



## East-West Acupuncture Better Health Newsletter Fall 2008

### In This Issue:

Fall Allergy  
Fall Foods and Better Digestion  
What's "Cupping"?  
Acupuncture for Sports Injuries  
Vitamin D Update  
Did You Know?  
New Acupuncture Studies:  
Post-Traumatic Stress Syndrome (PTSD)  
Breast cancer treatment side effects

### Fall Allergy

Break out the saline solution and use it twice a day to help reduce allergy symptoms and sinus problems this fall. It's simple, inexpensive and very helpful. Yes, I know you don't like to spray stuff up your nose, but the results are worth the minor annoyance! You can teach your children to do it, too. Purchase spray nasal saline solution in any drug store. This is just one method, and the easiest. You can do an internet search to find in-depth information about the benefits of nasal irrigation for allergy and sinus problems.

### Fall Foods for Digestive Health

As the temperatures drop, trade cold drinks for warm ones, such as green tea. Eat fewer cold salads and more cooked vegetables. If you do have a salad, have something warm with it, such as soup or grilled chicken or fish.

Regardless of the season, it's best to avoid drinking large amounts of liquids with meals, as this dilutes the digestive acids, interfering with solid food digestion. Ideally, wait 45 minutes before drinking liquids.

Traditional Chinese medicine dietary guidelines also advise against ice-cold drinks any time of the year. Forego the ice and drink water at room temperature. It's much better for your health.

### Cupping for Muscle Pain

A Chinese swimmer was photographed during Olympics training in Beijing last summer with round marks on her back from a traditional Chinese medicine treatment called "cupping". Cupping is a technique in which glass cups or bamboo jars are suctioned onto the body. It's used to relieve muscle

## Eastern Healing for the West

pain, especially back pain from stiffness or injury. Cups on the back are also used to clear congestion in the chest and stop coughing. Acupuncturists also place cups over needles on the back to relieve asthma, colds and allergy symptoms.

### Acupuncture and Sports Injuries

Acupuncture is well known for its effectiveness in reducing most types of pain, including sports-related injuries.

Due to its broad range of applications, acupuncture can be used during any phases of injury. It can help decrease swelling, spasms and inflammation, control pain, increase range of motion and help promote healing. Acupuncture can even speed up healing of fractured bones, especially when combined with herbal medicine.

Injuries commonly treated with acupuncture include muscle pulls, tennis elbow, lower back strain, hamstring strain, ankle sprain, Achilles tendonitis, groin pull and arch and foot pain.

### Vitamin D Update

For the past two years, we have heard about the importance of adequate Vitamin D intake to help prevent many diseases, including some cancers. Vitamin D is also essential to bone strength, by helping calcium absorption into bone. And it's also very important for muscle strength.

**Inadequate levels of Vitamin D have been shown to cause muscle weakness and soft bones (osteomalacia) in the elderly.** Vitamin D supplementation improved mobility and muscle strength in a recent study. Current daily recommendations are 1,200 IU for those over 60 years of age.

**Another Vitamin D deficiency condition is known as rickets, which occurs in childhood.** Inadequate Vitamin D affects proper bone development, causing skeletal deformity. Surprisingly, several cases of rickets have been reported lately in the USA, prompting officials to publicize daily requirements for children, including infants and adolescents.

**The latest suggestion is that children get at least 400 IU of Vitamin D daily** to ensure proper bone growth and muscle tone.

Mothers who breast feed need to get enough Vitamin D to ensure babies are getting enough in breast milk. Check with your doctor to decide whether you and/or your baby should have supplements. Read more about Vitamin D and children's health:

<http://www.sciencedaily.com/releases/2008/10/081013141737.htm>

**Daily adult recommendations are at least 1,000 IU per day; 1,200 IU for those over 60 years of age.** We get Vitamin D from 3 sources: Sunshine (3-4 times a week on arms and legs for 15-20 minutes), diet and supplements. If you're not getting enough from sun and diet, consider supplementation.

Dietary sources include deep sea fish, liver and egg yolks. Cod liver oil contains about 1,300 IU per tablespoon. Read labels carefully on fortified foods; most contain Vitamin D2, which isn't the best form. You want Vitamin D3 (cholecalciferol) if you decide to supplement. This is the one the body manufactures when exposed to sunlight.

More information:

<http://www.realage.com/ct/tips/7075>

**African Americans do not synthesize Vitamin D from sunshine** as effectively as lighter-skinned people; therefore, supplementation may be even more important for those with darker skin pigmentation to help prevent certain cancers.

**Did you know.....**

**Cabbage can boost immunity and clear up digestive problems?** It can also fight viruses and bacteria in the stomach. Eat it raw, cooked or as juice. The fermented form, sauerkraut, has the greatest health benefit.

In fact, adding more vegetables and fruits to your diet is one of the simplest and most effective ways of improving your health.

**Sugar and simple carbohydrates can suppress the immune system?** One tablespoon of sugar in any form, including fruit juice, reduces white blood cell activity by 50% for up to 5 hours.

**Acupuncture and herbs can help you stay healthy?** Seasonal acupuncture treatments just four times a year serve to strengthen the inner organ systems and can correct any minor annoyances, such as digestive problems, before they become serious problems. Chinese medicine can also help boost your immune system to prevent or reduce recurring upper respiratory problems such as frequent colds, sinus infections and asthma.

## **Recent Acupuncture Studies**

### **Acupuncture for PTSD in Combat Veterans**

The Pentagon is investigating alternative therapies for soldiers suffering from post traumatic stress disorder (PTSD) and other injuries. Acupuncture was one of the modalities recently tested.

Initial trials this summer with combat veterans showed that acupuncture relieved PTSD symptoms and eased pain and depression, army psychiatrist Engel said. "Improvements were relatively rapid and clinically significant", he said. Read the full story:

[http://www.usatoday.com/news/health/2008-10-07-holistic\\_N.htm](http://www.usatoday.com/news/health/2008-10-07-holistic_N.htm)

### **Acupuncture Reduces Side Effects of Breast Cancer Treatment**

A recent study conducted at Henry Ford Hospital found acupuncture to be as effective as conventional drug therapy, and longer-lasting, in managing hot flashes. Hot flashes are a side effect of breast cancer treatment. Patients receiving acupuncture also reported increased feelings of well-being and increased energy. Details:

<http://www.henryford.com/body.cfm?xyzpdqabc=0&id=46335&action=detail&ref=864>

Have a happy, healthy fall!

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**To schedule a complimentary 15-minute consultation, call 214-793-5684**

**Visit my website [www.eastwestom.com](http://www.eastwestom.com) for more information about acupuncture and to subscribe to future newsletters**

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