



Chinese Acupuncture Healthcare Summer News Letter 2009

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Summertime Grilling: Tips for Safe Food Prep

As the weather warms up, there's nothing more enjoyable than throwing dinner on the grill. However, eating meat cooked nearly to the point of burning or charring can increase your risk for pancreatic cancer. In a survey by the Prostate Lung, Colorectal and Ovarian Multi-Center Screening Trial, subjects who preferred very well done steak were almost 60 percent more likely to get pancreatic cancer compared to those to ate steak less well done or not at all. Keep in mind the following tips and you can feel good about eating something tasty and healthy.

- ✓ Marinate steak in red wine or beer for 4-6 hours before grilling. Try a marinade of olive oil, lemon juice and garlic for chicken.
- ✓ Only grill organic and grass-fed meat
- ✓ Trim the fat off meat and always avoid charring
- ✓ Cook the food on a rack with indirect heat or on a cedar plank
- ✓ Avoid grilling hot dogs, bratwurst or processed meats.
- ✓ Cook the meat for a shorter time. Medium rare at the most.



Summer Moxibustion: Boost Your Immune System and Energy

Moxibustion is the application of heat to acupuncture points. It is one of the oldest and most effective forms of Chinese medicine. Moxibustion is a technique that originated in China more than a thousand years ago. The heat is created by burning moxa, an herb derived from drying the underside of the mugwort plant's leaves. It burns very slowly so that the heat can penetrate deep down to the acupuncture point. Moxa is used for the treatment of a wide range of disorders, especially neurological and musculoskeletal ones. It is also used regularly for the prevention of disease and the maintenance of health and well being.

Traditional Chinese Medicine advocates moxibustion in the middle of the summer for best results because the body's meridians open more easily and the hair follicles open wider.

Therapeutic Effects

1. Adjusts the central nervous system functions
2. Promotes the metabolic functions of the body.
3. Activates the phagocytic actions of white blood cells that can help fight infections.
4. Stimulates the production of erythrocytes (red blood cells)
5. Increases the immune system's functions.
6. Improves the local circulation of Qi and blood, especially for arthritis.

Moxibustion treatments can give your immune system a boost. This is helpful for people with a family history of cancer, allergies, asthma, frequent colds, coughs, and auto-immune diseases. It can promote hormone regulation and enhance men and women's fertility. People find moxa treatments can alleviate poor circulation, arthritis and chronic musculoskeletal pain. These treatments can ease anxiety, depression and other emotional concerns as well as address issues such as chronic fatigue, stress, low energy, insomnia and anti-aging.

Treatment schedule

We have dedicated three days in the summer for moxibustion treatments. If you can't make one of the dates, we can reschedule for another time during the week. Please allow one hour for each treatment. Be sure to eat a light meal before coming and wear light, casual clothing. Moxibustion treatments are \$120 per visit. **Please schedule ahead as appointments are limited.**

Friday, July 17, 9-5

Friday, July 24, 9-5

Friday, July 31, 9-5

Advanced Allergy Therapeutics Works Miracles with Seasonal Allergies and Sinus Fungus



With our new technology, we have been able to combine effective auricular laser acupuncture with focused allergy elimination therapy. For seasonal allergy and mold sufferers, 85% of our patients have been cured within one treatment, and never have to come for follow-ups.

This offers an incredible amount of relief for people who rely on prescription drugs to combat sneezing, itchy eyes, sinus congestion and fatigue during the spring and fall seasons. For those who need further treatments, we also suggest they use acupuncture and herbs simultaneously to help them symptomatically before they have been cured.

In a Mayo Clinic study conducted in 1999, researchers discovered that the cause of most chronic sinus infections is an immune response to sinus fungus. Chronic sinusitis plagues about 37 million people in the US and symptoms generally are runny nose, congestion, loss of smell and headaches. The inflammation can even lead to nasal polyps. In sensitive individuals, their immune system sends eosinophils to attack fungi. The eosinophils irritate the sinus membranes and as long as fungi exists, so will the inflammation. Antibiotics and decongestants are most commonly used to treat sinusitis, but for most cases, antibiotics will not be effective because it targets bacteria, not fungi. Decongestants help symptomatically but don't reduce inflammation. AAT treatments have been highly effective at targeting sinus fungus and stopping the immune response.

Advanced Allergy Therapeutics Testimonials:

For the past three years (at least) I have suffered migraines and sinus problems as a result of my neck always going out. I would go to the chiropractor and acupuncturist and get adjusted and with the next two days it would go out again. I was literally going around in circles for years.

Finally, after clearing out the chemical aldehyde through the Advanced Allergy Therapeutics program, I have not had a single problem with my neck. I no longer get headaches or have sinus difficulties. I thank God every day that this treatment was available and that I am free from this once crippling condition!
-Nancy R., January 2009

I have suffered from a crippling case of Irritable Bowel Syndrome for 7 years. Even though I could eat dairy as a child, I became more and more intolerant as I grew older. When lactase enzymes ceased working, I was at my wits end. Tiny amounts of dairy would leave me suffering with gas, bloating, diarrhea and fatigue for two weeks. It became difficult to eat at restaurants and was embarrassing to explain this problem to friends and waiters.

After a few treatments with the Advanced Allergy Therapeutics program, I cautiously began to try some cheese and milk. I was amazed when I didn't have the immediate and lasting effects! In fact, I felt completely fine. Months after the treatment, I have discovered that I can have dairy, but in moderation, and my body tolerates it with no problems. I look forward to discovering and eliminating more food allergies.
-Jennifer L, February 2009

Advanced Allergy Therapeutics treatment is giving me back my life. I have been receiving weekly treatments since January and the end is in sight as we have progressed through the numerous allergens which have affected my immune system.

...My ability to interact in the outside world without major setbacks is like turning back the clock. My allergies were escalating so fast that each time I had a severe reaction to an allergen and had to give up an activity, I felt like I was losing an appendage. The layers of anxiety and depression are peeling away as I continue to expand my daily activities. I can't believe it! I am afraid to celebrate as I am still in shock over the progress we've made.

Helen, you have given me tremendous support with acupuncture treatment and encouragement that you would not give up on me during the past several years. Your persistence with the latest information and technology is abundantly appreciated. I cannot thank you enough for making such an impact on my health and wellness. Allergies, CFS, and FS are very difficult moving targets to treat, but your persistence has paid off.
-Ann H., May 2009

For years I have suffered from seasonal allergies. After one treatment, I now can go out on the golf course and I am free from watery eyes, sneezing and runny nose!! I took Singulair for the last 6 years and now I have stopped the medication.
-Carolyn L., May 2009