

Living Well Newsletter

A Holistic Approach To Bringing Health
And Harmony Into Your Life



Autumn / Winter 2014



As nature's seasons change as they are intended to, so do the seasons of our lives. With each change brings new beginnings. If you are not feeling your best as you enter a new season, please visit our wellness center to restore vital energy to your spirit and health.

Acupuncture: Helping Veterans Cope with Post Traumatic Stress Disorder (PTSD)

\$39 Unlimited Treatment for Veterans Suffering PTSD

King's Acupuncture & Wellness Center would like to help the men and women in our community that have served in the U.S. Military and are now coping with the effects of Post Traumatic Stress Disorder (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 and it may be triggered by the violence of military combat or experiences.

Once activated by physical and emotional trauma, the body can stay frozen with the nervous system on alert until some discharge of the held energy can occur, as with treatment of acupuncture and Oriental Medicine. The concepts of acupuncture and oriental medicine practice a connection between mind and body. It also has no harmful side effects or risk of addiction, as with many Western pharmaceutical therapies.



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Unfortunately, although it is improving, there is still a stigma among service personal seeking help for mental and emotional issues. "Treating PTSD is a challenge, said Maj. Gen. Richard Thomas, Commander, Western Regional Medical Command, because it is not as obvious as treating something like a bullet wound."

Some Symptoms of PTSD:



Other common symptoms of post-traumatic stress disorder (PTSD)

- Detachment from loved ones
- Guilt, shame, or self-blame
- Substance abuse
- Feelings of mistrust and betrayal

- Depression and hopelessness
- Suicidal thoughts and feelings
- Feeling alienated and alone
- Physical aches and pains

At King's Acupuncture you will be offered a course of treatment that is individualized for you. **During November and December we will be offering unlimited acupuncture treatment to all U.S. Military service personnel (active, inactive and retired) at a special rate of \$39 per treatment. We are extending this special rate through December 31st as we recognize that the coming holidays may exacerbate the symptoms for some who cope with PTSD.**

The colder weather is beckoning us back to our kitchens. Break out the spices to bring warmth, robust flavor, and a bounty of health benefits, including higher energy, increased immunity, and other life-enhancing surprises.

Considered to be dried seeds, fruit, roots or bark, spices have been valued for centuries by ancient cultures for their culinary and medicinal properties. For instance, a traditional Indian beauty trick was to spread turmeric paste on the skin to beautify it and prevent pimples. And Chinese doctors have used ginger since ancient times to cure aches and pains.

1. Garlic wards off heart disease

Garlic, the spicy favorite in Italian fare, has been shown to improve cholesterol and lower blood pressure. According to the National Health and Medical Research Council, consuming half to one clove of garlic daily may reduce cholesterol by nearly 10%. Your breath might suffer, but your heart will thank you. As an antibacterial, garlic is often used to treat minor infections.



2. Spotlight on cinnamon



Another ancient spice to recently come under scientific investigation is cinnamon. In the United States, cinnamon is often used in baking, but in other parts of the world, especially India and Asia, cinnamon has been used as a healing herb for centuries. Research is finally catching up to the wisdom of the East; many clinical studies have linked cinnamon consumption to lowered blood sugar. Both in vitro and human studies show improvement in insulin sensitivity with cinnamon polyphenols, as well as improvement in total and LDL cholesterol. Cinnamon is also thought to detoxify the system and stimulate brain function. Its antiseptic properties give it the ability to fight bladder infection, and if taken in the first 48

hours, a cup of strong cinnamon tea might just nip a bladder infection in the bud. Keep in mind that mixed study results make it difficult to prove these benefits on paper -- but it doesn't hurt to sprinkle a teaspoon into your next bowl of oatmeal.

3. Curry for joint health

Try sprinkling some curry on your veggie omelet. Curry, a staple spice combo in Southeast Asian cuisine, contains turmeric, the yellow spice that gives curry its distinctive color. The active component in turmeric is called curcumas. If you are a fan of curry, you will be happy to know that this substance is associated with anti-inflammatory, antioxidant, anti-tumor, and anti-amyloid properties. Amyloids are plaque-like proteins that build up in brain tissue, and are responsible for diseases like Alzheimer's and rheumatoid arthritis.

4. Star Anise aids digestion

As the name suggests, star anise is star-shaped. Though it is not actually related to anise, star anise shares a similar licorice flavor, due to its content of anethole. Used bring out flavor in slow-cooked meat dishes and long-simmered soups, this spice frequently makes an appearance in Indian cuisine and is an ingredient of the traditional five-spice powder of Chinese cooking. Star anise has been used in a tea remedy rheumatism, and the seeds are sometimes chewed after meals to aid digestion.



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5. Cardamom improves energy



Found in curries, rice dishes, herbal teas, and breads, cardamom is the spice that gives chai tea its main flavor. In Asia, cardamom has long been valued medicinally for its ability to increase circulation

and improve energy. Considered an aphrodisiac in the Middle East, cardamom may also improve digestion, asthma, bronchitis, halitosis, and even help improve a bad mood.

6. Clove curbs cramping

A delicious addition to cooked fruit, roasts, sweet vegetable dishes, and teas, clove has been used since ancient times in India to improve digestive function. You may chew on some to alleviate toothaches, sore throats, diarrhea, and stomach cramps.

7. Cumin boosts immunity

An excellent addition to meat curries, stews, vegetables, seafood, and sauces, cumin is thought to boost the immune system and also to improve liver function, reduce flatulence, and aid in digestion.

8. Fennel Seed soothes your intestines

Often used to spice up recipes with meat, beans, or legumes, fennel helps digestion in two ways: It stimulates the production of gastric juices and also soothes the nervous system, regulating the action of the muscles that line the intestine.

9. Ginger: Remedies aches and nausea

A perfect complement to vegetables, marinades, and sweets, ginger is also delicious in tea. Ginger may help relieve nausea, arthritis, headaches, menstrual cramps, and muscle soreness.

A word of warning: always discuss with your physician before treating conditions with spices to avoid any adverse interactions; for example, because garlic and ginger possess natural blood-thinning properties, individuals about to undergo surgery and those taking blood thinners should take extra precaution.



To maintain peak flavor, use spices within six months. They are best stored in a cool, dark place in your pantry to preserve their oils and prevent loss of pungent flavors.

The Top Ten Benefits of Acupuncture

1. Improved Health and Quality of Life



Our life styles, thought patterns and diets create imbalance in the body, creating disease and pain. Acupuncture helps to balance these energy systems through acupuncture points. These points are gateways to the body's energy flow, called Qi. They help to take the "load" off of excess and redirect Qi to the areas in your body that are deficient.

2. Stress Reduction

A little stress is actually good for you, but most people today experience far too much of it. Experiencing these high stress levels day after day makes it very difficult for your body to relax and be balanced; regular acupuncture treatments are a powerful way to restore relaxation and balance in busy, hectic lifestyles.

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3. Pain Reduction

Arthritis, neck pain, back pain, menstrual pain, carpal tunnel, plantar fasciitis, joint sprains & strains, digestive symptoms etc. are commonly helped by acupuncture treatment. If you experience migraines, cluster or other headaches you can often find immediate relief with a healing treatment in a soothing room with heat lamps and gentle music.

4. Improved & Faster Recovery from Injury, Illness & Surgery

Acupuncture increases circulation, reduces inflammation and reduces scarring. Many professional sports teams have licensed acupuncturists on staff to treat acute and chronic injuries and expedite surgical healing.



5. Emotional Balance

Achieving emotional balance can be both the primary focus of acupuncture treatment and is also a positive "side effect" when you use acupuncture for other reasons. Depression, anxiety, frustration, and worry are a few emotional imbalances treated. Acupuncture points have a physical and emotional aspect to their function and most times both of those aspects are accessed during the acupuncture treatment.

6. Respiratory Health

Allergies, asthma, sinusitis, and rhinitis are conditions that are positively impacted with acupuncture every day. Acupuncture can treat acute and chronic symptoms such as sinus headaches, nasal congestion, runny nose, drainage, etc. Chinese herbal formulas are also quite beneficial in relieving respiratory symptoms.



7. Insomnia Relief

Good sleep can also be a positive "side effect" when acupuncture is used for other primary reasons. An acupuncture treatment can also easily be focused on insomnia and sleep disturbances so you soon feel like you're sleeping on a cloud.

8. Strengthening Your Immune System

This can be accomplished through balancing your body's energy systems with acupuncture. Stress, illness, environmental toxins, and allergies, are just a few of the causes of a weakened immune system. Acupuncture & Oriental medicine can boost your immune system and help you fight illness, toxins, and the stresses of everyday life.

9. Premenstrual (PMS) and Menopausal Symptom Relief

The symptoms of these conditions are very commonly treatment with acupuncture & Oriental medicine. Headaches, cramping, sleep disturbances, mood swings, night sweats, cycle length and duration, and even infertility can be treated effectively.



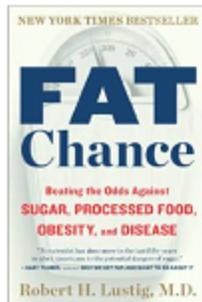
10. Reduction of Side Effects of Chemo and Radiation Therapies

Acupuncture can reduce the severity of the side effects of common cancer treatments. Symptoms such as coughing, anxiousness, nausea, depression, night sweats, dry mouth, pain, diarrhea, and constipation can be improved with the aid of acupuncture to improve quality of life.



Winter Reading:

To Renew Your Health... Recommended by Dr. Lau

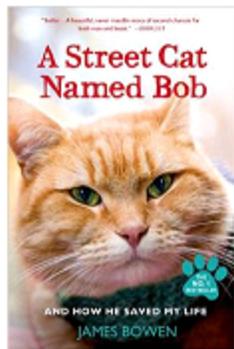


Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease
by Robert H. Lustig

To help us lose weight and recover our health, Lustig presents personal strategies to readjust the key hormones that regulate hunger, reward, and stress, and societal strategies to improve the health of the next generation. Compelling, controversial, and completely based in science, *Fat Chance* debunks the widely held notion to prove "a calorie is NOT a calorie", and takes that science to its logical conclusion to improve health worldwide.

To Warm Your Heart: Recommended by Joan Patchett

A Street Cat Named Bob: And How He Saved My Life
by James Bowen



The true story of street musician and recovering addict, James Bowen, who finds an injured cat and nurses it back to health and how that cat changes James' life forever. An emotionally rewarding international bestseller.

There is a privacy about it which no other season gives you... In spring, summer and fall people sort of have an open season on each other; only in the winter, in the country, can you have longer, quiet stretches when you can savor belonging to yourself
~ Ruth Stout



Office Contact Information:

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Acupuncture Hours: By appointment

M, W, Th 10:00 a.m. – 7:00 p.m.
Tues 9:00 a.m. – 5:00 p.m.
Fri 8:00 a.m. – 5:00 p.m.
(Hours vary for other services)

Dr. Herbert Lau, Lic. Acupuncturist & Certified Herbologist
Mrs. Anna Lau, Office Manager
Dr. Tony Buscaglia, Chiropractor
Mrs. Betsy Hare, Certified Reflexologist
Ms. Joan Patchett, Medical Office Assistant
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