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October 24th is [Acupuncture and Oriental Medicine Day!](#)

Treatment of Neurological Disorders with Acupuncture

A neurological disorder refers to a problem with the nervous system, which is a complex, sophisticated system that regulates and coordinates the body's activities. Nerve pain can arise from trauma, inflammation, stroke, disease, infection, nerve degeneration, exposure to toxic chemicals and nutrient deficiencies.



Nerve pain is usually a sharp, shooting pain or a constant burning sensation. Typically occurring in the same location with each episode, it can often be traced along the nerve pathway. Sometimes weakness or impaired function in the affected area occurs and the skin may be either overly sensitive or numb.

Acupuncture can provide symptom relief from some neurological disorders including:

Amyotrophic Lateral Sclerosis (ALS) -- ALS is an irreversible neurological disease that destroys the nerve cells that invigorate the muscles.

Carpal Tunnel Syndrome -- Also known as median nerve entrapment, it occurs when swelling or irritation of the nerve or tendons in the carpal tunnel results in pressure on the median nerve.

Headaches -- Headaches that can be treated with acupuncture include migraines, tension headaches, headaches occurring around the menstrual cycle, sinus headaches and stress-related headaches.

Myasthenia Gravis -- This is a neuromuscular disorder causing muscles under voluntary control to tire and become easily fatigued.

Peripheral Neuropathy -- This presents as damage to the peripheral nervous system, which transmits information from the brain and spinal cord to every other part of the body. This kind of neuropathy can be caused by diabetes and often affects the feet.

Trigeminal Neuralgia -- This presents as facial pain and is sometimes called Tic Douloureux. It affects the trigeminal nerve, which is responsible for impulses of touch, pain, pressure and temperature sent to the brain from the face, jaw and gums.

Acupuncture and Oriental medicine have been found effective as a conjunctive therapy for several neurological disorders such as Parkinson's disease and in treating pain and inflammation.

If you or someone you know is suffering from a neurological disorder or nerve pain, contact us today for more information or to schedule an appointment!

Study Finds Acupuncture Effective at Treating Parkinson's Disease

A 2017 meta-analysis published in the journal *Medicine* set out to discover if acupuncture alone or acupuncture plus conventional treatment could mitigate the symptoms of Parkinson's disease. Conventional treatment for Parkinson's disease involves the use of the pharmaceutical drug Levodopa, but long-term use can cause mild to serious complications.

After conducting their meta-analysis, the researchers concluded that acupuncture performed better than conventional treatment alone. Additionally, the combination of acupuncture with conventional treatment produced outstanding results when compared to just conventional treatment.

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Cold and Flu Season Reminder



While the misery of cold and flu season might seem inevitable, one thing is changing: where we look for relief.

When it comes to staying healthy during cold and flu season, acupuncture and Oriental medicine have a lot to offer. Through the process of evaluating subtle physical signs as well as the emotional condition of a person, practitioners of acupuncture and Oriental medicine can detect health problems in their earliest stages, before a person becomes gravely ill.

"To treat disease that has already developed is comparable to the behavior of those persons who begin to dig a well after they have become thirsty, and of those who begin to cast weapons after they

Even more promising was the conclusion that acupuncture could provide relief for symptoms of early-stage Parkinson's Disease, before the onset of drug therapy.

Source: Lee, S.-H., & Lim, S. (2017). *Clinical effectiveness of acupuncture on Parkinson disease: A PRISMA-compliant systematic review and meta-analysis*. *Medicine*, 96(3), e5836. <http://doi.org/10.1097/MD.0000000000005836> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5279085/>

have already engaged in battle. Would these actions not be too late?" - Huangdi Neijing

Prevention - The easiest way to protect against a cold or the flu is to have a healthy immune system. You may still come into contact with airborne virus particles, but your first line of defense against the flu or any other illness is to strengthen your immune system.

Acupuncture and Oriental medicine can prevent colds and flu by building up the immune system with just a few needles inserted into key points along the body's energy pathways. In Oriental medicine, disease prevention begins by focusing on the protective layer around the exterior of the body called *Wei Qi*, or defensive energy. The *Wei Qi* involves acupuncture points known for strengthening the circulation of blood and energy to boost your body's defenses.

Get Better Faster - Acupuncture and Oriental medicine can also provide relief and faster healing if you have already come down with a cold or the flu by helping to relieve symptoms you are currently experiencing, including chills, fever, body aches, runny nose, congestion, sore throat, and cough. While bringing some immediate relief, treatments will also reduce the incidence of an upper respiratory tract infection and shorten the length of the illness.

An Adjunctive Therapy for Multiple Sclerosis

Multiple sclerosis is an autoimmune disease that progressively damages the central nervous system. This happens due to the wearing away of the myelin sheath, a protective layer encasing the nerves. Some patients initially experience strong symptoms which suddenly disappear as the disease enters a period of remission. Others may experience a more insidious process wherein mild symptoms develop slowly over time but ultimately increase in severity.

There is promising evidence that use of acupuncture and Oriental medicine as an adjunctive therapy can help mitigate symptoms and some complications of multiple sclerosis, including depression, problems thinking clearly and emotional instability.

An article called "Acupuncture and Multiple Sclerosis: A Review of the Evidence," was featured in the journal *Evidence-based Complementary and Alternative Medicine*, volume 2014. In this article, the authors assessed the validity of using acupuncture and Oriental medicine to treat symptoms of multiple sclerosis. To do this, the researchers reviewed many scientific studies on the subject to reach their conclusions.

Researchers demonstrated that remyelination, repair of the damaged myelin sheath, occurred in a significant amount of study participants. The article also showed potential in regards to treating the mental and emotional challenges faced by patients with multiple sclerosis were measured and shown to improve -- including subjective feelings such as depression and the ability of the patient to handle their illness.

Relief from Myasthenia Gravis Symptoms

Myasthenia gravis is a neuromuscular disorder that causes muscles under voluntary control to tire and become easily fatigued. More than half of those diagnosed with myasthenia gravis present with eye problems as their first symptoms, including droopy eyelids (ptosis) and double-vision (diplopia). However, roughly 15 percent of sufferers report that their first symptoms started in the face or throat muscles.

Someone who has difficulties with the face or throat muscles may experience altered speech, limited facial expressions and difficulty chewing and swallowing. The most severe symptom is what is called a 'myasthenia crisis,' in which the muscles used for breathing no longer function. This is a life-threatening condition and emergency medical help is required immediately.

As myasthenia gravis may affect any muscle under voluntary control, weakness could occur in other areas besides the face and throat. The arms generally are more affected than the legs, and symptoms may present in the hands and feet, although this is not as common.

The exact cause of this condition is unknown, but researchers have learned that the disease prompts the immune system to block signals from the nerves to the muscles. There is also evidence that a protein that helps the muscles receive messages is prevented from doing so. It is also believed genetics may play a role.

Acupuncture and Oriental medicine can support the treatment you receive from your primary care provider. As this disease is complex, all the things that bother you are reviewed, not just the signs and symptoms specifically related to the disease.

Amyotrophic Lateral Sclerosis (ALS) Symptom Relief

Amyotrophic lateral sclerosis (ALS) is an irreversible neurological disease that destroys the nerve cells, or neurons, that invigorate our muscles.

Neurons are found in the brain and spinal cord, which comprise the central nervous system (CNS).

As these cells weaken and wither, so do the muscles associated with them. Ultimately, this leads to a paralysis of those muscles.

Early warning symptoms of the disease include weakness and fatigue of the arms or legs, and sometimes difficulty with speaking clearly.



Key Acupuncture Points for Colds and Flu

Protect Your Lung Qi

Lung 7 is one of the most powerful points on the lung meridian points. It is a popular acupuncture point to use for stopping a persistent cough and relieving a sore throat.

This acupuncture point is located above the wrist on the inside of the arm. To find this point, interlock your thumb and index finger of one hand with those of the other. The point lies on the edge of the index finger, in a depression between the sinew and the bone. Stimulate this point on both hands with the tip of your index finger for approximately 30 seconds or until your cough subsides.

Other symptoms that may appear in early stages of ALS include:

Problems walking, including tripping and dragging the feet
Tired and weak feet, ankles and knees
Cramping, trembling and twitching of arms and shoulders
Tongue spasms
Difficulty keeping the head upright

In later stages of the disease, more severe symptoms reveal themselves.

The muscles responsible for breathing, swallowing and moving the body deteriorate to the point where they can no longer function.

There is no known cure as of yet. The causes of ALS are not well understood, but it is accepted that genetics and chemical imbalances within the brain may play a role in the disease's development.

Acupuncture and Oriental medicine can assist in managing the symptoms of ALS, including muscle weakness and cramping, fatigue and emotional issues.

According to acupuncture and Oriental medicine, the kidneys are responsible for the production and control of a vital substance called *marrow*, which produces essential components that make up a healthy central nervous system.

The brain is considered a repository for *marrow*, and is thus termed the *Sea of Marrow*. When the kidneys are deficient, this condition can negatively impact the central nervous system.

When kidney deficiency occurs, it is important to nourish and revitalize them, so they can in turn help nourish and revitalize the brain.

If you experience any symptoms, contact us today to see how acupuncture and Oriental medicine can help you!

Boost Your Defensive Qi

One particularly important acupuncture point to attend to is Du 14. Located below the spinous process of the seventh cervical vertebrae, approximately at the level where the collar of a T-shirt sits on the neck.

Du 14 activates the circulation of blood and Qi to strengthen the outer defense layers of the skin and muscle (*Wei Qi*) so that germs and viruses cannot enter through them. This point is often used to ward off as well as shorten the duration colds and flu.

Qi Mail - News You Can Use To Feel Better Now!

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