



East-West Acupuncture

Spring 2009

Better Health Newsletter

In This Issue

Ear stapling for weight loss, quit smoking

Spring foods and moods

Spring allergy help

Did you know? Green tea, aspartame, stevia

Can acupuncture help you?

Ear Stapling for Weight Loss, Smoking Cessation

Ear stapling refers to the placement of a surgical staple in the ear to provide constant stimulation of particular acupoints in the ear. Auricular (referring to the ear) acupuncture has been used for over 25 years to curb addictive behaviors, such as smoking and drug addiction. Ear stapling is a modern version of acupuncture in the ear and has been found to be helpful for weight loss, as well. Most people find they feel full faster and eat less, and/or have fewer cravings for particular types of food. The staples stay in place for 12-16 weeks, and weight loss is gradual. For smoking cessation, cravings are reduced. To find out more, email eastwestacup@sbcglobal.net and request ear stapling FAQ (frequently asked questions), or call the office for more information.

Spring Foods

In Chinese medical philosophy, spring is the time of renewal. It's a good time to start eating lighter foods such as more veggies, and less meat and heavy grains. Sour foods are good in the spring, which is the season of the Liver in traditional Chinese medical belief.

Irritability or frustration are emotions that tend to flare up in the spring. Do you get a little cranky when it's windy? That's your (Chinese) Liver talking! Exercise and sour foods such as pickles, vinegar and sauerkraut are helpful, and so are "Liver herbs" such as milk thistle or the Chinese herb Chai Hu. You can find milk thistle tea in health food stores. For more serious mood problems, consider acupuncture and a Chinese herbal formula.

Spring Allergy Relief

You've heard this from me before.....break out the **nasal saline solution** or netti pot and irrigate twice a day if you tend toward allergies and/or sinus infections in the spring. This simple treatment can be very helpful to substantially reduce allergic symptoms and avoid sinus infections.

Tip: Any time you are congested, eliminate dairy and greasy foods, which are phlegm-producing. If you do have acute allergy symptoms or sinusitis, acupuncture and herbs can successfully clear up the congestion and substantially reduce the other symptoms. We have a high success rate also with chronic sinusitis.

Did you know?

Drinking green tea may help prevent strokes, diabetes and several cancers? Green tea may also help decrease LDL (bad) cholesterol, lower blood pressure and burn fat by increasing metabolism. Studies have shown that green tea contains antioxidants which reduce free radicals in the body (free radicals cause oxidation, a cause of disease).

Aspartame has been linked to symptoms that can mimic chronic fatigue and fibromyalgia? Additionally, a host of other unexplained symptoms and illnesses like rashes and headaches have also been reported. Aspartame is a sugar substitute found in many prepared foods and drinks such as diet sodas, so read labels carefully.

Stevia, an all-natural sweetener, doesn't affect blood sugar levels? It comes from the leaves of a South American plant. A bit pricey, but worth it: No chemicals, all natural, safe for diabetics. You can get it at health food stores.

Can acupuncture help you?

Acupuncture and Chinese herbs --- together known as traditional Chinese medicine --- can treat just about any condition. A complete system of medicine, Chinese medicine developed and has been clinically practiced for over 3,000 years.

Here are just some of the conditions routinely treated with acupuncture and herbs:

Pain anywhere in the body:

- Acute sprains and strains, sports injuries, whiplash
- Chronic pain – headache, back, neck, shoulders, knees, carpal tunnel

Digestive problems:

- Acid reflux, poor digestion, constipation, diarrhea, irritable bowel syndrome, poor appetite, excessive appetite

Stress, anxiety or depression

- Shoulder and neck tension, insomnia, anxiety, depression, general feelings of being 'stressed out'.

Respiratory

- Allergy, sinusitis, asthma

Fatigue

- Feeling tired/low energy generally, Chronic Fatigue Syndrome

Menopausal symptoms

- Hot flashes, night sweats, poor sleep

Chemotherapy side effects

- Nausea, vomiting, fatigue

Weight loss, quit smoking

- See ear stapling information; other treatments available, too.

Health maintenance

Chinese medicine can also help maintain health by addressing minor problems before they develop into more serious issues.

Not sure if acupuncture can help you?
Call for your complimentary 15-minute consultation by phone or in the office

Have a happy and healthy spring!

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