

- **Free Treatment?**
- **Hello-Goodbye Massage**
- **Arthritis Lotion – and what we can't say**
- **Everyman's Moussaka (vegetarian version included)**

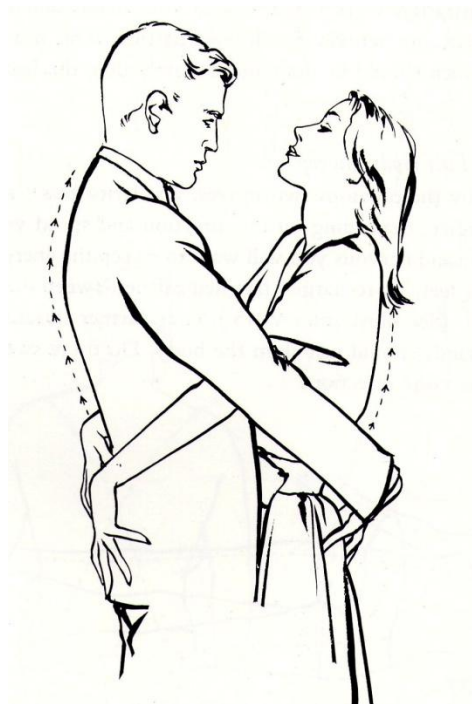
**Free Treatment:** My local MSP Mr John Scott, very kindly wrote on my behalf to the Cabinet Secretary for Health – Nicola Sturgeon. The response took four weeks, however in the letter she has advised that the Chief Scientist's office in Scotland would respond to a request for funds to carry out a clinical trial that would examine the efficacy in relation to the therapy that I practice. Thus I have begun a quest to find a person who must be a permanent salaried member of staff at a Scottish Institution and who would be prepared to lead the project and take on the role as chief investigator. I will advise on my success and/or otherwise with this in the next news letter. If there is anyone out there who can give any help or may be able to help me write up the grant application, then this would be much appreciated.

**Complementary Health Regulation:** The Department of Health (DH) have issued a directive to GPs advising that they are asked to recommend patients who are seeking complementary therapies to consult with practitioners who are registered with the Complementary and Natural Healthcare Council (CNHC) - as I am. At the same time Nicola Sturgeon writes in her letter to me that 'it is open to seek advice and permission from the NHS Board concerned such that the GP can refer his patient to a registered therapist so they can access care not normally available on the NHS, for the proposed management of the patient's condition.

I think that it is time to 'test the water' and as such would encourage anyone to ask their GP to allow for referral to my clinic for treatment. If you would like a copy of the paper from the DH or a copy of the letter from Nicola, that may help you convince your GP then please let me know. I am sure that there must be lots of people who would benefit from the therapy that I practice although I accept that it won't suit everyone. However, it would be good to test the water to see if in fact a GP will ask for permission for a referral and that in turn I can secure my fee from the NHS (as my colleagues in England and Wales are permitted to do, now that the legislation has been changed in these countries – but not in Scotland). The object of studying my therapy in a clinical trial (if we can achieve this through an institution) would be to prove that it works and show how as I stated in the last newsletter prove that its use can save the NHS millions of pounds every year. With your help, perhaps we can take the first steps down that road.

## Hello-Goodbye Massage

You do not always have to set aside a special time and a special place for sensual touch; massage can become an integral part of the everyday routine that you share with your partner. A touching goodbye at the door should help you both face the stress and energy-taxing tasks that await you; an affectionate, therapeutic hello at the end of the day can be more relaxing a reviving than a drink or a cigarette (if you still have this nasty habit).



### **Vertical - Hello-Goodbye Massage:**

Standing toe to toe you should both place the fingers of both of your hands on either side of the base of each other's spines (as above) Press deeply with both hands on either side of the spine and run your fingers all the way up the base of one another's skulls. Return your hands to the starting position and repeat six times. This simple massage activates the nervous system-necessary before or after a tiring day. It's a great tonic for the both of you, brings you closer together spiritually and emotionally and leaves you with a smile on your face and a warm feeling inside. Give it a try!

## Arthritis Lotion – and what we can't say

I am sure that lots of you are aware that at the clinic we produce a range of chemical-free skin lotions. We are very fortunate that the Marketing Department at Glasgow University have taken us under their wing and are attempting to revitalise the company. So, in the not too distant future we will have a new range of products, new bottles and labels, a new image and a new and revised web-site. They are aware that the products we sell work well and have good value and worth. However, we have not been good at marketing in what is a very fierce and competitive market. Saying this, we have built a following of loyal customers who are happy to re-order our lotions on a regular basis. We also have lots of lovely letters

from people who write to tell us how our topical lotions help to ease their problems rather than the pills they pop that give tummy problems. Our **Arthritis Lotion** sells well to lots of older people who suffer with pain and inflammation in their joints. Unfortunately while we can legally sell the lotion as part of a treatment at the clinic, we cannot sell it as it is named, to the general public. This is because we make reference on the label to a medical condition and the MHRA (the government's regulatory body) don't approve. Thus from now such that the lotion can still be available to the lots of folks who purchase it, it will be known as: **Fingers-Elbows-Knees**. The ingredients won't change, just the name.

## Everyman's Moussaka (vegetarian version included)

I treated an old Greek woman (sorry for calling her old - but I think she was eighty) at my clinic in Glasgow some years ago. As I worked with her, we talked about food and my love for it. We talked about aubergines and the fact that it is a vegetable that I would rarely use. She suggested that to keep our Scottish diet happy that we could use instead – potatoes. As with everything that I cook I use very little salt when I cook and offer my version of this recipe that is now a firm favourite with my family.

### **Ingredients:** (serves 4)

1lb of minced beef (please don't buy from a supermarket – I use a good butcher that we have in Troon)

(Vegetarian version – 1lb of Quorn)

1lb of onions chopped

1 tablespoon of olive oil

2 level tablespoons of plain white flour

1 tin of chopped (peeled plum) tomato

3 level teaspoons of horseradish cream

2 level teaspoons of Worcestershire sauce

1 level teaspoon of sugar

1 beef stock cube crumbled (use a vegetable stock cube for the veggie version)

1/8 pint of water

Some fresh ground pepper and one level teaspoon of Maldon Sea Salt

1 and a half pounds of potatoes, peeled and thinly sliced.

### **For the topping**

1 oz butter

1 oz plain flour

1/2 pint of milk

2 oz cheddar (or other favourite) cheese, grated

Some grated nutmeg

### Method:

Make sure that the meat is at room temperature. Meat from the fridge will boil rather than at room temperature where it will brown. Place the meat into a pan that is on high heat and brown. Turn into a colander and allow any fat in the meat (there should be little if bought from a decent butcher) to drain. If using Quorn, just brown in the normal way.

Peel and slice the potatoes and boil as normal. Keep an eye on them and when cooked but still firm drain and rinse (gently so as not to break them up) under a cold tap. Put aside.

Put the drained beef back into the pan with the oil. Add the onions and cook for 2-3 minutes stirring continually. Add the tomato and juice from the tin, flour, horseradish, Worcestershire sauce, stock cube, sugar, water and seasoning. Cook for a few minutes, stirring continually until you have a rich flavoursome sauce.

Spread a layer of mince over the base of a large oval dish (or square if you have one – indeed sometimes I make this in individual dishes). Then a layer of sliced potatoes. Then sauce -then potatoes. Continue in this way until all has been used up.

### Topping:

Melt the butter in a thick-bottomed pan. Stir in the flour and cook the mix with a balloon whisk for a few seconds. Take off the heat and add some of the milk. Whisk until smooth. Return to the heat and whisk while adding the remaining milk. Then add the grated cheese and a grating of nutmeg to your liking. Pour over the top of the mince/sauce layer. Top with a little more grated cheese.

Bake in the middle of a pre-heated (180° C) oven for one a quarter hours. (Leave for fifteen minutes to cool if serving to children).

I normally serve with steamed broccoli and some buttered sweet corn. Enjoy.

**Some Christmas Thoughts:** Every year we have a number of people who will purchase a gift voucher from the clinic. A treatment still (after six years) costs £35. If you would like to introduce a friend or relative to this therapy then now is the time think of ordering a gift voucher. Simply give the office a call **01292 679135** or my mobile number **0780 144 5012**.

Kind regards

**Jim Steele**

**Finally:** Please send an e-mail to [jim@moss-grove.co.uk](mailto:jim@moss-grove.co.uk) if you would like a friend or colleague to join our mailing list – or, indeed if you no longer wish to receive further copies of our monthly newsletter.