

Acu News

SUMMER is nice...

Acupuncture for Weight Loss



An article published in the Journal of Acupuncture and Meridian Studies, substantiates the usage of acupuncture and traditional Chinese herbal formulations can help in the treatment of obesity and weight loss. The article reviewed four clinical studies and 16 animal studies on the effects of **Traditional Chinese Medicine (TCM)** for treating obesity. There were different methods, but the results were ultimately the same. Obesity can be a result of total body inflammation or hormonal imbalances, and because of this, all the studies that were reviewed, had different approaches for treating the disease. All of the studies confirmed obesity can be managed utilizing Traditional Chinese Medicine techniques.

Obesity has become an epidemic in the United States. As many as one quarter of all Americans are considered overweight. And because of this, nearly \$33 billion will be spent annually on weight loss programs. However, almost 85 percent of those trying to lose weight, will fail. There are many reasons why Americans are getting larger waistlines, but ultimately, the burden falls upon the individual. There are methods that can help people lose pounds and maintain a healthy weight though.

TCM is a non-invasive, safe and effective method for helping with weight loss. Unfortunately, a vast majority of people tend to look for the "quick fix" and this is definitely not what TCM provides. But, if a person is willing to take control and be held accountable for their actions and decisions, then TCM can be quite helpful with regards to shedding pounds.

Multiple studies have shown when TCM modalities, such as acupuncture and herbal formulas, are combined with traditional methods of weight loss, the patients actually lose more weight. TCM views the body and how it functions differently than Western medicine. Everything in TCM is based upon the fact that every cell in the human body is a form of energy. When there is an imbalance of energies throughout the body, then disease or illness may arise. Obesity is a disease that requires balancing. When it comes to weight loss, there are two or three main areas that TCM practitioners focus on, the spleen, liver and kidney meridians.

The three areas that focus on weight loss in TCM, the spleen, liver and kidney meridians, are the powerhouses of the body. The kidney meridian equates to the endocrine system and this is treated to reduce water retention and to rebalance hormone levels. The spleen meridian is targeted to regulate sugar metabolism. The liver meridian is treated to reduce stress, which can lead to binge eating and other unhealthy eating habits. Increased levels of stress can also deplete the hormones that are responsible for metabolism in the body.

Acupuncture for weight loss is not a silver bullet and traditional methods should be used in conjunction with acupuncture. Obviously monitoring the diet and getting proper exercise and rest are all crucial when trying to lose weight. But if all these things are done together, losing weight should not be extremely difficult. It will still take time, but it can be achieved.



Homemade Yogurt Recipe

Ingredients

- 1/3 cup of plain organic Greek Yogurt
- Half gallon of organic milk (your choice of percent)

Recipe

Heat the milk in a pot on the stove until the temperature reaches 205-210 F (just before it begins to boil). Remove pot from the element and let milk rest and cool until it is warm to the touch.

Add the Greek Yogurt and mix it thoroughly into the warm milk. Cover the mixture and place in oven with just the oven light on. Do not turn on the oven, the oven light will provide a consistent temperature. Let the mixture rest for 8 to 12 hours. The longer the mixture rests, the more tart you're yogurt will taste.

After 8 to 12 hours remove from oven and stir for consistency; the yogurt should be have a thick consistency.

If you prefer a thicker Greek-style yogurt you can strain the yogurt through a colander lined with cheesecloth. Reserve some liquid whey and stir in if yogurt becomes too thick. Discard remaining unused liquid whey. For a thinner yogurt, serve immediately after it is chilled in the fridge.

Consider adding organic strawberries, blueberries, peaches or other fruit you enjoy to increase the flavor of your fresh, homemade yogurt. Enjoy!



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Melanoma is a serious type of skin cancer, with about 87,000 new cases being diagnosed each year in the United States. The vast majority of melanomas are caused from sun exposure.

Acupuncture and Traditional Chinese Medicine can offer a number of complementary treatments for Melanoma, in conjunction with biomedical interventions such as surgery, radiation or chemotherapy. TCM also offers a number of techniques one can do at home to aid in recovery from Melanoma.

Acupressure

Spleen 10

Located on the medial thigh, about three finger-breadths up from the top of the kneecap, directly superior (above) the upper medial corner of the kneecap, Spleen 10 is an important point for invigorating the blood. Melanomas, with their dark colorings, almost always have a component of blood stasis, which Spleen 10 alleviates. It also helps maintain proper circulation, which is vital during cancer treatment.

Lung 9

Located on the inside of the wrist crease, on the thumb side of the radial artery. Lung 9 the point that most strongly strengthens the lung energy in the body. The lungs in TCM control the skin, so it is important to continue to nourish the lungs during the presence of melanoma. Cancer always involves an underlying weakness in the body's energy, and in the case of skin cancer, that weakness is at least in part in the lungs.

Spleen 6

Located on the medial side of the lower leg, four finger-widths up from the medial malleolus (ankle bone), on the border of the tibia. Spleen 6 builds the body's Qi, blood and yin to support its ability to heal. Spleen 6 is also frequently used for treating skin diseases and can be effective at directing the body's own natural healing abilities to the skin.

Herbal Remedies

Herbs can be powerful tools in the fight against melanoma, but you should always talk to your oncologist about any herbs or supplements you are taking.

Green Tea

Green Tea contains chemicals called polyphenols, which are powerful antioxidants. Antioxidants may be helpful in fighting against the formation of cancer cells, and some preliminary research shows polyphenols may prevent skin cancer from growing.

Turmeric (Yu Jin)

Turmeric root, called Yu Jin in TCM, contains the chemical constituent curcumin, which has been shown to have anti-cancer and anti-inflammatory properties in the body. Yu Jin clears heat, cools the blood and moves the blood.



Cordyceps (Dong Chong Xia Cao)

Cordyceps is one of the strongest tonic herbs in Chinese Medicine – it nourishes the Qi, blood and yang energies in the body. It enters the lung channel and also has a function of transforming phlegm, which is an abnormal processing of fluids. Skin cancer often has a phlegm component. Scientific studies have shown Cordyceps may have anti-tumor, anti-inflammatory and antioxidant effects on the body.

Lifestyle

Do things that strengthen the lungs so they can transfer strength to the skin. Take part in activities that expand your breathing capacity, such as swimming or singing.

Brush the skin daily with a towel or brush (but do not brush over the melanoma, particularly if there is an ulcer.) Brush from the center of your body out to your limbs. This helps with healthy Qi flow throughout the channels, but also revitalizes the skin and helps to boost the immune system.

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Seven Ways to Protect Against Skin Cancer

Skin cancer can be deadly if you let it manifest. The leading cause of skin cancer is overexposure to the sun. Fortunately, there are a lot of ways we can prevent against skin cancer. Check out these tips that you should be practicing to avoid getting skin cancer.



- 1 Sunscreen.** Sunscreen is integral to preventing skin cancer. When you are going outside in the sun for extended periods of time you should make sure to apply a good sunscreen. Avoid spray types of sunscreen and use lotion types, also, make sure to use a sunscreen at least 40 SPF or above.



- 2 Dermatology check-ups.** Schedule annual dermatology check-ups just to ensure you do not have skin cancer or another problem with your skin.



- 3 Avoid sunbathing.** I know, I know, this may be one of the sole reasons you go to the beach. But, it has been proven that sunbathing is bad for you...even if you have applied sunscreen! Ultraviolet rays are harmful to the skin and it is important to protect against them however possible.



- 4 Say bye-bye to the tanning salon.** Radiation is terrible for our skin, and radiation is found aplenty at tanning salons, it has even been shown that some tanning beds produce radiation stronger than the sun! So think about that the next time you decide to go into a tanning bed... just don't do it!



- 5 Wear protective clothing.** It is one thing to apply sunscreen, but you should also combo that with protective clothing. Wear hats, sunglasses and garments with a ultraviolet protection factor rating.



- 6 Use essential oils.** Use lemon, sappan wood and mate leaf essential oils in order to encourage healing and repair of damaged skin in order to prevent potential patterns of skin cancer.



- 7 Detoxify your liver and kidneys.** Your liver and kidneys are major players in converting vitamin D from the sunlight and the food you eat. One way to guarantee you are consuming enough vitamin D is to drink milk thistle tea or taking a milk thistle tea supplement.

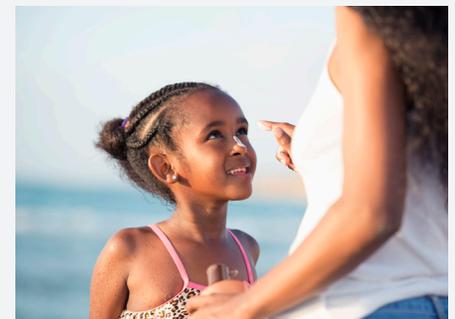
Three Ways to Protect Your Kids From the Sun

Skin cancer is no joke. Sunburns received as a child can end up resulting in skin cancer as an adult. The good thing is both sunburns and skin cancer are easily preventable, you just need to take action against the sun's powerful ultraviolet rays. Follow these tips in order to protect your children from the power of the sun.

- 1 Choose the right sunscreen.** Choosing the right sunscreen is very important, you want to make sure you are selecting a sunscreen that is water-resistant and at least 40 SPF. Also choose a lotion type of sunblock as compared to the spray kind. Spray sunscreens can miss spots sometimes and don't always guarantee protection.

- 2 Dress appropriately.** Make sure to dress the right way when you will be experiencing lots of exposure to the sun. Wear hats, sunglasses and garments that have a ultraviolet protection factor rating.

- 3 Reapply! Reapply! Reapply!** Make sure to always reapply sunscreen during your outings in the sun. This is the most important step, if you only put sunscreen on initially you could still get burned. So avoid this, and make sure to reapply.



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The Many Dimensions of the Heart

The heart is an energetic system we often treat in Traditional Chinese Medicine. According to Chinese Medicine theory, there are many systems of energy within the body. Each of these systems corresponds to certain physiological and psychological functions. So when we talk about the heart, the lungs, the liver. However, when we are speaking about Chinese Medicine organs, we are not talking about the physical organ sitting in your body, but rather the energetic manifestations of a particular system in the physical, mental, emotional and spiritual realms.

The heart is an incredibly important energy system in Chinese medicine, often said to be the emperor of all the other energy systems. It is related to the fire element, which is the universal energy of summer.

On a physical level, the heart is responsible for pumping blood through our body, just as it is in allopathic medicine. It controls the health and vitality of the blood vessels, and also controls sweating, the tongue and speech. But perhaps the most important role of the heart in Chinese medicine is that it houses the Shen, or spirit.

The Shen in Chinese Medicine is referred to as one of the three treasures of the body, and it encompasses consciousness, the emotions, mental acuity and thought, as well as the ability to process incoming sensory information. Each organ system in Chinese medicine is related to one aspect of the spirit (such as intellect, willpower or instinct) – but the Shen is the most important, as it governs all the other aspects. Prolonged emotional upheaval, mental illness, personality disorders, emotional imbalance, processing disorders and sensory disorders all are manifestations of a disturbed, ungrounded or weakened Shen.

The emotion associated with the heart is joy. This means that joy nourishes the heart, but excessive joy (ie, mania) is a symptom of an imbalance in this system.

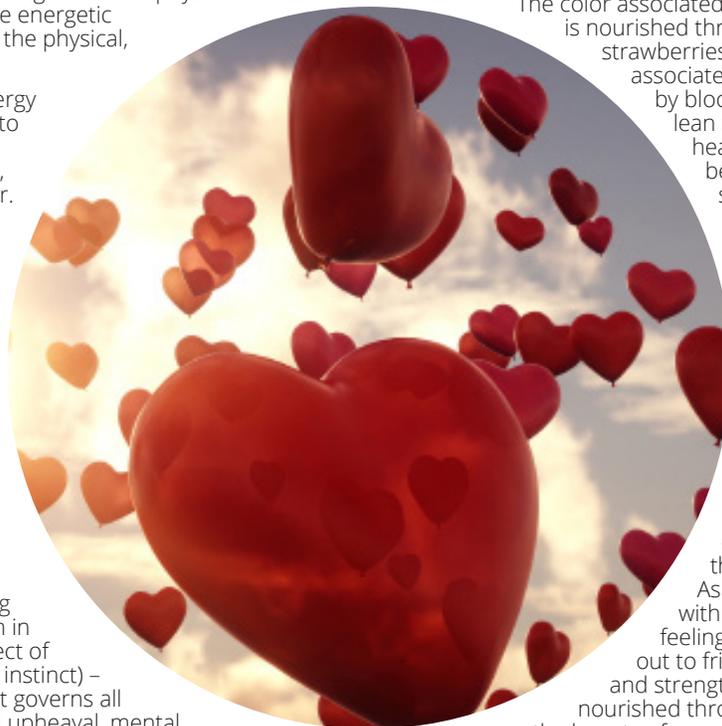
The heart is all about the very act of being alive – from the physical

heart beating in our chest, to the flow of blood through our veins, to our mental ability to stay present and focused, and our emotional selves being whole and complete. It is the energy of summertime – abundant, hot and lively.

Nourish the Heart through Food

The color associated with the heart is red, and the heart is nourished through red foods, such as cherries, strawberries and kidney beans. Being closely associated with the blood, it is also nourished by blood-tonifying foods such as organ meats, lean red meat and dark leafy greens. The heart is closely tied to appreciation of beauty and aesthetics, so the heart system is also nourished by food for which care has been given to present artfully, with beauty and grace, and a wide array of colors on one plate. Again, the heart is associated with summertime, so think of the abundance of fruits and vegetables available that time of year, and try to reflect that energy in your food choices.

Nourish the Heart through your habits The heart is nourished through activities that bring you cheer and joy. Nourishing the heart is about celebrating that which you love in the world – people, places and ideals. As the heart governs our relationships with other human beings, it is nurtured by feeling connected to those that we love. Reach out to friends and family, forge new bridges and strengthen lasting bonds. The heart is also nourished through beauty – take time to appreciate the beauty of your natural surroundings, as well as music, poetry, art and dance. Lastly, the heart is nurtured by ritual. This can be a long-standing religious or cultural ritual, or one that you create for yourself. Some examples of heart-healthy rituals include writing down five things you are grateful for each night, incorporating some sort of gentle exercise during each morning, practicing 10 minutes of sitting meditation each day, or grab a coloring book and start coloring!



Foods to Improve Heart Health

Wonder how you can help your heart stay in balance? Well, what you put into your body goes a long way in determining how balanced you are. Check out some of these foods you should consume in order to promote good heart health.

Red foods have been shown to help the heart biochemically; foods such as hawthorn berries, strawberries, cherries, raspberries, tomatoes, watermelon, peppers and goji berries keep your heart happy with lycopene and anthocyanin, antioxidants and beneficial vitamins. Other helpful foods include garlic, cayenne,



cilantro, basil, magnesium (found in leafy greens, nuts and soy) and green tea. Also try ginseng, jujube dates, reishi mushrooms, dong quai, seaweed and schizandra berries.

Orange vegetables like carrots have carotenoids and lutein, powerful phytonutrients. And oranges, the fruit, can help decrease your risk of heart disease.

Enjoy these foods regularly to help improve your heart health.



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