



Chinese Acupuncture Healthcare

Summer Newsletter 2008

Princeton Integrative Health Center
11 State Rd.
Suite 300/400
Princeton, NJ 08540
(609) 921-8980

Fu Fang Dan Shen Wan: A simple herbal formula that promotes heart health

In traditional Chinese medicine, Fu Fang Dan Shen Wan is commonly taken to help relieve angina, congestive heart disease, arrhythmia, palpitations, tachycardia and insomnia. It is also helpful to use this formula after a stroke to prevent blood clots. The theory behind this unique blend of two herbs is that it can free blood stagnation in the chest, clear heat and calm the mind. In a 2004 study, the effects of Fu Fang Dan Shen Wan were tested on rabbits that were fed on high fat forage. One group was treated with a statin drug and the other with herbs. While the effect of the statin was stronger, the rabbits treated with Fu Fang Dan Shen Wan showed a significant reduction in total cholesterol, triglyceride and LDL with an increase in HDL. The herbs were able to reduce blood lipid level and inhibit formation of atherosclerosis.



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 the summer 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 \$120 per visit. **Please schedule ahead as appointments are limited.**

Friday, July 18, 9-5

Friday, July 25, 9-5

Friday, August 1, 9-5

Pseudo-Ginseng Bath Salts Relieves Musculoskeletal Pain



Pseudo-Ginseng (Notoginseng, San Qi) is a commonly used herb that can reduce pain, inflammation, release muscle tension and joint stiffness. It is effective for traumatic injuries as well as chronic pain. We were excited to find pseudo-ginseng bath salts because a hot herbal soak is a powerful yet relaxing way to treat pain. All you need is 15 minutes to melt away your aches and pains. Ask the front desk for a package a bath salts.

Acupuncture as a drug-free treatment for morning sickness



During the first trimester, 50-90% of women experience morning sickness symptoms such as food cravings or aversion to food, pica (desire to eat inedible things), metallic taste, intense hunger, heartburn, burping or belching, excess saliva, aversion to smells, extreme fatigue and vomiting.

The cause of morning sickness is unknown in Western medicine. It is thought that the symptoms may be due to high levels of HCG, which is secreted by the placenta and the progesterone released by the ovaries.

From a Chinese medicine perspective, morning sickness is most commonly caused by stomach and spleen deficiency, disharmony of liver and stomach, or disharmony of liver and gallbladder.

In a recent study involving 600 women who were less than 14 weeks pregnant and suffering from nausea and vomiting, symptoms were reduced from the second week of treatment. Another study looked at a group of 88 women with hyperemesis, a severe form of morning sickness. Women received either an anti-nausea drug called metoclopramide or twice weekly acupuncture sessions for two weeks. Both treatments were found to reduce nausea and vomiting intensity. Acupuncture was more effective than the drug in improving psychosocial functioning.

Helen's Corner: Pain Neutralization Technique takes pain away in 20 seconds



While acupuncture is highly effective for treating pain, sometimes the pain is just so intense that you wish it would just go away now! Many of you may have been lucky enough to experience Helen's "miraculous hands" and wondered what kind of manipulations she performed. These subtle adjustments aren't chiropractic and they don't involve any sudden movements. In combination with acupuncture, pain neutralization techniques work so fast that most people walk out of the office with dramatically less pain.

Most pain is in the muscles or tendons. Try flexing your elbow. While it may seem that all you had to do was activate your biceps muscle, you would be missing the fact that your triceps muscle had to simultaneously relax. With every muscle contraction, your nervous system sends a simultaneous signal to cause the opposing muscle to relax. Your body can trigger a muscle contraction to stabilize an injured area. However, if it doesn't relax that area, you can have pain. By maneuvering pressure points by the tight muscle and holding it for 15-30 seconds, the circuit of painful contraction can be stopped.

The best part of using pain neutralization technique is that there are no side effects because you just activate your own body's reflexes to cure acute or chronic pain.