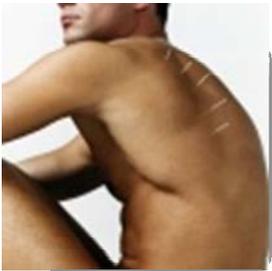




Janet Leach L.Ac.

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

Five Top Men's Health Concerns and How Acupuncture Can Help



Acupuncture has been used to treat men's health concerns for thousands of years and is growing in popularity. The reason for this growth in popularity is that many health issues that men face, such as high blood pressure, prostate problems and depression, respond extremely well to acupuncture treatments.

Here is a list of five health issues that affect men and how acupuncture can help:

Cardiovascular Disease

Cardiovascular disease is the leading men's health threat with heart disease and stroke topping the list of the first and second leading causes of death worldwide. By integrating acupuncture and Oriental medicine into your heart healthy lifestyle, you can dramatically reduce your risk of cardiovascular disease.

Taking small steps to improve your health can reduce your risk for cardiovascular disease by as much as eighty percent. Steps to prevention include managing high blood pressure, quitting smoking, maintaining a healthy weight, reducing stress and improved sleep - all of which can be helped with acupuncture.

Acupuncture has been found to be particularly helpful in lowering blood pressure. By applying acupuncture needles at specific sites along the wrist, inside the forearm or in the leg, researchers have been able to stimulate the release of opioids, which decreases the heart's activity and its need for oxygen. This, in turn, lowers blood pressure.

Lung Cancer

Lung cancer is the leading cancer killer in men. Tobacco smoke causes ninety percent of all lung cancers. If you are ready to quit smoking, acupuncture can help.

Acupuncture has shown to be an effective treatment for smoking. Acupuncture treatments for addiction and smoking cessation focus on jitters, cravings, irritability, and restlessness; symptoms that people commonly complain about when they quit. It also aids in relaxation and detoxification.

In one study on substance addiction, a team from Yale University successfully used auricular (ear) acupuncture to treat cocaine addiction. Results showed that fifty-five percent of participants tested free of cocaine during the last week of treatment, compared to twenty-four percent and nine percent in the two control groups. Those who completed acupuncture treatment also had longer periods of sustained abstinence compared to participants in the control groups.

Prostate Health

The prostate is prone to enlargement and inflammation as men age, affecting about half of men in their sixties and up to ninety percent of men as they approach their seventies and eighties. If left untreated, benign prostate gland enlargement, which presents with symptoms such as frequent nighttime urination, painful urination, and difficult urination, can lead to more serious conditions such

In This Issue

- Five Top Men's Health Concerns and How Acupuncture Can Help
- Foods Men Should Eat Everyday

Foods Men Should Eat Everyday

Adding nutrient-rich super foods to the diet can give men a healthy boost. Here are some foods that can help maintain muscle mass, prevent prostate cancer, and more.

Spinach: Popeye had this one right. Spinach is one of the most nutrient-dense foods in existence. Spinach can help protect against prostate cancer, reduce the risk of heart disease and stroke, lower blood pressure and strengthen muscles.

Yogurt: Eating yogurt that contains live bacterial cultures everyday improves digestive health, boosts the immune system, provides protection against cancer and may help you live longer. Not all yogurts are probiotic though, so make sure the label says "live and active cultures."

Avocados: Avocados are a good source of vitamin K, dietary fiber, vitamin B6, vitamin C, folate and copper. Rich in potassium, avocados contain more of this nutrient than bananas. Potassium is needed to regulate nerves, heartbeat and, especially, blood pressure. An added bonus for men: Avocados inhibit the growth of prostate cancer cells.

Walnuts: When it comes to their health benefits, walnuts are the king of nuts. Richer in heart-healthy omega-3s than salmon, loaded with more anti-oxidants than red wine, and packing half as much muscle-building protein as chicken, walnuts are one of the all time super foods.

as prostate cancer, urinary tract infections, bladder or kidney damage, bladder stones, and incontinence.

Acupuncture and Oriental medicine can be used to treat prostate problems to relieve the urinary symptoms and prevent the more serious conditions from occurring. The few studies completed on acupuncture and prostatitis show positive results with participants noticing an marked improvement in their quality of life, decrease in urinary difficulties, and an increase in urinary function.

Depression and Mental Health

Suicide is the eighth leading cause of death among all men; for young men it's higher. While experts previously thought depression affected far more women than men, it is now believed that that men's tendency to hide depressed feelings and not seek professional help has skewed the numbers.

When suffering from depression, brain chemicals and stress hormones are out of balance. Sleep, appetite, and energy level are all disturbed. Acupuncture and Oriental medicine can alleviate symptoms associated with depression and mental health issues by helping to rebalance the body's internal environment.

The growing body of research supporting the positive effects of acupuncture on depression, anxiety, insomnia, and chronic pain syndrome is so strong that the military now uses acupuncture to treat troops with post-traumatic stress disorder (PTSD) and combat stress syndrome.

Sexual Health

While sexual health concerns may not be life threatening, they can still signal significant health problems. Two-thirds of men older than seventy and up to thirty-nine percent of forty year old men report having problems with their sexual health.

Acupuncture and Oriental medicine are well known for improving men's sexual performance; in fact, there have been medical textbooks devoted to the subject. Chinese Emperors took their sexual health quite seriously and would consult with a team of physicians if they experienced any difficulties in the bedroom.

Acupuncture can be used to treat premature ejaculation, low sperm count, diminished sperm motility, erectile dysfunction, male climacteric (menopause) and increase libido.

Call now to see how acupuncture and Oriental medicine can improve your health and well being!

Notes from Janet's Desk

There's a lot happening at the acupuncture clinic this month! We have finally completed our website and invite you to check it out: www.pismowellness.com.

Our office is now located at the front of the Five Cities Medical Center. We have an additional treatment room and a spacious waiting area. We love the new space and think you will, too.

We will have an **OPEN HOUSE CELEBRATION** on Tuesday, October 26th from 5-7 p.m. and you are invited! Please come and enjoy great food and brief presentations about self-healing techniques you can use. Meet all the wonderful practitioners and therapists in the Five Cities Medical Center.

Also new is Thursday Night Relaxation Happy Hour! To relieve stress and rejuvenate, arrive anytime between 5-6:00 p.m. and receive an auricular (ear) acupuncture treatment, or a 15-minute chair massage by Fielding for just \$20. Come join us for a truly relaxing evening.

It's time to get ready for cold and flu season, and time to consider acupuncture treatments or herbal formulas that strengthen your immune system. In addition, wise food choices like chicken soup and other warm and nourishing foods help your body stay healthy. Remember to dress warmly and keep the back of your neck protected from cold winds and chills.

Please stop by to see our new office space, let us know how you are doing, and schedule an appointment to prepare for the upcoming season. Phone (805) 773-3301.

Blackberries: Blackberries are packed with Vitamin C, calcium and magnesium with more than double the amounts than their popular cousin, the blueberry. Vitamin C is a powerful stress reducer that can lower blood pressure and return cortisol levels to normal faster when taken during periods of stress. Magnesium and calcium act together to help regulate the nerves and muscle tone. Too little magnesium in your diet can cause nerve cells to become over activated and can trigger muscular tension, soreness, spasms, cramps, and fatigue. Blackberries also score high on the oxygen radical absorbance capacity (ORAC) scale assesses the antioxidant content of food: the higher the score, the better the food's ability to neutralize cell-damaging free radicals that lead to cancer.

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.