

What's New with Us

ACUPUNCTURE



AND HEALTH GROUP

KIM had a year of travel in 2006 – Hawaii in January, Alaska in July, and India in November. Kim also continues to travel across Canada teaching acupuncture to medical professionals through The Acupuncture Foundation of Canada Institute. Her practice continues to foster her keen interest in using acupuncture for facial rejuvenation and maintaining optimal health.

BELINDA also embraced travel last year. 2006 took her to sunny Saskatchewan, humid Germany, and snowy Austria. Part of her involvement with the Upledger Institute is to teacher–assist CranioSacral Therapy levels 1 and 2, helping the students with techniques and confidence building. Also, Belinda has been facilitating a Calgary-based study group for practitioners learning CranioSacral Therapy.

HEATHER completed her first Olympic distance triathlon in the community of Arbour Lake, Calgary with a 1500 metre swim, 40 kilometre bike, and 10 kilometre run. It was a tough race, but the challenge of successfully completing it was awesome. On a professional note, Heather participated in a John Barnes Myofascial Release seminar in Seattle and a Myofascial Mobilization seminar in Calgary.

ANGELA has traveled extensively for seminars and clinics in order to bring the best knowledge from the world of Traditional Chinese Medicine home to her practice and patients. Furthering her specialization in the field of fertility and women's health, Angela has continued her studies with Randine Lewis of Vancouver, a pre-eminent fertility expert. In September, a trip to New York City offered an opportunity study with Mike Berkeley of the Berkely Center for Reproductive Wellness. In the year to come, Angela will continue her perpetual pursuit of knowledge to ensure her patients benefit from the latest developments and techniques available.

COLETTE started here in May 2006. Colette previously worked at various medical clinics including the Bonaventure Medical Clinic, which is on the first floor of the building. Colette enjoyed traveling last year with her husband to Grand Cayman, Mexico, and just recently, Hawaii. Colette loves to interact with all the patients and occasionally gets to speak French to some of them.

TONI arrived in October to job share with Colette. When she is not in the office, she is teaching Pilates and Fusion classes at her home studio, where she can also give you tips on cooking with whole foods. Toni has a passion for health and wellness. Toni not only cooks with buckwheat, but sleeps on it too!

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Helping the Body Heal the Mind

Kim Bowie

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Chinese New Year -
February 16, 2007
This year is the year
Of the
Golden Fire Pig

Depression and anxiety are debilitating, potentially life-threatening illnesses that are extremely prevalent conditions in our culture. The World Health Organization has predicted that depression will be the leading cause of disability and premature death in the industrialized world by 2020. Non-pharmaceutical approaches to treating these conditions, such as acupuncture, diet therapy, stress management, and naturopathy, are increasingly being explored by the public and researchers.

The biochemical research into the workings of acupuncture shows that acupuncture stimulates the body to produce the chemicals known to help heal the mechanisms of depression and anxiety disorders. In clinical trials, acupuncture has shown success rates comparable to conventional treatments, including psychotherapy and medication.

In Traditional Chinese Medicine the diagnosis of depression or anxiety is associated with a disturbance of the flow of Qi (energy). Qi flows along the energetic channels or meridians that run through the body. A blockage in any of these channels can manifest in countless ways and create diseases like depression or hypertension. There is no one pattern of disharmony, so treatment is customized for an individual's pattern of disharmony.

Emotions have distinct effects on the organs in the body. For example, joy and love are associated with the heart, while sadness and grief affect the lungs; hence the rapid heartbeat and difficulty in breathing that comes with these emotions. Depression, mood swings, frustration and irritability are related to blocks in the liver.

It is the task of an acupuncturist to correctly diagnose the exact manifestation of the disharmony, and then redirect Qi in a way that corrects the flow. To this end, needles are placed at specific sites on the body, including the head. Ear acupuncture (auriculotherapy) is also commonly used, with needles or small pellets taped onto the ear.

Treatment of depression and anxiety may take longer than pharmaceuticals, but often results in a more permanent result (without side-effects) by correcting underlying imbalances and addressing the whole person on their inter-related physical, emotional, and mental levels.

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What Is Intramuscular Stimulation?

Heather Longmore

What does Intramuscular stimulation (IMS) do for us? An IMS treatment combined with Massage Therapy will effectively allow a muscle that is injured or is tight to perform properly. It will decrease pain and increase Range of Motion (ROM).

For the Athlete

As an athlete, flexibility and full ROM ensures a readiness to compete at full strength. With regular treatment by a practitioner that includes IMS and massage therapy, the muscles are loosened and elongated to their full potential (so they are long as well as strong).

For the Office worker

As a desk jockey the need to maintain the ability to stretch and lengthen muscles is crucial in order to avoid pain, tightness, and decreased ROM. Awareness of our posture is a key element in health, flexibility, and ROM. The inability to maintain proper posture while sitting or standing can often lead to imbalances in our muscles. IMS and Massage Therapy together will begin the process of re-balancing, stretching, and lengthening these muscles.

What is happening?

Technically speaking, IMS is a variation of acupuncture. Shortened muscles entrap or inflame nerves, thereby creating a "trigger point." The idea is to locate and treat these trigger points or places along our muscles that, when needled or held with pressure, release. Inserting an IMS needle (a thin, long acupuncture needle) into a trigger point causes the shortened muscle to continue to contract then release, and then finally relax to its proper length.

Our Goal

Massage therapy is a complementary treatment to IMS. Manual manipulation of a shortened muscle prior to an IMS

treatment allows for more effective relief from chronic pain. Massage Therapists can help to significantly lengthen muscles by working the entire muscle group (interrelated muscles in the same area of the body), in order to ensure relaxation of the problem muscle. By providing a supple surface of the muscle group, the Massage Therapist creates a relaxed environment for the IMS treatment. At this point, the IMS acupuncture needle can penetrate the deeper muscles.

With this combination, practitioners can target specific muscles that have developed trigger points, and stimulate a healing response.

More Information

Dr. Gunn of British Columbia, Canada developed IMS. To find out more information, please visit the official website at <http://istop.org>.

Testimonial

"I have been seeing Heather for several months for back and shoulder treatment. Heather recommended IMS and I have now had three treatments. I have been amazed at the results. The way that the IMS treatment has released my muscles is incredible, I never knew how tight this area had become as my body just adapted to it. There was no amount of stretching or weight lifting that I could do that gained these results. The increase in shoulder mobility has enabled me to strengthen the muscles. I am so thankful for the IMS treatment and I would highly recommend it to anyone!" E.D

Migraine and Headache Sufferers

Acupuncture Can Help

Diane Joswick, L.Ac./www.Acufinder.com

The pain that headache and migraine sufferers endure can impact every aspect of their lives. Acupuncture can offer powerful relief without the side effects that prescription and over-the-counter medications can cause. Acupuncture and Chinese Herbal Medicine have been used to relieve headaches and migraines, as well as their underlying causes, for thousands of years and are widely accepted forms of treatment for headaches in our society. There are acupuncturists that specialize in the treatment of headaches and migraines and can help you manage your pain with acupuncture and Chinese herbs alone, or as part of a comprehensive treatment program.

Diagnosis with Traditional Chinese Medicine

Traditional Chinese Medicine does not recognize migraines and recurring headaches as one particular syndrome. Instead, it aims to treat the specific symptoms that are unique to each individual using a variety of techniques such as acupuncture, Chinese herbs, tuina massage, and energetic exercises to restore imbalances found in the body. Therefore, your diagnosis and treatment will depend on a number of variables: Is the headache behind your eyes and temples or is it located more on the top of your head? When do your headaches occur (i.e. night, morning, after eating)? Do you find that a cold compress or a dark room can alleviate some of the pain? Do you describe the pain as dull and throbbing or sharp and piercing?

How Acupuncture Works

These questions will help create a clear picture from which your practitioners can create a treatment plan specifically for you. The basic foundation for Oriental Medicine is that there is a life energy flowing through the body which is termed Qi (pronounced chee). This energy flows through the body on channels known as meridians that connect all of our major organs. According to Chinese medical theory, illness arises when the cyclical flow of Qi in the meridians becomes unbalanced. Acupuncture is the stimulation of specific points located near or on the surface of the skin, which have the ability to alter various biochemical and physiological conditions in order to achieve the desired effect.

The Acupuncture Treatment

Acupuncture points to treat headaches are located all over the body. During the acupuncture treatment tiny needles will be placed along your legs, arms, shoulders, and perhaps even your big toe!

There seems to be little sensitivity to the insertion of acupuncture needles. They are so thin that several acupuncture needles can go into the middle of a hypodermic needle. Occasionally, there is a brief moment of discomfort as the needle penetrates the skin, but once the needles are in place, most people relax and even fall asleep for the duration of the treatment.

The length, number, and frequency of treatments will vary. Typical treatments last from five to 30 minutes, with the patient being treated one or two times a week. Some symptoms are relieved after the first treatment, while more severe or chronic ailments often require multiple treatments.

Studies on Acupuncture and Headaches

Since the early seventies, studies around the globe have suggested that acupuncture is an effective treatment for migraines and headaches. Recent studies show extremely positive results.

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Massage Therapy
appointments are available
with Heather some
Saturdays throughout the
winter months.

In a case study published in the June 2003 issue of Medical Acupuncture, doctors found that acupuncture resulted in the resolution or reduction in the frequency and severity of cluster headaches, and a decrease or discontinuation of medications. It was concluded that Acupuncture can be used to provide sustained relief from cluster headaches and to stimulate adrenal cortisol to aid in discontinuing corticosteroids.

A clinical observation, published in a 2002 edition of the Journal of Traditional Chinese Medicine, of 50 patients presenting with various types of headaches were treated with scalp acupuncture. The results of this study showed that 98% of patients treated with scalp acupuncture experienced no

headaches or only occasional, mild headaches in the six months following care. In a study published in the November 1999 issue of Cephalalgia, scientists evaluated the effectiveness of acupuncture in the treatment of migraines and recurrent headaches by systematically reviewing 22 randomized controlled trials. A total of 1,042 patients were examined. It was found that headache and migraine sufferers experienced significantly more relief from acupuncture than patients who were administered "sham" acupuncture.

Twelve Laws of Health

Emphasize natural foods from Mother Earth (vegetables, grains, fruits, seeds, nuts).

Chew your food extremely well.

Have good bowel eliminations.

Drink pure water.

Exercise regularly to oxygenate your body and remove toxins.

Eat in a state of relaxation and thankfulness.

Have a loving heart for your fellow beings; learn to forgive.

Have a calm, optimistic attitude towards life.

Obtain sufficient relaxation and rest (sleep).

Enjoy a few minutes of sunshine each day.

Take a periodic rest from eating; learn about fasting.

Be at peace; have faith.

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Did You Know ...

- There is convincing evidence that acupuncture is effective for the treatment of postoperative and chemotherapy-induced nausea/vomiting, as well as postoperative dental pain. Acupuncture appears to activate analgesic brain mechanisms through the release of neurochemicals, which act like opiates (pain medication).
- Auricular (ear) acupuncture continues to show positive results in the treatment of substance abuse. Addicted patients treated with acupuncture had a higher probability of staying in treatment programs with decreased numbers of new arrests, decreased positive drug urinalysis results, and less days needed to advance in treatment.
- Randomized controlled trials show that extracts of Devil's Claw, White Willow Bark, and Cayenne all reduce low-back pain more than placebo. Devil's Claw, known for its anti-inflammatory and analgesic qualities, reduced pain to the same degree as the anti-inflammatory medication Vioxx. White Willow Bark, used to relieve pain and lower fever, also reduced pain to the same degree as Vioxx. Cayenne, which has pain-blocking qualities and increases the flow of blood at the area where it is applied, reduced pain more than the placebo.
- Acupuncture shows good results in the treatment of Gastro esophageal disease (GERD), reducing symptoms of heartburn, acid regurgitation, pain in the chest, hoarseness in the morning, and trouble swallowing. The current studies have only been done on adults, but acupuncture has also been used in treatment of infants and children who have been diagnosed with GERD, and clinical trials are in progress.
- When Minneapolis recently enacted a smoking ban in restaurants and bars there was a flood of smokers seeking acupuncture for assistance in quitting. Acupuncture detoxifies the body of the nicotine, reduces cravings for tobacco, and helps with relaxation.
- Here's a little secret shared by many of Hollywood's stars: facial acupuncture treatments offer one way to keep the sharp knife of the plastic surgeon at bay.
- Research supports the benefits of acupuncture and Chinese herbs in treating fertility problems in men. A recent study published in Fertility and Sterility showed how effective the treatment is in increasing the number of normal sperm and reducing structural defects, without any changes in behaviour or sexual desire.
- South Korean researchers assert that acupuncture may be effective in treating the type of brain inflammation suffered by patients with Parkinson's disease.

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Still Point

Belinda Pyle RMT, CST

For Those of You who have had an introduction and explanation of CranioSacral Therapy (CST), you may recall the “shot gun technique” that is called Still Point. The Still Point technique is done at the beginning and end of every CST session, and is recommended as an at-home, self-help technique. Besides rest and water, Still Point is the only other self-care recommendation from CST. To do this technique at home you will need to make a Still Point Inducer, or you can purchase a Still Point Inducer (through me) from the Upledger Institute; which is made of molded soft plastic/foam. To make your own you will need two tennis balls and two socks. Drop the tennis balls into the toe of the first sock and knot the sock tightly. The tennis balls should be touching with just a pinch of space between them. Then place this sock in the remaining sock and tie tightly. That’s your homemade Still Point Inducer. To use the Inducer, lie on your back on your bed or couch and place the Inducer under your head so that the entire weight of your head rests on the Inducer. It should be placed about 1/3 of the way “up” the back of your head near the top of your occipital bone. (Find the two ridges at the back of your head above your neck; follow along the ridges until you find a central bump; come down from that bump until the ridges are parallel so that the balls sit evenly.) If you trace with your hands from the opening of your ear canals back to the ridges the balls should line up just above your hands. Allow the weight of your head to rest comfortably upon the device for up to 15 minutes. You may shift positions slightly in order to maintain symmetry and comfort but do so gently and gradually. If it hurts, move the inducer slightly up or down. It is not recommended to lay too long on the inducer and do not sleep on it!

Still Point Helps:

- general relaxation
- normalize blood pressure
- reduce fever by up to 4 degrees Fahrenheit in less than half an hour.
- reduce morning sickness or nausea
- bring on labour when labour has stopped or stalled, and it can reduce back labor pain
- remove waste products from the cerebrospinal fluid
- reduce pain; acute and chronic headaches, and migraine severity
- reduce central nervous system tone therefore relaxes organs, muscles, brain, connective tissue, etc.
- improve qualities of CranioSacral rhythm: amplitude, symmetry, quality, quantity, and rate
- decrease peripheral edema (swelling in feet, for example)
- improve fluid flow (immune system)
- improve sleep!
- with circulatory and lymph problems
- release minor cranial restrictions and fascial restrictions
- balance nervous system
- degenerative arthritis
- auto-immune diseases
- autism and A.D.D., A.D.H.D
- anxiety

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Contraindications:

- recent acute stroke
- traumatic brain or head injuries
- herniated medulla oblongata (brain stem)
- epidural leaks from lumbar punctures; symptoms include severe headache, low back pain, and fever
- aneurism
- spineabifida
- intracranial bleeding

Contact your CranioSacral (CST) practitioner to see if treating the Still Point is safe for you. By doing regular, once a week at-home still point treatments, you will notice subtle and gradual improvements in your overall health! Still Point treatments also keep your nervous system healthy so you can better cope with stress.

For information, please contact Belinda at Belinda@acupuncturehealthcalgary.com

Acupuncture Case Study

A 74 year old man came to the clinic in December 2006 with a diagnosis of macular degeneration. He had been told by his ophthalmologist that both eyes were deteriorating and soon his driver's license could be pulled. Blindness was a distinct possibility.

Acupuncture was started twice a week. Points were chosen to strengthen the whole body as well as specific points to increase the blood flow to the optic nerve. He was treated 2 times a week for 10 weeks.

In March 2007 he returned to his ophthalmologist, and his eyes were tested again. Both eyes showed a marked improvement. He is currently receiving treatments once a week to maintain and further his progress.



Fee List

Initial Assessment including first acupuncture treatment	\$125.00
Acupuncture Treatment	\$70.00
Scenar Initial Assessment including first treatment	\$125.00
Scenar 15 minute treatment	\$70.00
Scenar 30 minute treatment	\$90.00
Scenar 45 minute treatment	\$120.00
Scenar 60 minute treatment	\$150.00
Acupuncture and Scenar	\$100.00
Herbal Consultation	\$60.00
Home Treatment	\$140.00
IMS (with Massage Therapy)	\$30.00
Facial Rejuvenation Treatment	\$125.00
Massage Therapy	
Half-Hour	\$35.00
One Hour	\$65.00
CranioSacral Therapy	
One Hour	\$65.00

gst not included

prices subject to change

Parking: Additional parking is available along Bonaventure Drive and Lake Bonavista Drive.

Cancellation Policy: A cancellation fee will be charged unless 24 hours notice has been given.

Late Policy: Every patient has taken time from their busy schedule to assist their health. If you are late we reserve the right to charge and reschedule your appointment.

Gift Certificates are available for all services and practitioners.

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