

Notes From Aculand

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To your physical, mental and spiritual health!

Karen Johnson L.Ac., R.N.

I have fun thinking of analogies to describe how acupuncture works. People enjoy asking questions during the treatments and instead of subjecting the unwitting inquirer to lengthy descriptions and oriental vocabulary, I like to create an image. I guess it's a little like oriental writing...a pictogram to convey a concept. Hence the story of the roof.

I was composing an answer to the question of how acupuncture views the origin of disease. I came up with the idea of using a house as an analogy.

The roof, as the top of the house affords protection against the elements, as do the walls and windows. They safeguard the vital contents of the home...the life of the family within. As long as the roof and walls remain strong the life on the inside can be well regulated. However if something breaches the exterior, the inside is at risk.

There are basically two ways that this interior/exterior

balance is compromised.

1) The protective structure could be weakened, allowing the elements to penetrate the interior. Using the house analogy, this could be from water, wind, termites, breakdown of the roof tiles, etc.
2) A power greater than the resistance of the structure comes along and literally knocks it down. Think of hurricanes,



floods, falling trees, lightening and such.

In human terms the first case is likened to someone who has perhaps become weak from too much stress, staying up too late, poor dietary habits, over exercise, too much time in a difficult emotional environment, or perhaps they have some sort



of genetic or familial tendency to an illness.

In the second case, perhaps a bad virus comes along, or an accident of some sort. Even a good healthy system can't withstand all onslaughts and the person might become ill.

The goal of treatment is to restore the protective capacity of the exterior so it can safeguard the interior and create a greater degree of overall health. Fortunately, this is quite possible with acupuncture treatments. Most people receiving regular acupuncture treatments notice that their overall level of wellness goes up. This means fewer sick days, less medications and an improved quality of life.



Personals...

Special thanks to Joanne for sharing her story!



After several years of being in constant pain in both my feet due to plantar fasciitis/heel spur syndrome, a friend suggested acupuncture. I

had already tried podiatry, surgeries, and an orthopedist, and figured I had nothing to lose. Karen focused her efforts on reducing the inflammation in my feet, and I'm happy to say that there has been great improvement over the year. I have also had other body aches and

pains that she has addressed and they have improved/gone away as well. I'm always amazed at how well my whole body feels after a treatment, and have decided that I'll keep going back periodically for "tune-ups." Because of the whole "mind-body" connection that's

emphasized in Acupuncture, I'm now making better food choices, eating more organic foods and taking over the counter anti-inflammatory supplements which collectively are making me feel well enough to get back to exercising.

CALCIUM



Calcium is essential for the maintenance of many body functions, including the transmission of nerve impulses, the regulation of muscle contraction and relaxation, blood clotting and various metabolic activities. It can be found in milk, egg yolk, fish or sardines (eaten with bones), yogurt, soybeans, green leafy vegetables (such as turnip greens, mustard greens, broccoli and kale), roots, tubers, seeds, soups and stews made from bones, blackstrap molasses, almonds, figs and beans.

Calcium maintains acid-

alkaline balance in the body and normalizes contraction and relaxation of the heart muscles. Taken for strong bones and teeth, the mineral helps to protect against osteoporosis, rickets and osteomalacia. It also helps to lower high blood pressure, lower cholesterol, and aid in preventing cardiovascular disease. Used with vitamin C, it can help to relieve backaches and menstrual cramps and to induce a more sound sleep (due to its natural tranquilizing effects). Calcium can also help to prevent cancer, especially colorectal cancer. (Taken from The New Anti-Aging

Revolution by Dr. Ronald Klatz and Dr. Robert Goldman.)

My Nutraceutical line includes a wonderful calcium product. It's a good blend of calcium, vitamin D3, magnesium, manganese, vitamin C and boron. It's in an isotonic preparation, so it's taken as a liquid and is absorbed into your system within minutes. It's a clever nightcap. Taking the normal dose just before bed has a wonderful sleep inducing effect. Just think of it as a huge glass of milk with out the calories or the congestion!

Happy Mother's Day!

Gift I dea



Make Mom feel truly special and give her a gift certificate for a massage!

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