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| |  |  | | --- | --- | | **Qi Mail™** **The Acupuncture Newsletter** | **September 2012** | |
| |  |  | | --- | --- | | [Description: http://www.acufinder.com/images/practitioners/112489/thumb_sWC4yn3cuD](http://click.health.ibemail.com/?qs=f443e2428548769968a25b3b687d5e5e6cfa8b302bde7e395cc1020c27466a67) | [www.WNY-Acupuncture.com](http://click.health.ibemail.com/?qs=f443e2428548769968a25b3b687d5e5e6cfa8b302bde7e395cc1020c27466a67) King's Acupuncture and Wellness Center 5859 Transit Road East Amherst, New York 14051 [716-688-1768](tel:716-688-1768) | |

**Boost Your Brain Power with Acupuncture**

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**Having difficulties focusing, remembering tasks or organizing your thoughts?**

Acupuncture and Oriental medicine can help optimize your brain power through a treatment approach that incorporates different modalities, including nutritional support.  
  
According to acupuncture and Oriental medicine the mind (Shen) embodies consciousness, emotions and thought.   Shen influences long term memory, the ability to think clearly, contributes to wisdom and presides over activities that involve mental and creative functions. When the mind is healthy we are able to think clearly.

When the mind is unhealthy or unbalanced we experience confusion, poor memory, and clouded thinking.   Disharmony of the mind often manifests as anxiety, insomnia, muddled thinking, forgetfulness and chronic restlessness.   Meditation and acupuncture, as well as physical exercises such as Tai Chi or Qi Gong and the right foods, can balance and strengthen the mind.    
  
Good nutrition can help boost your brain power.   Not only is it essential to overall physical health, it can also enhance the function and harmony of the mind.   The right foods enhance brain function by providing essential nutrients such as flavonoids, Omega 3s, vitamins, folate and iron that are great for improving the quality and quantity of learning capacity, cognitive abilities, memory and overall brain function.  You can enhance your brain's health and function by including blueberries, fish, leafy green vegetables, seeds, nuts, and whole grains in your diet.

**Challenge Your Brain**  
  
Keep your mind active and challenged. Brain function decreases with age. Studies show that cognitive exercise can improve blood flow to the brain. Spend at least 15 minutes each day on a mental exercise such as a crossword puzzle, journaling or learning a new language in order to slow memory loss.  
  
However you choose to exercise your brain, acupuncture can help. Numerous studies suggest that acupuncture can help improve memory, mental clarity, concentration and cognitive function.  
  
One recently published study showed how acupuncture can be used to help patients with vascular dementia. Cerebral functional imaging before and after acupuncture treatments showed a significant increase in the cerebral glucose metabolism of the brain which is associated with improved cognitive function. Other studies have looked at how acupuncture affects the performance of students taking an exam or those with Alzheimer's disease and memory impairment induced by diabetes and cerebral ischemia. All results, thus far, have been positive.

**Want to optimize your focus and mental health?  Contact King's Acupuncture at**

**716-688-1768 Today.**

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