



Chinese Acupuncture Healthcare

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Hawthorn can help your heart, cholesterol and digestion

Growing up in a Chinese family, I had often been given Hawthorn candies in brightly colored packages to eat after meals. We all loved the sweet and sour flavor. Little did I know that in addition to being delicious, Hawthorn has many health benefits.

Hawthorn berries, leaves and flowers have long been used for congestive heart failure and to relieve other cardiac problems including angina, cardiac arrhythmia, hypertension and atherosclerosis. Traditionally, it has also been used as a sore throat astringent and a diuretic for kidney disorders and edema. Hawthorn can help increase coronary blood flow, decrease blood pressure and high cholesterol. It improves circulation and increases endurance for physical exercise.

Chinese families use Hawthorn to help with digestion and weight loss. Eating it after meals can prevent tummy aches in children and bloating in adults. It has also been known to ease mild depression and grief, as well as shrink small uterine fibroids. Caution for those with peptic ulcers because Hawthorn may stimulate gastric acid secretion.

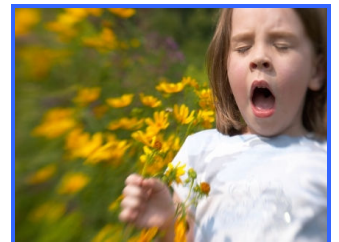


Spring Allergy Alert!

Spring is right around the corner! We look forward to new leaves budding on trees, flowers blooming and grass sprouting. However, springtime is also the nightmare of allergy sufferers. Make sure to schedule acupuncture appointments for allergy prevention so that you too can enjoy the beautiful spring weather.

What are symptoms of allergies? Common signs of allergies include frequent or repetitive sneezing, a runny or congested nose, swollen eyes, scratchy throat, itching in the nose, eyes, throat, or roof of the mouth, and postnasal drip. People with allergic rhinitis may also have plugged ears, a decreased sense of smell, postnasal drip, or sinus headaches. Seasonal allergic rhinitis is commonly, although incorrectly, called hay fever or rose fever, depending on whether it occurs in the late summer or spring.

People who are sensitive to tree pollen usually have symptoms in late March and early April, while grass affects people in mid-May to late June.



A National Institute of Health Consensus Conference reported that an allergy attack is an immune response. The body's immune system becomes sensitive and reacts to substances called allergens such as pollen, dust, animal dander, molds, food and medications. It stimulates specific portions of the autonomic nervous system, which, in turn, produces responses in the immune system. Research supports that acupuncture can desensitize immune response to allergens. It has anti-inflammatory, antibacterial, and antiviral effects. Acupuncture can also enhance humoral and cellular immunity.

We suggest that people suffering from seasonal allergies come for treatment in March and April. Depending on the individual, three to six treatments may be required to give lasting relief from hay fever symptoms. Some people may remain free of hay fever for years after six treatments, while others may need to visit an acupuncturist a month before the allergy season every year. Herbal supplements are recommended to help relieve symptoms of sinusitis or to boost an individual with a weak constitution.

Spring Cleaning for Your Liver and Kidneys



According to Chinese Medicine theory, spring is the season related to the liver. It is the best time to cleanse and restore your liver function. When your liver energy is blocked or stagnant, you may experience emotions such as frustration, anger, resentment, irritation and depression, as well as physical symptoms like headaches, acid reflux, allergies, PMS, high blood pressure and fatigue. After a cleansing detoxification, your liver energy can flow freely, your emotions expressed with ease and your body will feel reinvigorated.

Springtime is the best season to detoxify your liver and kidneys. These two organs work hard to eliminate toxins produced by the body. They do this by filtering the blood, excreting fat-soluble toxins and breaking down toxins with enzymes. Many people with unhealthy lifestyles cause their liver and kidneys to be overworked and this in turn allows a buildup of toxin. If you take prescription drugs, drink alcohol or coffee, eat excessive meat and junk food, have constipation or indigestion, suffer from a poor immune system and feel fatigued, you could benefit from cleansing your liver.

You can start with a good diet full of high-fiber foods. Fiber binds to the bile in the large intestine and helps the body transport fat-soluble toxins from the body. Keep your diet varied with nutrient-rich foods high in antioxidants, vitamin C, beta carotene, vitamin E, B vitamins and calcium to protect the liver. Help liver function and fat metabolism by eating enough choline, betaine, methionine, vitamin B6, folic acid and vitamin B12. Juice diets and fasting can quickly increase waste elimination.

By adding a liver and kidney supplement to a healthy diet, you can expedite the detoxification process. We suggest "Liver and Kidney Cleanse" by True Health which has milk thistle, artichoke leaf, tumeric, burdock, dandelion root, olive leaf and more. Acupuncture treatments can also aid the body during detoxification by ensuring that the liver energy flows smoothly and digestion stays regular.

Coenzyme Q10 (CoQ10, Ubiquinone)

CoQ10 is a natural compound found in the energy-producing center of the cell known as the mitochondria. CoQ10's alternate name, ubiquinone, comes from the word ubiquitous, which means "found everywhere." CoQ10 is involved in making ATP which serves as the cell's major energy source and fuels biological processes including muscle contraction and protein production.

CoQ10 also works as a potent antioxidant, neutralizing free radicals that can alter cell membranes, tamper with DNA and cause cell death. Free radicals occur naturally but environmental toxins can increase the effect, contributing further to the aging process and health problems such as heart disease and cancer.

CoQ10 boosts energy and the immune system. There is much research that supports the usage of CoQ10 supplements alone or in combination with prescription drugs. It is most well known for preventing and treating heart disease by improving energy production in cells, inhibiting blood clots from developing and acting as an antioxidant. Patients who received CoQ10 supplements within three days of a heart attack are less likely to have subsequent attacks and chest pain, as well as less likely to die of heart disease.

People with congestive heart failure have low levels of CoQ10. Research shows that after taking the supplements, there was reduced leg swelling, better breathing and increased ability to exercise. Many studies have also shown that CoQ10 can help to lower blood pressure, high cholesterol and blood sugar in patients with diabetes. Preliminary research has suggested that CoQ10 can help with breast cancer, gum disease, immune function in people with AIDS, increase sperm motility, improve egg quality to enhance fertility, Alzheimer's disease, reduce damage from stroke, and boost athleticism.

Dietary sources of CoQ10 include oily fish, organ meat (liver) and whole grains. For people with more serious health conditions, taking additional supplements is suggested.