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Revitalize Your Health with Acupuncture & Nutrition



Preventive medicine is defined as the part of medicine engaged with preventing disease rather than curing it. An integral part of preventative medicine, nutrition is considered the first line of defense in acupuncture and Oriental medicine as it provides the energy needed for the body to function. Good nutrition not only provides energy, it also provides the basic building blocks, vitamins, minerals, phytochemicals and antioxidants that keep the body healthy and vibrant.

A nutritional imbalance in foods consumed contributes to an imbalance in overall health. Eating an unnatural and restrictive diet can lead to yo-yo dieting and drastic ups and downs in body weight. Improper diet practises can cause malnutrition, organ damage, slow metabolic rate and other imbalances within the body. Biochemical and energetic imbalances may present themselves as pain, sleep disturbances, mood changes, abnormal digestion, headaches and menstrual irregularities.

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 grave illness develops. Once the imbalance has been determined, a customized program can be created with a variety of treatment modalities including acupuncture, herbal therapy, tui na, qi gong in addition to food, exercise and lifestyle suggestions

Seasonal acupuncture treatments just four times a year serve to tonify the inner organ systems and correct minor annoyances before they become serious problems.

Call today to see how acupuncture and Oriental medicine can revitalize your health!

Acupuncture for Weight Loss

In Oriental medicine the root of excess weight is an imbalance within the body caused by malfunctioning of the spleen and liver organ systems. Acupuncture points, foods and herbs selected to assist with weight loss directly influence the Qi of the spleen and liver systems to treat the imbalances causing the weight gain.

The spleen is responsible for the proper functioning of the digestive system, ensuring that the food we eat is transformed into Qi, the vital substance of life. Disharmony of the spleen will have symptoms such as fatigue, slow metabolism, water retention, loose stool, and feeling of heaviness.

The liver's job is to keep the flow of your body's Qi, blood and emotions running smoothly. Our modern, fast-paced lifestyle and chronic stress can negatively impact the liver's ability to function properly and smoothly, which, in turn, can cause the spleen and the whole digestive system to function poorly and decrease your metabolism. Liver disharmony can also cause some of the "triggers" that lead to cravings and compulsive eating.

Acupuncture and Oriental medicine has been shown to have an effect on the functioning of the nervous, endocrine and digestive systems, food cravings, and metabolism. These functions all help energize the body, maximize the absorption of nutrients, regulate elimination, control overeating, suppress the appetite, and reduce anxiety.

A Total Health Program

Acupuncture and Oriental medicine address the issues of over-eating and low metabolism with effective tools to control appetite and increase energy. Energetic imbalances are corrected and the digestive and elimination processes are improved so that there is a physical shift in the body to

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Step into Wellness

One of the many ways that walking can promote health and wellness is by putting gentle pressure on Yongquan (Bubbling Spring), an acupuncture point on the sole of the foot. In Oriental health theory, this is the starting point of the Kidney meridian and stimulation of this energizing point can promote clarity of the mind and stabilize emotions.

Yongquan is located in the depression on the sole of the foot at the junction of the anterior third and the posterior two thirds of the sole. The acupuncture point, Yongquan, has been found to benefit high blood pressure, stress, insomnia, headaches, sexual potency, and kidney function.

To Stimulate Yongquan

While Walking:

- Let your heel tap the ground gently
- Feel your weight transfer fully to the ball and toes of your foot.
- Focus on breathing into your lower abdomen
- Keep your shoulders relaxed and allow your arms to swing freely

By Tapping:

- Use your fists to strike your Yongquan about 100 times on each foot.

By Rolling:

- Gently roll a tennis ball under your foot while on the couch.

naturally have more energy and desire less food. By addressing both the physiological and psychological aspects of weight loss acupuncture and Oriental medicine provide a comprehensive therapy for weight issues that promotes better digestion, smooths emotions, reduces appetite, improves metabolism, and eliminates food cravings.

Each treatment is catered to the needs of the individual patient. Acupuncture points on the body are chosen for overall well being with the objective of increasing circulation of the blood and Qi (stimulating the metabolism) and calming the nervous system. Treatments can include a combination of auricular (ear) and body acupuncture, ear tacks or pellets to leave on in-between treatments, herbs and supplements, abdominal massage, breathing exercises, and food and lifestyle recommendations.

In addition to treating the root of the imbalance within the body, different acupuncture points may be chosen for each treatment as different symptoms arise. For instance, if you are experiencing a desire to overeat related to premenstrual syndrome (PMS) one week, then that can be addressed at that week's appointment.

The herbs and foods that are chosen during a weight loss treatment are for promoting healthy digestion, energizing the body, augmenting Qi, and improve elimination of water, toxins, and waste products. Most patients report a marked decline in appetite and cravings with acupuncture alone but herbs, healing foods, and exercises can definitely enhance the efficacy of the treatments.

Come in for a consultation to see how acupuncture and Oriental medicine can assist you with your weight management goals and help you to live a long, healthy life!

Notes from Janet's Desk

SPRING is a wonderful time of the year with signs of new growth all around us. There is still time to plant a small vegetable garden or grow a few herbs on the windowsill. You will be able to look forward to delicious and nutritious foods that will tantalize your taste buds and enhance any meal. Gardening provides many benefits: exercise, fresh air, sunlight (vitamin D), a chance to relax, and a feeling of accomplishment.

FOOD FOCUS: the humble PEA is a powerhouse of nutrition. According to Chinese nutritional principles, the pea's flavor is neutral and sweet, it strengthens digestion (spleen and stomach), promotes diuresis, and moistens the intestines to relieve constipation. Western nutritional research indicates that peas have antioxidant and anti-inflammatory benefits, provide support for blood sugar regulation, promote heart health, and protect against stomach cancer. Peas are excellent sources of manganese, dietary fiber, and vitamins K, C, and B1 (thiamin). They also contain almost 9 grams of protein in a 1 cup serving plus additional vitamins and minerals. Peas also contain natural substances called purines, and people with gout or kidney stones from uric acid should limit or avoid peas.

NUTRITION INFORMATION: Two websites that contain helpful information are:
www.acupuncture.com/nutrition/allergyfoods.htm (Foods that may reduce allergy symptoms)
www.acupuncture.com/nutrition/diettc.htm (Basic information about the Chinese tradition of food as medicine)

ACUPUNCTURE AND PAIN RELIEF: Using fMRI testing, researchers have captured pictures of the brain while patients experienced a pain stimulus with and without acupuncture. During acupuncture, activation in pain-processing areas of the brain was significantly reduced. This research suggests that acupuncture can relieve pain through expectancy-based effects and through modulation of the incoming pain signal. Presented at the annual meeting of Radiological Society of North America.

PCOS, ACUPUNCTURE, and EXERCISE: Acupuncture and physical exercise improved hormone levels and menstrual bleeding patterns in women with polycystic ovary syndrome (PCOS). The research group that was given acupuncture and the group that exercised at least three times a week both reduced high levels of testosterone and lead to more regular menstruation. Of the two treatments, acupuncture proved more effective. From the journal: Endocrinology and Metabolism, 2010.

Blueberry-Lemon Sorbet

A healthy antioxidant rich treat at only 77 calories per 1/2 cup serving.

3 cups blueberries
1/2 cup water
2 T honey
1 t lemon zest
2 T fresh lemon juice
1/8 t salt

Place all ingredients in a blender and process until smooth. Pour into a freezer safe container. Freeze 1 hour or until hard. Let stand 10 minutes before serving.

SITTING MOON: *A Guide to Natural Rejuvenation after Pregnancy*
by Daoshing Ni, PhD, DOM, LAc & Jessica Chen, LAc, Dipl OM, ABORM.

This book is now available in my office! In the west, the focus in postpartum care has been on the new child. Here is a book for the new mother! Sitting Moon will provide a guide for nurturing postpartum care in the Chinese tradition, providing health-building tools such as acupressure, Chinese nutrition and chi movement exercise. Recipes and resources are included.

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.

Upcoming dates: April, 14th, 21st and 28th; May 5th, 12th, 19th and 26th.

CHECK OUT MY WEBSITE

www.PismoWellness.com and let me know what you think. I look forward to any suggestions to improve the website information, and I will be happy to add additional testimonials from my patients.