

**OFFICE NEWS**

This summer has brought a few changes to the office. I warmly welcome my new associate, Trish Power L.Ac. who will be available to treat patients on Tuesday mornings and Fridays. Trish studied acupuncture at the same school I did, the Santa Barbara College of Oriental Medicine. She has a very gentle technique, treats acute and chronic pain or illness, and has certification in facial rejuvenation acupuncture. Welcome!

With the addition of Trish to the office, I will be in the office on Monday through Thursday. Most Fridays I will be continuing my Chinese Medicine studies and taking care of family obligations.

I also welcome Karina, our friendly, new office receptionist. She will join Grace in keeping the office organized and running smoothly. Tina has moved out of the area to be closer to school, she will start her acupuncture studies soon.

I now have an email address for patients to use, and welcome comments or questions: [acupuncture.clinic@yahoo.com](mailto:acupuncture.clinic@yahoo.com). You may also use Email (or phone) to let me know if you no longer want to be included on my newsletter mailing list.

**SUMMERTIME CARE**

Mosquitoes are quite a nuisance at this time of year and can also transmit dangerous diseases. There are numerous reports of Vitamin B-1 (thiamin) helping deter mosquitoes from biting when taken in 100 mg. doses for at least 2 weeks.

This should change your body odor (not noticeable by humans) so mosquitoes will not bite you. I was unable to find research to support this. Other precautions you can take: wear light-colored clothing, do not use hair or skin care products with sweet scents, remove sources of standing water such as birdbaths. Patients have reported that newer, natural repellent products available at health food stores work well.

Do you know that the best way to keep your skin looking young and prevent wrinkles is the daily application of sunscreen? This also helps prevent skin cancer. Even with foggy Pismo Beach weather your skin needs protection from the sun's damaging rays.

**INSURANCE INFORMATION**

Our office is now sending claims paperwork to insurance companies to help our patients with reimbursement. This has been working out well, and if you would like us to send your claims in for you, please let us know. If you are not sure if your insurance policy covers acupuncture, we will be happy to give them a call and get the information.

Medicare still does not cover acupuncture treatments, though patients with secondary insurance (not supplemental) may have acupuncture coverage. Contact your congressman if you would like them to support acupuncture coverage by Medicare.

**RECENT RESEARCH**

***Fibromyalgia:*** Two small studies (24 - 25 patients) one at the Mayo Clinic and the other at the Southern California University of Health Services found acupuncture provides relief for Fibromyalgia patients. Improvement was found with fatigue, anxiety, stress, and activity levels. Treatments were provided twice weekly for 3-4 weeks. In the Mayo Clinic study, follow-ups 7 months later found patients continued to have less pain than they had prior to treatment.

***Emotional Problems and ADHD in teens:*** The Journal of Chinese Medicine (June 2006) reported on a project for students in a special needs school. The students in the project reported improvement in well being, happiness, sleep and energy. They reported feeling more relaxed and more able to cope. Their teachers also noticed improvement in their behavior and support the project.

***Heart Disease:*** Recent research found that risk of coronary heart disease for men could be reduced by 87% with improving just 5 lifestyle factors! Lower your risk now:

- stop smoking
- exercise at least 30 minutes daily
- reduce your Body Mass Index (BMI) to 25 or less
- drink in moderation
- eat a diet high in fruits, vegetables, fiber, chicken and fish, and low in trans-fats and saturated fats.

***Blood Pressure:*** Twenty healthy women (average age: 40.8 years) participated in an exercise program consisting of two one-hour tai chi sessions every week for 10 weeks. At the conclusion of the 10-week program their systolic blood pressure readings had improved significantly (from 114 to 108 mm/Hg) compared to baseline readings. Cholesterol scores also improved over the course of the study. (Med Sci Monit April 2006) Other studies have found that tai chi sessions improve balance and coordination, reduce injury, promote relaxation and reduce chronic pain of arthritis.

**RECOMMENDED WEBSITES**

- [www.csomaonline.org](http://www.csomaonline.org) contains a good information section about acupuncture, specifically for patients, from the California State Oriental Medical Association.
- [www.healthstatus.com/calculators.html](http://www.healthstatus.com/calculators.html) is a website for many health calculators, including body mass index (BMI), body fat calculator, calories burned, ideal weight, and many more.
- [www.waoma.org/research.html](http://www.waoma.org/research.html) provides information on research reporting the effectiveness of acupuncture for a variety of conditions, provided by the Washington Acupuncture and Oriental Medicine Association.

**REDUCE STRESS**

Here a couple of quick ways to de-stress:

- Focus on your breathing for a few minutes: calmly breathe in, then *slowly* exhale and pause for a moment before calmly breathing in again.
- Tighten up all the muscles in your body for a moment, then feel them relax as you slowly exhale. Repeat 3 times.
- If you have more time, lie down and tighten and relax muscles in one body area at a time, until you have relaxed every area of your body.
- Reach up overhead and stretch as you inhale deeply, then exhale as you bend forward from the waist. Repeat *slowly* several times.

**BOOK RECOMMENDATION**

Get Happy Get Healthy Be Wealthy – It’s your choice by Michael Framberger. This book provides a simple, common sense system and great motivation to help you choose to make changes that will bring you success. The book is available at most of our local bookstores. He also has a helpful website: [www.gethappy-gethealthy-bewealthy.com](http://www.gethappy-gethealthy-bewealthy.com).

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Trish Power, L.Ac.*

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Address Correction Requested

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