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Oriental Medicine for Weight Management

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, as well as foods and herbs selected to assist with weight loss can directly influence the Qi of the spleen and liver systems and treat the imbalances that have caused 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 result in symptoms such as fatigue, slow metabolism, water retention, loose stool and a feeling of heaviness.

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 entire digestive system to function poorly. One result can be a decrease in your metabolism. Liver disharmony can also cause some of the "triggers" that lead to cravings and compulsive eating.

Acupuncture and Oriental medicine have been shown to have positive effects on the functioning of the nervous, endocrine and digestive systems. Treatment can help with 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.

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!

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. Energy 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 management concerns, acupuncture and Oriental medicine provide a comprehensive therapy for weight issues that promote better digestion, balance emotions, reduce appetite, improve metabolism and eliminate food cravings.



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Combat Cravings with Ear Massage

Ear Massage is an extremely relaxing and effective therapy aimed at decreasing cravings, reducing stress, promoting well being and addressing various health issues. Ear acupuncture is used throughout the world to reduce food cravings, assist in the detoxification of addictive substances, manage pain and calm anxiety.

Medical experts in ancient times regarded ear massage as a practice for health enhancement and disease prevention. Ancient Chinese medical literature states that the "ear is the meeting point of all the meridians" and "vital energy of human body converges on the ear".

Each treatment is customized 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 (to stimulate 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 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 used 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 management treatment are for promoting healthy digestion, energizing the body, augmenting Qi, and improving elimination of water, toxins and waste products. Acupuncture points on the abdomen can help improve digestion. They can also help with food absorption and the movement of food through the intestines.

Deep breathing with visualization can also strengthen will power and be used as a tool to curb hunger and cravings. Most patients report a marked decline in appetite and cravings with acupuncture treatment alone, but special herbs, healing foods and exercises can definitely enhance the efficacy of the treatments.

Acupuncture and Oriental medicine are powerful tools for achieving a healthy weight, by itself or as a supportive treatment in conjunction with other weight management programs.

Genetically Modified Foods: Should We Be Eating Them?

I love food and I love to eat! Lately I have been very disturbed by how much of our foods are genetically modified. Of course, I avoid them when I can. I buy local and organic foods as much as possible. But, I eat out sometimes, and I can't vouch for what is served in most restaurants. I'm sure much of it is genetically modified.

GMOs, or genetically modified organisms, are plants or animals created through the use of gene splicing techniques of biotechnology. This process is also referred to as genetic engineering, or GE. This experimental technology merges DNA from different species which creates unstable combinations of plant, animal, bacterial, and viral genes that never occur in nature or in traditional crossbreeding.

In 1946, scientists first discovered that DNA can transfer between organisms. However, it wasn't until 1983 that a genetically engineered tobacco plant resistant to antibiotics was the first GMO created. Next, genetically engineered cotton was introduced in 1990. Five years later, Monsanto, the leading biotech company, introduced herbicide-immune soybeans known as "Round-Up-Ready". The first GMO food, the Flavr Savr tomato, was introduced in 1994.

Virtually all commercial GMO crops are engineered to be either herbicide-resistant, or they produce an insecticide. The purpose of GMO crops is to increase yield and nutritional value. For example, certain species of crops are more susceptible to insect infestation. By introducing the genes of this crop into a more insect-resistant variety, you should get a higher yield from the GMO plant. And other plants are given a gene that protects them from harm when a farmer sprays them with herbicides to kill weeds.

That all sounds good, but the fact of the GMO-matter is that GMOs have not increased yields much, if at all, and in some instances, yields have decreased. Plus GMO seed is more expensive for farmers to buy. So they cost more to grow and don't yield more food. So what's to recommend about GMOs anyway?

Ear massage triggers the release of endorphins, the body's natural painkillers. Studies have demonstrated that ear stimulation increases levels of endorphins in both the blood and cerebrospinal fluid.

Here is a great ear massage that you can do for yourself or your loved ones:

1. Rub in small circular motions with your thumbs inside the widest upper part inside the ears, holding them from outside with the index and middle fingers.

2. Use your index finger to massage inside the smaller crevices if your thumbs don't fit and along the front of your ear where it attaches to the head.

3. Massage the earlobes by gently pulling them down and making circles with your thumb and index finger.

The United States accounts for 60% of the total production of GMO crops in the world. This includes 95% of U.S. sugar beets, 94% of soybeans, 90% of cotton, and 88% of feed corn. Those percentages and the number of other GMO crops in the U.S. are increasing rapidly. Most developed nations don't consider GMOs to be safe. In nearly 50 countries around the globe, including Japan, Australia, and all the European Union countries, there are restrictions or outright bans on the production and sale of GMOs.

In the U.S., using the Coordinated Framework for Regulation of Biotechnology, which was finalized and adopted in 1986, the Food and Drug Administration has ruled that genetically engineered foods are the same as conventionally produced foods. In 1992, the FDA stated that GMO crops are safe. Essentially saying GMOs and conventional foods are the same, and therefore GMOs shouldn't be held to any different standards. This policy and attitude persists despite not a shred of evidence to verify GMOs safety, and despite a growing body of research evidence that shows GMOs are unsafe for human (and animal) consumption!

The FDA has no approval process for GMO foods. These foods are presumed to be safe unless the FDA has any evidence to the contrary. And in the U.S., the FDA has approved GMOs based on studies conducted by the same corporations like Monsanto that have created them and profit from their sale. The FDA has to show there may be a problem with the food, rather than the company proving they are safe. Nothing like the fox guarding the hen house, eh?

Arpad Pusztai and other scientists were shocked at the results of animals fed GMO foods. When Pusztai fed rats GMO potatoes, they had smaller livers, hearts, genitals, brains, damaged immune systems, and showed structural changes in their white blood cells that made them more vulnerable to infection and disease compared to rats fed non-GMO potatoes. These results appeared after only 10 days of testing, and they persisted after 110 days, which is the human equivalent of about 10 years!

Even though polls consistently show that the majority of Americans are in favor of labeling GMO foods, so far the powerful biotech and food lobbies have succeeded in keeping this information from us. Consumers are kept in the dark and we are all part of an unregulated and uncontrolled mass human experiment, the results of which are unknown. There is great risk involved. Start protecting yourself by buying only local and organic foods whenever possible. Get to know your local farmers. Take a more active role in knowing what it is you are eating!

To your continued good health!

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