

Acupuncture News

A Free Monthly Newsletter For The Friends and Patients of Qi
March 2011 Edition

*“Commitment means moving through a door of change through which you do not intend to return.”
David Simon*

Greetings Once Again!

It's been a great winter and I invite you to join me in making the rest of 2011 the most amazing year of our lives! Now that we're well into March, many of us have already let our New Years resolutions drop to the wayside. If that is you, I'd encourage you to consider reinvigorating your commitment to following through with those resolutions.

When we make New Years resolutions, there are usually pretty good reasons we commit to them. We shouldn't let a few stumbles stop us from achieving our goals and gaining the greater happiness and peace of mind these important changes will provide.

Now that you have made the heartfelt intention to make these changes in your life, it is important to have a plan. Please don't put your important resolutions on the back burner until next year simply because it's proving to be a more difficult improvement to make than you thought. Follow through. Don't give up! If you are finding that your new healthier lifestyle choices (such as stop smoking, losing weight, eating healthier, getting pain free or just being more active) are proving tougher to

achieve than you thought, maybe you need a little help. I invite you to stop by for an appointment and we can work out a strategic plan to make your changes stick throughout the year and for a lifetime. Have a Great 2011!!!



Eat Right With Color

March 2011 is National Nutrition Month and the American Dietetic Association (ADA) is pushing its' "Eat Right with Color" campaign to promote a healthier lifestyle. Personally, as part of my 2011 Chinese new year resolutions I make smoothies with a variety of fruits or vegetables once a day. *Well...not every single day* (especially if it's chilly to me), but for the most part pretty regular. I don't have them just for breakfast either. So as Phoenix heats up, I'll share some of my smoothie favorites & *disasters*. ☺

For free tips, feel free to stop by my office and pick up an ADA Eat Right Tip Sheet at your convenience or visit www.eatright.org to download your own copy today.

Health Facts & Tips

- **Eating More Fruits and Vegetables Can Save You Money.** The American Heart Association found that eating 3 servings of fruits and vegetables per day saves \$3,300 per year in medical expenses. The average American consumes only a half serving per day.
- **Take Time for Yourself!** 565,000 people die prematurely each year due to poor nutrition, inactivity and excess weight. The WHO reports that inactivity is the 7th leading cause of preventable death.
- **Cancer is Less Common in Active People.** Although researchers haven't determined the exact reason, the numbers make it clear that leading an active, healthy lifestyle decreases your chance of cancer.
- **How Times Have Changed.** In the early 1900's, life expectancy was approximately 48 years here in the US. An assembly line worker could buy a Model T car with 4 months pay and a 12 day cruise cost \$60. Now, life expectancy is about 70 (depending on your job), but I predict an increase in heart attacks at convenience stores. The reason... *the price of gas!*

The “Porcupine Diet”

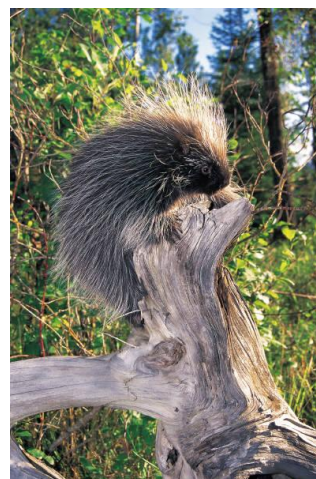
The popularity of acupuncture as a tool to aid weight loss is ever increasing here in the US. Some acupuncture offices have found themselves becoming “acupuncture weight loss clinics” because of the incredible demand and effectiveness.

While many individuals can personally testify on the effectiveness of incorporating acupuncture into their weight loss plan, many remained skeptical acupuncture could hold any benefit. Those who doubted acupuncture can now lay their doubts to rest.

The *International Journal of Obesity* published a study showing that not only was acupuncture effective at helping people lose weight, but it was *more* effective long term than the powerful (and dangerous) doctor prescribed pharmaceuticals used for weight loss.

We love helping our patients and their friends and relatives achieve their health and wellness goals. So don't be a stranger. Call us, and we will assist you in putting together a customized plan to address your needs. With a variety of Qi pre-payment plans, it's less expensive than you think!

For more pricing information, and a chance to win the complementary treatment draw visit www.BalanceTheQi.com



Lowering Your Cancer Risk with Foods



The good news is that throughout the past few years the rates of breast cancer have been falling. The bad news is that 1.3 million women (and a few men as well) will be diagnosed and half a million will die of breast cancer this year.

In the past, people simply thought that cancer was more or less an “act of God” with little or nothing to be done to prevent the disease. So people held their breath and waited. But modern medical studies are proving that there is **much** we can do to lower our chance of developing cancer. While family history is indeed a factor, diet and lifestyle are 2 major factors in the incidence of cancer. There **IS** something we can do!

Exciting new research reveals that certain foods and supplements can significantly lower cancer risks. Women who consume **2 tablespoons of flaxseeds** each day can cut their risk of getting breast cancer. The flaxseed triggers the liver to rid the body of excess estrogen, which is the hormone identified as being a primary trigger of breast cancer. Flaxseed also eases menstrual symptoms and reduces hot flashes by 50%.

Another discovery is that a combination of **calcium and vitamin D** (also great for preventing osteoporosis) reduces risk of breast cancer by 50% as well. This calcium / Vitamin D combination has been found to also reduce the risk of cancer metastasizing to other organs. Experts suggest taking 1,200 mg of calcium and 800 i.u.’s (International Units) a day.

Beginning a habit of enjoying a cup or two of **warm green tea** each day can also cut your risk dramatically. Impressive research on green tea has been done showing green tea’s dramatic ability to cut the occurrence of several types of cancer. **A daily cup of ginger tea** has also shown promise for the possible prevention of breast, ovarian, cervical, colon, pancreatic and skin cancers.

Researchers have also learned that **garlic** stops cancer dead in its tracks. In laboratory studies, garlic killed 98% of cancer cells **on contact**; stopping any potential growth instantly. The amount recommended is 1,200 mg of garlic a day which can be achieved by adding about one fresh tablespoon minced garlic to your recipes. Other “big hitters” include berries (such as **blueberries, raspberries and grapes**), **tomatoes, chocolate and coffee**. Drinking a single cup of coffee (*not a Venti Carmel Mocha w/whip*) each day lowers your risk of liver cancer.

Being active is another huge factor. Simply put: Cancer is Less Common in Active People. So move.

If you have any questions about your diet or health, please feel free to contact me.

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Nuts to Cholesterol!

Looking to lower your cholesterol naturally without statins? Researchers at Penn State University found that it only takes a snack (a handful) of pistachios each day to lower your bad cholesterol (LDL) an additional twelve percent. Adding foods such as nuts, which are high in monounsaturated fats, lipids and fiber can deliver a big dent to your cholesterol levels.

A Special Note of Thanks...

Thanks for the feedback I received on the ginger tea in the Acupuncture News February Edition. I am glad that many of you received benefit from the tea. Ginger tea is good for so many things, but I must admit that I don't care for it personally. Why should I allow my bias to influence the information I share? I know the power of ginger and use it as part of my personal herbal pharmacy (in addition to using it in the office). To those that benefited from the tea, I am delighted. For those that did not care for the tea, I say use as I do... when needed! Ginger is indispensable to a Chinese herbalist and is beneficial to your health.



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Natural Relief for Human Suffering