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2009 Fall Newsletter

(805) 773-3301

Federal Acupuncture Coverage Act of 2009

Once again, Congress is considering adding acupuncture care to the insurance benefits for Medicare Part B members and Federal Employees. Please contact your Congressional representatives, and request their support for H.R. 646, and ask that it be included in the Healthcare Reform Act.

Awesome Almonds - One of my favorite snacks, and so easy to carry with me. They contain healthy fats, vitamins E and B, fiber, protein, potassium, magnesium, calcium, iron, and a variety of antioxidants. Soooo good for you, and great tasting too!

Welcome to the Fall season! This season represents the organs of the lungs, large intestine, and the skin. Emotionally, this is a very good time to work on letting go of grief and old attachments. Take a little extra time to nourish your skin before the drying Winter season sets in. Try an exfoliating body brushing followed by moisturizing skin cream. Enjoy some of the nourishing vegetables and fruits that are available this season, and visit our wonderful farmer's markets and local produce stands.

The focus of this newsletter is preventive medicine, especially in preparation for the upcoming cold and flu season and with concern about a Swine Flu epidemic. Check out our **Autumn Health Special**, and review the suggestions you can use to supercharge your immune system. We hope these special prices will help you be well-prepared for this cold and flu season.

Janet & Trish

Prepare Now for Flu Season - Strengthen Your Immune System

There is currently great concern about the upcoming flu season, especially since the Swine Flu epidemics this past year. Now is the time to plan to strengthen your immune system. I recommend:

Herbal medicine containing adaptogenic herbs: Astragalus, Reishi (Ganoderma), Ginseng (type varies according to your constitution), Cordyceps, Shiitake (Lentinula), and Ashwagandha. Jade Wind Screen is one well-known Chinese formula (available in my office), or I can prepare a formula that is customized to your specific needs.

Probiotic Supplements to promote healthy bacteria in the GI tract, which strengthens both the digestive and immune systems. I recommend Transformation Enzymes Professional Protocol Probiotic supplement in capsule form. (See additional probiotic information on the next page.)

Acupuncture treatments can strengthen your immune system, and bring balance to your body, helping to prevent illness. Shiatsu massage (acupressure) can also help improve your immune system. If you have not had monthly treatments recently, consider 3-4 weekly treatments to give your immune system the boost it needs. Check the newsletter for Autumn discounts!

Other suggestions to improve health: --- laughter --- meditation --- 7-8 hours of sleep each night --- Tai Chi or Yoga --- prayer --- a healthy diet --- good friendships --- and pets!

Treatment for Swine Flu: Doctors at Ditan Hospital in Beijing compared patient's recovery from mild to moderate cases of Swine Flu (H1N1) using Tamiflu and/or Chinese Herbs. They discontinued the Tamiflu treatment after discovering that Chinese Herbs shortened the recovery period, had a 75% cure rate, and were less expensive than Tamiflu.

Home Remedies for Indigestion

Simple home remedies often help with digestive problems, and they can be much less expensive than medication.

Heartburn: ½ teaspoon of unfiltered apple cider vinegar in 1 cup of warm water before a meal. Drink peppermint tea during or after a meal.

Diarrhea: 2 Archway Coconut Macaroon cookies every hour until the diarrhea is controlled.

Bloating and Gas: 1 teaspoon (dried) or 1 Tablespoon (fresh) tangerine peel in one cup of hot water. Take a relaxing walk after your meal.

Nausea: Drink tea made from fresh ginger root, or chew ginger candy.

Hepatitis C Certification

Janet recently completed the requirements and passed the certification exam for the Hepatitis C Professional Certification Program for Licensed Acupuncturists. The course focused on integrating Traditional Chinese Medicine with Western medical treatment of patients with the Hepatitis C virus and associated complications. Janet's interest developed while treating patients with the virus, and seeing the wonderful improvements they experienced from acupuncture and herbal therapies. Acupuncture and herbal treatments helped these patients tolerate the severe side effects of their Western medical treatments long enough to clear the Hepatitis C virus.

Get a 20% discount on your nutritional supplements!

My patients can set up accounts with Emerson Ecologics, and receive a 20% discount on their entire product line. Shipping is only \$5.00 for internet orders (for a limited time). With a warehouse in the Los Angeles area, products are received in just 1-2 days. Emerson carries many high-quality supplement lines, including: Alacer, Barlean's, Boiron, Carlson Labs, Douglas Labs, Health Concerns, Heel, Nordic Naturals, Pharmax, Pure Encapsulations, Waleda, and many more.

To take advantage of this discount, call (800) 654-4432 to set up your account, and let them know I am your health care provider. You will then be able to place your orders by phone, fax, or internet.

Try Acupuncture First!

Janet Leach, L.Ac.
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(805) 773-3301

Address Correction Requested

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

Don't Miss Our "AUTUMN HEALTH SPECIAL"

We want to promote healthy immune systems for all our patients, especially during the Chinese season devoted to lung health. We will offer discounts for **all office services**. This will be available only from September 8th through October 16th, with the following discounted rates:

Initial Visit and treatment:	\$80
Acupuncture treatment:	\$50
Shiatsu Massage (25 min)	\$35
Herbal Consultation	\$30
Auricular (ear) treatment	\$30

Call early to schedule your appointments --- these great prices will end Oct. 16th!

Neurofeedback Available - Dr. Clark Elliott, Ph.D., M.F.T., of the Santa Barbara Neurofeedback Center, has opened an office in the Five Cities Medical Bldg. He has extensive experience in mental health counseling and neurofeedback training. This can be effective for treating insomnia, migraines, ADD/ADHD, seizures, brain injury, stress, and improving sports performance. For more information:
www.sbwellnessdirectory.com/elliott.htm

Surprising Facts

Cola & Bone Density

Women who drank 1-7 colas (diet or regular) per week had a 4-5% lower hip bone density than those who drank less than one cola per month. Men's hip bone density was not affected. (Framingham Osteoporosis Study)

Gatorade or Chocolate Milk?

A recent study found that Chocolate Milk was better than Gatorade for electrolyte replacement following exercise. (Really!)

SLO Appointments

Did you know you can have an acupuncture treatment or herbal consultation with Janet in San Luis Obispo? Dana Nelson has generously provided space at Health Plus Pharmacy for Janet to see patients on Friday afternoons (948-A Foothill Boulevard - across the parking lot from New Frontier's Market). Health Plus Pharmacy also carries some Chinese herbal patent remedies, and good quality nutritional supplements. For appointments, call the Pismo Beach office at **773-3301**.

MicroCare Pens

MicroCare Acupuncture Pens are available again! They are easy to use and apply a gentle electric current, treating pain (acute/chronic), allergies, stress, insomnia, and other conditions. Patients using the MicroCare Pens are able to recover more quickly, since they can treat themselves every day, and reduce the number and frequency of acupuncture visits. If you are interested in more information, please call. We're happy to answer your questions, and schedule a training session for you.

Probiotics, Acidophilus, Yogurt with Live Cultures: I see advertisements for probiotic products every day. Oral supplementation with probiotics can provide many health benefits such as improved digestion, immunity, and elimination. The GI tract houses more than 400 species of microorganisms. The goal of probiotics is to allow the friendly organisms to flourish and prevent an overgrowth of potentially pathogenic organisms.

Digestion: Probiotics produce enzymes such as protease, lipase, and lactase to further assist with protein and fat digestion as well as reduce problems associated with lactose intolerance.

Immunity: Probiotics are a key factor in the development of the post-natal immune system and in our acquired immune response and inflammation. Probiotics help prevent the growth of pathogenic bacteria and parasites, and reduce GI toxic materials.

Elimination: Probiotics act as natural stool softeners and facilitate the healthy and timely elimination of waste.

I've seen excellent clinical results with the supplement I carry in my office: Transformation Professional Protocol Probiotic.