

Newsletter of AcupunctureAustin.com

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Get Allergy-Proofed for Fall

50 + million Americans suffer from some sort of allergy which is the 6th leading chronic disease, according to the American Academy of Allergy, Asthma and Immunology.

This is the time of year that many people really begin to experience symptoms from rag weed, pollens, molds and (soon) cedar. Before you reach for that antihistamine or go see your allergist for another prescription, why not try acupuncture? Many of our allergy clients have had success using acupuncture after being unsuccessful with medications or growing

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Green is In

More and more people are discovering what it means to be green. At least one person each week asks me what it means when I say we have a "green-built" office. I tell them we use energy-efficient lighting, appliances and cooling systems. In addition, we used non-toxic materials in the construction of the office. I mention that we recycle everything, including paper, plastic, cans and glass. This entire office produces only two bags of garbage per week! When we purchase supplies, we consider where the products come from, how they may be packaged and whether the vendor is doing anything to help promote a positive, eco-friendly world. The response from my questioners is usually the same, "Wow, I wish they did that where I work!" So, I mention things they can implement at work to make an impact and sometimes

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Pregnant Women Avoid C-Sections

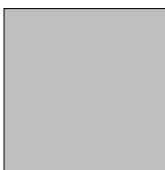
Acupuncture is a safe and effective way for expecting mothers to help their babies turn to a headfirst position for delivery. The success rate is between 35 and 86% (or higher for women who have delivered a baby before). It typically takes 2-3 treatments, with the average being 3 treatments for first time mothers. With acupuncture, the nervous system is stimulated and sends neurotransmitters through the

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Open House a Success

Thank you and Kudos to all who attended our Open House celebration in April. We had a terrific time with lots of guests, tons of food and laughter! Visiting with all the people that came to help us celebrate was a real treat. Some of our guests drove over 4 hours to spend the evening with us. With the help of our friends, guests and families, we raised \$270 and collected over 70lbs of food for Caritas of Austin. Thank you for helping us support this very important Austin service! Also, former City of Austin Mayor Gus Garcia and his family joined us to accept a plaque from Dee Ann for Gus's contributions to acupuncture in Texas. Gus has been a long time supporter of acupuncture and is a key reason that employees for the City of Austin have excellent acupuncture benefits through their United Healthcare insurance. Thanks also to Lindsey from Austin Monthly who photographed our party and included the pictures in the magazine's "Scene pages."

"Caritas" is derived from the Latin word for love.



Massage Therapy Available

Please help us welcome our new tenant to the offices of Acupuncture Medical & Research Centre.

April Ritzenthaler, LMT brings 15 years of clinical massage experience with over 1000 hours of training and 7 years of teaching to her table. April's work combines Myofascial release and specialized training in spinal biomechanics. These therapies release adhesions and scar tissue that our bodies accumulate through injury, trauma and repetitive stress. Her focus is on, "restoring freedom of movement through the artisan resculpting of the body's facial lines of pull."

She has an insatiable curiosity about the body and a commitment to continual study, bringing the latest in spatial medicine to each of her sessions. April lives in NW Austin with her husband, 3 dogs and 2 cats. She enjoys walking her dogs, yoga, cooking and inspired silliness.

Congratulations to Leigh!

A recent graduate of the prestigious Lauterstein-Conway Massage School, Leigh offers Swedish massage, pressure point therapy, hot stone therapy, paraffin baths and ear candling. She also plans to add tools such as Orthobionomy and Watsu to her repertoire in the near future.

Acupuncture and Massage

Acupuncture therapy increases circulation and releases the body's natural pain-relievers (endorphins). It also stimulates the body's immune system bringing about an enhanced ability to heal and aid in the prevention of illness. Acupuncture is safe and effective when used for a wide variety of health conditions including headaches, allergies, pain relief, fertility issues, stress and immune system building.

Massage therapy is the manipulation of skin, muscles, connective tissue, tendons and ligaments to induce a therapeutic response. Massage therapy is safe and effective when used for stress management. Stress upsets the delicate balance of our bodies' functions. During massage, muscles become relaxed so they can contract and move better. When muscles are overworked, waste products such as lactic acid can build up in muscles, causing stiffness, soreness, and even causing muscles to spasm. Massage breaks up scar tissue and adhesions, loosening stiff joints. It assists blood flow through the veins, aiding circulation. Inflammation is reduced, relieving pain and calming muscle fatigue.

The basic goals of acupuncture and massage therapy are to help the body heal itself and to increase health and your sense of well-being. Combined, acupuncture and massage therapy, offer a substantial healing modality for the entire body as well as a terrific way to prevent the onset of illness.

Green is In, continued from Pg. 1

they are excited, but often they say, "There is no way my boss would go for that."

Well, I'm here to say that "Green is the Happenin' Thing" in the hopes that I can stimulate others to think it's cool to care more about their environment. For me, it is about being responsible for leaving the planet as beautiful as we can for all of us to enjoy as well as our future generations. So, here is this newsletter's edition of "Resources Worth Checking Into."

Slim Your Junk Mail Waste: Celebrate Junk Mail Awareness Week October 1st through 7th!!

Did you know that an average of 100 million trees continued on Pg. 3

Allergy-Proofing, continued from Pg. 1

weary of the side effects caused by medications. Others use acupuncture to avoid having to initiate the use of medication.

No matter what you are allergic to, acupuncture works by balancing your body's own internal healing system. As each treatment builds on itself, the body is able to tolerate potential allergens better. Also, to give yourself an extra edge and maximize your body's natural ability to keep you healthy, try the following:

1. Avoid foods you may be allergic to or have difficulty with.
2. Vacuum with special HEPA filters.
3. Stay indoors when pollen or mold counts are high.
4. Limit the use of chemicals in your everyday life.

The more you challenge your body's ability to protect itself against outside influences, the greater your risk of having allergy symptoms. Our bodies are amazing systems, but they do reach a saturation point that makes it difficult to protect us from everything all the time.

Green is In, continued from Pg. 2

PER YEAR are consumed for junk mail? Here's what you can do to put a stop to that.

- a. Remove your name from Credit Card mailing lists at www.OptOutPrescreen.com (Deter identity theft, too!)
- b. Go to www.NewDream.org/JunkMail to help with efforts to pass legislation much like the "Do Not Call" registry.
- c. Directly ask retailers to leave your name off their mailing lists and always check the box that says, "Please do not rent, sell or trade my name or address..." when making online purchases.
- d. Pay \$1 to remove your name from the Direct Marketing Association list:
www.DMAConsumers.org
- e. Visit the following fee based services to have them remove your name while planting trees or fundraising for schools in the process:
 - www.41Pounds.org
 - www.GreenDimes.com
 - www.StopTheJunkMail.com

Thanks for helping your home be a more clean, beautiful and eco-friendly place to live.

Leigh Downing, Editor

Office Hours

Monday, Wednesday, Friday
9am-12:40pm 2:50pm-6:00pm
 Tuesday and Thursday **11-4:40pm**

Ear Point Clinic Hours:
Tuesdays 12:00 - 1:30pm
Wednesdays 5:30 - 6:30pm
Fridays 11:30 - 1:30pm

During our special ear point clinic hours, established clients can walk in (no appointment necessary) and receive ear points for weight loss, quitting tobacco or alcohol, anxiety, depression, stress, OCD, blood pressure control, etc. for only \$30. New clients may also "walk in" for the ear point clinic, but they will need to fill out a medical history form which takes an additional 15-30 minutes.

Note: Receiving ear points at any other time requires setting an appointment and costs \$45.

Avoid C-Sections, cont'd from Pg. 1

body which can help signal the baby to turn on its own. Thirty-six weeks gestation is usually the best time to get started with acupuncture treatments.

By trying acupuncture first, women can avoid the added expense, extended recovery time and pain associated with C-section surgeries. They can also avoid the External Cephalic Version, a procedure whereby the doctor physically pushes on the outside of the expecting mother's belly. Although serious complications of EVC can be rare, the procedure may be uncomfortable or even painful and the mother is often sore afterwards.

Keep Austin Beautiful

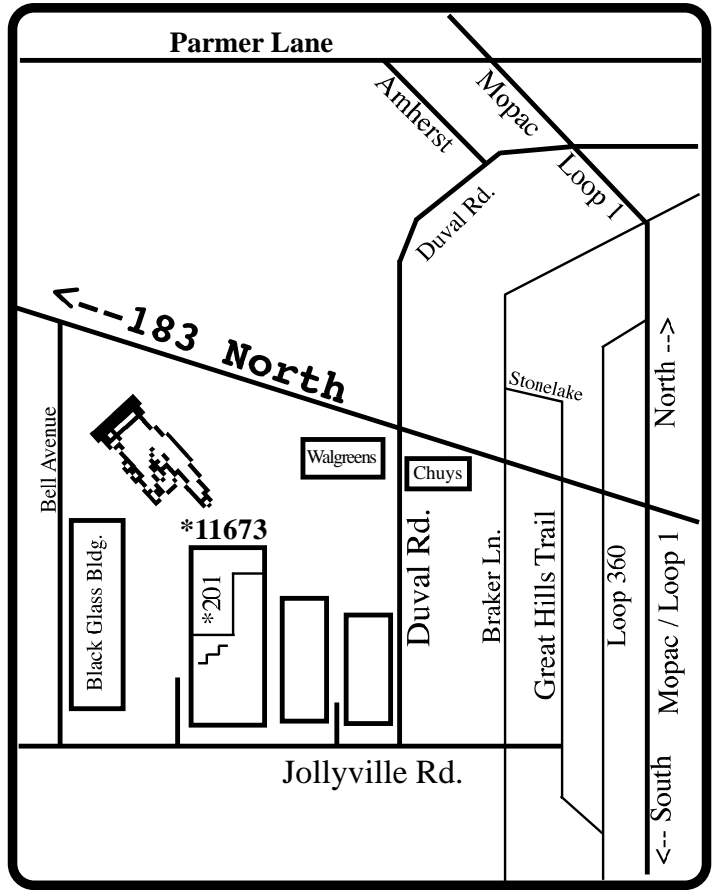
AcupunctureAustin.com has committed to clean a stretch of Jollyville Road 4 times per year. On Saturday, August 25th, Dee Ann and Leigh got up at 7am (to beat the heat) and picked up trash along a 1/2 mile of Jollyville. They recycled everything they could and even had a great time doing it. If you'd like to volunteer, here are the next dates we will get together: October 20, 2007 and January 26, 2008. We will meet in front of our office at 10am. Afterwards, we'll all go to lunch.

***11673 Jollyville Rd.
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336•7424

Written directions and more:
www.AcupunctureAustin.com

*Your most valuable asset
is your health.*



Current Resident Or

