

OFFICE NEWS

We are now in the midst of another change of seasons: the mornings are a little chilly, the afternoons are a little windy, we have more hours of darkness ---- Fall is fast upon us! Please pay attention to the section about making a smooth transition into the fall. Janet is beginning to work closely with Dana Nelson's Health Plus Pharmacy, in San Luis Obispo, see details on the next page. This has been a very busy year so far and *we thank each of you for your many referrals...*
– Janet and Trish

... FALL TRANSITION

Traditional Chinese Medicine (TCM) recognizes natural seasonal cycles that affect our health and makes recommendations to promote optimal health and well being. Just as this is the traditional time to gather in the harvest, it is also a time for us to become more focused, and to gather our own spirit and energy, in preparation for winter.

According to TCM, this is the season of the lungs and large intestine, and can be a time of frequent colds, sinus infections, asthma, flu, and other common ailments. Exposure to wind (especially on the back of the neck) is believed to lead to viral infections, so dress warmly!

The immune system can be strengthened at this time of year by eating more "warm" foods such as soups, stews and steamed vegetables; and reducing cold and uncooked foods such as salads. Herbal medicine can strengthen the immune system, and a formula such as Jade Windscreen (Yu Ping Feng San), or a customized formula, can be effective in preventing some common fall and winter illnesses. Regular acupuncture treatments strengthen your immune system, and help you heal from illnesses more quickly.

WARMING FOODS TO ADD TO YOUR DIET

- Fruits: cherry, date, fig, grape, hawthorne berry, pear.
- Vegetables: bell pepper, carrot, garlic, mustard green, scallion, squash, sweet potato.
- Grains/Legumes: black bean, lentil, oat, and sweet rice.
- Animal protein: beef, chicken, salmon, and turkey.
- Nuts: almond, chestnut, pine nut, walnut.
- Spices: basil, peppers, dill, fennel, ginger, nutmeg, rosemary.

MASSAGE TREATMENT

Would you like to stay in your treatment room and receive a gentle massage after your acupuncture treatment? Mary Beth DeVillar is a certified massage therapist and we can coordinate massage treatments for you. Massage helps muscles continue to relax after acupuncture treatments, and certainly feels good! Please let us know when you make your appointment if you would also like a 30 or 60 minute massage.

RECENT RESEARCH

- ❑ **Fibromyalgia** – Acupuncture treatments help treat fatigue and anxiety symptoms in patients with Fibromyalgia. "The results of the study convince me there is something more than the placebo effect to acupuncture," says David Martin, M.D., Ph.D., lead author of the acupuncture article and a Mayo Clinic anesthesiologist. "It affirms a lot of clinical impressions that this complementary medical technique is helpful for patients." Source: Mayo Clinic Proceedings, June 2007.
- ❑ **Chronic Low Back Pain** – This study of 1162 patients was conducted by the German Acupuncture Trials (GERAC). Patients generally received 2 acupuncture treatments per week for 5 weeks and were evaluated 6 months later. The results showed that low back pain improved after acupuncture treatment for at least 6 months, and was almost twice as effective as conventional therapy. Source: Archives of Internal Medicine, September 24, 2007.
- ❑ **Hayfever/Allergic Rhinitis** – 80 patients, each with a very long history of allergies, received eight weeks of acupuncture treatment. This study found acupuncture can significantly reduce the symptoms of nasal allergies, including sneezing, blocked noses, nasal itching, and a runny nose. The benefits continued for another three months after the treatment ended. Source: The Medical Journal of Australia, September 17, 2007.
- ❑ **Skin Health** – Research has identified several nutrients that may help reduce skin wrinkles. People who ate plenty of vitamin C-rich foods (not supplements) had fewer wrinkles than people with diets low in vitamin C. Those who ate diets rich in linoleic acid (sunflower oil, safflower oil, nuts) had less chance of developing dry and thin skin as they aged. Diets with increased fat and carbohydrate intake increased the likelihood of wrinkled and thin skin. Source: The American Journal of Clinical Nutrition, October 2007.

THE CHINESE CONCEPT OF THE IMMUNE SYSTEM

Traditional Chinese Medicine recognizes different kinds of qi (chi). Our innate immune energy that fights pathogens is called wei qi or protective qi. Our wei qi can be weakened by stress, excessive work, poor nutrition, insufficient exercise, etc. Healthful living practices, meditation, proper herbal supplements, and regular acupuncture treatments can strengthen our wei qi.

TOPICAL HERBAL TREATMENTS

- ***Painthera Plasters:*** reduce pain and speed healing by increasing blood circulation for sprains and muscle or joint pain. Excellent for acute injuries.
- ***Hua Tuo Plasters:*** reduce pain, relax tendons & muscles, and increase circulation of qi and blood. Used mostly for chronic conditions such as arthritis, back ache, neuralgia, and stiffness, especially when worse with damp weather.
- ***Zheng Gu Shui Liniment:*** used for soft tissue injuries such as sprains, muscle pain, post-surgical pain and bruising.
- ***Yunnan Bai Yao Liniment:*** used for traumatic soft tissue injuries and is the most effective liniment for bruising.
- ***Ching Wan Hung Ointment:*** this is a cooling ointment that promotes healing and reduces pain of burns and sores from electrical, chemical, and solar sources. This ointment may also be used for hemorrhoids, eczema, dermatitis or ulcers.

SEE JANET IN SAN LUIS OBISPO

I am very pleased to announce that I will see patients at Dana Nelson's Health Plus Pharmacy in San Luis Obispo on most Fridays beginning November 9th. Appointments are available for acupuncture treatments as well as for herbal consultations. Dana will stock Chinese Herbal Patent Medicines and granular Chinese herbs for custom prescriptions. All appointments will be scheduled through the Pismo Beach office. Call 773-3301.

The pharmacy will also be able to put your granular herbal formulas in capsules for a small charge. This includes formulas from the Pismo Beach office, you can take them directly to the pharmacy.

WEBSITES

<http://nccam.nih.gov/health/acupuncture> This is the National Institute of Health website that gives some basic information about acupuncture. This is a good site to use to access recent information and studies about complementary and alternative medicine (CAM).

<http://gicare.com/pated/edtgs01.htm> is a gastroenterologist's website that contains information about digestion and explains the importance of dietary fiber. There is a good list of the fiber content of many different foods.

Try Acupuncture First!

**Janet Leach, L.Ac.
Trish Power, L.Ac.**

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Address Correction Requested

OFFICE HOURS: 9:30 - 5:00 Monday - Friday

Additional hours by appointment.