

Acupuncture News

A Free Monthly Newsletter for the Friends and Patients of Qi
The April 2011 Detox Issue

"Fate never comes through the front door."

Detox Greetings!

Almost everyone seems to be doing some internal spring cleaning this month. Whether it's a water fast, The Master Cleanse, juicing, or no red meat, people seem to be "cleaning" their respective internal houses. Part of my internal cleansing included giving the house a good scrub. The previous in no way implies that I keep a dirty house. Far From It! But there are things that get neglected... like blinds. I discovered that the Arizona sun will bake the dust onto blinds if not cleaned often enough.

Getting those blinds clean was *hard work*, but so is cleaning out your body. So included inside this issue are some quick tips if you are considering some type of cleanse or detox. As always I am here for you should you need me and hope you find the information useful and entertaining. To your health!

Psst! If anyone has a **good** tip on how to make the blind cleaning easier, I'll send you a copy of a audio cd titled "Why Detox?"

Health Facts & Tips

• **Bananas Offer Protection From Osteoporosis.** One reason Americans are susceptible to developing osteoporosis is in part due to our typically acidic diet. The body corrects this problem by robbing the bones of its calcium to restore pH balance. Eating foods rich in potassium citrate (bananas are among the best) provide a chemical buffering to balance our bodies' acidity and save our bones.



•Keepin' it Green

Next time you visit someone at the hospital, skip the flowers and bring them a green potted plant instead. Medical Researchers at Kansas State University found that patients recovering from appendectomies needed 36% less pain medication when there were green plants in their room compared to patients who didn't have any green plants in their room. It has been well known that the simple presence of green plants (indoors as well as outdoors) reduces stress and thus lowers pain perception.

• **Conquer Pain with Chocolate?** Although many people dealing with chronic pain do indeed require powerful narcotics to relieve their severe pain, a recent Mayo Clinic Study illustrates that chocolate triggers the body to produce natural pain relievers called endorphins into the body. These endorphins are much like morphine, one of the most powerful narcotics available to relieve pain. *This is not an endorsement for the over indulgence of chocolate!* If you are having that kind of pain you need to call the office and schedule an appointment asap. I will be **happy** to get you back to doing what you love **without** pain & chocolate weight gain 😊.

Insider Tips to Avoid Detox Disaster



One: *If it is your first time don't bite off more than you can chew.*

It takes discipline and a strong will to refrain from eating food you love for ANY amount of time. So don't choose a 20 day Master Cleanse, if you can't go 72 hours without white sugar, white flour, alcohol or caffeine.

Two: *Give yourself a few times to become accustomed to the detox process.*

Interested in a juice fast? Try one for 24 hours, then 48 hours etc. After 72 hours you can attempt a week. The prior attempts give you information about your mental and physical strengths and weaknesses, and how to plan for any logistical issues that can arise.

Three: *Sweat.*

Sweat is also cleansing so exercise at your own level based on what you learned about yourself during #2. However, *never* rigorously exercise while water fasting. Fainting and awakening with a contusion to the head taught me that lesson 15 years ago! ;-)

Four: *Gradually ease in with an appropriate plan based on #1.*

When "cleaning house" you will *always* fare better if you eliminate one or two items at a time. Eliminate alcohol & coffee first. The previous will be VERY important to regular coffee drinkers. When coffee is eliminated soda and tea should also be removed from the diet. Two days later cut all refined sugar and flour. A few days later cut out salt, all processed foods (lunch meat, hotdogs, breakfast links, etc.) and anything in a box. Boxed items will undoubtedly have MSG, HFCS, salt, etc. Then eliminate dairy & red meats and only consume chicken or fish (***not fried***), with grains (brown rice, barely, etc), steamed or raw veggies, salads, fresh or baked fruits, and homemade vegetable soups or broths. You can even eliminate chicken if you desire.

Want an antioxidant power detox? You can do live foods (raw foods) for 20 days or you can have various fruits and vegetable in liquid form by utilizing a juicer for 7-21 days. Makes sure you juice with the skin on. Many of fruits' most powerful substances are found in the skin. If possible, juice using only organic fruits and veggies. You are cleansing after all. No need to ingest pesticides or waxes.

An "elimination schedule" will allow you to detox without a magnified withdrawal reaction and leave you primed to experience the many benefits of a cleanse. Fewer allergic symptoms, less joint pain, increased equanimity, energy, better digestion and elimination, improved focus, clarity, mood, & weight loss are just some benefits.

Five: *Please seek medical supervision before beginning a detox program of any kind if you have a serious medical condition (hyperthyroidism, autoimmune diseases, kidney failure, etc) or terminal illness.*

Colon Hydrotherapy Anyone?

More often than not, whenever I give a health presentation I discuss eliminations (bowel movements) at which point my husband ALWAYS finds the nearest exit from the conference room, lecture hall, etc. If there is a door knob, he is turning it. He thinks I am obsessed with “eliminations,” but this is simply NOT the case. I do not offer colon hydration *nor* am I interested in performing the procedure. But digestive health, which includes eliminations, is very important and I am often concerned when my new clients reveal their elimination frequency or rather the lack thereof.

Since everyone seems to be cleansing, I would be remiss if I did not take this opportunity to discuss cleansing the colon. So I decided to consult Rosalind Akins, someone who is obsessed with restoring order to your colon in a supportive and safe space. She is a trusted & respected colleague and expert in digestive health and colon hydration (as well as a talented massage therapist) with over a decade of experience in the field. Let the questions begin!

Q: What is the goal of colon hydrotherapy?

A: The goal of colon hydrotherapy is to hydrate the system, remove waste, stimulate peristalsis, and rehabilitate the nerves, muscles, glands, circulatory and immune system that form the components of the digestive system.

Q: Is colon hydrotherapy completely safe?

A: Yes! In fact, with new hydrotherapy equipment therapy is much safer than the common enema.

Q: What is the major difference between enema and colon hydration?

A: *They are two different worlds.* Colon hydrotherapy uses water, an element that is naturally occurring in your body, to promote removal of built up waste and toning of the colon. With an enema you are putting a chemical in your body. These chemicals can inhibit your body’s peristalsis ability causing it to become dependent on the chemical to achieve an [elimination].

Q: So your system will not become lazy and require colon hydrotherapy to eliminate?

A: No. Physically colonics *are not* habit forming. Your body will not become reliant on them to eliminate.

Q: How often should someone have colon hydrotherapy?

A: I always recommend a series of 3 to begin. Depending on the motivation for the series more may be required. Once the client’s goal is achieved and the diet matches, I suggest a twice a year series of three. That’s a good maintenance program. If there are major dietary problems I recommend once a month to establish toning of the colon.

Q: What is toning of the colon?

A: Think of toning as reminding the colon muscles how they should work.

Q: What diet do you recommend after a session?

A: Well after a session I recommend digestive enzymes, probiotics and fiber. I do not recommend a “diet”, but suggest clean eating as a way to a healthier lifestyle. During a pre-session intake and evaluation, I examine a client’s current eating lifestyle and *together* we attempt to modify eating habits.

Upcoming Events...

Qi Acupuncture & Wellness, in conjunction with Body N Balance, will be hosting a series of wellness retreats in 2011. If you would like to be notified when the wellness retreats begin and receive an agenda/service outline, please email me at balancetheqi@gmail.com. We are also planning one for men. We know how hard you work! So if you are interested too, don't be shy.

I think next year's Detox Issue will be longer, will include recipes, and come out in January or February so you have time to prep. If this is something you would like, let me know. Otherwise, it will just be a standard issue.

A Special Note of Thanks...

I would like to thank a patient for requesting some information on detox/cleansing. Rather than send her the information via email, I thought everyone could use these quick tips for use now or in the future. Plus, it provided me with much needed copy. I would also like to thank Rosalind Akins for sharing her knowledge and expertise during this month detox issue.

Thanks Again!



810 N. 6th Ave
Phoenix, AZ 85003
T 602.462.1115
F 602.462.1119
BalanceTheQi.com

Natural Relief for Human Suffering