

Issue 12 | February 2013

## **Remove Toxins & Heavy Metals Naturally**

Did you know that civilizations throughout the world have used zeolites as a traditional medicine to remove toxins naturally for thousands of years?

A respected pioneer in the field of heavy metal detoxification, Dr. Dietrich Klinghardt, M.D., PhD has determined that there is a direct correlation between stored toxins and infectious pathogens. He states that "for each equivalent of stored toxins there is an equal amount of pathogenic microorganisms in the body." The presence of stored toxins causes immune system deficiency that supports the growth of pathogens such as bacteria, viruses, fungi, and parasites.

The term Toxic Body Burden (TBB) is now being used in reference to toxic heavy metals, synthetic chemicals, and pathogens that enter and accumulate in the body. Retaining and restoring vibrant health requires an effective two-pronged approach that can detoxify toxic substances while simultaneously eliminating infectious microorganisms.

Our clinic employs the heavy metal detoxification test using a urine sample to test for heavy metal toxicity in just a few minutes. The test is based on the dithizone reagent (known to chemical science for more than 60 years) which only measures the unbound or free metal ions. This means the metals in the body that have not been neutralized are being screened.

In a healthy body with a functioning detoxification system or in the absence of heavy metals, there should be no free heavy metal ions found in the urine.

Some heavy metals, in trace amounts, are beneficial to the body; these include iron, zinc, copper and manganese. Other heavy metals can be poisonous or toxic to the human body; these include arsenic, lead, mercury, cadmium, iron, and others. These metals manifest themselves within the soft tissues of the body & may cause gastrointestinal, neurological, and other serious illness if left untreated. Consult our clinic for your own Heavy Metal Detoxification Test.

### **Zeolite - Removes Toxins Naturally**

Natural zeolites are a class of crystalline, hydrated aluminosilicates of alkali and alkaline earth cations, having three dimensional structures. Most common natural zeolites are formed by alteration of glass-rich volcanic rocks (tuff) with fresh water in playa lakes or by seawater.

For thousands of years, civilizations throughout the world have used zeolites as a traditional medicine. Zeolites are now used extensively in various industrial applications based on their properties to act as catalysts, ion exchangers,

adsorbents, and detergent builders. The specific species of zeolite that has the most important health benefits is Clinoptilolite. Clinoptilolite is so effective in binding toxins that it was given to victims of the Chernobyl explosion to ingest in order to bind the radioactive isotopes that were released and thus reduce radiation levels in their bodies. What makes Clinoptilolite so unique is its negatively charged, cage-like, honeycombed structure. When ingested, this natural mineral attracts and irreversibly binds toxic heavy metals, chemical elements, and free radicals and is then excreted through the urinary tract. This process is called Chelation.

One of the most significant benefits of Clinoptilolite over other chelating agents is its affinity schedule for toxic heavy metals. Clinoptilolite binds with mercury first and lead second, moving on to additional positively-charged toxic heavy metals and chemical toxins which may include pesticides, herbicides, plastics, and even radioactive particles without removing precious nutrients such as calcium and magnesium. However, Clinoptilolite goes far beyond the critical job of removing damaging toxins. Research has shown that it has many other vital actions in the body. Clinoptilolite removes free radicals. Unlike classic antioxidants, Clinoptilolite does not neutralize free radicals by donating an electron to stabilize them. Instead, its structure captures free radicals. Once trapped inside the cage, the inactivated free radical can then safely be eliminated from the body.

\* Clinoptilolite has broad-spectrum antiviral properties: first, by attracting and binding viral sub-particles, thereby interfering with viral replication and eliminating them from the body and second, by inhibiting viral proliferation via immune modulation of T cells.

\* Clinoptilolite helps maintain proper pH by removing acidic ions and chemicals which then promotes optimal metabolic and immune functions.

\* Clinoptilolite may help to eliminate carcinogenic toxins from the body, especially a category of carcinogens called nitrosamines. The most common sources for these nitrates include processed meats, cigarettes, and beer which are linked to pancreatic, stomach, and colon cancers.

\* Clinoptilolite treats diarrhea, promotes healthy digestion and encourages nutrient absorption. Clinoptilolite's ability to capture ammonium ions during digestion promotes a healthier and less toxic digestive system.

Source: Lyn Hanshew, M.D.

## **Acupuncture For Detox**

Any acupuncture treatment you receive will initiate a detoxification process.

Needling the body signals the brain to send circulation to the area needled and investigate. The needles trigger an immune response that's often indicated by redness around the needle site. The redness of the skin around the needle is a

good indicator of the amount of toxins trapped in the local tissues and organs corresponding to that specific needle location.

Needling the points activate energetic meridian pathways corresponding to organs, their function, body fluids, blood, lymph and Qi circulation. Increasing the circulation of oxygen and nutrient rich blood invigorates metabolism to cleanse the organs, balance their function, regulating hormone production and distribution. When the organs detoxify, the body as a whole performs more efficiently.

A healing reaction often occurs when receiving an acupuncture treatment, it can be uncomfortable when toxins are being flushed out of the organs and tissues. Moving from the organs, tissues to the lungs, skin, digestive tract and urinary tract to be eliminated from the body. The degree of discomfort depends on the individuals sensitivity, unique health circumstance and willingness to follow herbal and dietary guidelines, as well as lifestyle recommendations.

Signs of bodily detoxification include fatigue, lack of mental clarity, poor appetite, changes in bowel movements such as quality, quantity and frequency. The urine may become darker than usual and pass quickly. Detoxification symptoms will decrease with repeated acupuncture, Chinese herbal medicine, cupping, massage, foot reflexology, ion cleanse therapy treatments; provided the patient isn't being regularly exposed to toxins.

For further heavy metal testing and detoxification information, contact our clinic to schedule your next appointment.

Thank you for your continued support.

**Healthfully,**

Dr. Ling Duan, and all the clinic staff

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Issue 13 | March 2013

### **Acupuncture For Chronic Pain**

Misdiagnosed chronic pain is often considered incurable and people suffering from chronic pain symptoms for more than 9 months are many times told they

must simply live with it and seek pain "management" methods, such as pain drugs and psychological therapy.

Did you know that the majority of chronic pain is **not** due to structural interference (nerve impingement; something pushing on a sensory nerve or nerves causing pain) but is actually caused by sensory-motor amnesia (SMA). A condition in which the sensory-motor neurons of the voluntary cortex have lost some portion of their ability to control all or some of the muscles of the body. The body's unconscious reflexes constantly contract muscles at a programmed rate and is powerless to relax these muscles below the programmed rate, it has lost the ability to do so.

The pathological process by which sensory motor amnesia occurs includes: (1) the trauma reflex, (2) the startle reflex, and (3) the Landau response.

The trauma reflex is the reflex of pain avoidance, it occurs as a protective muscular response to severe injury. For example, following hernia surgery, the abdominal muscles on the traumatized, herniated side will usually be in constant contraction. If the left knee is in long-term pain, the person will avoid applying body weight on the left leg and become noticeably pulled to the right side in scoliosis. These are examples of SMA caused by the trauma reflex.

The startle reflex occurs as a stress response to threatening or stressful situations whether actual or imagined. If the threatening situation triggering the startle reflex occurs often enough and strongly enough, the muscular contractions of the reflex become chronically programmed, resulting in tense continual muscle contractions of the neck, upper back, shoulders, thigh adductors and more. When the back and surrounding ribcage muscles are continually tense due to a chronic startle reflex pattern, an indirect effect is shallow breathing and poor circulation.

The Landau response is an arousal response that occurs in situations where immediate action is demanded of the individual, for example responding to the ring of a cell phone, a knock on the door, a response to a demand et cetera. This response action contracts the posterior muscles of the back in preparation for movement forward. Common muscles affected are the central extensors of the spine, the rhomboids between the shoulder blades, the lower gluteus medius/piriformis, and hamstrings of the legs. The constant repetition of these situations and the Landau response makes these muscular contractions chronic.

As a result muscles held chronically in partial contraction will (1) become tense and painful; (2) become weak with constant exertion; (3) cause clumsiness because of their inability to coordinate together with overall bodily movements; (4) cause a constant energy drain of the body; (5) create postural imbalances and poor weight distribution that will cause secondary pain typically mistaken for arthritis, bursitis, herniated disks, and so on.

Acupuncture remedies this sensory motor loop chronic pain pattern where groups of sensory and motor nerves keep firing by reeducating the voluntary sensory-motor cortex. The cortex must be reminded sensorially of what it has forgotten so that, once again, it has full motor control of the muscular areas affected. When it does so, the symptoms mentioned above disappear, and the chronic, medically incurable situation is alleviated.

Acupuncture will immediately reveal whether the chronic pain is neuropathic pain (groups of sensory and motor nerves keep firing without any direct trauma at all) or structural (a direct neural impingement, i.e. something is pushing on the sensory nerve or nerves, causing the pain). Why is this so? Neuropathic pain responds immediately to acupuncture and structural pain does not.

Why do some structural back surgeries not alleviate back pain? Because in these people, the pain is due to nerves being stuck in the sensory motor loop and the structure of the back is not the cause of the problem.

If four acupuncture treatments fail to reduce the pain at all, even for an hour or so, then a direct structural neural impingement is most likely causing the pain, and we refer these patients out to their doctors for further testing.

If you are suffering from some kind of chronic discomfort and have given up hope as to its cause, please give our clinic a call and schedule an acupuncture consultation for further information.

Thank you for your continued support.

**Healthfully,**

Dr. Ling Duan, and all the clinic staff

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Issue 14 | April 2013

**Spring Clean Up - Eliminate Toxins Naturally**

Proper functioning of the body can be hindered by toxins which originate from a variety of sources:

- Physical: weather, irradiation/light, noise, electro-magnetic fields, etc.
- Chemical: pollution, compounds in our everyday life such as cleaning and body care products, insecticides, medical drugs, etc.
- Biological: bacteria, fungi, viruses, food, allergens, molecules produced by our own body, etc.
- Psychological: stress overload, psychosomatic diseases, etc.

The body's excretion pathways may be able to counteract these negative influences for a time, but become overwhelmed by long-term exposure. When not properly eliminated, toxins build-up and negatively affect the body's metabolism in a variety of ways such as weakening the immune system, nervous system, hormonal system, vital organs, cellular respiration, antioxidant system and mucosal surfaces. Many diseases are directly related to the body's incapacity to rid itself of toxins.

Our doctors and therapists employ acupuncture, massage, foot reflexology, ion cleanse and herbal medicine solutions to help reactivate your body's own drainage and detoxification systems (lymphatic, gastrointestinal, hepatic, renal and biliary).

When you eliminate anything; toxins, chemicals, excess, clutter, negativity, stress, worry, life threatening habits et cetera, what's left? Clarity, cleanliness, enhanced functionality, simplicity, lightness, positivity, peace, happiness and much more.

What happens when we eliminate excess buildup and clutter from our home, and personal spaces? Our stress level drops. If this is true inside our homes, just imagine what happens when we de-clutter and cleanse our bodies! Cleaning and eliminating the toxic load from your body, mind, and environment will free up your energy to regain robust vigor and vibrancy in all aspects of life. What happens when we function at our best? We become stronger, more efficient, more productive and positive.

Most people find it easiest to eliminate toxins by completely removing unwanted, unhealthy items. Reducing to eliminating toxic habits and eliminating foods and drinks that carry negative impacts is critical to keeping your body clean and healthy. As we remove toxic foods, drinks and habits from our lives, we need to implement new outlets for our bodies to relinquish stress and emotions that weigh us down.

From my own personal experience in educating and assisting others as a certified fitness leader since 2005, I have witnessed positive changes in all participant's total body wellness. Exercise stimulates the body to flush toxins via sweating. Muscle contraction improves lymph vessel circulation, reducing inflammation and promoting drainage. Physical activity stimulates the body to produce its own mood enhancing endorphins and hormones that promote robust well-being and feelings of euphoria.

Cardiovascular exercise is highly beneficial because the physical act stimulates circulation and metabolism; promoting weight loss, toning muscle, enhancing stamina, and endurance.

Strength and resistance training benefits joint health, muscle mass, supports bone mass density, prevents osteoporosis, encourages functional quality of life.

Stretching routines enhance full ranges of motion in all joints, injury prevention, enhanced circulation, balance and coordination et cetera.

When taxed with too many demands, the body experiences more stress than it can manage, fatigue or even exhaustion can result. Down-regulated tired organ function causes lymphatic circulation to become sluggish and the interstitial fluid providing the cells of the body with nutrients and a means of waste removal becomes overburdened, and tissues inflamed. The removal of tissue fluid does not function correctly and there is a build up. Due to gravity and poor lymph circulation, this can cause edema swelling, toxic build up around the feet, ankles and thighs. Acupuncture promotes the up-regulation of down-regulated organ function through neurological stimulation which communicates with the mid-brain to improve total body blood, lymph and body fluid circulation.

Massage, cupping therapy and foot reflexology promote blood circulation, oxygenation of tissue, lymphatic circulation, relaxation as well as inflammation reduction.

Your body is designed to detoxify and self regenerate itself, and it's up to you to help it do so. We encourage our patients to detox, drink clean water, exercise, reduce, as well as eliminate toxic foods, drinks and behaviors that threaten health.

Our doctors and therapists are here to assist your detoxification process successfully.

For further information, give our clinic a call to schedule an acupuncture consultation.

Thank you for your continued support.

**Healthfully,**

Dr. Ling Duan, and all the clinic staff

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Issue 15 | May 2013

**Keep Your Wood Element In Balance This Spring**

During this springtime transition period of growth, vitality and greater development, we experience the urge of life itself within; expanding, expressing itself out into the world. With more sun and warmth, we observe the transition of the plant kingdom; tiny buds, green sprouts, shoots bursting forth, ending the

dormancy of winter, this is a time of rebirth, renewal, rejuvenation, a canvas of fresh greenery!

According to the five elements of Chinese medicine, each season brings its own energy, which is essential to harness for the balance and wellness of the greater whole. Spring is associated with the wood element, the wood element is energetically related to the liver and gallbladder organs. Using the analogy of a tree, the function of the wood element can be either strong and unyielding like the rigid trunk of the cedar tree or rooted and flexible like reeds of bamboo. Depending on what a person encounters in life, both are sometimes needed, but can be inappropriate if the need calls for the opposite view.

The wood element governs the emotional and intuitive perceptions, they are integral in our ability to make plans and decisions with the courage to carry them into fruition. When the wood element is nourished and well balanced, we bend and yield when our body requires and we stand up and are strong when that is required. When planning and decision making have lost connection with what is actually happening in one's life, daily activities can be shrouded in difficulties and frustrations. A person with a balanced wood element will adapt their plans with the changing world. When circulation of the gallbladder and liver and their associated muscles and tissues become constrained and negatively affected, people often feel frustrated, irritability, outbursts of anger, extreme rage, resentment and depression.

The feeling that 'everything is against me' is the common lament of someone with an unbalanced wood element. Spring is the time of year that this can be most prevalent as we plan our summers and set course for the upcoming year. An imbalance of the wood element may result in not only emotional responses, but many physiological conditions as well, such as:

- Muscle tension, prone to have tendon and ligament injuries
- Sciatica (radiating pain from lower back into buttocks and down the leg)
- Headaches, especially migraines
- Visual disturbances
- Menstrual irregularities, PMS, fibroids
- Digestive disturbances, including heartburn (GERD), irritable bowel syndrome, ulcers
- High blood pressure, with tendency toward atherosclerosis

The wood element can be rebalanced with acupuncture methods, Chinese herbal medicine, nutritional guidance, lifestyle guidance, massage, foot reflexology, relaxation methods et cetera.

Our doctor's and therapists examine physical/structural, environmental, pathogenic, mental/emotional states, nutritional/chemical factors and conditions to assist in restoring health and promoting wellness. Physical conditions and



emotional states are interrelated components of the whole person required to successfully re-balance the wood element.

Whether you are having painful periods, chronic headaches or just wanting to honor the wood element to ward off springtime stress... contact our clinic: 780-416-2828 to schedule a consultation.

Thank you for your continued support.

**Healthfully,**

Dr. Ling Duan, and all the clinic staff

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Issue 16 | June 2013

### **Enhancing Women's Reproductive Health With Eastern Medicine**

In this newsletter, some important attributes of a healthy woman's reproductive system function will be explained:

- **Timing:** a healthy woman will tend to menstruate with the new moon and ovulate during the full moon. As the moon travels around the earth and as they, together, travel around the sun, the combined gravitational forces cause the world's oceans to rise and fall. One can imagine if the moon phases can affect the oceans' tides, they can also affect body function since the amount of water in the human body ranges from 50-75%.
- **Duration:** a healthy woman's menstrual flow will normally last 3-5 days.
- **Color:** a healthy woman will experience healthy, red menstrual flow without abnormalities such as purple, pink, pale, brown, or black colors.
- **Amount:** a healthy woman will experience moderate menstrual flow upon onset, a slight increase in flow at midpoint, followed by a slight decrease in volume just before the end of flow. There would not be particularly heavy flow at any point.
- **Other factors:** the rest of the month, including the days leading up to menstruation, naturally pass without digestive issues, abdominal pain, back pain or pain anywhere in the body or other symptoms.
- **Menopause:** a healthy woman will experience the above earlier in life, leading to a gentle, brief transition with minimal symptoms just before or after age 49. Ancient physicians in China discovered that a woman's development occurs in seven year cycles beginning at birth. This transition

at the seventh of those cycles (typically around 49 years old), commonly referred to as menopause, in the case of a very healthy woman, would not include symptoms such as extreme hot flashes, emotional fluctuations, sleeping disturbances and the like.

Unfortunately, exposure to excessive mental stressors, physical trauma and various chemicals and toxins (including hormones in food, tap water and birth control medications, tend to decrease reproductive system function, potentially leading to severe symptoms that many women experience during menopause.

If symptoms other than those outlined above arise, it simply indicates a break down in one or more of the body's systems.

Thankfully, the body knows how to regenerate itself and acupuncturists have been helping bodies do that for literally thousands of years. When a woman's body becomes healthy, the menstrual cycle often normalizes and menopause may become a relatively effortless transition that passes somewhat quickly without significant burdensome symptoms.

If a woman experiences problematic reproductive system symptoms, she may find it helpful to understand the following four phases of a woman's reproductive cycle and the strategies taken with acupuncture and/or Chinese herbal medicine to create and maintain balance:

#### Phase 1

- Menstrual phase (the week of menstruation): In this phase, it is important to regulate the menses and allow for proper shedding of the uterine lining. Treatment may be utilized to achieve this effect and eliminate and/or prevent improper circulation in the lower abdomen.

#### Phase 2

- Follicular phase (the week following the last day of menstruation): During this phase, the key strategies are to nourish kidney/adrenal function and generate increased blood volume, both of which are depleted as a result of menstruation. It is notable for those attempting to conceive during this stage, it is essential to fortify the body, ensuring healthy conception.

#### Phase 3

- Ovulatory phase (week of ovulation): The primary treatment plan during the ovulatory phase is to help eggs mature and to promote ovulation. Certain Chinese herbs and /or acupuncture points enhance the surge of luteinizing hormone (LH), which then stimulates ovulation.

#### Phase 4

- Luteal phase (the week before the onset of menstruation): The focus during this phase is to regulate liver function and treat any possible premenstrual syndrome (PMS) and ensure proper circulation to and from the liver and reproductive system.

Ultimately, in the normalizing of the above phases, it is critical to consider what has been known for hundreds of years in China: the kidney/adrenal system produces the raw materials necessary to produce hormones, such as estrogen and progesterone that control reproductive organ function. Therefore, one can see how kidney/adrenal system is often, if not always involved in reproductive system imbalances.

In order to determine your body's state of health, our doctors perform a thorough assessment, which includes pulse diagnosis, tongue diagnosis, palpation, history taking to determine physical, mental/emotional, environmental, chemical, nutritional imbalances.

Our clinic also employs the latest AcuGraph digital meridian imaging system (a computerized tool used to analyze, document and graph the energetic status of the acupuncture meridians). This modern acupuncture system allows our patients to clearly see the effect of their acupuncture treatments and their improvements over time.

Whether you are having painful periods, chronic headaches or just seeking balance, contact our clinic at 780-416-2828 to schedule a consultation.

Thank you for your continued support.

**Healthfully,**

Dr. Ling Duan, and all the clinic staff

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Issue 17 | July, 2013

**Establish Your Ideal Body Weight With The Aid Of Oriental Medicine**

In traditional Chinese medicine the root of excess weight is most often an imbalance within the body caused by malfunctioning of the spleen/stomach, kidney/urinary bladder/adrenal, and liver organ systems. Acupuncture points, as well as foods and herbs selected to assist with weight loss can directly influence the qi and blood circulation of the organ systems and treat the imbalances that have caused weight gain.

The spleen is responsible for the proper functioning of the digestive system, ensuring that the food we eat is transformed into blood and qi, the vital substance of life. Disharmony of the spleen/stomach will result in symptoms such as fatigue, fatigue after eating, slow metabolism, organ prolapse, water retention, loose stool, cravings for sweets, blood sugar imbalance, poor concentration, emotional/

compulsive eating and a feeling of heaviness.

The liver governs the flow of your body's blood circulation, blood volume regulation, detoxification, maintaining the emotional virtues of benevolence and more.

The modern, fast-paced demanding lifestyle and chronic stress can negatively impact the liver's ability to function properly and smoothly, which in turn, can cause the spleen and the entire digestive system to function poorly. Resulting in a decrease in your metabolism causing symptoms of poor appetite, irritable bowel syndrome, burning diarrhea, nausea and others.

The kidney/urinary bladder/adrenal systems govern water metabolism, blood pressure and the strength of the body's core energy. People with a weakness in this area tend to have a problem with water retention and swelling, especially under the eyes, legs and ankles. Other symptoms associated with a kidney/adrenal weakness include: hormonal imbalances, depression, weakened immune system, low blood pressure, fatigue and low thyroid levels. Overwork, poor diet and excessive exercise also contribute to weight gain due to depleting the body's reserves of vital energy to an exhausted state. If you feel exhausted after a workout, this is a strong indicator of a weakened constitution from over-training.

Acupuncture, massage and Chinese herbal medicine have been shown to have positive effects on the functioning of the nervous, endocrine, digestive and elimination systems. Treatment can help with food cravings, addiction, enhancing metabolism, improving immune function, promote relaxation, strengthening constitution, eliminating water retention, toxins, waste products and more. These functions all help energize the body, maximize the absorption of nutrients, regulate elimination, control overeating, suppress the appetite and reduce anxiety.

Acupuncture and traditional Chinese medicine address the issues of over-eating and low metabolism with effective tools to control appetite and increase energy. Energy imbalances are corrected and the digestive and elimination processes are improved so that there is a physical shift in the body to naturally have more energy and desire less food.

By addressing the root of the imbalance within the body; both the physiological and psychological aspects of weight management concerns, acupuncture and traditional Chinese medicine provide a comprehensive therapy for weight issues that promote better digestion, balance emotions, reduce appetite, improve metabolism and eliminate food cravings.

Each treatment is custom tailored to the needs of the individual patient. Acupuncture points on the body are chosen for overall well being with the objective of increasing circulation of the blood and qi (to stimulate the

metabolism) and calming the nervous system. Treatments can include a combination of auricular (ear) and body acupuncture, ear seeds to leave on between treatments, herbs and supplements, massage, stretching exercises, food and lifestyle recommendations.

Call 780-416-2828 to schedule a consultation with one of our doctors to see how acupuncture and Oriental medicine can assist you with your weight management goals and help you live a successful, energetic, healthy life!

Thank you for your continued support.

**Healthfully,**

Dr. Ling Duan, and all the clinic staff

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Issue 18 | August 2013

**Enjoy A Productive, Pain Free Summer**

Make the most of your summer, enhance your pain-free wellness with regular acupuncture and massage visits. Regular treatments prevent symptom relapse, enhance and optimize your total body wellness.

The body's way of communicating imbalance is with pain such as headaches, sadness, fatigue and pain anywhere in the body. Are we listening to what our body is telling us? Or do we ignore it, sedate or numb it?

Some great questions to ask yourself are:

Am I drinking enough pure water? Water is of main importance to all living things; Up to 60% of the human adult body is water. Water is the transportation medium that carries all nutrients, and wastes to and from cells, tissues, organs and more.

What nutritious enzyme, mineral and vitamin rich foods have I eaten today? We are what we eat, so pay special attention to what you eat. Our body relies on nourishing foods to sustain itself physically, mentally, emotionally.

Am I exercising too little? Too much? Or just the right amount? A balance of physical exercise has the ability to lift moods, strengthen immunity, prevent injury, enhance balanced hormone production, increase strength and endurance. How much is too much? If you feel exhausted after exercising, your body is telling you to rest and recover. Remember, the only way to increase muscle strength and endurance is by allowing it to rebuild itself. After exercising, you should feel energized and refreshed.

Am I receiving enough oxygen through proper breathing? Do I breathe shallow or hold my breath? If there is not enough oxygen, the result can be; muscle tension, slower digestion, reproductive imbalance, fatigue, weakness and more. Throughout the day, remind yourself to breathe deeply and fully.

### **Can Cupping Therapy Help Me?**

Toxic, inflamed, tense muscles and connective tissues become areas of blockage, which build up pressure, stagnation and inhibit normal circulation. Vital energy becomes trapped because it is energy that is no longer flowing with ease. This occurrence is very similar to having a kink in a water hose; pressure is excessive on the supply side, and deficient on the demand side of the obstruction. After injury, the stagnant blood and body fluids heat up from lack of movement and naturally occurring warm body temperatures. This stagnation effect is similar to having the sun, shine on a still pool of water which builds up heat over time, unlike a running stream of water which releases the sun's excess heat. As the pool accumulates more heat, the stagnant water evaporates causing the water to become highly concentrated; fostering contamination as well as a becoming a breeding ground for insects and an incubator for bacteria and other organisms. This stagnant pool may start fermenting to produce foul odours and gases. In the body, obstructed, inflamed vessels and poor circulation can promote toxin, virus, fungus, bacteria, parasite accumulation. Blood clots can form producing swelling, pain or even serious blockages related to stroke and heart attack.

The body strives for balance and over time the body may be able to unblock the obstructed areas and return to optimal circulation. Some injury areas including surgery remain painful and do not completely feel the same as they did prior to the injury. The good news is: cupping therapy speeds up the rate at which the body heals, clears toxic burden and even increases the body's ability to recovery completely. The interference must be removed so that blood, oxygen and nutrients can flow freely through the injured and congested areas to remove toxins, nourish and repair injured muscles, joints, tendons, bones and tissues. If the trauma area remains blocked, the body may not heal properly.

A good example of stagnant and obstructed blood and body fluids is a blood clot. Following a physical trauma, small blood vessels rupture causing blood to collect in muscles. Circulation is hindered and this blood is heated by the body's internal temperature; which begins to congeal and act like glue. In response to the accident, the muscles tighten and the congealing blood holds the muscle fibers together even tighter. Joints accumulate fluids, blood, minerals and nutrients which congeal due to lack of circulation in the area; becoming stiff, swollen, painful, toxic and inhibit mobility.

### **How Does Cupping Therapy Remove Obstruction?**

The obstruction needs to be removed prior to increasing the circulation of body fluids, which will assist the body's natural healing process. This is where the cupping therapy is employed to pull and release the congested area muscle fascia, connective tissues, lymph, stagnant and congealed blood and body fluids thereby increasing circulation. Glass cups are placed on the skin and applied using vacuum suction, releasing the muscle fibers and fascia. This loosens the muscles and the obstructed blood within the muscles to the surface of the skin, relieving excess heat, fluids and pain. Cups are retained from three to five or more minutes according to the severity of the area being treated.

As a result of pulling blood and body fluids to the surface of the skin; each cup may produce a red or purple circle upon the skin that may take a few days to clear. These circles become dark coloured, when the area being cupped contains "obstructed" body fluids and blood. With muscle tension and blood stagnation, one should expect some circular discoloration or bruising following a cupping session. These circular cupping discolorations and bruising occur in the process of drawing out obstructed fluids, toxins and blood from injured areas as part of the healing process regaining normal circulation. The discoloration is directly proportion to the severity of congestion and muscle tension.

As body fluid, blood, nutrient and oxygen circulation improves with each cupping treatment, the circular discolorations become less and even cease when muscle tension is eliminated, toxins clear and circulation is optimal. Each person responds to cupping treatment differently, healing at their own pace; healing depends on physical activity, lifestyle (diet, posture, stress levels), and how frequent the therapy is administered.

### **Important Considerations**

If you are pregnant, have a circulation disorder, hemophilia, lupus, or diabetes, cupping may not be appropriate for you. Although cupping does release tight muscles, increase blood circulation and move congealed body fluids, bruising and bleeding may occur.

Since cupping marks take several days to heal, please consider if you are going to the beach or to an event where you will be revealing the cupped area. If you are very concerned with bruising and discoloration, cupping therapy may not be the preferred therapy for you. Other complimenting therapies such as Tuina massage, foot reflexology and acupuncture promote the circulation of vital energy, blood and body fluids throughout the body.

To book an acupuncture, massage, cupping therapy appointment or to schedule a consultation with one of our doctors, call 780-416-2828 and experience how acupuncture and Oriental medicine can assist you with your goals and help you live a successful, energetic, healthy life!

Thank you for your continued support.

**Healthfully,**

Dr. Ling Duan, and all the clinic staff

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Issue 19 | September 2013

### **Back To School With Acupuncture Care**

It's back to school time, a time of transition and new opportunities. The biggest adjustments come for those who are starting school for the first time, for those who have to start at a new school, new teachers, changes of social circle.

Many teachers and staff experience greater demands and late hours for preparation during this time as well. So with all this going on, let's make back to school successful, rejuvenating and harmonious for all.

### **Back To School With Massage**

Massage treatments are excellent for preventing and reducing stress, relieving pain, treating injuries, and prevention of illness. When discussing massage with people, a common response is, "I don't need a massage, I am not sore anywhere" or "I'm healthy, I don't see the point", or even more commonly, "I didn't know massage could help with that". However, massage is employed in the general health maintenance of our bodies at any age. And it is important to keep up with it, even as a healthy individual.

A primary goal of massage is to prevent injury and illness. Massage does this by calming the nervous system, which helps to reduce stress so the body can function at it's optimal.

The circulatory benefits from massage promote blood and lymph to flow with ease throughout their systems to bring blood, oxygen and nutrients to our cells, and also to flush out toxins and wastes that our body produces.

Without this process, cellular metabolism is hindered, and the homeostatic balance of our body can be thrown off.

Massage benefits the skeletal muscles of our body, the cardiovascular system (our heart and circulatory pathways), the visceral (organ) systems performance increases as massage helps move product.

Massage prevents stagnation that can occur in the body, which eventually can lead to illness, disease, and a greater chance of injury.

Massage treats specific issues. Pain and discomfort in the body are signs that some change needs to occur. So, massage can help to treat an issue, but



eventually the goal is to have maintenance treatments. Massage may be employed for: (but are not limited to)

- \* Pain management
- \* Fascia and connective tissue release
- \* Swelling/edema
- \* Stress reduction
- \* Reproductive health
- \* Pregnancy related issues
- \* Sports/recreational injury
- \* Scar tissue release
- \* Digestive complaints and more

When seeking massage as treatment, the treatment plan can vary according to the severity or needs of the issue. By speaking with your massage practitioner, a specific treatment plan can be made. A treatment plan for an issue can be as frequent as daily, to as little as every 3 weeks, until the issue has resolved itself.

Consider massage, your body will thank you and you will leave knowing you are taking charge of your health.

### **Bring A Friend & Join Us For A Free In House Lecture On Sept 23, 2013 @ 6pm**

Presented by registered acupuncturist Dr. Ling Duan. You will learn the importance of self and partner administered trigger point therapy for pain management and prevention. Learn how to apply frequent treatments to promote quicker results to prevent symptom relapse, stabilize and optimize total body wellness. Learn how to help your body heal from the comfort of your own home. Following the presentation there will be a light meal to follow. Call 780-416-2828 to reserve your seats.

### **Sleep Well All Night**

Quality REM sleep is required for proper rest, detoxification and recovery. Here are some ways to be sure you are getting quality sleep:

1. Eat no later than seven in the evening.
2. Avoid exercise two hours before bed.
3. Enjoy peaceful meditation half an hour before bed: Sit comfortably with your back erect and your head tilted slightly downwards. Place your hands gently on your lap and breathe slowly, observing each inhalation and exhalation deliberately. Keep your eyes gently closed. Do this for 20-30 minutes. Sleep well.

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Thank you for your continued support.

**Healthfully,**

Dr. Ling Duan, and all the clinic staff

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Issue 20 | October 2013

### **Welcome Autumn With Acupuncture Care**

As we observe nature in autumn, we are reminded of releasing the old to make way for the new. Autumn marks the end of the growing season, it is a time of turning inward to introspect. Nature releases its abundant creation of the year during harvest, leaves that were once green turn to yellow and brown and drop from the tree's, returning to the earth, enriching soil to support the next generation of vegetation after the winter's rest.

Nature leads by example, revealing natural cycles of creating and releasing: trees in autumn release the past years leaves to allow for something new. The end of one cycle gives rise to the next. How many of us defy the natural cycles of nature, holding onto what we've produced or collected - negativity, waste, habits, beliefs, attitudes, resentments, assumptions, clutter, identifications and anything that no longer serves us. In order to create a harvest next year, we must release what we no longer need to allow for new growth and development. We are supported by a new vision of who we are without all that stale, old "stuff." We become open and receptive to the pure and new, granting vision of our essence; revealing what is most precious in our lives.

In Chinese medicine, autumn is the season of the metal element. Grief and sadness are emotions of the metal element. We all experience loss, separation, and "releasing" and we appropriately feel grief at those times. Grief cleanses us of what is no longer needed in our lives. When the energy of metal is blocked or imbalanced within us, our expression of grief likewise becomes imbalanced and inappropriate. It may be excessive and ongoing. Or, in the other extreme, it may be absent, repressed, deeper rooted in the physiology as in those who cannot express their grief, for those who are unable to cry.

#### The Colon and Releasing

The Colon, one of the two organs in the metal element, has the function of eliminating what is no longer needed, stale or toxic from our bodies. Holistically, we are more than just physical bodies. On a daily basis demands are incessantly placed on us, often overstimulating our minds with thoughts and overexerting our bodies. If we do not eliminate these stresses, our mind can become toxic, cluttered, constipated, unable to experience the pure, unbounded, beautiful

source of all that is. The colon functions to release toxic waste; fecal matter biological waste, toxic self limiting mental waste, emotional waste...

#### The Lungs and Receiving Inspiration

There is more to this autumn season than "releasing," it is also a time to receive purity. The air in autumn becomes cool, refreshing and energizing. The lung, the other organ contained within the metal element, enables us to receive the pure Qi from Heaven, empowering oxygenation delivery to the entire body.

The lung and colon work together as a team, the lung receives the pure, the large intestine eliminates waste. If these organs lost their function and failed to do their jobs due to congestion, phlegm, dryness, tension, pathogenic influence, trauma, toxicity, excess, deficiency or other interference; ailments of the lung and large intestine such as bronchitis, dry mouth, sore throat, shortness of breath, coughing, allergies, sinus congestion, emphysema, head colds, lymphatic congestion, constipation, diarrhea, spastic colon, and abdominal pain can result.

If our mind accumulates toxic thoughts and emotions without elimination, what may be the result? In a condition of imbalance one may feel depression, seeing the dark side in everything, focusing on all the things that could go wrong, isolation, stubbornness, inability to release and move forward. Those with a lung and/or large intestine imbalance seek and demand respect, quality, and recognition from the outside because they feel the lack of self worth within themselves. They have difficulty "letting go" because they identify their own worth and value with materialism; achievements, attachments, collections, possessions, attitudes that accumulate to congest and clutter the mind. When the interference is removed and the function of the lung and large intestine are restored, we are able to eliminate waste, eliminate negative emotions and renounce impure thoughts. We receive purity, experience equanimity, inspiration, creativity, spontaneity, and freshness. The metal element within us promotes our sense of inner self worth.

#### Restoring Metal

In the season of autumn, the metal element is at its peak and particularly amenable to acupuncture, massage, herbal medicine, cupping therapy and more. Autumn is an excellent time to detoxify and cleanse the lung and large intestine organs so that they function at their optimal.

In autumn nature moves into a period of rest, now is the time to contain ourselves, speaking and exercising our will calmly with economy and only when necessary. We too must integrate the metal cycle within our lives; being cautious not to overexert or overstimulate.

#### **Live In Harmony With Autumn**

- Detoxify your life: go through your house, garage and any cluttered storage area to discard what no longer serves you. Then recycle, sell, donate what might be of value to others.
- Detoxify your mind: take a mental inventory to examine attitudes (prejudices, envies, hatreds, jealousies, resentments) stored within your psyche. These thoughts and emotions are self limiting baggage that no longer serve you and exhaust energy any time they are recollected. Give yourself permission to release all the issues by writing them on paper and then burn the paper, symbolically releasing the content. Forgiving is a necessary purgative for a successful life. We are not required to like the perpetrator or situation, forgiving allows us to let go of the mental chains of entrapment. We can then create healthy boundaries as prevention because we love, honour and respect ourself.
- Take time each day to meditate with your breath. Breathe in the clean autumn air slowly and deeply. With each inhalation feel and visualize yourself energized and purified. With each exhalation feel and visualize the old, stagnant negativity, impurity, and pain leave your body and psyche. Who are you without these identifications?

**To book an acupuncture, massage, cupping therapy appointment or to schedule a consultation with one of our doctors to discuss detoxification of the lung and large intestine, health concerns and prevention, call 780-416-2828. Now is the time to experience how acupuncture and oriental medicine can assist you with your goals and help you live a successful, energetic, healthy life!**

Thank you for your continued support.

**Healthfully,**

Dr. Ling Duan, and all the clinic staff

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Issue 21 | November 2013

**Cold Prevention In Autumn & Beyond  
Get over your Cold!**

Herbal medications can be very beneficial to help eliminate cold symptoms and speed up healing time. Please consult your Practitioner.

Supplements/Vitamins

- Selenium, 100-200 mcg daily

- Vitamin C 500-1000 mg every hour with a glass of water boosts the immune system function
- Thymus extract 750 mg once
- Vitamin A 5000 to 10000 IU daily helps heal the inflamed mucus membranes and strengthens the immune system
- Vitamin E 400-500 IU daily
- Zinc lozenges 15-25 mg every 2 hours for 4 days enhance and stimulate immune functions to fight the virus
- Consider Echinacea and Goldenseal as they build immune system and fights microbes
- Chamomile or peppermint tea
- Fresh ginger tea with honey (a few slices of fresh ginger with a tsp of honey in a cup of hot water)
- Lemon and Honey tea

#### Nutrition

- Plenty of water, juice, soup and tea to help flush out the body
- Foods high in vitamin C such as oranges are strongly recommended
- Vitamin A foods
- To avoid infection a diet high in garlic and onions is recommended as these two foods contain a natural antibiotic effect
- Avoid Phlegm producing foods such as sweets, dairy products and heavy or greasy foods

### **Sore Throat**

#### Supplements/Vitamins

- Vitamin C Chewable (500mg every hour during early stages)
- Consider Emergen-C every few hours
- Vitamin C 5000 mg daily to fight infection
- Zinc Lozenges or colloidal silver as needed
- Lysine 500 mg daily
- Echinacea to flush lymph glands for at least 7 days
- Garlic capsules 8 daily

#### Nutrition:

- Avoid spicy, fried, or greasy foods
- Food or beverages that are energetically cool in nature should be consumed
- Watermelon, melon, seaweed, cranberries, celery, cucumber
- Drink plenty of water
- Peppermint Tea (warm)
- Peppermint essential oil mouth gargle 30 seconds duration.

### **Cupping Therapy**

Toxic, inflamed, tense muscles and connective tissues become areas of

blockage, which build up pressure, stagnation and inhibit normal circulation. Vital energy becomes trapped because it is energy that is no longer flowing with ease. This occurrence is very similar to having a kink in a water hose; pressure is excessive on the supply side, and deficient on the demand side of the obstruction. After injury, the stagnant blood and body fluids heat up from lack of movement and naturally occurring warm body temperatures. This stagnation effect is similar to having the sun, shine on a still pool of water which builds up heat over time, unlike a running stream of water which releases the sun's excess heat. As the pool accumulates more heat, the stagnant water evaporates causing the water to become highly concentrated; fostering contamination as well as a becoming a breeding ground for insects and an incubator for bacteria and other organisms. This stagnant pool may start fermenting to produce foul odors and gases. In the body, obstructed, inflamed vessels and poor circulation can promote toxin, virus, fungus, bacteria, parasite accumulation. Blood clots can form producing swelling, pain or even serious blockages related to stroke and heart attack.

The body strives for balance and over time the body may be able to unblock the obstructed areas and return to optimal circulation. Some injury areas including surgery remain painful and do not completely feel the same as they did prior to the injury. The good news is: cupping therapy speeds up the rate at which the body heals, clears toxic burden and even increases the body's ability to recovery completely. The interference must be removed so that blood, oxygen and nutrients can flow freely through the injured and congested areas to remove toxins, nourish and repair injured muscles, joints, tendons, bones and tissues. If the trauma area remains blocked, the body may not heal properly.

A good example of stagnant and obstructed blood and body fluids is a blood clot. Following a physical trauma, small blood vessels rupture causing blood to collect in muscles. Circulation is hindered and this blood is heated by the body's internal temperature; which begins to congeal and act like glue. In response to the accident, the muscles tighten and the congealing blood holds the muscle fibers together even tighter. Joints accumulate fluids, blood, minerals and nutrients which congeal due to lack of circulation in the area; becoming stiff, swollen, painful, toxic and inhibit mobility.

### **How Does Cupping Therapy Remove Obstruction?**

The obstruction needs to be removed prior to increasing the circulation of body fluids, which will assist the body's natural healing process. This is where the cupping therapy is employed to pull and release the congested area muscle fascia, connective tissues, lymph, stagnant and congealed blood and body fluids thereby increasing circulation. Glass cups are placed on the skin and applied using vacuum suction, releasing the muscle fibers and fascia. This loosens the muscles and the obstructed blood within the muscles to the surface of the skin, relieving excess heat, fluids and pain. Cups are retained from three to five or more minutes according to the severity of the area being treated.

As a result of pulling blood and body fluids to the surface of the skin; each cup may produce a red or purple circle upon the skin that may take a few days to clear. These circles become dark coloured, when the area being cupped contains "obstructed" body fluids and blood. With muscle tension and blood stagnation, one should expect some circular discoloration or bruising following a cupping session. These circular cupping discolorations and bruising occur in the process of drawing out obstructed fluids, toxins and blood from injured areas as part of the healing process regaining normal circulation. The discoloration is directly proportion to the severity of congestion and muscle tension.

As body fluid, blood, nutrient and oxygen circulation improves with each cupping treatment, the circular discolorations become less and even cease when muscle tension is eliminated, toxins clear and circulation is optimal. Each person responds to cupping treatment differently, healing at their own pace; healing depends on physical activity, lifestyle (diet, posture, stress levels), and how frequent the therapy is administered.

### **Important Considerations**

If you are pregnant, have a circulation disorder, hemophilia, lupus, or diabetes, cupping may not be appropriate for you. Although cupping does release tight muscles, increase blood circulation and move congealed body fluids, bruising and bleeding may occur.

Since cupping marks take several days to heal, please consider if you are going to the beach or to an event where you will be revealing the cupped area. If you are very concerned with bruising and discoloration, cupping therapy may not be the preferred therapy for you. Other complimenting therapies such as massage and acupuncture promote the circulation of vital energy, blood and body fluids throughout the body.

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**Healthfully,**

Dr. Ling Duan, and all the clinic staff

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Issue 22 | December 2013

### **Prevent The Winter Blues**

With the recent weather changes many of us can start to feel down in the dumps, sad, lack of motivation and just want to hibernate for the rest of winter. This is called seasonal affective disorder or SAD. This type of depression is one that follows a seasonal patterns; most often times in the winter.

Symptoms may start less severe in the fall and gradually worsen as the climate begins to drop and the days become shorter. Symptoms may be lack of energy, depression, poor sleep, anxiety, weight gain, difficulty concentrating, appetite changes, food cravings especially carbohydrates, over sleeping and social withdrawal. People who are prone to depression and anxiety disorders may also find that during the winter months their syndrome is more severe. With Traditional Chinese Medicine, and a few natural remedies you can overcome the winter blues.

### **Causes**

The causes of seasonal depression is related to the decreased levels of sunlight, which may disrupt your body's internal clock. Also the reduced levels of sunlight can cause a drop in serotonin levels and melatonin levels. Low levels of serotonin can cause depression. A disruption in the natural hormone melatonin can affect sleep patterns and moods.

### **Risk factors**

Females have higher incidences of SAD, however males who have SAD have more severe symptoms.

Living farther from the equator, higher incidences of SAD occur north or south of the equator due to decreased sunlight during the fall and winter months.

### **Family History**

As with other types of depression disorders there seems to be a hereditary link. If you suffer from SAD then there would be other blood relatives that suffer from it as well.

Already having a depression disorder or bi polar disorder increases your chance of suffering from SAD.

### **Treatment**

Light Therapy ( phototherapy)

This is usually the first line of treatment. You sit a few feet in front of a specialized light therapy box that mimics sunlight. Exposure to this type of bright light appears to cause a change in chemicals in the brain that are linked to moods. This type of therapy is the first line of treatment of seasonal affective disorder. It starts to work in a few days and has few side effects.



## **Acupuncture & Herbs**

Acupuncture Care Holistic Centre professionals diagnose and treat the root of the SAD disorder rather than treating the symptoms. We use acupuncture, herbs and lifestyle modifications to address and correct imbalances. While there are a core group of symptoms that patients share, each patient has his/her own medical history and clinical manifestations, mental or physical illnesses. We treat the pattern that emerges - that is, individualize the treatment - the best results are obtained.

Acupuncture assists pineal gland hormone balance, preventing SAD. The pineal gland responds to light and seasonal changes. When light levels are low, the pineal gland secretes melatonin, a hormone that it also manufactures, which is involved in the regulation of sleep and mood disorders. Melatonin has the effect of sedating the body and promoting sleep. Hence, during seasons of low light, the pineal gland constantly produces melatonin and a sleepy state is induced. By needling acupuncture points in the ear and other points on the body such as yintang (a point located between the medial ends of the two eyebrows), the pineal gland can be stimulated such that both lethargy and depression are decreased and prevented.

## **Exercise**

Exercise regularly, at least 20 minutes duration, 5-7 days per week, in the morning or when there is the most sunlight. Exercise stimulates serotonin production, a brain chemical that helps move messages throughout the nervous system. This neurotransmitter performs many functions, including regulating mood, appetite and the sleep/wake cycle. The absence of serotonin has been associated with greater aggressive behavior, higher levels of irritability, impulsivity, aggression, disordered eating, and sleeping problems.

## **Supplements:**

\* **St. John's wort.** Works well as a natural antidepressant and balancer of serotonin levels in the brain that it actually interferes with pharmaceutical SSRI prescriptions! If you are taking prescription drugs for depression or mood, it is recommended to stay away from this herb, It may be helpful if you have mild or moderate depression.

\* **SAMe.** This is a synthetic form of a chemical that occurs naturally in the body. SAMe hasn't been approved by the Food and Drug Administration to treat depression in the United States. However, it's used in Europe as a prescription drug to treat depression.

\* **Vitamin D3:** A deficiency of vitamin D3 in northern climates is common especially in the winter months because of a lack of sunshine exposure on the skin and, as such, can result in hormonal and neurotransmitter imbalances that negatively affect mood. Seasonal affective disorder is most common in northern climates where Vitamin D3 is a common deficiency. It is recommended taking

significant doses of this vitamin to make sure your stores don't get depleted in the winter months. Consult your family doctor if you have any concerns about a deficiency in this vitamin.

\* **Melatonin.** Seasonal changes can disrupt the balance of this natural hormone which plays a role in sleep patterns and moods therefore melatonin helps regulate the mood.

\* **Omega-3 fatty acids.** Omega-3 fatty acid supplements may help relieve depression symptoms and have other health benefits. Sources of omega-3s include fish such as salmon, mackerel and herring. Omega-3s are also found in certain nuts and grains and in other vegetarian sources, but it isn't clear whether they have the same effect as fish oil.

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Thank you for your continued support.

**Happy Holidays!**

Dr. Ling Duan, and all the clinic staff

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Issue 23 | January 2014

### **Enjoy A New Year Of Resolution**

Acupuncture and Traditional Chinese Medicine (TCM) can help you to achieve your goals and live a happier and healthier year.

### **Attain & Maintain Optimal Weight**

Losing weight is the most common New Year's resolution. Acupuncture and Chinese herbal medicine can assist you with weight loss and help you make better food choices. With food therapy changes, many people experience cravings, which can lead to binge eating. Acupuncture can help to balance out the cravings by stimulating the body to properly digest food, absorb nutrition, eliminate excess fluids and waste.

### **Quit Smoking**

Acupuncture and traditional Chinese medicine can provide a safe, natural, drug-free and effective way to quit smoking. Acupuncture treatments help to calm and relax the mind, resolve anxiety and depressive feelings. The focus is upon achieving a balance of body and mind to eliminate cravings.

### **Enjoy An Active Lifestyle**

Increasing exercise levels to lose weight, train for competition, alleviate stress can cause uncomfortable delayed onset muscle soreness. Acupuncture can stimulate the production of endorphins (natural pain-killing hormones in the brain) and anti-inflammatory hormones that reduce pain and inflammation, and can be used on an ongoing basis to prevent re-occurrence of pain once it has been successfully controlled.

### **Stress Management**

Excessive stress is often the cause of adrenal exhaustion, indigestion, diarrhea, constipation, poor nutrient bio-availability, immune system suppression, poor sleep, hormonal imbalances, fatigue and more. Acupuncture, traditional Chinese herbal medicine and massage promote relaxation, tension reduction, improved circulation and nutrition to promote a balanced and healthy body, mind and spirit.

The time is now, to successfully achieve and maintain your best wellness! Acupuncture and TCM applied to your lifestyle help keep your body and mind in balance as you take the next conscious steps into the New Year, achieving your goals to a happier, healthier you!

### **2014 New Years Resolution Tips**

\*Start each morning with gratitude. For example when you wake up each morning, complete the following statement: "I am so happy and thankful now that \_\_\_\_\_."

\*Smile and laugh more, they are natural anti-depressants.

\*De-clutter your entire house, start with your closet and donate the clothing that you have not worn in several months. Toss out or recycle outdated newspapers, magazines, books, CD's. Go through your email's and clean out your inbox. Be sure to inspect and clean the fridge, vehicles, and garage. Get rid of the old to make way for the new. When you are finished, notice how good it feels to be in a clean environment, clutter free!

\*Commit to being active everyday, physical activity stimulates various brain chemicals (endorphins) that may leave you feeling happier and more relaxed. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

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Thank you for your continued support.

**Happy New Year!**

Dr. Ling Duan, and all the clinic staff