



acupuncture

Study Shows Acupuncture Works For Migraines

By Diane Joswick, L.Ac., MSOM

The latest study, published in the March, 2008 journal, Headache confirms that acupuncture significantly reduces migraines and works better than drugs alone.

The study, conducted at the University of Padua in Italy by Dr. Enrico Faccio and his colleagues, included 160 participants that were divided into four groups; a true acupuncture

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Fighting the Flu with Acupuncture & TCM

By Kim Bowie, B.Sc., P.T., R.Ac., CAFCI

We are most vulnerable to colds and influenza during the long winter, Many people suffer not only from the respiratory symptoms of cold and flu, but can also fall victim to various complications of these diseases, some of which can be serious. Right now, the best way Western medicine has of dealing with these diseases is the widespread use of flu shots, which encourage the immune system to "gear up" for the most prevalent type of flu. However, while flu shots can avert the most serious consequences of infection, they cannot prevent or cure the common cold or strains of the flu for which you may not have been vaccinated.

The common cold is an acute viral infection that generally causes inflammation of the upper respiratory tract. It is the most common infectious disease in humans, and accounts for more time lost from work or school than any other disease. Flu is an acute and contagious infection of the respiratory tract. Its symptoms include running nose, cough, chills, headache, fever, and severe aching in the muscles and joints. Although flu affects all age groups, schoolchildren have the highest incidence. Although colds and flu are generally of brief duration, they can lead to complications in the very young, the elderly, and those with chronic diseases or compromised immune systems.

Because both cold and flu are viral infections, conventional medicine has no cure for them. Bed rest and increased fluid intake are generally suggested to

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treatment according to traditional Chinese medicine (TCM) in migraine without aura, a standard mock acupuncture protocol, an accurate mock acupuncture healing ritual, and an untreated control.

The participants in all the groups were given the medication, Rizatriptan, to treat any migraine attacks.

Over six months, only the group receiving true, traditional acupuncture showed lasting improvement in migraine disability measured on a standardized scale. The groups using only the medication and the mock acupuncture plus Rizatriptan showed only temporary or transient improvement.

Dr. Facco theorizes that acupuncture prevents migraine by altering nerve signals or affecting neurotransmitters released in the central nervous system. The results are promising, according to Dr. Facco, but more studies are needed to confirm the benefits of traditional acupuncture for migraine.

However, Facco added, since the therapy carries little risk of side effects, it could be worth a try for migraine sufferers who are not adequately helped by standard preventive treatment.

Source: Headache, March 2008.

make the patient more comfortable. Aspirin, nasal decongestants, and other medications such as steam inhalation, acetaminophen, ibuprofen, naproxen, amantadine, or rimantadine are prescribed.

A friend of mine traveled to China last winter. She told me that when she visited a college there, she saw every student in the cafeteria drinking a kind of herbal tea for the prevention of cold and flu before their lunch. She thought that was very interesting and asked me what they were drinking. I told her that every school in China, from grade school through college, offers herbs to the students during the flu season to prevent cold and flu. There are quite a few teas and herbal formulas available for prevention purposes.

In China, these anti-cold and flu formulas will be found in every family's medicine cabinet. It would be almost impossible to find a person in China who has never taken one.

Using herbal formulas to prevent and treat colds and flu is one of the best-developed and most successful aspects of traditional Chinese medicine. In this country, more and more people are becoming aware of the existence and efficacy of the ancient cold and flu formulas. At our clinic, The Acupuncture and Health Clinic, we see increased demand for this type of treatment, especially among school teachers, who are constantly being exposed to colds.

In traditional Chinese medicine, patterns are differentiated according to the imbalances of the body and the causes and stages of the disease. Herbal formulas (combinations of herbs) are always recommended by practitioners because they are stronger and more effective than single herbs.

Top Antiviral Herbs in Chinese Medicine

Woad Root (Ban Lan Gen) is one of the leading anti-viral herbs. In a study of over 11,000 people who were exposed to mumps, the infectious manifestation was forestalled by using a decoction of woad root. Woad root tea is the most popular herbal tea to prevent and treat flu in China.

Woad Leaf (Da Qing Ye) shares similar properties with woad root. In a study of 100 people, only 10% of the treatment group that took a woad leaf decoction twice daily had upper respiratory infections during the study period, while 24% of the control group had infections.

Forsythia Fruit (Lian Qiao) is a pointed, oval-shaped capsule with a hard shell. Because of its anti-viral, anti-bacterial, anti-inflammatory and immunity-enhancing properties, forsythia fruit is widely used to treat common cold, influenza, swelling and pain in the throat, and skin inflammation.

Honeysuckle Flower (Jin Yin Hua) is named "gold-and-silver flower" in Chinese. Research indicates that this flower bud can deactivate the PR8 strain of influenza virus. The study also indicates that honeysuckle works wonderfully to treat other infectious diseases, including pneumonia and viral conjunctivitis.

Baical Skullcap Root (Huang Qin) is the dried root of scutellaria. It is an anti-viral agent, effective against influenza viruses. This herb and its active substance, baicalin, are used in the treatment of upper respiratory infections, either bacterial or viral.



massage therapy

Massage Therapy & Stress Management

The mind, which before massage is in a perturbed, restless, vacillating and -even despondent state, becomes after massage, calm, quiet, peaceful and subdued; in fact, the wearied and worried mind has been converted into a mind restful, placid, and refreshed.

**Dr Stretch Dowse,
Eminent Victorian Physician, 1887.**

Stress is a subject about which the general public is becoming increasingly aware. It seems that every day a new study is reported in the press or medical journals relating stress to one disease or another. Some physicians suggest that stress may be responsible for 75 per cent of all diseases in the Western world including skin diseases (e.g., psoriasis and eczema), headaches and migraine, digestive disorders, high blood pressure and heart-related diseases, as well as back-ache and muscle pain, poor eyesight and depression.

As the world in which we live becomes increasingly stressful both physically and emotionally we are left with two choices; either we avoid stress, or we learn how to deal with it effectively. It is, of course, impossible to avoid stress, and therefore the only real solution is to find ways to manage the stresses and strains we encounter each day. One way is the use of massage therapy.

Source: <http://www.internethealthlibrary.com/Therapies/MassageTherapy-Research>.



Massage Relaxes Your Mind and Body

A professional massage helps you relax your mind, body, and rejuvenates your sense. No wonder, there is a huge demand for professional massage therapists, who charge a good amount of money to provide these services. A perfect massage makes you feel great and also has numerous health benefits which you might not be aware of.

The massage therapist works on your neck, arms, back, legs and head. Many studies prove that a proper massage eases your stress level and lowers blood pressure. An effective massage therapy also affects a person's heart rate, and thus safeguards from various critical health problems including cardiac diseases and strokes.

In fact, this therapy is believed to be a boon for people dealing with various types of mental health conditions. Often psychiatrists recommend massage to help their patients alleviate symptoms related to depression, anxiety, and other mental health problems. Though the mechanism with which massage therapy works is still unknown, but there is no doubt in its effectiveness. It helps you feel relaxed and stimulates various functions within your body including brain's production of endorphins and serotonin. While endorphins act as a natural pain killer, serotonin is a mood-enhancing substance.

It is a preferred treatment by many professional and athletes and it helps them feel relaxed before they play. You can also enjoy the health benefits of massage therapy as it also minimizes the pain, inflammation, and problems related to osteoporosis, arthritis, asthma, and diabetes.

Massage therapy is good for almost everyone, and if taken from an expert massage therapist, it relieves you from day-to-day stress, eases pain and inflammation, and helps you live longer.

Source: http://EzineArticles.com/?expert=Helen_R._Miller