

**Janet Leach L.Ac.**

Five Cities Medical Center
 855 4th Street
 Pismo Beach, CA 93449
 805-773-3301
www.PimsoWellness.com

Treating Diabetes with Acupuncture & Oriental Medicine

It is estimated that 25.8 million men, women and children in the United States have diabetes. Diabetes is a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. According to the Centers for Disease Control and Prevention the risk for death is approximately twice that of persons of similar age without diabetes.

The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles. Complications of diabetes include heart disease, hypertension, eye problems, kidney disease, nervous system disease, periodontal disease, amputation, fatigue, depression, and complications during pregnancy.

In order to manage diabetes, it is essential for people to make healthy lifestyle choices in diet, exercise, and other health habits. Another important factor when treating diabetes is creating a support team of health care professionals. This support team may include your primary doctor, an eye doctor, nurses, a dietitian, and a licensed acupuncturist.

Diabetes According to Oriental Medicine

According to Traditional Oriental Medicine, diabetes is caused by an imbalance of the cyclical flow of Qi within the meridians and organ systems.

This particular imbalance produces heat that depletes the body's fluids and Qi causing symptoms such as:

- Fatigue
- Lethargy
- Unexplained Weight Loss
- Excessive Thirst (Polydipsia)
- Excessive Urination (Polyuria)
- Excessive Eating (Polyphagia)
- Poor Wound Healing
- Infections
- Irritability
- Blurry Vision

How Acupuncture and Oriental Medicine Treats Diabetes

In treating diabetes, Oriental medicine offers a way to address each patient individually to eliminate the symptoms associated with diabetes and reduce the need for insulin. A variety of techniques may be used during treatment including acupuncture, herbal medicine, bodywork, lifestyle/dietary recommendations and energetic exercises. The treatment for diabetes focuses on regulating the circulation of blood and Qi and balancing the organ systems to improve pancreatic function and address internal heat and the depletion of fluids. When treating diabetes, acupuncture and Oriental medicine can assist the body to regain its normal healthy functioning.

To add acupuncture and Oriental medicine to your arsenal when fighting diabetes and learn more about how acupuncture and Oriental Medicine can improve your health and well being call for a consultation today!

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Five Areas Diabetics Should Monitor Carefully

There are a lot of complications caused by diabetes that require extra attention. If you have diabetes make sure you monitor these five areas on a regular basis.

Blood Sugar

Understand how diabetes changes how food affects your body. Know the signs of low blood sugar. Have a plan in place to correct your blood sugar levels when necessary.

Heart Health

Diabetics have a higher risk of heart attacks and stroke. Optimal cholesterol and blood pressure goals are lower for diabetics.

Infections

Due to higher blood sugar levels bacteria grow and infections develop more quickly. Treating infections early on can prevent serious complications later.

Feet

Diabetics may suffer from neuropathy, or nerve death in their feet and can get an injury or serious infection without feeling it.

Exercise

Exercise has been shown to decrease blood sugars and improve insulin resistance, the main issue in those with type II diabetes.

Notes from Janet's Desk

IT'S SUMMERTIME! This week brings the first day of summer. This season is considered the most yang of all the seasons since it is the warmest in temperature, has the brightest and longest days, and more opportunities for outdoor activities. Nature is at its peak of growth with a large variety of brightly colored fruits and vegetables that provide an abundance of nutrients. It's important to balance the heat of summer with foods that are cooling (not cold), and limit alcohol, coffee and spicy food (garlic, peppers, onion, lamb, red meat). A cooling and refreshing juice can be made with watermelon (or strawberries), cucumber, lemon, and ginger.

Summer is the season of the heart and small intestine systems, and its emotion is joy. The heart is considered the root of our mental and emotional selves, and our focus during this season should be on this heart-mind connection and seeking opportunities for growth, joy, brightness, creativity and spiritual awareness. Rise early, greet the sun, be joyful in both your work and your play.

VACATION HOURS: Janet will be out of the office on vacation from July 4th through July 18th. My associate, Trish Powers, will be available by appointment on Tuesdays and Thursdays. We will be checking and returning our messages each day, but the office will be closed Monday, Wednesday, and Friday. We will return to our regular schedule on Tuesday, July 19th.

RELAXATION HAPPY HOUR: There will be no Relaxation Happy Hour on July 7th.

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.

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.