



# Chinese Acupuncture Healthcare Summer News Letter 2010

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## What's New at Chinese Acupuncture Healthcare

For those who haven't visited our office since the New Year, we would like to let you know about our newly renovated space. In order to provide our patients with a soothing and relaxing atmosphere, we have upgraded our rooms with all new carpets, paint and Asian decor.

We would like to welcome Joanne Parker, L.Ac, Pamela Strum, L.Ac and Julie Real to our practice. Joanne has taken over for Jennifer and is treating infertility and women's health. Pamela specializes in treating allergies with Advanced Allergy Therapeutics. Julie is a craniosacral therapist and addresses pain, immune and health issues. Karen Flicker, L.Ac, our colleague, works extensively with cancer, geriatric and pain patients. Vicki Wheeler is a licensed massage therapist who is also skilled in kinesio-taping and lymph drainage.

## Congratulations!

Congratulations to Jennifer Law for the birth of her son, Alexander! Alex was born on March 31 at 6:07pm, 6 lbs 5 oz and 19 3/4 in long. Jennifer is enjoying an extended maternity leave while her husband is working in Houston and will be returning to our practice in the summer of 2011.



## Summer Moxibustion: Boost your immune system and energy

**Moxibustion** is the application of heat to acupuncture points. It is one of the oldest and most effective forms of Chinese medicine. Moxibustion is a technique that originated in China more than a thousand years ago. The heat is created by burning moxa, an herb derived from drying the underside of the mugwort plant's leaves. It burns very slowly so that the heat can penetrate deep down to the acupuncture point. Moxa is used for the treatment of a wide range of disorders, especially neurological and musculoskeletal ones. It is also used regularly for the prevention of disease and the maintenance of health and well being. Traditional Chinese Medicine advocates moxibustion in the middle of the summer for best results because the body's meridians open more easily and the hair follicles open wider.

### Therapeutic Effects

1. Adjusts the central nervous system functions.
2. Promotes the metabolic functions of the body.
3. Activates the phagocytic actions of white blood cells that can help fight infections.
4. Stimulates the production of erythrocytes (red blood cells).
5. Increases the immune system's functions.
6. Improves the local circulation of Qi and blood, especially for arthritis.

Moxibustion treatments can give your immune system a boost. This is helpful for people with a family history of cancer, allergies, asthma, frequent colds, coughs, and autoimmune diseases. It can promote hormone regulation and enhance men and women's fertility. People find moxa treatments alleviate poor circulation and chronic musculoskeletal pain. These treatments can ease anxiety, depression and other emotional concerns as well as address issues such as chronic fatigue, stress, low energy, insomnia and anti-aging.

### Treatment schedule

We have dedicated three Fridays in July for summer moxibustion treatments. If you can't make one of the dates, we can schedule for another time during the week. Please allow one hour for each treatment. Be sure to eat a light meal before coming and wear light, casual clothing. Moxibustion treatments are \$120 per visit. *Please schedule ahead as appointments are limited. Since this a series of treatments, we ask that you please pre-pay for 3 sessions (\$360) when you call to schedule.*

Friday July 17, 9-5

Friday July 24, 9-5

Friday July 31, 9-5

## Participants Needed for Cat Allergy Study

Helen Law is conducting a study on laser acupuncture and its effect on cat allergies. If you fit the following criteria and are interested in participating, please contact our office at (609) 921-8980.

Eligible research participants should fit these criteria:

- Participants must be between the ages of 18 and 80 years.
- Anyone who shows all or some symptoms such as sneezing, runny nose, nasal congestion, itchy eyes, itchy skin, or scratchy throat during or after an encounter with a cat.
- Anyone whose allergic symptoms started at least six months ago.
- Cat allergy has been confirmed by allergist.
- Participants are not suffering from other allergies at the time of trial study.
- Participants need Physician Notification Form signed by their physician.

These applicants will be excluded from the study:

- Pregnant women.
- Anyone who shows severe asthma reaction when near cats such as persistent shortness of breath, inability to speak in full sentences, chest tightness, lips with bluish tint, agitated or confused.
- Anyone who is currently suffering from other airborne allergies.
- Children under age 18.



## *Advanced Allergy Therapeutics*

I HAVE BEEN BATTLING REYNAUD'S SYNDROME IN MY HANDS FOR MOST OF MY ADULT LIFE (25+ YEARS). AFTER MY FIRST VISIT WITH HELEN LAW IN DECEMBER 2009, I NOTICED A POSITIVE CHANGE IN MY HANDS. HELEN HAS BEEN TREATING ME NOW FOR ABOUT 5 WEEKS, I FEEL MY SYMPTOMS HAVE BEEN GREATLY REDUCED. AS AN ADDED BONUS I HAVE LESS PERIMENOPAUSAL ISSUES – SLEEPLESSNESS AND NIGHT SWEATS. SHE ALSO HAS GIVEN ME RELIEF FROM HEADACHES. I AM VERY PLEASED WITH THE RESULTS I HAVE EXPERIENCED THROUGH ACUPUNCTURE WITH HELEN.

*M. Weimann, Jan. 2010 in Princeton, NJ*

*After many years of struggling with thyroid disease and weight issues, I decided that I would try acupuncture as a last resort. Living in the Princeton area, I asked for recommendations from various people and was told that I should only see Helen Law, a true professional and knowledgeable person in the field. Upon meeting Helen, she laid out a plan of action, with her recognizing my issues before I even spoke. She is truly amazing! The most astounding result that Helen has been able to achieve for him was with my lab work. For years, I have worked with endocrinologists and other physicians trying to stabilize my TSH levels with the use of various medications such as Synthroid and Armour. Most recently, I suffered with hypothyroidism and a TSH level over 8.0. My normal level that I was striving for was 1.25. Helen and I spoke about how acupuncture could assist me with this. After just one session, my TSH dropped from 8.0 to 1.25, EXACTLY WHERE I NEEDED IT TO BE!!!! Yes, just one session with Helen and voila! A normal thyroid functioning test! I realize that Eastern medicine is not always recognized as a true science but working with Helen will definitely make you a believer!*

*Linda C., May 2010 in Princeton, NJ*

I am a golf instructor. I play a lot of golf in the spring and summertime. Every year during these seasons, I always suffer from itchy red swollen lower legs above the ankle. I knew all along that it was due to the irritation from the pesticide on the grass. I came to Dr. Law and confirmed that it was my overreaction to the pesticide. After she treated me for the pesticides, my skin got better but the rash didn't go away completely. She did further testing and found that I was allergic to the grass and weeds. After the 2nd treatment, my skin became as good as new.

There was no swelling or redness above my ankle area any more. Now I can play golf every day without worrying about my ankle. I am so thrilled about the result of this allergy therapy. I have been telling everyone who suffers from this skin problem on my golf team.

*Judy V., June 2010 in Princeton, NJ*

I have been taken Provigil for energy for over two years. I was taking 50mg at first but recently I increased the dose to 100mg. I developed large, red and very itchy hives on my skin. I could not figure out what was the cause. I came to Helen Law to test using AAT technique. She found that I was sensitive to Provigil. I also found literature online regarding a possible allergic reaction that causes rash, hives, itching, swelling of the mouth. Then I remembered when I first started taking this medication, I experienced dry skin and dry hair. As soon as Helen cleared my sensitivity to Provigil, my hives went away within two days. Thank you for your help.

*Inge Bondi, Jan. 2010 in Princeton, NJ*