

# Points To Ponder

Healing, Health, & Well-being Through Acupuncture

## Summer Time 2009

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



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## *Acupuncture Speeds Recovery & Reduces Anxiety*

While many clients choose to have a pre-surgery acupuncture treatment to reduce anxiety, especially mothers-to-be just before going into labor, there is clear evidence to support that these acupuncture treatments do more than calm the person.

In a study conducted by Duke University Medical Center, anesthesiologist Dr. Tong Joo (T.J.) Gan, reported, “We’ve known from previous studies that acupuncture can be an effective antiemetic (anti-nausea and vomiting) when compared to placebo, but it has never been tested against one of the most commonly used medications ondansetron (Zofran),” Gan continued. “Acupuncture turns out to be just as effective as the drug or better, and our patients also reported much less pain after surgery, a finding that surprised us.”

Dr. Gan is also quoted in 2007 in an online journal, The Medical News ([www.news-medical.net](http://www.news-medical.net)). Specifically, “Gan believes that acupuncture is slowly becoming more accepted by American physicians, but is still underutilized, and the study may encourage more doctors to include acupunc-

ture in their routine care of surgery patients.”

In addition to reducing anxiety, post-surgery pain, and post-surgery nausea and vomiting, acupuncture also regulates blood pressure and stimulates the immune system so recovery time from surgery (or even injury or illness) is reduced. Acupuncture aids in reducing the “shock” to the system from an injury or surgery and helps the body detoxify.



An added bonus for many surgery patients (and those with injuries) is pain management. Acupuncture is proven to reduce pain and the need for pain medication (with a host of side effects) for a wide range of injuries or surgery—from knees and hips to shoulders and necks...and every body part in between.

As reported in a National Post article (May 2008), doctors from

New York’s Sloan-Kettering Cancer Institute noted that patients who had acupuncture to address the pain and shoulder stiffness (associated with their surgery for neck and head cancers) experienced much less pain and less dry mouth (a response to the radiation treatment) than the patients who had the traditional treatments of anti-inflammatory drugs and physical therapy.

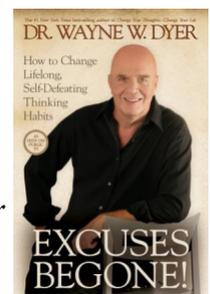
Specifically, “After four weeks, 39% of those who got acupuncture reported improvements in pain and mobility, compared with only 7% in people who got typical care.”

If you’re scheduled for surgery or have recently had surgery (or suffered an injury), call for an appointment so acupuncture can speed up your recovery and bring better balance to your life.

### *Book Recommendation*

#### **Excuses Begone!**

by  
Dr. Wayne W. Dyer



Now Accepting



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*“The heart is the ruler over summer. The heart is the root of life and generates all changes in spirit. The condition of the heart may be read from a person’s complexion. The heart fills the blood vessels and feeds life to the pulses.”*

### *Seize The Season... Fire-Up Your Energy!*

With summer officially here, there are a lot of changes in the world. The days are sun-drenched and warm...the flowers are blooming a dramatic rainbow of colors... and you have energy unlike that of the winter months.

“Summer is nature’s season of growth and maturation,” according to Traditional Chinese medicine and the theory of the Five Elements as discussed in [Staying Healthy With The Seasons](#) (great book!). Elson Haas, the author, adds, “We must learn to flow as nature does, through the seasons. Tension happens when we resist this flow, and illness can occur when we resist our changes. Illness is usually a process which makes us more receptive, more open to change; this is often its value.”

In the summer, you may also feel more exuberant and willing to embrace life and challenges head on—filled with energy and passion. The reason for this is, in part, because the heart is one of the officials of this season; the small intestine is the other.

And, the element associated with this season is fire, which explains why energy and warmth in human relationships are associated with this season.

“The heart has to do with the ability to rule, to understand, to see clearly, and to

serve compassionately. The small intestine functions to receive, digest, and assimilate nourishment—sorting out and extracting the good from what we ingest,” says Haas.

The significance of the Theory of Five Elements is the way acupuncture is utilized to correct an imbalance of the elements and to open any blocked or poorly flowing meridians (paths of energy), especially those to the heart or small intestine which can affect your energy and health.

Agitation, nervous exhaustion, heartburn and insomnia are indicators of imbalance in this season, and can be addressed with acupuncture to rebalance the mind-body-spirit.

In addition to utilizing acupuncture to ensure that your meridians are open and flowing so you can seize the season’s energy, consider dietary changes that encourage the small intestine to absorb nutrients. Fruits and vegetables are ideal. Watermelon is particularly recommended, since it is a great source of hydration during summer’s heat. Some seeds, nuts, and grains are advised, but avoid heavy foods. A good breakfast may be fruit, yogurt, and a few nuts, raisins and a touch of honey. Blending these in a shake may even aide in the digestion. Herbal teas and lots of water are recommended. Avoid salt, refined sugar, and fatty foods, especially those high in cholesterol.

For those interested in cleansing the small intestine, herbalist William LeSassier recommends equal parts of brown rice, lentils, and sunflower seeds plus one and a half times the amount of water. Simmer slowly for 45 minutes, and eat a cup or two daily for a few weeks.

And, for those interested in maximizing their energy, exercise is critical. As Haas says, “If you think you are too busy, or have other excuses, you need to re-evaluate your life priorities.” There is abundant evidence to support the benefit of regular exercise on improved circulatory health (reduced blood pressure and diabetes), combating fatigue, and reversing or preventing degenerative disease. He adds, “You are as young as you feel...”

### *Herbs Add Fire*

**Cayenne Pepper** is high in Vitamin C and acts as a blood cleanser as well as a



heart stimulant. It helps eliminate impurities by increasing urination or sweating. Cayenne can be taken as capsules several times daily or as a half teaspoon mixed into water.

**Ginger Root**, which acts more slowly than cayenne pepper, is also a good stimulant. Add 6-8 thin slices to two cups of boiling water and simmer 20 minutes. Drink a cup or two daily for a month and feel the difference.

*“I almost canceled my treatment after being involved in a car accident. I’m so glad I didn’t since the treatment helped me feel calmer and less shaken, plus the stiffness in my neck improved even during the treatment. Had I waited, I may not have had such good results.”*