

Acu News

Harmony Integrative Medicine
 Jean Painter, DpOM, CH, Ac., L.AC
 1745 Rustic Timbers Lane, Suite D
 928.776.4895
www.Harmonyintegrativemedicine.com

Spring Body Cleaning Tips

Apple Cider Vinegar and Honey

You can make a powerful, all-natural detoxifying beverage by mixing together one tablespoon of unfiltered apple cider vinegar (with the 'Mother'), one tablespoon of honey, and 12 ounces of water. The vinegar works to stabilize your body's internal pH level, while the honey works to regulate your blood sugar levels. When combined together, it offers a superb cleansing and detoxifying beverage that's perfect for the spring season. Even the Greek philosopher Socrates prescribed apple cider vinegar to his patients.

Take Care of Your Eyes

Did you know that your eyes are connected to every organ in your body in some manner? With that said, the liver has the strongest connection to the eyes. When your eye health begins to decline, so does your liver. Take care of your eyes by limiting your time in front of electronic displays (e.g. computers and television) and have an eye exam performed by a licensed optometrist at least once every two years.

Chlorophyll

Consuming chlorophyll – the pigment responsible for giving all green plants their color – will strengthen your liver. Chlorophyll is known to exhibit antioxidant properties, fighting harmful chemicals within the body known as free radicals. Some excellent sources of chlorophyll include spinach, parsley, garden cress, green beans, green peppers, Brussels sprouts, green peas, asparagus, broccoli, zucchini, cucumbers, green apples, melon, honeydew and kiwi.

Get Outdoors

The blooming plant life and warming temperatures offers the perfect opportunity to get outdoors and exercise. Exercise and fresh outdoor air stimulate the body's energy (Qi), keeping it moving and flowing throughout the body. When Qi becomes stagnant, it increases the risk of disease and illness. Something as simple as a 30-minute walk outside can make a world of difference in your health.

Seek Acupuncture

We can't talk about ways to cleanse the body this spring without mentioning acupuncture. From relieving seasonal allergies to reducing pain and inflammation, the benefits of this Traditional Chinese Medicine (TCM) are endless.

Spring and Traditional Chinese Medicine



With the official start of spring just months away, there's no better time than now to consider using popular forms of Traditional Chinese Medicine (TCM). As mother nature comes out of its state of dormancy, flowers will begin to blossom, trees will develop leaves, and the snow-capped landscape will be replaced with flowing green grass. This massive change comes with some unwelcome side effects than TCM may prove useful in treating.

While cold and flu infection rates typically diminish by the start of spring, a new problem begins to emerge: allergies. According to the American College of Allergy, Asthma and Immunology (ACAAI), approximately 50 million people in the United States suffer from seasonal allergies (source). When exposed to pollen or other plant allergens, the individual may develop a runny nose, nasal congestion, eye redness, headache, sore throat, and other related symptoms.



Whether you suffer from mild, moderate or severe seasonal allergies, however, acupuncture can help. This centuries-old TCM involves the placement of fine needles on specific areas throughout the body. Acupuncture is believed to restore the body's flow of energy (referred to as Qi) while stimulating the body's self-healing mechanism.

In Chinese astrology, spring falls under the Wood element, meaning this time of year is closely related to the gallbladder and liver. According to TCM, one of the liver's primary

functions is to regulate Qi through the body. If Qi is blocked or restricted in any way, the individual will be susceptible to disease and illness. The bottom line is that you want to keep your Qi moving this spring season for optimal health.

Here are some tips to keep your Qi moving:

- Limit (or eliminate) your intake of processed foods.
- Eat more fresh vegetables and fruit.
- Start your mornings off with a light stretching exercise like yoga or tai qi.
- The warm weather offers the perfect opportunity to get outdoors and exercise.
- Consume sour food and drinks. According to TCM, sour flavors stimulate the liver's Qi.
- Seek acupuncture treatments.

There are over 2,000 acupuncture points spread across 20 meridians, but none hold as much weight for the spring season as the Liver 3 (LV3). Located between the first and second toes, the LV3 (also known as the 'springtime acupressure point') is an acupressure point that's particularly beneficial for this time of year. It lives up to its namesake by channeling energy between the liver; therefore, conventional wisdom should tell you to focus on it during this spring. If you plan on scheduling an acupuncture session, ask the physician if he or she can target the LV3.

Give me a call today to learn how you can get back on track to better health!

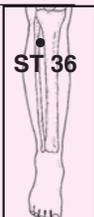
© Copyright Acupuncture Media Works/AcuDownloads, All Rights Reserved. The information contained within the Acu News newsletter is only used to educate and inform. This newsletter is not a substitute for the advice of a licensed and registered health care provider. Seek prompt attention for emergencies. Consult a health care provider for specific health concerns, and before starting a diet, cleanse or exercise routine.

Photo credits: ©iStock.com/zorankrstic, ©iStock.com/Ekspansio, ©iStock.com/OMINDIA

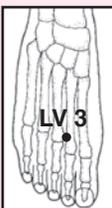
Alleviate Endometriosis Pain

Rubbing acupuncture points with your finger for 30 - 60 seconds can stimulate and promote the circulation of Qi within your own body, restoring health and well-being.

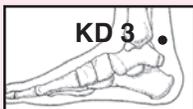
Stomach 36 (ST 36): On the outside of the leg, approximately one hand width below the kneecap, just off the bone. **Functions:** Increases stamina and energy, provides stability and grounding, heals effects on the body of too much worrying and thinking.



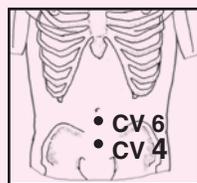
Liver 3 (LV 3): On the top of the foot, in the depression between where the first and second metatarsal bones meet. **DO NOT USE DURING PREGNANCY.** **Functions:** Used for dizziness, headaches, vertigo, epilepsy, painful and/or blurry eyes, irregular menstruation, depression, uterine bleeding and prolapse, urine retention, genital pain, frequent sighing, and insomnia.



Kidney 3 (KD 3): Level with the tip of the inner ankle bone, in the depression between the ankle and tendon. **Functions:** Reinforces the Kidneys, clears heat, strengthens the low back and knees, rectifies the uterus, helps with anxiety, insomnia and chronic low back pain.



Conception Vessel 6: Three finger widths directly below the belly button. **Functions:** Alleviates pain in the lower abdomen, alleviates abdominal masses due to stagnation. Regulates uterus and good for irregular menstruation and dysmenorrhoea.



Conception Vessel 4: Roughly four finger widths directly below the belly button. **Functions:** Alleviates abdominal masses due to stagnation. Regulates uterus and good for irregular menstruation and dysmenorrhoea. Good for severe lower abdominal pain that radiates to genitals. Helpful for bladder infection. Strengthens the body and helps with diarrhoea, lethargy, and weak limbs.

Acupuncture and Endometriosis



Endometriosis is a disease in which endometrial cells grow outside the uterine cavity, usually on the abdominal cavity. Normally, the cells remain isolated to the uterine cavity, where hormones influence their growth and behavior. Women who suffer from endometriosis, however, experience endometrial cellular growth outside the uterus, resulting in back pain, abdominal pain, premenstrual spotting, urinary pain, vomiting and other related symptoms.

According to a study published in the U.S. National Library of Medicine (NLM), endometriosis affects 6-10% of the general female population. This same study indicates the rates of endometriosis are higher in women who experience pelvic pain and/or infertility, with the disease occurring in 35-50% of women (source).

There are three basic classifications of endometriosis:

1. Mild endometriosis: characterized by the formation of small patches of endometrial tissue growing outside the uterine cavity.
2. Moderate endometriosis: involves larger and more prominent growths of endometrial tissue.
3. Severe endometriosis: involves the formation of fibrous scar tissue binding together the pelvic organs.

Traditional Chinese Medicine (TCM), including acupuncture, is often used to treat cases of mild, moderate and even severe endometriosis. According to TCM, endometrial lesions are categorized as static blood (blood that is stagnant is not moving throughout the body). This makes sense considering the disease involves abnormal cellular growth in areas where it shouldn't be. The presence of static blood encourages the formation of disease, and there's some belief that it increases the risk of certain types of cancer as well.

TCM states that blood must flow freely and unrestricted throughout the body to maintain good health. When a person experienced poor circulation, he or she is more susceptible to disease and illness. So, how can acupuncture help to restore the body's blood flow and treat endometriosis?

Acupuncture involves the placement of thin needles in various parts of the body (known as acupuncture points). The underlying principle behind this centuries-old form of TCM is that it restores the body's flow of energy (Qi); thus, correcting imbalances while promoting a healthy circulatory system. Acupuncture corrects Qi blockages, restores the body's life force, and stimulates the self-healing mechanism, all of which prove useful in the treatment of endometriosis.

Here are some other tips for dealing with endometriosis:

- Relax... stress is known to irritate and worsen conditions such as endometriosis.
- Perform deep-breathing exercises and/or meditation.
- Strive for a minimum of seven hours of sleep per night.
- Place a heating pad on your abdomen to relieve endometriosis-related pain.
- Increase your intake of omega 3 and 6 fatty acids.
- Cut back on refined sugars and processed foods.

Give me a call today to learn how you can get back on track to better health!

© Copyright Acupuncture Media Works/AcuDownloads, All Rights Reserved. The information contained within the Acu News newsletter is only used to educate and inform. This newsletter is not a substitute for the advice of a licensed and registered health care provider. Seek prompt attention for emergencies. Consult a health care provider for specific health concerns, and before starting a diet, cleanse or exercise routine.

Photo credits: ©iStock.com/zorankrstic, ©iStock.com/b-d-s