

Points To Ponder

Healing, Health, & Well-being Through Acupuncture

Winter Time 2007

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



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Acupuncture Facilitates Healing AND Pain Relief

During this season associated with “aches and pains,” often triggered by cold, damp weather, it is the perfect time to discuss acupuncture's role in pain management.

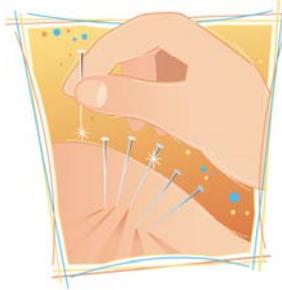
Let's first start by discussing how pain is explained so differently by western medicine and Traditional Chinese Medicine. According to western medicine, pain is caused by nerves communicating throughout the skin, muscles, and organs. When there is injury, tissue damage, or swelling, the nerves send signals that tell us we have “pain.”

In Traditional Chinese Medicine, pain (whether emotional or physical) is explained as an imbalance in the body's qi and blood. The blood and qi travel through the body in paths called meridians. When there is an imbalance or a block in the meridian, the body does not function in optimal balance and illness or pain result.

Despite the differences in the definition of pain, there is no question that both forms of medicine can complement each other in pain management, with each individual responding differently to medications or treatments. And, for many individuals, acupuncture provides greater relief to pain than any western medicine treatments they try.

The primary reason for this is the fact that acupuncture actually promotes healing of the body while simultaneously addressing the symptom of pain, as well. As you are more likely familiar, a chosen way for dealing with pain in western medicine is simply to lessen or mask the pain with pain killers; such treatment simply serves as a band-aid, since it really does not address the cause of the pain.

Acupuncture treats pain when I place needles in specific points in the effected meridians in order to open the blocks and re-energize the body so healing can occur more efficiently. The way those in Western medicine explain the undisputable success of acupuncture



Welcome The Winter “Blues” --Nature's Way Of Preparing For Spring

With winter upon us, despite a long stretch of unusually warm temperatures, it is definitely the time to heed your body's signals and rest. While summer is a time of excitement and energy, winter is a time of silence and recuperation.

Just look out the window and take your cue from nature: the general gray-brown of leafless trees, shorter days, and hibernating animals tell us it is okay to acquiesce to the desire for more naps and a slower pace—a form of human hibernation to help us build up energy and heal—as we prepare ourselves for the coming spring that will need lots of energy.

During the winter season, the kidneys and bladder are the dominant officials, according to Chinese Medicine, and water is the dominant element. The emotion of grief, which is associated with the fall, has been replaced by the emotion of fear in winter.

That dominance of this emotion in the seasonal cycle, which we each experience to some degree or another, may explain why many people experience greater depression in the winter—the winter blues—or why some with more extreme symptoms of depression are diagnosed with Seasonal Affective Disorder (SAD).

The bottom line is that the lack of energy often felt in the winter is perfectly normal. Nonetheless, exposure to direct sunlight (or to full-spectrum lighting) as often as possible, regular exercise, and a seasonal acupuncture treatment to balance the elements and open your meridians for maximum energy flow will serve as a pick-me-up during this season of rest.

Continued On Reverse Side



Wellness Center

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Keep Those Resolutions

If you are one of the millions of Americans who made a New Year's resolution to stop smoking, consider acupuncture as a tool in your effort.

I have had great success with patients who report "reduced cravings and agitation." Acupuncture works particularly well, since it addresses the addiction and symptoms of withdrawal from different points that work together. While it is complex to put into writing, suffice it to say—ask me for more information and I'm happy to explain how I can help you quit once and for all!

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Acupuncture Facilitates Healing AND Pain Relief

goes back to the Westerners' definition of pain. That is, they say the needles stimulate the release of endorphins and increase serotonin levels, which are important to the healing process and the reduction or elimination of pain. Regardless of how you choose to explain it, acupuncture works and it has for centuries.

Practitioners of Traditional Chinese Medicine often combine the basic acupuncture treatment with herbal therapy, diet changes, and massage, depending upon the severity of the pain and the open-mindedness of the client. I am happy to explain more to you on the integration of these into your own treatment plan.

10 Tips To Embrace The Peace of Winter

Winter is the season of peace. While many dread the grayness and quiet of the season, I encourage you to see it as the season of rest...of peace.

Our bodies need winter for replenishment of energy. Unfortunately, the mild Maryland winter, through the end of January, is preventing many of us from taking the time to slow down as we normally would during a colder year.

Listen to your body...and consider these tips to help winter rejuvenate you.



In addition to the treatment or management of pain for various injuries or ailments, acupuncture has proven successful in the treatment of many pain-causing diseases. According to the World Health Organization, acupuncture is effective in treating many painful more than 30 diseases, including osteoarthritis, sciatica, and low back pain.

Whether you have pain in a joint--shoulder, knuckle, knee, ankle, elbow, or wrist), suffer from severe headaches, or experience recurring or prolonged pain in some other area of your body, consider acupuncture (or recommend it to a friend) to relieve or reduce your pain. After all, what do you have to lose... except pain?

- sleep in or take naps
- get exposure to sun for vitamin D
- drink a lot of water to counter dry heat of the indoors
- take walks in the woods and cherish the silence
- have fun--try a game night with friends or a bonfire
- relax by the fire
- take off that iPod
- practice deep breathing each day
- read a pleasure book
- get a massage and acupuncture treatment