, 2010, P203

Here is the news about the congress:

<http://www.biospectrumasia.com/Content/041010CHN14131.asp>

7th World Congress of Chinese Medicine opens in Netherlands

Singapore, Oct 4, 2010:

The seventh World Congress of Chinese Medicine (WCCM) started on Friday, Oct 1st, with more than 800 experts and professionals from dozens of countries, focusing on its clinical progress and global spread. It was a two-day event that concluded on Oct 2nd. The theme of the two-day congress was "the clinical practice, scientific research and new medicine and cure development of Chinese medicine".

There is a growing interest in Chinese medicine in the world, especially in European countries. Acupuncture in the Netherlands is increasingly

being accepted as a complementary medicine, in addition to regular medicine.

The standardization of Chinese medicine was another focus of this congress. Presentations and lectures on "Technical requirement for registration of Chinese medicine in EU" and "Quality control of Chinese medicine", attracted hundreds.

The Annual World Congress of Chinese Medicine was a global event for Chinese medicine. Since its establishment in 2003, this event has attracted hundreds of experts and scholars worldwide. The next congress will be held in London in 2011.

Thank You for Your Comments

Here are some of the comments we received recently from our clients. We would like to express our thanks for their positive feedback and their kind publishing permission.

"Great facility. I'll make this a regular destination on my trips to Toronto."

~ Lynden

(Therapist: Monica)



GIFT OF HEALTH

Holiday Gift Certificates are Available

Have you heard someone complaining of back aches lately? Did anyone mention "I need a massage?" Do you know anyone who is raving about massage but complains about lack of insurance or a tight budget? These tiny hints may save you the trouble of looking around for the perfect gift. You can purchase the gift certificate in person in our clinic or by phone, if paying by credit card.

Insurance Coverage Deadline

The End of Insurance Year is near for those whose insurance coverage runs by a calendar year. If you are not sure if you still have unused coverage left for this year, you may want to contact your insurance company to check your balance.

Keep in mind that insurance companies will not transfer any unused coverage to the next year. When planning your appointments before the end of the year, please consider our Holiday Schedule in December. Our clinic will be closed after December 24th.

It's official: stressed out women less likely to get pregnant

ENGLAND (NBC) – It's long been suspected that stress can affect a woman's ability to get pregnant.

Now, for the first time, British scientists have found concrete evidence that stressed-out women have a harder time conceiving.

Researchers took saliva samples from more than 400 fertile women. They measured levels of alpha-amylase, a compound produced by the salivary gland when people experience stress.

Women with high levels of alpha amylase were found to be about 12 percent less likely to get pregnant...

...Dr. Melissa Esposito, a reproductive endocrinologist, said many of her patients found mind-body therapies like yoga and acupuncture to be helpful.

"I've certainly seen in many of my patients," she said. "When they do acupuncture, they have less stress and anxiety and they feel good about doing it."

Read the complete news story here:
<http://www.walb.com/Global/story.asp?S=13211994>

Read more about [Acupuncture and Infertility](#)

Seasonal Recipe

Mom's Fish Casserole

(serves 6 people)

By Nicole Basque, B.A., RMT

Ingredients:

- 1 lb of fish fillets (salmon, cod, sole or other white fish)
- 1½ cups milk divided into 2 portions of ¾ cups
- 2 TBS diced onions
- 1 cup cooked lobster (fresh, frozen or vacuum packed)
- 1 cup cooked shrimp (frozen size 21-25). (If using fresh shrimp, remove shell and devein – no need to precook).
- 1 cup large scallops (fresh or frozen) – do not precook.
- ½ cup sliced mushrooms
- ¼ cup broccoli – use shaved top of broccoli only
- 3 TBS butter
- ¼ cup flour
- ¾ cup cereal cream
- 2 TBS lemon
- Salt & pepper
- 2-3 TBS Sherry or white wine (optional)
- 2/3 cup grated cheese (mixture of cheddar, Swiss)
- ¼ c freshly grated parmesan

Method

1. In a sauce pan poach fish fillets with ¾ cup of milk at medium temperature simmering until fork tender (approx 5 min): Sieve & save onions and milk.
2. Sauté mushrooms in 1 TBS butter with broccoli.
3. Place fish into casserole with mushroom & broccoli mixture. Add lobster, shrimp and scallops.
4. In a sauce pan, melt butter & flour; add salt & pepper, lemon and sherry; mix. With a whisk, slowly add ¾ cup milk, ¾ cup cream

and original milk mixture (onions and milk). Keep heating and stirring just until mixture thickens. Do NOT let boil.

5. Pour on fillets and fish; add 2/3 cup grated cheese mixed with parmesan.
6. Cook at 350 degrees for 30-35 minutes.

NB: This recipe can be made with fish fillets only. Lobster, shrimp and scallop are all optional and quantities can be reduced according to taste. The consistency of this casserole is similar to that of a chowder.

Helpful Tips from the Maritimer for Cooking Seafood:

- A common mistake many people make with scallops and shrimp is to over-cook them. For shrimp, the key is to cook them until they are pink on both sides, and no longer see-through, that's it! If you cook them too long, they'll feel and taste rubbery. 5-6 minutes is likely more than sufficient.
- For scallops, be sure that they are opaque all the way through.
- Combine these with garlic, onions, and your favourite herbs and spices, and you'll have restaurant-calibre seafood!
- Shrimp are low in saturated fats and high in lean protein. They are a good source of selenium, omega – 3 fatty acids, and vitamin D (<http://hubpages.com/hub/Health-Benefits-of-Shrimp>).
- Scallops are a great source of omega – 3 fatty acids which are important for cardiovascular health. They are also rich in vitamin B-12, magnesium, selenium and potassium.



Nicole Basque, B.A., RMT, native to New Brunswick, studied Massage Therapy at the Canadian College of Massage and Hydrotherapy in Toronto. To arrange a therapeutic massage session with Joint Play and Muscle Energy Techniques with Nicole, call The Pacific Wellness Institute at 416-929-6958.