

Acupuncture News

A Free Monthly Newsletter for Friends and Patients of Qi
February 2011 Edition

"When health is absent, wisdom cannot reveal itself, art cannot become manifest, strength cannot be exerted, wealth is useless and reason is powerless." Herophles, 300 b.c

Happy Chinese New Year! February 3, 2011 begins the year of the Golden Rabbit also



known by its formal name Xin Mao. According to the Chinese tradition, the rabbit bring a year you can catch your breath and calm your nerves. So we can leave the stress of 2010 behind us. Interestingly enough, Chinese astrology charts predicted 2010 wouldn't come quietly or peacefully. For many, the year of the

Tiger was ferocious. Glad that's over! Now we can walk a bit lighter and focus on things that are important like family and good health. *I hope all of you had a spectacular holiday season.*

Here's something you *should* find interesting. A news service, Reuters, reported about a special mugging that took place in Russia. Big deal you say? Muggings take place every day. What's so special about this one? Skipping past the fact that we are numb, here's what's so special... This Russian mugger walked next to an older woman who was carrying a cake... and... **Stole Her Cake!**

It's true. But that's not even the "special" part. You see, this mugger didn't have an uncontrollable sugar craving. In fact, he didn't even want the cake. How do I know? Well, right after he took the cake, he turned to the woman and told her to call the police so he could go back to jail. Yep... you read that right. He wanted to go back to jail! Police said he had just gotten out of jail after serving a 12-year sentence. Told you this

mugging was different! So what is the point of all this?

Point is: There's an old saying that people make their own prisons. Obviously, this mugger took that to the extreme and the factors involved in creating this occurrence (and others like it) are more complex than I would like to delve into in a light acupuncture newsletter. But most of us... on one level or another... do things in our lives that create mini-prisons. This mugger actually hated his life outside the walls of prison so much he wanted to go back. Wow.

Most of us can't imagine that particular reality. But I'm sure most of us *can* imagine it would be easier for us to do positive things to create a good life... on the outside... without the bars. With the New Year in full swing... that's an idea we should all embrace: Doing positive things to create a better life for you... and everyone around you. That's why... if you haven't been to our office in 3 months or more... you can call 602-462-1115 and get a welcome back consultation free. This is a \$55 value.

If you would like to become a new patient, just call the same number and ask for the "Welcome New Patient Consultation" and you will get your first consultation for free. But if you are interested, you must do this by February 28, 2011. Whatever your choice, make sure you take action... right now... to make 2011 better than 2010. Because... in the end... YOU are the one in complete control of your destiny.

For a special Chinese New Year project you can do with the kids visit
<http://crafts.slides.kaboose.com/265-our-favorite-chinese-new-year-crafts>

Ginger Tea For Your Health



Many of you may have heard me recommend this powerful drink for one reason or another. Ginger has many wonderful benefits for the body. It mobilizes toxins, aids sluggish digestion, warms the joints, kills harmful germs we ingest, and even helps diminish our cravings for salty and sweet foods.

Many recommend 2-3 warm cups of fresh ginger tea every day as a general rule. Give it a try for a week and let me know what you think.

To make a single cup, take a piece of fresh ginger (available in the produce section usually next to the garlic) and grate one tablespoon (unpeeled) into a cup and steep with boiling water for 2 minutes or so. If it's too "hot" you can add a bit of water to dilute.

To make a whole quart, you grate a 2 inch piece of unpeeled ginger into one quart of water (4 cups). Bring to a boil and then letting it gently simmer for 15 minute. Then strain and store in the fridge until you are ready for your next cup. Just make sure you enjoy it warmed.

Feeling Stressed Out?



Health experts are reporting an epidemic rise in cases of "adrenal burnout", a stress induced condition that now affects up to 70% of American women and triggers telltale symptoms such as brain fog, headaches and weight gain.

The adrenals are small endocrine system glands sitting on top of the kidneys. Their job is to help regulate energy and cope with stress by producing adrenaline, noradrenalin, and cortisol. When women operate in a constant state of overdrive, the glands become depleted, leaving the body feeling likewise. Fortunately, there are several things you can do to refuel your adrenals for all day energy.

Family Photos

Researchers have long known that taking a 10 minute break during a hectic time can alleviate stress. Recently researchers discovered that people who sit and appreciate fine works of art for 10 minutes can lower their cortisol levels by 32%. Can't skip out to an art museum? Apparently, looking at any happy visual will do. Especially things like family vacation photos and snapshots of your kids.

Vitamin C

Vitamin C plays a big role in the proper function of the adrenal glands. Think of it like gas for your car. If you run out of vitamin C your adrenals no longer function at peak ability.

And leading a stressful lifestyle can use up vitamin C quicker than what would be normal. The good news is you can rev up your adrenals easily by restoring the vitamin C shortfall and jump start your cellular energy output. A 500mg cap of Vitamin C (the equivalent of 5 servings of C-rich foods such as citrus, peppers and broccoli... or a single 500mg chewable) should be enough for this purpose.

Ginseng

Long revered by the Chinese for its myriad of positive effects, modern researchers have discovered one of the reasons; Ginseng is an “adaptogen” which increases the body’s ability to handle stress and buffers the adrenals from overwork. Ginseng is one of the few herbs balanced enough to be prescribed by itself according to Chinese medicine. While opinions vary on how much to take, researchers typically use 100mg capsules containing 5% ginsenosides (one of the herbs active components).

Acupuncture On the Battlefield



The US Air Force recently announced plans to begin teaching active duty physicians how to provide battlefield acupuncture to service members on the front lines in Iraq, Afghanistan and elsewhere.

“The Air Force Surgeon General is pleased to announce a program to train active-duty physicians in the emerging

discipline of medical acupuncture. This is a unique course whose goal is to incorporate acupuncture into the practice of military medicine in the clinic and battlefield environments,” the Air Force announced.

For many years, acupuncture has been provided to returning vets at facilities such as Walter Reed and Ft. Bliss Medical Centers as well as many VA facilities around the country. “Over the past few years, acupuncture has been found to be quite effective in ameliorating some of the complex pain syndromes affecting many of our severely wounded warriors”, says the AF surgeon General. Not only has acupuncture proven itself useful to the military for relieving chronic pain and rehabilitation, but also literally “on the battlefield” to reduce the effects of combat stress which leads to PTSD (Post Traumatic Stress Disorder) and acute pain of bearing heavy loads and over exertion which is necessary on the battlefield (such as pain from carrying a 100+ lbs. backpack or sitting in a cramped tank seat for 18 hours straight.

The Department of Defense has estimated that by incorporating acupuncture into their system they will save an estimated \$1.7 billion. That translates into \$1,063 for each injured soldier.

Chocolate... “The Healthiest Food on Earth”!



O.K., maybe that’s a bit of an overstatement, but recent reports do indeed seem to point to some rather positive health benefits of chocolate. Dark Chocolate in particular has an especially high level of a special kind of antioxidant called flavonols... The studies show that people with more of these special flavonols have a lower risk of heart disease, lung cancer, prostate cancer, asthma symptoms and type-2 diabetes. Chocolate lowers LDL and raise good cholesterol by 4% and has **an effect like morphine to reduce pain**. An Italian study even concluded that women who eat chocolate frequently report higher sexual satisfaction than those who only ate chocolate rarely. That

stands to reason because chocolate has long been considered an aphrodisiac by the ancient Mayans of South America- the place where chocolate originated. Now *please* don’t run out and load up on Kit Kats and Snicker bars. Good quality dark chocolate is required for the health benefits (a nice hint to subtly drop as Valentine’s Day approaches). Experts say you should limit yourself to only about an ounce a day while otherwise eating a healthy balance diet. Remember, an ounce of chocolate has a whopping 11 grams of fat. Don’t make chocolate a substitute for the nuts, fruits, and vegetables experts agree should be your primary antioxidant source.

Have a special acupuncture question you would like answered?

Submit your question to balancetheqi@gmail.com and it may appear in our acupuncture newsletter as the question of the month.



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

Natural Relief for Human Suffering