

Informative websites:

- www.medicalacupuncture.org: general information about acupuncture and conditions treated by acupuncture
- www.drweil.com: general information about healthy living, a free e-mail newsletter is available
- www.pdrhealth.com: accurate information about medications and their beneficial effects and side effects.

SNACK TIME!

Looking for a healthy snack? A serving of unsalted almonds provides protein, carbohydrate, fiber, and healthy fats, as well as B vitamins, potassium, magnesium, calcium, iron, vitamin E and other antioxidants.

FOOD LABELS

The food industry is now required to analyze foods for trans fat content. This type of fat can have dangerous consequences for your heart, and should be completely eliminated from your diet. Many companies are removing the trans fat from their products, but beware! Products that are labeled “0g trans fat” may look healthy, but are often still high in sugar or saturated fat. Read food labels – be informed.

MUSIC APPRECIATION

Patients frequently ask what CD is playing during their treatment. Often, it’s the soothing music of Kevin Kern’s CDs: Beyond the Sundial, The Winding Path, Embracing the Wind, Summer Daydreams, In My Life, or In The Enchanted Garden. Boo Boo Records will order these CD’s if they don’t have them in stock.

WOMEN’S HEALTH FORUM

The 2nd Annual Women’s Health Forum will be held at Sierra Vista Regional Medical Center auditorium at 1010 Murray Avenue in San Luis Obispo on **Saturday, April 22, 2006**. I will speak about osteoarthritis. Last year’s event was exciting and informative with 9 speakers and over 100 participants. Proceeds benefit the Women’s Shelter of San Luis Obispo. Tickets are available at Pacific Natural Medical Centre @ 473-7311 or Body & Balance Center @ 541-8005 at a cost of \$10 advance, \$15 onsite.

Try
Acupuncture
First !

Janet Leach, L.Ac.

Five Cities Medical Building

855 4th Street
Pismo Beach, CA 93449

(805) 773-3301



Address Correction Requested

OFFICE HOURS: 9:30 – 5:00 Monday – Friday
Additional hours by appointment

NEW YEAR'S RESOLUTIONS

Did you make a new year's resolution? Now's the time to evaluate your progress --- are you still keeping that resolution? If not, rethink your resolution.

- Does it fit your values? Is it too vague and need to be more specific?
- Is it a long-term goal that should be broken down into smaller goals?
- Do you have too many resolutions and need to focus on just one or two?
- Do you need to contact someone for help or coaching?

Take a few minutes to evaluate where you are now, where you want to be, and develop concrete strategies to reach your goal!

WELLNESS PROGRAM

Is your company interested in reducing insurance and disability costs? A healthier workforce results in significant savings, reduced days lost to sickness, and increased productivity. The U-Lite Program is now available to companies on the Central Coast. It is a wellness program that helps employees reduce weight, improve health, and decrease inflammation, fatigue and pain. I would be happy to speak to you or your company's human resources department about a 45-minute presentation entitled "How to Prevent Heart Disease, Cancer and Diabetes." For more information: www.corporatewellness.us, or call 773-3301.

HERB INFORMATION

Adaptogenic herbs have been used for thousands of years in Chinese medicine to strengthen the body. These herbs help the body adapt to life's stresses: physical, emotional, and environmental. They have an overall strengthening and normalizing effect and increase the body's resistance to illness. Adaptogenic herbs play an important role in my "Boost Immunity Formula", helping to strengthen the body's defenses and maintain optimal health. This formula often helps prevent viral infections and prevent or lessen the severity of allergies. Ask about this formula the next time you're in the office.

Dartmouth Medical School nutritionist Marcia Herrin, R.D. studies the health benefits of culinary herbs and spices like curry blends, oregano, ginger, rosemary, dill and sage. Curry is part of the staple diet in India, where rates of Alzheimer's disease are the lowest in the world. Many herbs and spices also have very high antioxidant activity. Dr Herrin states, "I'm guessing we're going to end up with some really powerful medicines out of this." Liberal use of herbs and spices will not only enhance the flavor of your food, but may also provide significant health benefits!

RESEARCH NOTES

Acupuncture treatment following shoulder surgery (arthroscopic acromioplasty) has been found to significantly lower pain levels, increase range of motion, reduce analgesic use, and improve patient satisfaction. This research was done in Klamath Falls, Oregon and published by Elsevier Science Ltd.

Wei Zhou, Ph.D., a researcher at the School of Medicine, University of California, Irvine has been evaluating the latest studies in acupuncture pain research. He reports that acupuncture is inexpensive, safe and has fewer side effects or postoperative complications. Many conditions of chronic pain, such as tension headache and low back pain, can be controlled by acupuncture, and acupuncture is also calming, reducing the emotional reaction to pain. Dr. Zhou estimates that acupuncture is effective about 70% of the time, with repeated treatment improving the effect. He finds that the optimal treatment effect is seen with twice weekly treatments.

Cranberries are good for you! Researchers from Harvard Medical School and Rutgers University studied effects of eating dried cranberries in women with urinary tract infections. They concluded that 1.5 ounces of dried cranberries may help prevent or treat bacterial bladder infections, like cranberry juice does. Research at Rochester Medical Center found cranberries could also stop bacteria from attaching to teeth and gums, helping prevent gum disease.

Irritable Bowel Syndrome (IBS): Patients receiving Traditional Chinese Medicine herbal formulas reported a significant improvement in IBS symptoms, reducing the degree of interference IBS caused in their lives. Patients on individualized Chinese herbal formulas maintained their improvement longer than the group taking a standardized herbal formula. Reported in JAMA, 1998, Vol. 280, No. 18.