

To The Point

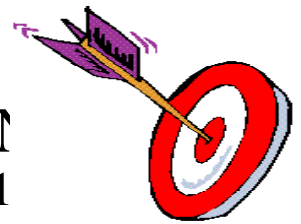
The Acupuncture Medical and Research Centre I

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Scleroderma Symptoms Relieved

Years ago, I had a summer job working for a wonderful woman that had a tragic disease called Scleroderma. I was quite young and I didn't know much about diseases, but whatever it was that this woman had, I can tell you that it was awful. Fifty percent of the time, I would not be able to work because she was in too much pain. I remember her once long, slender, graceful hands had become twisted and useless. She died when she was in her early 50's.

Today, I know Scleroderma, also known as progressive systemic sclerosis, to be a rare autoimmune disease that affects the blood vessels and connective tissue. The build up of calcium in the skin tissue and organs [called calinosis] hardens the tissue to the point of being unable to function. This disease is most common in middle-aged women.

I think of my former employer and wish I had known Dee Ann at that time. I've seen Dee Ann do amazing things with acupuncture. She has helped people with all kinds of pain, migraines, depression, Raynaud's disease and bell's palsy! Nothing compares, however, with what she's doing for the symptoms of scleroderma. Along with other points, she uses two primary points located in the palm of each hand. These points are known as the Gu Guan points. Needles inserted at these locations help dissolve calcium build up of bone spurs. In the three cases Dee Ann is currently treating, a reversal of the calinosis and pain control are occurring. Dee Ann is spearheading a research project about her use of acupuncture in the treatment for Scleroderma. If you or someone you know has this condition, please contact us to inquire about this project.

Relief for Stress at AM & RC

We continue to see a rise in the number of clients requesting treatment for stress and anxiety. Some clients contribute their stress and anxiety to watching the news, hearing about current world issues, and dealing with increased auto traffic problems, and/or being under pressure at their respective places of employment. Acupuncture is extremely effective for the treatment of stress and anxiety. Some of our clients have mentioned that the effect can be so quick that they are sleeping within minutes of Dee Ann administering acupuncture. Keeping yourself relaxed is important. Continued stress and anxiety can be harmful to your body in many ways. Being less stressed in this hectic (and sometimes scary) world is key to maintaining balance and health within your body.

Help Support Federal Bill H.R. 747

Millions of consumers already know how effective acupuncture can be in treating chronic pain, addictions, and respiratory and digestive ailments. More than 40 million Americans regularly use some form of alternative treatment. For patients in search of safe, holistic treatments with little or no side effects, acupuncture has become an integral part of their healthcare regimen.

Acceptance of acupuncture is growing among the Western medicine community. A study conducted in California by the Kaiser Foundation in 1998 reported that 57 percent of primary care physicians used or recommended acupuncture. Dr. David Ramsey, who headed a special National Institutes of Health (NIH) panel* on acupuncture in 1997, expressed a growing support for acupuncture: "It's time to take it [acupuncture] seriously," Ramsey said. "There are a number of situations where it really does, in fact, work. The evidence is very clear cut. It has few side effects, and is less invasive than many other things we do." These are strong words for a man educated in the tradition of Western medicine.

Private insurance companies are also waking up to acupuncture, recognizing the growing demand of their customers. An estimated 70 to 80 percent of the nation's insurers covered some acupuncture treatments in 1996, and a growing number offer these benefits without a referral from a primary care physician. Insurers also recognize that acupuncture can help rein in soaring health care costs. We have all heard that one of the important causes of all rising health care costs is the

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In the News

British Prime Minister's Wife Turns to Acupuncture for Stress Relief

The late Princess Diana was a well-known advocate of alternative medicine. In the last years of her life, she often turned to acupuncture and herbal remedies to help fight the effects of stress, insomnia, and sleeping disorders.

Now it appears that another high-profile member of British society is using acupuncture for stress relief. According to several publications, Cherie Blair, wife of Prime Minister Tony Blair, has been seen wearing an acupuncture needle covered by a gauze bandage in the upper portion of her right ear.

According to Pauline Ronson, secretary of the Society of Auricular Acupuncturists, Blair's needle is located in the *shen men* region of the ear. "It's an area closely associated with anxiety," said Ronson. "It's English translation is *calming the mind and heart.*"

The recent use of ear acupuncture is not the first time Mrs. Blair has experimented with alternative therapies. In March 2001, she participated in an auricular acupuncture demonstration at the opening of a drug addiction



High Blood Pressure Lowered?

Recently, a brief spot on the news about lowering high blood pressure with the use of acupuncture caught my attention. After talking with Dee Ann and researching articles in magazines and the internet, I found ways to treat this disorder without the use of medications.

According to a recent study conducted by researchers at Baylor College of Medicine and published in the *New England Journal of Medicine*, a staggering 77% of the people in the United States with high blood pressure don't know they have it, choose not to face it, or handle it unsuccessfully. "A diet high in fruits, vegetables, grains, and low-fat dairy products can help reduce blood pressure," says Boston University Cardiologist, Dr. Abram V. Chobanian. Another way to help equalize

High Blood Pressure continued

blood pressure is to take supplements containing time-honored natural, plant-based substances. The idea of turning to nature to help normalize blood flow is hardly new. Plant-derived nutrients have been the cornerstones of heart-health formulas from Traditional Chinese Medicine (TCM) for 5,000 years. Specific herbal nutrients offer substantial benefits for taming heart problems. (Journal of Longevity)

Acupuncture lowers blood pressure by stimulating the brain to release endorphins which are your body's natural "feel good" chemicals. It can also help lower blood pressure levels by increasing and improving circulation.

Acupuncture Bill Cont'd from Page 1

increased use of expensive high-tech medicine. Acupuncture is low-tech medicine. It does not rely on expensive equipment or costly drugs. It does not require hospitalization, and can sometimes eliminate the need for surgery.

Today, more than 40 states license, certify or register acupuncture providers. The Federal Acupuncture Coverage Act (H.R. 747) would require that Medicare and the Federal Employees' Health Benefit (FEHB) plans cover any acupuncture services provided by a licensed, certified, or registered professional. If enacted, this legislation would expand access to Medicare's 39 million seniors and 9 million federal employees. More importantly, it could act as a stamp of approval for acupuncture and other alternative treatments, leading to broader access in the private health care market. This year, 22 members of the House of Representatives cosponsor this bill. Members of Congress will take action on legislation if they know that there is a base of support among their constituents. Acupuncture providers, patients and advocacy groups, that care about expanded access to acupuncture, need to tell their U. S. Representatives that they want to see H. R. 747 passed. If this issue is important to you, call, write or email your Member of Congress and ask that he or she cosponsor the Federal Acupuncture Coverage Act. (Traditional Chinese Medicine World, Maurice Hinchey, Vol. 3 No. 3)

Our hats are off to Congressional representative Maurice Hinchey who even in the face of opposition from the American Medical Association, continues to reintroduce this important legislation. You, too, can make a difference! At the Acupuncture Medical & Research Centre, we have copies of a form letter you can pick up. You can find the name of the Congressional representative who represents your area at www.congress.org. Write them today and tell them to support bill H.R. 747.

*[At the invitation of the NIH, Dee Ann Newbold, L.Ac. attended the conference in 1997 in Washington DC.]

Health Hints

If you haven't heard about Salmon Oil, one of the Omega 3 oils, you are missing out. Salmon oil is very good for your heart and also helpful with minor depression and seasonal affective disorder. To help control depression, you can add salmon to your diet three to five times a week or increase to a daily intake if you already eat it regularly. If you don't eat salmon often or at all, come by the office, we carry it for our clients.

Water...Liquid Life?

While drinking enough water is important, you can also help replenish your body with fluids by eating whole foods. Fruits and vegetables are particularly good dietary sources of water. Fatty foods are poor sources because fat does not mix well with water."

Water: The Lifegiver

- * Carries nutrients to cells
- * Flushes toxins
- * Forms blood and other body fluids
- * Keeps skin soft and moist
- * Lubricates joints and organs
- * Makes virtually all body functions possible
- * Promotes bowel movement regularity

"Your daily water needs depend on a variety of factors, such as what you eat, how hot or humid the weather is, and the amount you exercise. Working out (particularly doing aerobic exercise) makes you lose water rapidly through sweat at a rate 285 times faster than when you're at rest. To meet your basic water needs, you should take in 8 to 12 cups of water a day. If you're exercising strenuously, drink an additional 1 to 3 cups per hour." (Healing Foods 2000)

Comments or Questions?

If you have a story you would like to share about your experience with acupuncture, please send an email to the editor at AMRCeditor@austin.tx.com or mail to the address at the top of the front page of this newsletter. You can also send questions for the Ask Dee Ann section. Dee Ann posts two Q/A each newsletter. Please list [Newsletter Question] or [Acupuncture Story] in the subject line of your email. Attachments will **NOT** be opened so please include all correspondence as text within your email. Some stories may be edited for content. Please include a phone number with all stories or testimonials, so that we can contact you before publishing.

Thank you, Laine Downing

Shift in Policy Causes Delays for City of Austin Employees.

The City of Austin Employee Benefits Services office has recently reinstated a former requirement which has not been practiced for over six years. The requirement calls for us to follow a preauthorization process before a City of Austin employee can receive acupuncture treatment. This process involves filing a treatment plan and a request for treatment, and then waiting for two days for authorization or denial of acupuncture treatment. Because of the increased work load, clients employed by the City of Austin may have experienced recent delays getting an appointment. For new clients, a consultation will first be given to determine a course of treatment. The preauthorization process will take up to three days, after which time an appointment for treatment will be scheduled.

We apologize for not being more prepared. We had no advance notice of the reinstatement of this requirement. Our healthcare services will continue to be the best and finest we can offer. We appreciate the opportunity to deliver healthcare services to Austin's Workers. We understand and appreciate the value of the work you do for our city. Your patience and understanding is very much appreciated.



AVAILABLE

Now

We carry a line of products from a company called Pure Encapsulations. Some of these products include a multi-vitamin called Nutrient 950, a soy protein product, and Calcium-Magnesium. We've chosen this brand for its reputed use of non-toxic capsules. The encapsulated product contains **no** hidden coatings, excipients, binders, fillers, shellacs, artificial colors or fragrance, dairy, wheat, yeast, gluten, corn, sugar, starch, soy, preservatives or hydrogenated oils. Many of our clients who suffer from allergies use these products with great success. If you are looking for a vitamin or herbal supplement, ask, we can help.

Ask Dee Ann



Q: How can I get my insurance to provide coverage for my acupuncture treatments?

A: You are the consumer. You have a right to request that your insurance company provide the type of coverage you want. If you are an employee of a business whose insurance doesn't cover acupuncture, encourage your fellow employees and supervisors to support the addition of acupuncture to your policy. In many cases, the use of acupuncture therapy is dramatically decreasing the cost of health care due to a reduced need for medications and surgeries. If your insurance company refuses to add acupuncture to their policies, you can always choose to spend your hard earned money with someone else.

Q: I have had chronic neck pain since a car accident when I was 19 years old. An X-ray of my neck shows that bone spurs have developed. Can acupuncture help me with this?

A: Yes! There are two points on the hand that help with calcification buildup in the body. Although calcium is used to help strengthen the bones in the body, too much calcium can sometimes create bone spurs. In addition, there are times when the body creates spurs where there has been continuous pain in an area. Acupuncture can help diminish the pain and give the message for the body to break up the spur. Usually 4-6 treatments are needed to start seeing improvement with bone spurs. This treatment can be effective for bone spurs located anywhere in the body.

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