

Life Begins With a Breath®
The Chinese Medicine Guide to Health
Courtesy of the Goodman Wellness Center

Interesting Facts

Once a year or so I like to share the recent research regarding acupuncture, moxibustion and Chinese herbal medicine. I hope it will aid you or a loved one in making educated decisions about your healthcare. By no means is Traditional Chinese Medicine (TCM) the only way, but it is a great complement to Western medicine both in diagnosis and treatment of the whole body.

Research:

Immune System Effect:

1. ***Acupuncture increased the phagocytic activity of WBC (White Blood Cells), phagocytic activity of macrophage and increased the activity of natural killer cells (NK).*** OK, what did that all mean in English? Basically, acupuncture increases your body's ability to defend itself against disease. Every time you breathe, eat and sleep your body is in a constant fight against the little invaders that keep trying to take us down and our immune system keeps them in check.
2. ***Jade Windscreen Powder helps to increase the weight of the spleen and thymus gland (both involved in immune function); NK cells activity; and phagocytic index of macrophage.*** Again, what does all that mean to you? One very good answer: cold prevention. The formula was original designed to treat patients who caught colds frequently, particularly upper respiratory tract infections. It was used to build up the body's defenses. Now, with modern research we have found the reason that the combination of herbs in this formula, which include ***astragalus, sileras, and atractylodes***, is so effective in fighting off disease.

Sports Enhancement and Recovery:

1. ***Acupuncture was found to produce cardiovascular improvements that enhanced physical capacity and endurance.*** After undergoing acupuncture for five weeks the participants increased their performance by 7% and showed significant reductions in heart rate and faster recovery times to baseline heart rate and blood pressure. These participants in the study did not workout during the study and still improved. Anyone who is interested in improving the body's ability to perform may find acupuncture as another complement to their other programs. *Int. J Sports Med 13:486-491*
2. ***Cnidium and Chiang-huo Combination (Shen Tong Zhu Yu Tang) helps in the recovery of injuries.*** This formula was designed to move qi and blood and to relieve pain. It has an anti-inflammatory function, an analgesic function and a delayed hypersensitivity function. It is an excellent alternative to Ibuprofen, Tylenol or other anti-inflammatory medication. Plus it helps speed up the recovery time. Patients with arthritis, fibromyalgia and sports injuries have all benefited from this formula combination.

Infertility:

1. ***“Acupuncture on the day of embryo transfer significantly improves the reproductive outcome in infertile women.”*** *Fertility and Sterility 2000 May Vol. 85.* Patients were given two, 25- minute treatments, one before the transfer and one immediately after. This technique gave the highest pregnancy rate compared to acupuncture two days after or to the control group, which did not receive any acupuncture treatment. If you are going through IVF/ICSI please use acupuncture to increase your chances of success.

Primary Dysmenorrhea (menstrual pain):

1. Moxibustion given to specific acupuncture points once per day over the course of three months had a 96% success rate relieving menstrual pain. *Chinese Acupuncture and Moxibustion (Zhongguo Zhen Jiu) 2006 Jul; Vol. 26 (7), pp. 481-2.*

If you or a loved one would like more information regarding the above information, please give Steven M. Goodman L.Ac. a call at 949-460-9378.

Things to Brighten Your Day

With fall just arriving and cloudy, rainy and snowy days approaching, I thought it might be best to give you some tips to brighten your days.

- Take a walk in the park, of course dress warm, and just stare at the chipmunks, squirrels or birds and try to imagine what they are thinking about. I'm not crazy, it's fun, and the kid in you may actually come out again.
- You might want to bring out the ear plugs or ear muffs for this one. Bring your lunch and just sit outside an elementary school and watch the kids play. Their zest for life and living completely in the moment should brighten up the cloudiest day.
- You might get a little dirty, but you know it is worth it. Put your rain gear on and go find a big mud puddle. You know what to do next, jump and splash until you don't care who's watching. OK, maybe just a few minutes. The real fun begins when you're all wet.

It really only takes a moment to bring out a smile

A Message

The upcoming months will be the perfect example of Yin and Yang. On one hand we get excited about the summer with family, friends and time off work. On the other hand, it is a very stressful time of year because of what we believe the summer should be. Please try one thing for me. When you get overwhelmed about whether your house is clean enough for company or you are spending too much time away from work, please take a moment and just breathe. Give yourself 15 minutes to look at the leaves on a tree or the snail crawling up the wall. Summers are a great time to just be, so just take a few moments for yourself.

Have a great summer. Thank you again for all of your support throughout the years. Your trust in my skills as your Chinese medical practitioner keeps me on my toes and pushes me to continue to study.

Take Care,

Steven Goodman L.Ac