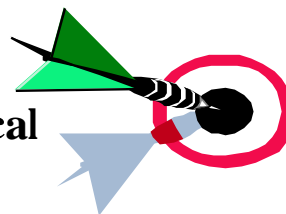


To The Point

Newsletter of The Acupuncture Medical & Research Centre, Inc.



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New Office

It's been almost 3 months since we moved into our new digs. We can all tell a noticeable difference the new space has to offer in clean air, safe paint, and non-toxic building materials. Upon leaving, clients have commented on how quiet the space is and how wonderful they feel while they are here. If you haven't stopped by yet, we invite you to come by during our office hours (page 3) for a tour. We appreciate our clients. We built this space with your health and comfort in mind. Our main mission with the new office was to make it as clean and chemical free as possible so that you feel even better. A map and directions to our new office is on the back of this newsletter, or you can download directions from our website: www.AcupunctureAustin.com. Although we have moved further north, many of our South Austin clients have commented that the new office is even easier to get to because it is just one block off of 183. "It's worth the drive," say many of our clients. We look forward to seeing you soon! We will have an Open House party later this Fall, we'll post the details in an upcoming newsletter.

Acupuncture in AARP Article

In an article published in AARP (American Association of Retired People), "55 Insider Tips for Saving Money on Drugs, Doctors, Hospitals, Dentists and Eye Care," acupuncture was favorably mentioned. The following is an excerpt of the article:

Depending on your insurance coverage, acupuncture, massage therapy, and other alternative treatments can be less expensive than, and as effective as, traditional medical care for some chronic ailments. "Conventional
(Continued Page 2, Acupuncture in AARP)

What?? No Cell Phones??

We ask every client to turn off their cell phones upon entering our office, with good reason. Your Health. We have gone to great lengths to create a healing environment in which you and your family can receive healthcare services. Dee Ann, Leigh, Brooks W. and Jack P. installed a product called "radiant barrier" around all exterior walls to block out potentially harmful electromagnetic frequencies (EMFs.) We may install a clear shield on all the windows to further block out these waves. Why are we doing this? What is the benefit?

With the radiant barrier installed, using a cellphone inside our office causes the EMF waves to get trapped inside our office and just bounce around until they find a way out. This is why it is imperative for you to turn **off** your cell phones, digital pagers and PDA's, much like on an airplane or in a hospital.

Given the fact that cell phones are such a new technology, research could take up to 50 years or longer
(Continued Page 2, Cell Phones)



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Consumer Reports nods

In the June 2006 issue of Consumer Reports, an article, "Smart Moves for Arthritis," states "In the largest clinical trial to date, published in December 2004 in the Annals of Internal Medicine, researchers found that acupuncture reduced pain and improved joint function, at least in the short term, for people with osteoarthritis."¹ Another article, "Chronic Pain Relief without Drug Risks," (May 2006) gives mention to the use of acupuncture for pain relief. The article discusses the dangers of over-the-counter pain medications and lists alternatives to easing pain. Acupuncture is one of the mentioned alternatives. "Acupuncture.... relieves pain and boosts function in osteoarthritic knees, a large clinical trial funded by the government has found. Other trials show that acupuncture can ease chronic back pain. In theory the needles work mainly by stimulating the release of pain-cutting endorphins."²

In all, Consumer reports has covered acupuncture 17 times since 1998. It's companion website, Consumer Reports on Health, has 15 articles on acupuncture.

In January 2002, Consumer Reports had an article covering alternative health care and gave negative feedback on the use of acupuncture. We are delighted that researchers and clinical trials are now finally seeing what many cultures of people have known for centuries - that Acupuncture Works!

Typically, people using acupuncture for the relief of pain find that after an initial series of 10-14 treatments, the

(Continued Page 3, Consumer Reports)

Cool Off with Food

Vegetables can do more than add beneficial vitamins and nutrients to your overall health, they can also cool you down. By eating more salads and raw vegetables you can actually help your body cool off. Soft fruits, tropical fruit juices, and cold vegetable soups can also have a cooling effect on your body. Avoiding meat, dairy and alcohol products will further help you "cool off" in the summer. Equally important is how the food is prepared. For example, boiled, grilled and fried foods tend to create more heat in the body, while refrigerated or raw foods are considered cooling.



Acupuncture in AARP, continued

medicine is best at dealing with acute problems, such as infections, broken bones, and bleeding," says Daniel Monti, M. D., director of the Jefferson-Myrna Brind Center for Integrative Medicine at Thomas Jefferson University Hospital in Philadelphia. "For chronic problems such as back pain or stress-related illness, you might want to consult someone such as an acupuncturist, massage therapist, or yoga instructor." Make sure your physician knows of alternative treatments you are taking. For a list of ailments and potentially effective alternative treatments, visit the website of the National Institutes of Health's National Center for Complementary and Alternative Medicine: www.nccam.nih.gov.¹

Typically, chronic ailments require a series of 12 treatments before significant results are achieved. Treatments can range in price from \$120 down to \$56, depending on what services we provide. We accept United Healthcare insurance and offer a membership program for our uninsured clients or whose insurance does not cover acupuncture. Our membership program covers you and your immediate family and takes 20% off our treatments, herbs and supplies.

¹ AARP July/August 2006

Cell Phones, continued

to determine true health concerns. We just don't want to wait that long, so (as the old saying goes) better safe than sorry. We understand there are emergencies and that you may be expecting a very important call. We understand you may have kids and need to be reachable. Please give our main number **(512) 336-7424** to your party and we will come get you out of a treatment room to take that important call. All you need to do is inform us before your treatment that you may be getting a call and tell us their name and we will help anyway we can.

According to the World Health Organization (WHO) website, Electromagnetic fields of all frequencies represent one of the most common and fastest growing environmental influences, about which anxiety and speculation are spreading. All populations are now exposed to varying degrees of EMFs, (Continued top of next page)

Cell Phones, continued

and the levels will continue to increase as technology increases.¹ Electromagnetic radiation has been around since the birth of the universe; light is its most familiar form. Electric and magnetic fields are part of the spectrum of electromagnetic radiation which extends from static electric and magnetic fields, through radiofrequency and infrared radiation, to X-rays.² The main effect of radiofrequency electromagnetic fields is heating of body tissues.³ There is no doubt that short term exposure to very high levels of electromagnetic fields can be harmful to health. Current public concern focuses on possible long-term health effects caused by exposure to EMFs at levels below those required to trigger acute biological responses.⁴

Much effort is currently being directed towards the study of electromagnetic fields in relation to cancer. Studies in search for possible carcinogenic (cancer-producing) effects of power frequency fields is continuing, although at a reduced level compared to that of the late 1990's.

The long-term health effects of mobile telephone use is another topic of much current research. No obvious adverse effect of exposure to low level radiofrequency fields has been discovered. However, given public concerns regarding the safety of cellular telephones, further research aims to determine whether any less obvious effects might occur at very low exposure levels.⁵

¹ www.who.int/peh-emf/en/

² www.who.int/peh-emf/about/en/

^{3, 4, 5} www.who.int/peh-emf/about/WhatisEMF/en/index1.html

Information about EMFs is available on the World Health Organization (WHO) website: www.who.int/peh-emf.

Recommended reading: "The Body Electric: Electromagnetism and the Foundation of Life" by Robert Becker, M.D. and Gary Selden.

Consumer Reports, continued

pain is gone or much more manageable. During a series, we teach clients self-care techniques so that they can do their own acupuncture home care. In addition, periodic "maintenance" treatments help to keep residual pain at bay. Id

¹ CR June 2006 Pg. 12

² CR May 2006 Pg 44

Fall Office Hours

Monday, Wednesday, Friday
9am-12:40pm 2:40pm-6:00pm
 Tuesday **10-5pm**
 Thursday - **New hours coming soon***

Dee Ann will be out of the office:

August 25th-28th (Office Closed)
September 4th (Labor Day)
November 23, 24

*Please note: If Dee Ann is out of the office on a Friday or Monday, she typically works the Tuesday or Thursday of that same week.

Thank You To My Clients:

For all your referrals and continued patronage, I appreciate you.

Thank you for "sticking" with me over the years and letting me assist with your health care. I love what I do and I am thrilled to be able to offer you this new, green space.

I hope you enjoy it as much as I do.

With gratitude,

Dee Ann Newbold, Tx L.Ac.
 Texas License # AC 00116

Auricular Clinic

Weight Loss, Quit Tobacco,
 High Blood Pressure, Stress / Anxiety

Tuesdays **12 - 1pm** Extended!
 Wednesdays **6 - 6:30pm**
\$30 per treatment

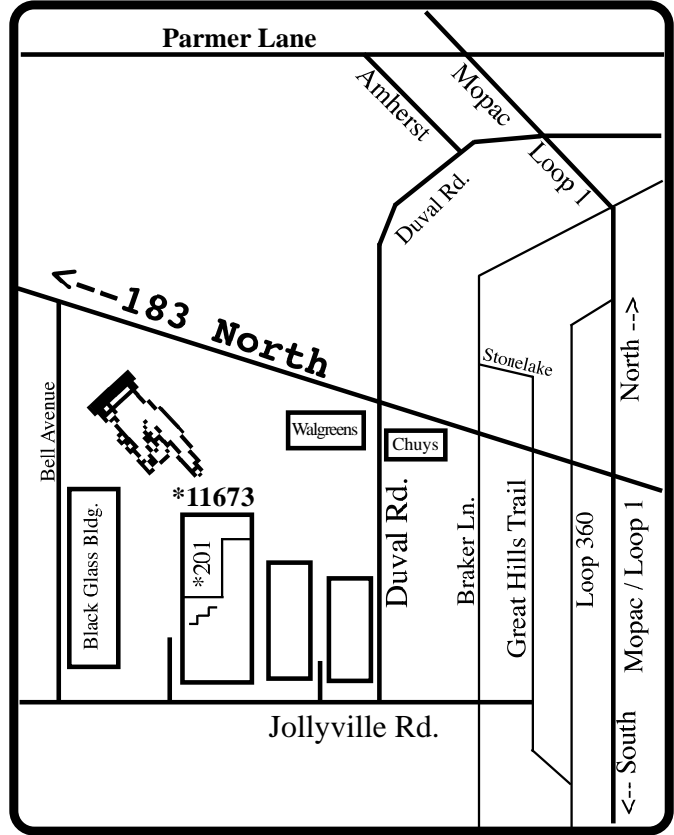
We've Moved!

Please visit our
new office at
***11673 Jollyville Rd.**
Suite #201



336•7424

Written directions:
www.AcupunctureAustin.com



Current Resident Or

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