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**Enhance Your Endocrine Health with Acupuncture**



The endocrine system is responsible for hormonal functions in the body and produces thirty distinct hormones each of which has a very specific job to do. This system controls your physical growth, mood, hormone output, reproduction, mental functionality, and immune system. When not working properly you become more susceptible to disease and your ability to fight off infection is weakened. Endocrine glands and their functioning impact every area of your health.

The keystone of acupuncture and Oriental medicine has always been awakening the body's natural intelligence to heal itself and restore balance to the system of energy pathways (called "meridians") that crisscross the body. If the meridians within your

body have become depleted you can suffer from tiredness, infertility, weight gain, depression, digestive problems, hair loss, arthritis, and feeling chilled no matter the temperature.

**What are the endocrine glands and what do they do?**

The major endocrine glands include the adrenals, pancreas, pineal, pituitary, reproductive and thyroid glands.

**Adrenals** - Adrenal glands regulate the body's response to stress and are made of two parts, each of which secretes a separate set of hormones. The outer part produces corticosteroid hormones that regulate the balance of salt and water, stress response, metabolism, immune function, and sexual development and function. The inner part secretes adrenaline hormones that increase blood pressure and heart rate in response to stress. Over time chronic elevated stress levels can lead to weight gain, decreased resistance to infections, fatigue, muscle aches and low blood sugar.

**Pancreas** - The pancreas produces insulin and glucagon-two hormones that work together to supply the body's cells with a constant supply of energy in the form of glucose.

**Pineal** - The pineal gland is also known as the *epiphysis cerebri*, *epiphysis* or the "third eye". It produces the serotonin derivative melatonin, a hormone that affects the modulation of wake/sleep patterns and seasonal functions.

**Hypothalamus /Pituitary** - A collection of specialized cells that provide the primary link between the endocrine and central nervous systems. Nerve cells and hormones signal the pituitary gland to secrete or suppress the release of various hormone messages to the other glands. The pituitary gland is also responsible for secreting growth hormones.

**Reproductive** - These glands secrete hormones that control the development of male and female characteristics. In males these glands secrete androgen hormones, most importantly testosterone. In females they produce estrogen, progesterone, eggs and are involved in reproductive functions.

**Thyroid** - Thyroid hormones control the growth, temperature and function of every cell in the body. The gland acts as the metabolic engine of the body - if it secretes too little hormone the body slows and dies; if it secretes too much the body burns out and dies.

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**5 Nutrients to Support Your Endocrine Health**

Fruits, vegetables, whole grains and lean protein are part of any healthy diet. To directly affect your endocrine system, make sure your diet includes these foods.

**Fish** - Fish provides your body with Omega-3, Omega-6 and Omega-9 oils. These oils are fats that directly affect cognitive function, cellular function and kidney function, all the things under the control of the endocrine system. Eating fish twice a week will aid in keeping a balanced endocrine system.

**Garlic** - Garlic boosts your immunity, increasing your ability to fight off infection. It also helps regulate blood sugar levels. One or two cloves of garlic a day is recommended. Include it in your cooking!

**Calcium** - Calcium keeps nerves healthy and ensures their ability to communicate effectively. Milk, cottage cheese, cheese, leafy greens, dried beans and yogurt are all rich in calcium.

**Vitamin B and B Complex** - Directly influences the nervous system's proper functioning and health and one's physical and mental performance concerning the nervous system. Found in chicken, fish, eggs, whole grains, beans and nuts.

When treating a suspected endocrine condition with acupuncture and Oriental medicine, the acupuncturist seeks the root cause of the patient's imbalance. The endocrine system is closely tied to the internal balance of the Yin energy and the Yang energy. Imagine that the Yang energy is like gasoline that fuels a car, and the Yin energy is the coolant for the car's engine. Without the coolant, the engine overheats and begins to burn out. Acupuncture and Oriental Medicine work to make sure the Yin and Yang are equal within the body restoring your essential internal balance. The root of the body's energy in Oriental medicine is the Kidney meridian. Treatment used to strengthen the Kidney Meridian also restores nourishment to your endocrine glands.

Acupuncture can be used to restore hormonal balance, regulate energy levels, smooth emotions and help manage sleep and menstrual problems. Treatments take all symptoms into account and are aimed at balancing the energy in your body, optimizing your health, restoring immune function and balancing the production and release of hormones through a variety of approaches ranging from acupuncture and herbal remedies to lifestyle changes and special exercises. Many patients benefit from an integrated Eastern and Western medical approach to endocrine health. The strong point of Western medicine is intervention in life-threatening illness, whereas the strong point of Eastern medicine is increased quality of life. Therefore it is optimal to have both Eastern and Western medicine options available for the most comprehensive care.

**A healthy endocrine system that continues to secrete adequate amounts of hormones will slow the aging process and keep you vibrant and healthy as you age.**

**Come in for a consultation to see how acupuncture and Oriental medicine can assist you with your endocrine health and help you to live a long, healthy life.**

## Cultivate Optimal Endocrine Health

The endocrine system provides regulation of the body through hormonal secretions. Cultivating your endocrine health combined with proper nutrition and diet can boost energy, improve appetite, reduce insomnia, relieve depression symptoms, improve circulation, relieve muscle aches and assist in recovering from endocrine disorders. One of the easiest ways to look after your endocrine system health is to eat nutritious meals and have a well balanced diet.



**A few basic steps you can take to improve your endocrine health are:**

**Eat Slowly** - Don't rush through your meals. Allow your body to properly digest food reduces after-meal fatigue, boosts your immune system, and enables your endocrine system to properly process nutritional intake.

**Exercise** - Regular exercise boosts the immune system, improves cardiovascular health, muscle mass, and prevents bone loss. Stress reducing exercises such as yoga, qigong, or tai chi can also be beneficial.

**Manage Your Stress** - Another important part of maintaining a healthy endocrine system is stress management. Having a lot of stress in your life can cause the overproduction of hormones that can lead to the failure or malfunction of many endocrine organs. Acupuncture and Oriental medicine offers many tools and techniques that can be integrated into your life to keep stress in check and allow you to enjoy a more peaceful life.

**Rest** - Take a day out of the week for rest and rejuvenation allowing your mind and body recovery time. You will be more productive the rest of the week.

**Sleep** - Allow six to eight hours of sleep per night in order to reduce stress and keep hormones balanced. The combination of stress and a lack of sleep may cause some of the glands to malfunction. If you are experiencing difficulties sleeping acupuncture has shown great success treating a wide array of sleep problems without any of the side effects of prescription or over-the-counter sleep aids.

**Vitamin C** - Adrenal glands have a very high content of ascorbic acid (vitamin C). This vitamin helps stimulate adrenal glands into producing more of the disease fighting hormone cortin. A continued stressful environment depletes vitamin C reserves and increases the tendency for infection and disease. Good sources of vitamin C include citrus fruits, melons, apricots, strawberries, berries, green vegetables, sweet peppers, and particularly tomatoes.

## Massage Taixi when Fatigued

Taixi, or Kidney 3, is the source point of the Kidney meridian and an excellent point to massage yourself whenever feeling fatigued.

To locate Taixi first locate the medial malleolus that bone on the inner ankle. Then, locate the Achilles tendon that runs down the back of the ankle. Directly between them you will find the tender area when you press.

Massage the area on your ankle between the bone of inner malleolus and the Achilles tendon.

## COMMON COLDS: HOW TO PREVENT AND MINIMIZE ILLNESS

One of the main goals of Chinese medicine is to keep patients healthy. With this in mind, the formula Yin Chiao Chieh Tu Pien is the formula used most often to treat early-stage cold and flu virus. This formula is most effective when started during the first day of illness, with mild symptoms of scratchy or sore throat, low-grade fever, body aches, sudden fatigue, headache, or mild nasal congestion. Yin Chiao may be taken prior to illness if one has been exposed to a cold or flu virus. Keep this on hand, so you will be prepared.

## SPRING-TIME ALLERGIES?

Another Chinese formula is one that strengthens your immune system in preparation for spring allergy season. Now is the time to start taking Jade Screen Teapills (Yu Ping Feng San Wan), which can minimize or eliminate allergic reactions when taken at least 6-8 weeks prior to allergy season.

## Notes from Janet's Desk

**HAPPY CHINESE NEW YEAR!** How are you doing with your New Year's resolution? It's a good discipline to evaluate progress with your resolution regularly. Ask yourself: do you still remember your resolution? Has your resolution begun to feel like a habit yet? If you do not feel like you are making progress, do you think it would be better to break down the resolution into smaller, more do-able pieces? A monthly evaluation of your progress will help you achieve your goal.

**CHINESE ORGAN SYSTEMS AND THE ENDOCRINE SYSTEM:** Every named Chinese organ and acupuncture channel represents much more than just the Western physiological view of that particular organ. The organs are paired, and form an "organ system" that includes the functions of those named organs, their associated endocrine organs, and associated emotions (which are often related to the hormones secreted by the endocrine organ).

Below are a few of the Chinese organ system connections that might be of interest:

Kidney/Bladder, Adrenal gland, fear and fright  
Liver/Gallbladder, Pineal gland, irritability and anger  
Heart/Pericardium, Pituitary gland, joy and excitement  
Spleen/Stomach, Pancreas gland, pensiveness and worry  
Lungs/Large Intestine, Thyroid gland, grief and sorrow

*"Make each moment an occasion to live deeply, happily, in peace."*

--- Thich Nhat Nanh

## RELAXATION HAPPY HOUR

This is an opportunity for a mini acupuncture treatment, or massage (by Fielding) for just \$20. This is a drop-in clinic, stop by every Thursday between 5:00 and 6:00 p.m.

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