



Chinese Acupuncture Healthcare

Summer News Letter 2007

Princeton Integrative Health Center
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Summer Moxibustion: Treatments that will give you a year-long boost

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 auto-immune diseases. It can promote hormone regulation and enhance men and women's fertility. People find moxa treatments can 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 days in July for moxibustion treatments. If you can't make one of the dates, we can reschedule 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 \$100 per visit. Please schedule ahead as appointments are limited.

Friday, July 13, 9-5

Friday, July 20, 9-5

Friday, July 27, 9-5

We are happy to introduce a new member of the Princeton Integrative Health Center:

We are excited to welcome **Beate Pongratz-Leisten** to the **Princeton Integrative Health Center**. Beate is a Feldenkrais Practitioner who trained in New York under the first students of Moshe Feldenkrais. The Feldenkrais Method is based on the premise that motor function will improve if the brain is provided with appropriate sensory information resulting in new neuronal connections that allow for a larger scope of efficient movements. She works with Sheryl Field, founder of the Field Center for Children's Integrated Development. After having recovered from year-long back pain with the help of this method, Beate brings a compassionate understanding and sensitive approach to the individual student.

We would also like to welcome **Nick and Susan Klevans**, a team of Hellerwork practitioners. Hellerwork is a system of restructuring the whole human being, reshaping the body into new possibilities of physical form, awareness, and emotional being. The work involves hands on bodywork, movement education, and dialogue to actively engage the client in exploring and creating these possibilities. Nick has been a certified Hellerwork practitioner and counselor for over 22 years. He has taught and lectured globally on bodywork, movement, and the healing power of touch. Susan is a Hellerwork practitioner with a nursing background who also uses massage, reiki, and craniosacral therapy to improve the experience of patients going through cancer treatments, as well as those people dealing with everyday life stress.

Summertime Sports Injuries



During the summer, we often find ourselves outside playing sports. Did you know that acupuncture is great for sports injuries? It can help the body to heal faster and prevent an acute injury from becoming a chronic one. Here in the U.S., many teams are using acupuncturists to help their athletes to recover from injuries and to keep them in optimal shape. **Acupuncture is most beneficial within the first 24-72 hours following an injury.** During this time, the body uses acupuncture as a way to increase circulation, decrease swelling and flush out toxins at the injury site to decrease pain and speed healing. If done early enough, recovery time for sprains, strains and bruises can be greatly minimized. In addition to acupuncture, Arnica gel and Arnica tablets are effective for muscle soreness, bruising and mild injuries with swelling. They are available at health food stores.

Protecting the Prostate

Did you know that one in six men will develop prostate disease in their lifetime? Luckily, there are preventive measures you can take. Prevention may be as simple as eating better, exercising more and taking a few key supplements. Eating lots of red meat, processed foods, alcohol, sugar and high fat dairy products can lead to inflammation of the prostate gland as well as other parts of the body. Cutting down or eliminating these foods can greatly impact prostate health as well as overall body health.

One of the most promising compounds for prostate cancer prevention is lycopene. Doctors recommend 2-4 servings of lycopene rich foods per week. These include cooked tomatoes, watermelon, and pink grapefruit. The body needs a bit of fat to absorb lycopene so have some olive oil with your pizza or spaghetti sauce. Along with lycopene, supplementing with 400 mg of vitamin E, and 200 micrograms of selenium may help. Antioxidant-rich green tea can to fight cancer. We suggest the **Prostate Formula by Pharmanex** for its all-natural blend of antioxidants and botanicals such as saw palmetto, selenium, lycopene and green tea.

Eating Right for the Summer

Well, summer has finally arrived, and according to Chinese medicine, it is a time when energy is abundant and the mood is high. This season is about expansion, growth, activity and creativity. It is well noted in Traditional Chinese Medicine that one should eat in accordance with the seasons in order to maximize health and well-being.

There are five temperatures of food to consider, hot, warm, neutral, cool and cold. Foods such as ginger, garlic, chicken and lamb fall into the hot and warm categories and are perfect for winter time. Cooling foods include a wide variety of vegetables, fresh fruits and juices that are great for the summer. Have you noticed that during those hot summer days, all you crave is a light and cooling meal? Your body is trying to tell you something.

These foods are perfect for the summer time: Watermelon, apricots, cantaloupe, all citrus fruits, tomato, asparagus, all sprouts, beets, bok choy, broccoli, Chinese cabbage, corn, cucumber white mushrooms, snow peas, spinach, summer squash, turnip, watercress, millet, pearl barley, mung beans, and lentils.

The beauty of Chinese medical nutrition is that it works with Nature, as well as Your Nature.

Here are a few suggestions to keep you cool and healthy during the summer:

1. Eat in moderation to avoid food stagnation
2. Keep a pitcher of water with slices of lemon or cucumber handy. You're more likely to drink if it tastes refreshing.
3. Blend some watermelon with water to make a delicious cooling beverage. Watermelon is a food herb that clears heat and promotes urination to cool the body.
4. Make iced or hot tea with mint, chrysanthemum, or chamomile.

Try this easy and tasty tea. Chinese people traditionally drink it in the summer to clear heat. Children and adults enjoy the light sweet taste.

- 6 big carrots, scrubbed and cut into 1-in pieces (skin on)
- 2 quarts water
- 1 sm can of peeled water chestnuts
- 10 dried chrysanthemum flowers
- 6 big red dates
- 1 handful of dried corn silk (reserve corn silk from fresh corn)

Boil water, add all ingredients. Simmer for 1 ½ hrs. Drain the tea. You can eat the carrots, chestnuts and dates if you like. Add rock sugar or brown sugar to taste. Drink chilled.

