

# To The Point

The Acupuncture Medical and Research Centre Ne

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## Acupuncture 101

Acupuncture is a means of adjusting the body's life energy (chi or qi) through the insertion of fine needles into carefully selected acupuncture points along the meridians of the body. The needles, which have a rounded end rather than a sharp cutting one, are inserted into the points and are then gently seated, leaving the needles in place for 20-60 minutes. When the qi is flowing properly throughout the body, the balance is restored and health is improved and maintained.

### How does it work?

Although many theories have been presented, there is still no easy answer as to exactly how acupuncture works. The "Gate Control" theory suggests that pain impulses are blocked from reaching the spinal cord or brain at various "gates." Since a majority of acupuncture points are either located near or connected to neural structures, this suggests that acupuncture stimulates the nervous system to "shut the gate" to the sensation of pain. Other theories suggest that acupuncture stimulates the body to produce narcotic like substances such as endorphins which relieve pain when released into the body. One thing is certain, clinical studies have shown that acupuncture does work for a large majority of conditions.

### Do I have to believe in acupuncture for it to work?

The answer to this question is no. While having a positive state of mind helps with any type of treatment, conventional or otherwise, it is not necessary to "believe" in acupuncture for it to work. This is evidenced through clinical studies and the fact that animals and small children who cannot be instructed to "believe" receive relief through the use of acupuncture.

### Did you know?

One of the most important factors in the promotion of acupuncture in the West today began in 1971, when a famous American commentator named James Reston was visiting Peking with his wife. He was stricken with an acute appendicitis attack and required emergency surgery. Two days later, suffering from post operative abdominal pain, he was treated using acupuncture and moxibustion at points near the knees and elbows.

Continued on Page 3

## Acupuncture Treats Asthma and Allergies

Acupuncture is incredibly effective in the treatment of asthma and allergies. There is often some coexistent digestive problem in children with asthma such as poor appetite, bloating and abdominal pain and these are reduced as well when the child or the adult is treated with acupuncture. There is an increasing body of evidence in the western medical literature about the usefulness of acupuncture for the treatment of acute brochospasm and in improving breathing over the long term.

There has been a definite increase in the number of cases of asthma in children reported in this country. There is not a child or an adult with asthma that I have treated that has not responded in a significant way to acupuncture. The amount of medicine they need is always reduced, and many are able to come off of medications entirely. The drugs that are used are not benign, and some of the side effects include changes in mood, behavior, appetite and sleep habits. It is important to note that the results of the treatment are not transient. Many of the people that I have treated have responded and after a period of treatments have remained healthy with no evidence of wheezing or reactive or inflammatory airway disease.

Given the epidemic of asthma that seems to be sweeping this country, techniques such as acupuncture which  
Continued on Page 3

## Inside this Issue

Basketball Star Scores	Page 2
Acupuncture for Sunburns	Page 2
Client Speaks Out	Page 2
Available Now:	
Herbal Teas, Traumeel	Page 3
A Word About Herbal Teas	Page 3
TCM Practitioner Goes for Record	Page 3
Ask Dee Ann	Page 4

# In the News

## Basketball Star Scores with Acupuncture

AcupunctureToday May 2003

Allan Houston is one of the best shooting guards in professional basketball. As we go to press, he's averaging 22.6 points per game for the New York Knicks (making him the 12th leading scorer in the National Basketball Association), and is leading the NBA in free-throw percentage. He's also the only player in the NBA to score 50 or more points in multiple games this year.

While Houston is enjoying arguably the best season of his 10-year career, it nearly came to a crashing halt last year. In November 2002, he suffered an injury on the big toe of his right foot; the following month, he sprained his ankle. Frustrated, he turned to John Tran, an acupuncturist in Houston, Texas, for help.

On Dec. 26, Tran treated Houston's ankle. The following night, Houston scored 20 points to lead the Knicks to a 99-83 win over the Houston Rockets. On Feb. 9, Houston saw Tran again for an acupuncture session on the toe and ankle, and also brought a teammate, point guard Charlie Ward, to be treated for an abdominal strain. Since that time, Houston has averaged a team-high 26.2 points per game, Ward has increased his scoring and shooting percentage, and the Knicks have slowly pulled back into contention for a playoff spot.

"They had great response from this guy and his technique," Knicks coach Don Chaney told the Newark Star-Ledger, alluding to Tran's therapy. "Both guys feel he's helped them a great deal in terms of getting the joint loose and making them feel better and easing the pain."

Houston agreed. "This is a little different from regular acupuncture," he said. He (Tran) goes more into your joints and basically lubricates your joints."

Based on the results he's seen in Houston and Ward, Chaney has considered sending more players to Tran for treatment.

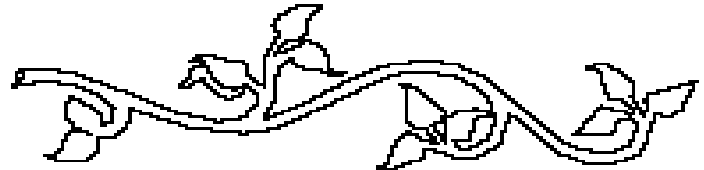
"Allan is hurting, and so is Charlie. And Kurt (forward Kurt Thomas) and Othella (forward Othella Harrington), Chaney said. "All those guys should be down there. I don't know what his technique is, but he does a lot of other things. They truly believe in him, so it makes sense."

"Acupuncture is more than just pins and needles, it is whole body health."

Laine Downing, Editor

## Acupuncture for Sunburns

If you've ever been sunburned (and most of us have at one time or another) you know that it can be painful and irritating. Dee Ann can help take the pain and the redness of that sunburn away. In a technique that seems a little science fiction, Dee Ann uses a combination of aluminum foil and acupuncture needles which pulls the burn out of your skin and into the foil. The foil actually changes color as it absorbs your burn. Not only does this help your sunburn, it can also help with minor to moderate burns sustained from sources other than the sun.



## Client Speaks Out

Dear Dee Ann,

Well you did it! You accomplished in six months at a cost of less than \$1000 what traditional medicine couldn't do in one year with an expense over \$30,000. My rheumatoid arthritis is gone, along with various allergies and foot pain. It still baffles me as to how it works, but your treatments have cured me. I can't thank you enough.

Last summer, I struggled to walk; was so full of medicine that I couldn't think; and was unable to do much more than sit at my desk. Acupuncture was my last resort. I wish it had been my first! Now, I feel better overall than I have felt in 20 years and am able to exercise regularly (which I totally enjoy.)

You are a true healer. It is apparent that you stay well read on the latest techniques and procedures. I am always amazed at how you are able to sort through the symptoms and are able to focus on the solutions. I also appreciate your sense of empathy. I know for sure that my well-being is your sincere interest, as I am sure it is with all of your patients.

And, on top of all that-you run a very professional practice. I always know how long an appointment will last and that you will be on time. Your staff is very courteous and efficient. It's a pleasure to do business with you.

Again, thanks. If there is ever the opportunity for me to return your many favors, please do not hesitate to call. Sincerely, Pat Miller.

P.S. My son is doing very well due to your treatment and we expect his asthma to be under complete control very soon (for the first time in 10 years.)

# AVAILABLE *Now*

## Flora Herbal Teas

We now carry Flora Herbal Teas which are carefully selected and analyzed for purity and active components. Packed in unbleached tea bags, the specially selected, caffeine free herbs are processed with great care, so their natural therapeutic qualities remain unimpaired.

We offer Immune Master, Dieter's Dream and Purification Tea in boxes of 20 bags. We also carry Heavenly Gardens brand of premium herbal teas. You can select from Echinacea Cold Tea, Sleep Well, Mandarin Moments, Lemon Cooler Ginseng Twist, Vitali-Tea, and Mango Magic. Come by and see us and while you are here, enjoy a cup of tea.

## Traumeel

Traumeel is a homeopathic cream used for the temporary relief of minor aches and pains associated with sports injuries, repetitive use injuries, sprains, muscle aches and bruises, in addition to minor arthritis pain and muscle inflammation. It is made up of a combination of 12 botanical substances and 2 mineral substances. Traumeel is especially effective when used with acupuncture for the treatment of any of the above mentioned conditions.

## A word about herbal teas...

Since the earliest days of the human race, herbs and herbal formulas have been used to treat a wide variety of ailments. By experimentation and intuition, early civilizations acquired a vast knowledge of the therapeutic effects of plants and herbs. This knowledge was passed down and added to by succeeding generations.

Today many people have come to rely on modern chemical synthetics which have gradually replaced the proven traditional remedies. An example of this is the historical use of willow bark by indigenous cultures to lower fever and relieve headaches or mild pain. Chemists now know that the bark contains "salicin", the natural precursor to synthetic salicylic acid, which is the active ingredient in aspirin.

Although modern chemical preparations can be effective and faster acting than traditional natural remedies, many new drugs have harmful side effects. We are now realizing that the gradual effect of organic herbal medication, especially in the form of herbal teas, is far less stressful for the body. The gentle healing action, while most often not dramatic, is more effective on the body in the long run.

## Acupuncture Treats Asthma

Continued from Page 1

offer benefits but no risks are important tools for doctors to be aware of and to utilize. There are some children who have truly serious reactive airway disease and who require these medications and who, in fact, might not be alive without them. But there are a large number of other children and adults with much less severe disease who respond wonderfully to treatment with acupuncture.

From the Office of Damon P. Miller II, M.D., N.D.

[www.acupunctureworks.com/acu/asthma.htm](http://www.acupunctureworks.com/acu/asthma.htm)

## Did you Know?

Continued from Page 1

Surprised by the considerable level of relief achieved, the Restons travelled throughout China following his recovery, visiting hospitals and communes where acupuncture was being used for a wide variety of conditions. Upon their return to the United States, their eye witness accounts caused a considerable stir, and focused tremendous public and professional attention on acupuncture. He later wrote, "I have seen the past, and it works".

As a result, greater numbers of Westerners have begun to study the art of acupuncture, and professional associations and schools have been established all over the world.

After thousands of years of history and practice, we are only now beginning to recognize the true medical and therapeutic value of acupuncture.

## Bizarro News

### TCM Practitioner Makes Record Attempt

AcupunctureToday June 2003

Wei Shengchu, a 53-year-old traditional Chinese medicine practitioner from China's Guangxi province, may have set a world record for self-administered needle piercings in one day. This March, he appeared before an awestruck crowd in Nanning, armed with a pair of forceps and several containers of two-centimeter-long acupuncture needles, and began inserting them. By the time he finished, Wei had inserted 2,003 needles into his head and face.

According to the Straits Times of Singapore, Wei became inspired after reading about a 23-year-old Canadian man named Nathan Robitaille who decided, for no apparent reason, to stick 420 needles into his arms and shoulders one day last March. Wei has filed an application with Guinness (publisher of the Guinness Book of World Records) to have his attempt officially recognized.

# Ask Dee Ann

**Q:** Do you use disposable needles in your practice?

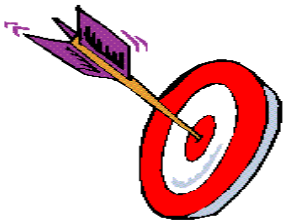
**A:** Yes. Although there are currently no laws concerning the re-use of needles or disposable needles, I use only disposable needles on my clients. This way, I do not have to worry about sterilization or sharpening of the needles. The safety and well-being of my clients is my primary concern. If you or someone you know is considering acupuncture treatments, I urge to inquire as to whether the acupuncturist is using disposable needles or not.



Celebrate  
The Earth

Check out our website at  
**[www.AcupunctureAustin.com](http://www.AcupunctureAustin.com)**.

Note: The brochure request page is not working at this time, however, you can see the available brochures and then list them in your own email which you can send to [AMRCAustin@austin.rr.com](mailto:AMRCAustin@austin.rr.com). We will mail you the information right away.



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