

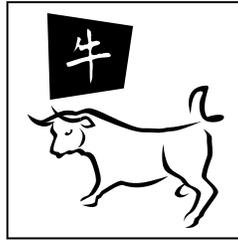
“No man or woman can heal anything. Only Nature heals, not us. The best we can do is to assist Nature to do what only Nature can do.” --- Prof. J.R. Worsley

### *Honey – More Than Just a Sweet Treat*

Did you know that honey is more effective than dextromethorphan (DM) in quieting children’s nighttime coughs? Remember, honey should never be given to a child under one year of age. (Arch Pediatr Adolesc Med 2007; 161;1140-6)

Did you know that honey has antibacterial qualities? When applied to the skin, honey may help prevent and treat skin diseases caused by bacteria and help speed wound healing. (Clin Infect Dis 2008;46;1677-82)

Did you know that honey can be an important tool for coping with allergies? Eating locally-produced honey may help your body produce antibodies to local flowering plants and that may reduce your allergic reactions this Spring.



### *Happy Chinese New Year !*

Welcome the Year of the Ox, which begins on January 26, 2009. **Help us celebrate!** Come into the office between January 26th and February 13th and pick up your Chinese New Year gift bag. It contains a traditional red envelope, a way to wish people good fortune , with a coupon for free or discounted services and products. Please let us know how you are doing when you stop by.

The Year of the Ox is considered a year of harvest, when we gather what we have sown. According to Chinese tradition, it is very important to take care of business this year, and not let things slide. Success will come with a steady, sustained effort, with commitment to the task at hand.

The Earth element is predominant this year and we should pay special attention to our digestive systems. We should reduce alcohol, caffeine, refined sugar, dairy, and processed foods in our diet and eat more wholesome foods like vegetables, fruits, legumes, whole grains, nuts and seeds. Try to use locally and organically grown food. Digestive enzymes and probiotic supplements can be taken to enhance your digestive and immune functions. (see product info on reverse side)

### ***Medicare and Acupuncture***

Our country’s Medicare program does not cover acupuncture. Coverage for acupuncture is frequently introduced into most years’ Congressional Medicare Bills, but is removed prior to approval as a cost-cutting measure. It will take a large, grassroots effort to get acupuncture included in Medicare coverage, and I hope that will happen soon. Please contact your congressional representatives and let them know that acupuncture has helped you, and request acupuncture coverage in the next Medicare Bill.

### **Exercise Reduces Common Colds**

A daily brisk walk of 30-45 minutes enhanced immunity and reduced the frequency of colds by one-half over the course of one year.

*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

**!!!! Stress Survival Strategies !!!!**

Many local healthcare providers (including Janet) will teach you how to handle stress:  
M.D., chiropractor, nutritionist, hypnotherapist, pharmacist, physical therapist, and more.  
At Sierra Vista Hospital Auditorium.

Feb. 7, 2009 9am-2pm Tickets: \$10 in advance (in my office)

*Products Available in the Office*

Our office stocks many herbs for the custom Chinese herbal formulas I prepare for patients, and I also carry other products that may be of interest to you. I carry these products because I believe their effectiveness and quality are the best available. I've chosen a few products to highlight:

Transformation Enzyme Corporation

“TPP DIGEST” is a product containing the enzymes necessary to help your body digest proteins, fats, carbohydrates, and fiber. Digestive enzymes are the catalysts which allow us to break down foods into absorbable nutrients such as vitamins, minerals, amino acids and fatty acids. As we age, we no longer produce as many enzymes as we used to, and the result is often indigestion, heartburn, GERD, gas and bloating. Taking one “Digest” capsule with each meal will often improve these conditions dramatically.

“TPP PROBIOTIC” is a product containing a blend of friendly bacteria formulated to mirror the proper ratios found in the healthy GI tract. I always suggest taking a good probiotic product whenever someone has taken “antibiotics” to cure a bacterial infection, since the antibiotics also eliminate the “healthy” bacteria normally found in your intestines. This probiotic product helps healthy bacteria re-colonize your GI tract, and is also an important in maintaining a healthy immune system. Recent studies have shown that probiotics can be helpful for people who have Crohn’s Disease, colitis and irritable bowel syndrome.

“REPAIRZYME” is a unique formulation of herbs and enzymes may assist the healthy repair of muscle, skeletal structure and tissue. I recommend this product to help speed healing from surgery, a broken bone, or other traumatic injury.

Chinese Herbal Patent Remedies

“YU PING FENG SAN” (Jade Windscreen) is one of my favorite formulas. It helps strengthen the immune system and I often recommend it for a few months prior to Spring allergy season to help prevent allergies. This formula can help prevent illness when traveling, it should be started 3-4 weeks prior to travel.

“COPTIS TEAPILLS” is another formula I suggest travelers take with them, especially when traveling to foreign countries. This herb can help stop “traveler’s diarrhea”.

“CHING WAN HUNG OINTMENT” is usually referred to as ‘burn cream’ because it helps stop the pain and speed healing for burns from fire/heat or chemicals, especially if applied immediately. It has also been effective in relieving pain from hemorrhoids, eczema, and dermatitis with reddened and warm skin.

“YIN QIAO SAN” helps quickly resolve colds and flu when used at the very first signs of illness: sore throat, fatigue, and body aches. This is another formula that is great to have on hand, both at home and when traveling.

“CURING PILLS” help mild digestive problems: for a tummy-ache that may include nausea, belching, or acid reflux. It is sometimes used for morning sickness.