

Points To Ponder

Healing, Health, & Well-being Through Acupuncture

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*With the past, I have nothing to do; nor with the future.
I live now. ~Ralph Waldo Emerson*

Lose Your Pain To Acupuncture

The next time you reach for a bottle of aspirin or other anti-inflammatory medication, in an effort to address an ache or pain, stop for at least a second or two to ask yourself a couple questions.

Specifically, ask yourself if your ache or pain is a symptom of something bigger—an injury, post-surgical pain, or a chronic condition that may or may not have been diagnosed.

If you can answer “yes” to this question, now ask yourself why you don’t treat the underlying condition that is causing the pain once and for all.

That’s where acupuncture comes in. Acupuncture treats the condition causing the pain, which reduces the need for medication or eliminates it completely.

According to a recent article posted on www.Health.MSN by Dr. Robert Danoff, acupuncture has proven successful in many cases for the treatment of pain related to a variety of conditions, including:

- Osteoarthritis of the knees
- Low back and neck pain
- Pelvic pain
- Migraine headaches
- Dental pain
- Fibromyalgia and soft-tissue pain
- Tennis elbow
- Post-surgical pain

In addition, studies indicate that cancer patients who include acupuncture in a treatment arsenal experience less dry mouth (side-effect of chemo), reduced pain (especially of the neck and shoulders when lymph nodes are removed), and less fatigue. A study by Sloan-Kettering said that 40% of chemo patients responded positively and reported less pain than those in the control group.

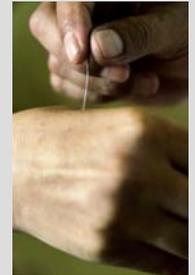
Other pain-treatment related studies reported that patients who received acupuncture post-surgery required less morphine (or other narcotic pain relievers) and the side effects of such medications were reduced.

If you or someone you care about is enduring pain, whether from a temporary condition such as a sprain or strain or from a more permanent or recurring condition, consider acupuncture as a complement to your healing plan. What do you have to lose...except pain and a reliance on chemicals that mask pain but do not address the culprit causing the pain?



How Acupuncture Works

Recognized by the World Health Organization, acupuncture is the oldest continuously-practiced medical system in the world, and is based on the natural laws, which describe the flow of life energy in nature and in the body.



This life energy, called chi, courses through the body in channels similar to rivers channeling through the earth. When these channels, called meridians, are not completely open, the chi cannot flow easily through the body—creating illness or pain. Acupuncturists are trained to use very fine needles to stimulate precise points on the body that correspond to opening the meridians and promoting free-flow of chi.

Since energy flows throughout the entire body, acupuncture treats the body, mind spirit all at once; this is one huge point of distinction between western medicine and traditional Chinese medicine. In this sense, acupuncture is truly holistic in its approach and benefits.

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Cans For Hope Update

You may remember from the last newsletter that my nephew, Matthew, a cancer survivor, was collecting cans to earn money for Johns Hopkins' pediatric oncology unit. And, he did thanks to generous donations from you and others who heard the stories of his effort on the news. Once the money was collected, Matthew asked the children at the hospital what they wanted, and they requested a Guitar Hero with an extra controller, a Super Mario kart with extra controller, and an extra controller for the wii. And, that's what they got. Matthew learned that not only are the kids enjoying the new equipment, but the parents are playing and making connections with each other—forging new friendships and supporting one another. Thank you for your support... and thanks to Matthew and his mom for the vision to help!



Embrace Autumn & Let Go

While you may be lamenting the coming days of fading flowers and falling leaves, your body is welcoming the fall for a break from the frenzy of summer.

If you're like most of us, we try to work hard and play harder in the summer—taking advantage of long days of sunlight and weather that compels us to be outdoors and cram in as much activity as humanly possible.

With fall, however, there is a sadness that often overcomes people who suddenly feel a loss when the days grow shorter and the vibrant colors of summer fade away. Instead of feeling sad, embrace the new season.

- Treasure the opportunity to slow down and do some fall cleaning.
- Get rid of clutter and “let go.”
- Welcome the serenity of fall and relax by taking a walk—being sure to take deep breaths along the way. (Lungs are an official of the



season, according to Chinese medicine.)

- Listen to the falling leaves and babbling brook, and consciously absorb the beauty of the season and the serenity associated with it.

Your mind, body and spirit will thank you with a new sense of peace.

Ward off the Sniffles & Breathe Deeply



Whether decaying leaves and mold get you sneezing or triggers a bout of bronchitis, or you simply wish to avoid the sniffles associated with winter's cold and flu season, schedule an acupuncture appointment today to boost your immunity. Re-balancing your body to combat the impact of life's stressors will put your antibodies and histamines in optimal position to keep you feeling healthy.