



Health Alternatives

Better Health Through Better Nutrition

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ACUPUNCTURE

DISCOVER THE BENEFITS OF ONE OF THE WORLD'S
OLDEST, PROFESSIONAL, LITERATE MEDICINE
TECHNIQUES IN THE WORLD!

Have you recovered from all of the holiday dinners yet? I'm sure some of us have stuffed ourselves until we can't eat anymore with ice cream, pies, cakes and other guilty pleasures. Now that you've gained a few pounds, it is time to get back on that health horse and get back in shape for the New Year. It's time to put those resolutions into action and start feeling better!

You will quite likely be bombarded by many trendy, "lose weight quick" weight-loss programs over the next few months. I have never been a trendy person and my methods are very different than the norm, and for good reason. Many of these programs are not correctly targeting the right villain. Many of these programs will tell you to "drink only this shake," or "only raw foods," or "only protein." These take away from a healthy balanced diet and will actually cause you to lose the wrong type of body mass. It is not fat that you burn on these programs, it's muscle. Without muscle, you will actually decrease longevity and put yourself at greater risk for a number of adverse health conditions.

My goal, with any health program not just weight-loss, is to increase your overall wellbeing and longevity. With the technology and strategy outlined in this issue, we can create an entirely personalized weight-loss program that will not only help you lose weight, but help you lose the **right weight** in the **right way**. You will look and feel infinitely better after you have increased your strength, detoxified your system and fortified your health.

On that note, I would like to wish you all a happy and successful year and I hope to see you all in the clinic ready to feel healthy!

In Best of Health,

Feline Kondula Butcher

Acupuncture Now Available!

What is Acupuncture?

As defined in *Dorland's Illustrated Medical Dictionary 29th Edition*, **acupuncture** (from **acus** meaning "needle" and **punctura** meaning "a pricking") is a "traditional Chinese practice of insertion of fine needles into specific exterior body locations to relieve pain, to induce surgical anesthesia, and for therapeutic purposes."

Is there any proof of the validity of acupuncture as a form of medical treatment?

Yes! Chinese medicine is "the oldest, professional, continually practiced, literate medicine in the world."

Not only a long history of practice and observation, but increasing verification by the standards of Western medicine give acupuncture great credibility as a method of treatment, so that "one can say that modern Western and Traditional Chinese Medicines are the two dominant medical systems in the world today."

Acupuncture has a continuous clinical history of over 2,500 years and is currently used by 1/4 of the world's population.

The World Health Organization endorses acupuncture as a treatment for

over 43 medical conditions, including:

- allergies,
- asthma,
- back pain,
- carpal tunnel,
- colds and flus,
- constipation,
- depression,
- gynecological disorders,
- headache,
- heart problems,
- insomnia,
- sciatica,
- sports injuries,
- stress, and
- tendonitis.

Studies reported in *The Lancet Pain*, *alcoholism: Clinical and Experimental Research*, and other journals have confirmed that acupuncture is effective for chronic back pain, addictions, arthritis, and rheumatism.

Local and national studies demonstrate that Chinese medicine has a 40% rate of recovery for alcohol and drug addiction, compared to Western medicine with only 10% recovery rate. A 1996 Kaiser study found that 57.2% of primary care physicians in Northern California had used or recommended acupuncture in the previous year. And the 1997 National Institutes of Health Consensus Conference on acupuncture concludes that, "The data in support of those for may accepted Western medical therapies."

What is the theory behind acupuncture?

There are five basic points that underlie the principles and methods of this practice.

According to *TCM*, or Traditional Chinese Medicine:

- Fourteen major energy channels, called *meridians*, course through the human body, including the head, hands, legs, feet, torso and internal organs.
- A subtle energy called "*chi*" (pronounced "chee") circulates via the meridians to all parts of the body, even the most remote cells.
- *Chi* is considered the vital force, the presence of which separated the living from the dead. Its balanced, unimpeded flow is critical to sound health.
- Any misdirection, blockage, or other derangement of the amount, flow or balance of *chi* may result in pain, dysfunction, and ill health or even death.
- With acupuncture needles or other means, the acupuncturist stimulates certain points **acupoints** along the course of the meridians. Such stimulation helps restore the normal balance and flow of *chi* so that organs and bodily systems can work together in harmony as Nature intended. This helps the body repair itself and maintain its own health.

What are meridians?

Ancient Chinese physicians discovered that *chi* circulates throughout the body along fourteen major channels, twelve of which are duplicated on the left and right side of the body. The two other major channels are located in the center of the body, one in the front and one in the back. There are a number

of so-called **extra channels** and **miscellaneous channels** throughout the body. Today all these channels are called meridians by English-speaking physicians. Medical research using electromagnetic detection techniques has recently confirmed their locations. The meridians form a highly complex invisible network directing *chi* to every area of the body, including the head, arms, legs, torso, organs and organ systems. Over the centuries, the Chinese discovered hundreds of specific points in the meridians where *chi* can be accessed and stimulated when its flow is disturbed. These points are called **acupoints**.

What happens when *chi* is blocked?

Since *chi* is meant to travel freely through the meridian network, thereby providing the body with its balanced, harmonious vital force, any sustained blockage of it may bring on pain, a weakened immune system, and ill health. Such a blockage can have two effects on the flow of *chi* through the meridians.

Visualize *chi* as cars driving on a freeway. If lanes get blocked on a freeway, you have an almost empty street on one side and a buildup of traffic before the blockage. In the case of *chi* in the meridians this would mean that a blockage may cause a deficiency of *chi* beyond it or a buildup before it, which might mean diminished activity of some organs

And/or accelerated activity of others.

Either way, the *chi* is unbalanced and must be normalized through an acupuncturist's professional care. Typical acupuncture treatment plans require the use of 1 – 12 needles to stimulate the acupoints and thereby normalize flow and distribution of *chi*.

What are the needles like?

Typically, acupuncture needles are fine and flexible, no bigger around than a human hair or a piece of thread. Inserted into an acupoint, the needle produces little or no sensation. When it makes contact with *chi*, some patients experience a slight tingling sensation.

Some points, such as those on the face and fingers, can be sensitive, but there is rarely any pain or even discomfort involved in an acupuncture treatment. This is because the needles are so fine; just as a mosquito's stinger can penetrate your skin without your feeling it, a fine enough needle is also nearly undetectable.

Most patients experience feelings of deep relaxation and well-being during the treatment and for some time afterwards. Acupuncture can even create euphoric feelings (especially the first time) during the treatment and throughout the following day. This is because, in Western medical terms, it can stimulate the production of **endorphins**, hormones found mainly in the brain that reduce pain and elevate mood.

What can cause blockage of *chi*?

The list of things that can lead to a blocked or unbalanced flow of *chi* is long. Some examples are:

- poor nutrition or adulterated food,
- toxic air or water,
- infectious or contagious diseases,
- malfunction of an organ,
- injuries, (ergonomic or overuse, as well as home, work, sports, and auto injuries),
- excessive dampness, wind, cold, or heat, and even
- emotional responses to life, such as worry, anxiety, and stress.

What are the most commonly treated problems?

Among the conditions most frequently treated are: addictions, allergies, ankle swelling, arm and shoulder pain, arthritis, asthma, Attention Deficit Disorder, back pains, enuresis (bedwetting), high or low blood pressure, bronchitis, bursitis (inflammation of joint fluid sacs), carpal tunnel syndrome, poor circulation, colds, colitis, constipation, chronic cough, depression, detox for chemical dependency, diarrhea, digestive disorders, diverticulitis (intestinal inflammation), vertigo (dizziness), emphysema (lung disease), Chronic Fatigue Syndrome, cold feet, fibromyalgia (chronic muscle pain and fatigue), flu, gall bladder disorders, gynecological disorders, hay fever, headache, heart problems, hemorrhoids, hiccoughs, immune system

deficiency, injuries, insomnia, joint pain, kidney problems, knee and leg pain, liver problems, stiff neck, nervousness, neuralgia (severe nerve pain), PMS, prostate problems, rheumatism (painful joint or muscle inflammation), sciatica (nerve pain of the lower back and thigh), herpes zoster (shingles), skin problems, sinus trouble, sore throat, thyroid conditions, ulcers, urinary problems, and whiplash.

How long does a treatment take, and how long do its effects last?

Depending on the patient's condition and the treatment plan, each treatment takes approximately thirty minutes to an hour. Since each patient's health problems differ from those of others, the number and frequency of treatments vary. A typical recommendation would be two to four week treatments a week for eight to sixteen weeks, although some patients respond favorably after only one or two treatments. Others may require two or three treatments a week for several months. In general, acute conditions (those of recent and sudden onset) require less treatment than chronic conditions (those of long standing).

What is NAET?

NAET stands for *Nambudripad's Allergy Elimination Techniques*. Developed by Devi S. Nambudripad, it combines

various techniques from Western medicine, acupuncture, chiropractic (manipulation of the spine and other body structures to restore proper functioning to the nerves and organs), nutrition, and kinesiology (the anatomy of body movement to treat muscular imbalance). The goal of NAET is to permanently alleviate the patient's allergy, allowing him to eat, drink, breathe, wear, and do what he likes without experiencing allergic symptoms.

Dr. Nambudripad suffered from multiple health problems all her life and was only finally able to get relief with acupuncture. She was so impressed with the results of acupuncture that she signed up for classes the day after her first treatment and returned for further testing and treatment.

She discovered that she was allergic to almost all food substances other than white rice and broccoli and was able to eliminate most of her symptoms through an extremely restrictive diet.

Feeling frustrated and deprived by this approach, she set out to discover ways to actually eliminate allergies, rather than simply identifying them and avoiding the allergens (substances that trigger allergies).

Western medicine has little help for the allergy sufferer; the only options are long-term immunotherapy, which is costly and often unsatisfactory, and simply avoiding the allergens altogether, which is depressing

and difficult to do. By culling techniques from a variety of medical disciplines and applying them, (first to herself and then to a growing number of patients with allergic conditions), Dr. Nambudripad was ultimately restored to vibrant health and the freedom to eat and wear what she liked.

By identifying and eliminating the specific allergies that trigger symptoms, NAET frees the patient to resume a normal, symptom-free life. Dr. Nambudripad's book, *Say Goodbye to Illness*, explains the theory and practice of NAET in depth. There is a browsing copy at the reception desk for patients to read while they wait for their appointments.

Our acupuncturist, Hae Kyung Cantley, (MS, LAC, NCCAOM, RN), who graduated first in her class from Samra University of Oriental Medicine, the oldest college of its kind in the US, is a certified practitioner of NAET as well as advanced acupuncture techniques.

To take advantage of her knowledge and expertise, contact us at the number below and schedule an appointment



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