

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

Research, Research, and more Research!!!

Once a year I like to dedicate one newsletter to research and here it is.

Acupuncture helps symptoms of Post Traumatic Stress Disorder (PTSD):

According to Dr. Hollifield, who ran a small study of 75 people, acupuncture provided the same benefit as cognitive behavioral therapy in relieving the symptoms of *PTSD*. “*PTSD* is an anxiety disorder that can develop after exposure to a terrifying event or ordeal in which grave physical harm occurred or was threatened.” Source: The Journal of Nervous & Mental Disease, June 2007

What It Means For You: If acupuncture can help people with anxiety that have gone through horrible experiences, then it will definitely help those suffering from anxiety due to daily stresses. Stress is a killer and the tools you use to combat it are very important. The tools are proper sleep, exercise, diet, meditation, laughter, and clinical help like acupuncture, counselors, or church.

Meditation May Make Information Processing in the Brain More Efficient

Meditation reduced “Attentional-Blink.” “Attentional-Blink” is when 2 pieces of information are shown to an individual in a close succession and the brain does not perceive the second piece of information because it is still processing the first. Source: Plos Biology, June 2007

What It Means For You: If you want to get smarter then learn to meditate. Teach your kids to meditate with you. It’s not just for the yogis.

Acupuncture for Osteoarthritis of the Knee

In a study conducted in the US with over 570 candidates who suffered from pain and lack of mobility of their knees due to osteoarthritis, acupuncture demonstrated a 40% decrease in pain and a 40% improvement in mobility. Source: Annals of Internal Medicine, Dec. 2004

What It Means For You: If you or a loved one is suffering from osteoarthritis, acupuncture is a proven alternative.

Acupuncture has a significant improvement for fatigue and anxiety associated with Fibromyalgia

This study was conducted by the Mayo Clinic with 50 participants. Twenty-five were treated with real acupuncture and 25 were treated with sham acupuncture or fake acupuncture. The participants received 6 acupuncture treatments over the course of 2-3 weeks. The 25 that received the real acupuncture showed a significant higher improvement in their symptoms of fatigue and anxiety one month later. The relief lasted up to seven months. Source: Mayo Clinic Proceedings, June 2007

What It Means For You: Fibromyalgia is a horrible disease and can be debilitating. People suffer not only fatigue and anxiety, but also severe body pain. This is a great study showing the effects of acupuncture in just a short amount of time. For those suffering from this disease again diet, exercise, and sleep are all important in recovering your life and now they can add acupuncture to the list.

Ginseng Helps to Fight Fatigue in Cancer Patients

A study of 282 patients with a variety of cancers and life expectancy of at least six months demonstrated a significant improvement in fatigue and quality of life when taken between 1000mg and 2000mg per day of ginseng.

Source: American Society of Clinical Oncology, 43rd Annual Meeting: Abstract 9001

What It Means For You: A little relief and strength for those doing battle for their lives.

Juicing, have you ever thought about it?

Many people have thought about and even bought a juicer, but placed it in the garage after it took too long to cut and dice the fruits and veggies and the long clean up. Now days there are juicers that are easy to clean and do not require any amount of cutting and dicing of the fruits and vegetables. It is pretty simple and you might want to try it. Here is a quick and not too bad tasting juice combination:

Recipe:

6 carrots

1 huge handful of spinach (the more the better)

3 celery stalks

1 apple

You might find a burst of energy and a clean feeling on your palate after drinking this concoction. You just absorbed a ton of nutrients some we know how they help us and a ton more that we still don't understand all of the benefits. Please don't stop eating. The more fruits and veggies you eat the better. Your stomach needs a little exercise just like your muscles. Give juicing a try for a month to see how you feel and for additional nutritional support.

Broccoli: what can it do for me?

Broccoli

Broccoli is a wonderful food. It contains a large amount of vitamins and nutrients that:

- Help to prevent cancer
- Repair sun damaged skin
- Protect the cardiovascular system
- Prevent cataracts
- Strengthens bones
- Boost the immune system

Broccoli is best consumed raw or steamed. It loses a lot of the nutrients when it is boiled for long periods. If you want more information about broccoli go to www.whfoods.org.

If you have any other questions regarding this newsletter please contact Steven M. Goodman L.Ac. at 949-460-9378

Take care,

Steven M. Goodman L.Ac.