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Revitalize Your Health with Acupuncture and Nutrition

Preventive medicine is defined as the part of medicine engaged with preventing disease rather than curing it. An integral part of preventative medicine, nutrition is considered the first line of defense in acupuncture and Oriental medicine as it provides the energy needed for the body to function. Good nutrition not only provides energy, it also provides the basic building blocks, vitamins, minerals, phytochemicals and antioxidants that keep the body healthy and vibrant.



A nutritional imbalance in foods consumed contributes to an imbalance in overall health. Eating an unnatural and restrictive diet can lead to yo-yo dieting and drastic ups and downs in body weight. Improper diet practises can cause malnutrition, organ damage, slow metabolic rate and other imbalances within the body. Biochemical and energetic imbalances may present themselves as pain, sleep disturbances, mood changes, abnormal digestion, headaches and menstrual irregularities.

Through the process of evaluating subtle physical signs as well as the emotional condition of a person, practitioners of acupuncture and Oriental medicine can detect health problems in their earliest stages, before a grave illness develops. Once the imbalance has been determined, a customized program can be created with a variety of treatment modalities including acupuncture, herbal therapy, tui na, qi gong in addition to food, exercise and lifestyle suggestions

Seasonal acupuncture treatments just four times a year serve to tonify the inner organ systems and correct minor annoyances before they become serious problems.

Call today to see how acupuncture and Oriental medicine can revitalize your health!

Acupuncture for Weight Loss

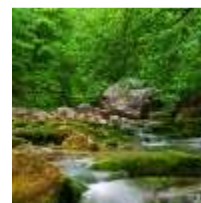
In Oriental medicine the root of excess weight is an imbalance within the body caused by malfunctioning of the spleen and liver organ systems. Acupuncture points, foods and herbs selected to assist with weight loss directly influence the Qi of the spleen and liver systems to treat the imbalances causing the weight gain.

The spleen is responsible for the proper functioning of the digestive system, ensuring that the food we eat is transformed into Qi, the vital substance of life. Disharmony of the spleen will have symptoms such as fatigue, slow metabolism, water retention, loose stool, and feeling of heaviness.

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Step into Wellness



One of the many ways that walking can promote health and wellness is by putting gentle pressure on Yongquan (Bubbling Spring), an acupuncture point on the sole of the foot.

In Oriental health theory, this is the starting point of the Kidney meridian and stimulation of this energizing point can promote clarity of the mind and stabilize emotions.

Yongquan is located in the depression on the sole of the foot at the junction of the anterior third and the posterior two thirds of the sole.

The acupuncture point, Yongquan, has been found to benefit high blood pressure, stress, insomnia, headaches, sexual potency, and kidney function.

The liver's job is to keep the flow of your body's Qi, blood and emotions running smoothly. Our modern, fast-paced lifestyle and chronic stress can negatively impact the liver's ability to function properly and smoothly, which, in turn, can cause the spleen and the whole digestive system to function poorly and decrease your metabolism. Liver disharmony can also cause some of the "triggers" that lead to cravings and compulsive eating.

Acupuncture and Oriental medicine has been shown to have an effect on the functioning of the nervous, endocrine and digestive systems, food cravings, and metabolism. These functions all help energize the body, maximize the absorption of nutrients, regulate elimination, control overeating, suppress the appetite, and reduce anxiety.

A Total Health Program

Acupuncture and Oriental medicine address the issues of over-eating and low metabolism with effective tools to control appetite and increase energy. Energetic imbalances are corrected and the digestive and elimination processes are improved so that there is a physical shift in the body to naturally have more energy and desire less food. By addressing both the physiological and psychological aspects of weight loss acupuncture and Oriental medicine provide a comprehensive therapy for weight issues that promotes better digestion, smooths emotions, reduces appetite, improves metabolism, and eliminates food cravings.

Each treatment is catered to the needs of the individual patient. Acupuncture points on the body are chosen for overall well being with the objective of increasing circulation of the blood and Qi (stimulating the metabolism) and calming the nervous system. Treatments can include a combination of auricular (ear) and body acupuncture, ear tacks or pellets to leave on in-between treatments, herbs and supplements, abdominal massage, breathing exercises, and food and lifestyle recommendations.

In addition to treating the root of the imbalance within the body, different acupuncture points may be chosen for each treatment as different symptoms arise. For instance, if you are experiencing a desire to overeat related to premenstrual syndrome (PMS) one week, then that can be addressed at that week's appointment.

The herbs and foods that are chosen during a weight loss treatment are for promoting healthy digestion, energizing the body, augmenting Qi, and improve elimination of water, toxins, and waste products. Most patients report a marked decline in appetite and cravings with acupuncture alone but herbs, healing foods, and exercises can definitely enhance the efficacy of the treatments.

Come in for a consultation to see how acupuncture and Oriental medicine can assist you with your weight management goals and help you to live a long, healthy life!

To Stimulate Yongquan:

While Walking:

- * Let your heel tap the ground gently
- * Feel your weight transfer fully to the ball and toes of your foot.
- * Focus on breathing into your lower abdomen
- * Keep your shoulders relaxed and allow your arms to swing freely

By Tapping:

Use your fists to strike your Yongquan about 100 times on each foot.

By Rolling:

Gently roll a tennis ball under your foot while relaxing on the couch.

Blueberry-Lemon Sorbet

A healthy antioxidant rich treat at only 77 calories per 1/2 cup serving.

- 3 cups blueberries
- 1/2 cup water
- 2 T honey
- 1 t lemon zest
- 2 T fresh lemon juice
- 1/8 t salt

Place all ingredients in a blender and process until smooth.

Pour into a freezer safe container.

Freeze 1 hour or until hard.

Let stand 10 minutes before serving.

Source: Health, 2006

Are Cholesterol-Lowering Drugs Safe?

It is estimated that 25 million Americans are taking cholesterol lowering drugs. Most of the drugs in this class are called statins. They work by inhibiting the production of cholesterol in the liver. And by all accounts, they are effective at lowering blood levels of cholesterol, but, at what cost? And is lowering cholesterol a good thing?

There is growing evidence that clearly connects statin use with a dirty laundry list of serious, sometimes life-threatening side effects. A recent paper co-authored by Beatrice Golomb, MD, PhD cites nearly 900 studies on the adverse effects of statins. Dr. Golomb heads the University of California San Diego School of Medicine's Statin Study Group.

The current list of statins includes drugs such as Lipitor, Zocor, Crestor, Lescol, Mevacor, Pravachol, Simcor and Vytorin. All statins block the production of cholesterol by inhibiting the enzyme HMG-CoA reductase in the liver. Herein lies the potential for numerous side effects because statins also inhibit the production of other substances which have important biochemical functions.

One of these substances is ubiquinone or enzyme Co-Q10. Co-Q10 is manufactured in the cell mitochondria and plays an important role in adenosine triphosphate (ATP) production. ATP is the basic fuel of our cells. The heart especially requires high levels of Co-Q10. This enzyme is found in all cell membranes, where it helps maintain cell integrity, which is critical to nerve conduction and muscle integrity.

The muscle pain and weakness that accompanies statin use can be attributed to the lack of enzyme Co-Q10. This is also likely the cause of cardiomyopathy, or heart failure, that is increasingly being reported by statin users, as well as peripheral neuropathy (numbness, tingling, and pain in the extremities).

In the 1980s when Merck Pharmaceuticals was introducing the first statin, they were aware that Mevacor caused a deficiency of Co-Q10 and that was related to possibly causing rhabdomyolysis, which is characterized by a rapid destruction of muscle tissue that can cause kidney failure and death. This was 10 years before the statin Baycol was recalled because it caused at least 100 deaths. Since then there have been many more deaths from rhabdomyolysis, most notably from Lipitor and Crestor. In Canada and Europe, physicians are required to prescribe enzyme Co-Q10 along with statins. Why is that not required in the US? How can the FDA and Big Pharma sit by idly as patients are harmed?

Statins have also been shown to increase all causes of death, especially in the groups of people who take statins long-term. In the Cholesterol and Recurrent Events (CARE) trial, breast cancer rates went up 1500% in the statin treatment group. The EXCEL and AFCAPS/TexCAPS statin trials demonstrated increased mortality from all causes in the treatment groups. Even for short term use in patients with heart or angina problems, use of Lipitor at a high dose did not change the rate of heart attacks or death by a significant rate.

Statins have also been shown to increase the incidence of dementia, amnesia, and Alzheimer-like symptoms. There is evidence of sexual problems, kidney and liver problems, pancreatitis, depression and cancer. To their credit, statins do seem to reduce atherosclerotic plaque, by less than 1%. With all the other risks involved with ingesting statins, this hardly seems to merit taking them. Not when there are other harmless, effective, and inexpensive ways to reduce plaque, such as fish oils, avoiding trans fats, sugar, and low fat dairy products.

To me the whole idea of high cholesterol is overblown and over-medicated. Statins are expensive, with a yearlong course costing between \$900-1400. There is just very little credible evidence to support the notion that cholesterol affects heart health. Except in rare genetic cases of familial high cholesterol, there is rarely a need to lower one's cholesterol, although I can understand prescribing a statin drug to someone who has already had a heart attack. There does seem to be some benefit in preventing another event.

Women do not benefit from statin use, according to all the drug studies I have read. And women actually live longer and have less cancer and heart disease in direct relation to having HIGHER cholesterol numbers. The higher the better, as they age! This is true for men as well over the age of 65.

Some researchers believe that cholesterol acts as an antioxidant. As an antioxidant, cholesterol protects us from free radical damage that leads to heart disease and cancer. There is also evidence supporting the notion that cholesterol has antibacterial and antiviral properties. Current medical thinking postulates that atherosclerotic placquing begins as a viral and/or bacterial infection in the artery walls. Cholesterol seems to combat these microbes.

Big Pharma spends a total of \$64 million per day on drug advertising! (Please read that sentence again. It is not a typo!). Statins are a big money maker for the drug companies. Please question your doctor about the consequences of statin use. Read the articles at www.thincs.org. The website was started by Dr. Duane Graveline, a cardiologist who experienced serious amnesia after taking a statin. Read Dr. Uffe Ravnskov's enlightening book "The Cholesterol Myths". And if you must take a statin, please be sure to supplement with Co-Q10.

To your continued good health,

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