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Acupuncture and ADHD

Attention deficit hyperactivity disorder (ADHD) is one of the most common behavioral conditions among children. In the United States alone, approximately 4.5 million children between the ages of 5-17 years old are diagnosed with ADHD each year. Research indicates that when treating ADHD, a multidisciplinary approach is most effective; combining behavioral therapy, exercise, dietary changes and medication. Now acupuncture can be added as one of the treatment methods that can successfully manage ADHD.



What is ADHD?

Attention Deficit/Hyperactive Disorder (ADHD) is a condition of the brain that makes it difficult to concentrate or control impulsive behavior.

Children with ADHD generally struggle with paying attention or concentrating. They can't seem to follow directions and are easily bored or frustrated with tasks. They also tend to move constantly and are impulsive, not stopping to think before they act. These behaviors are generally common in children. But they occur more often than usual and are more severe in a child with ADHD. The behaviors that are common with ADHD interfere with a child's ability to function at school and at home.

Adults with ADHD may have difficulty with time management, organizational skills, goal setting, and employment. They may also have problems with relationships, self-esteem, and addictions.

Treatment for ADHD

Treatment for ADHD is multifaceted. It consists of ADHD medications, behavioral therapy and lifestyle and dietary modifications. ADHD is best managed when families, educational and health professionals work together to meet the unique needs of the child or adult who has ADHD to help them learn to focus their attention, develop their personal strengths, minimize disruptive behavior, and become productive and successful. Acupuncture is an excellent addition to any treatment plan as it is used to help the body restore balance, treating the root of the disorder, while also diminishing the symptoms of ADHD.

What acupuncture can help with:

- Improve focus and attention
- Manage moods
- Reduce fidgeting
- Lower hyperactivity
- Augment mood management techniques
- Enhance concentration

If you would like to learn more about acupuncture in the treatment for ADHD or one of the childhood ailments listed below, please call for a consultation.

In This Issue

**Acupuncture and ADHD
Treating Children with
Acupuncture
Ginger: Tool in Global Fight
Against Childhood Killer?
Enhance your Focus with
Acupuncture Point, Yintang**

Enhance your Focus with Acupuncture Point, Yintang



Acupuncture has been found to be helpful with all types of emotional and mental health conditions, including attention deficit hyperactivity disorder (ADHD). Often used for such treatments is Yintang, a point located between the eyebrows - sometimes referred to as "the third eye."

The Chinese translation for the acupuncture point, Yintang, is "hall of impression". "Hall" is defined as a corridor or passageway, or the large entrance room of a house. An "impression" is defined as a strong effect produced on the intellect, emotions, or conscience. Thus, Yintang is the entrance or passageway to the mind.

Treating Children with Acupuncture

Children respond extremely well to acupuncture treatments for many conditions. When treating children, their comfort is of the utmost importance. Treatments tend to be shorter and acupuncture points are usually stimulated gently with very thin needles or with other techniques that do not involve needles.

Needle-free acupuncture treatments may include stroking, rubbing, tapping, and pressing the acupuncture points with tools such as brushes, rollers and blunt probes.

Common childhood conditions treated with Oriental Medicine:

- Failure to thrive syndrome
- Weak constitution
- Colic, excessive night crying, temper tantrums
- Indigestion, GERD, constipation, and diarrhea
- Night terrors
- Attention deficit hyperactivity disorder (ADHD)
- Allergies, asthma
- Cough and colds
- Eczema and hives
- Ear infections
- Bedwetting

Ginger: Tool in Global Fight Against Childhood Killer?

Could one of the most widely used herbs in cooking around the world be just the right medicine for one of the deadliest conditions children face around the world?

That's the promise pointed at by a study published in the American Chemical Society's Journal of Agricultural and Food Chemistry.

In this study, researchers in Taiwan looked at the role of a ginger extract in blocking the toxin that causes 210 million cases of diarrhea worldwide. The toxin is produced by enterotoxigenic E. coli, which accounts for 380,000 worldwide deaths annually. The study found that zingerone, a compound in ginger, was the likely compound responsible for blocking the toxin.

Further study is needed to confirm these findings and determine appropriate dosage, especially for infants. But this natural wonder offers a very inexpensive alternative to drug therapy and great hope to thousands of children in poor countries around the world.

Source: American Chemical Society's Journal of Agricultural and Food Chemistry, 2007



Yintang is used to improve mental clarity, concentration and cognitive function as well as soothe emotions and relieve stress, anxiety and agitation.

Location: Midway between the eyebrows

Indications: Calms the mind, enhances one's ability to focus, soothes emotions, promotes sleep and relieves depression.

Self Acupressure of Yintang can provide immediate relief of symptoms. For effective self acupressure:

- Breathe Deeply
- Focus on the point as pressure is applied
- Pressure should be strong but not uncomfortable
- Begin when you first feel symptoms and continue until they subside

Meditation and Tai Chi can also help calm and focus the mind.

Insulin, Metabolic Syndrome & Heart Health

Hello Everyone,

This month, we will explore the role that insulin plays in maintaining heart health. Insulin is a hormone produced and secreted by the pancreas. Insulin does many things, but its most important job is regulating blood sugar levels. When we eat a meal, some of the food is broken down into glucose and is absorbed through the gut wall into the bloodstream. Our blood sugar levels rise with the added sugars. In an attempt to keep blood sugar levels even, the pancreas secretes insulin into the bloodstream. Insulin binds with the sugar and moves the sugars into cells, thereby reducing blood sugar levels.

Insulin is also our fat storing hormone. After eating, some of the excess blood sugar is converted to fat and is stored in fat cells. Some blood sugar is converted to glycogen and stored in the liver for use when our blood sugars levels fall between meals. In addition to regulating blood glucose levels, insulin also signals the production of cholesterol, makes the kidneys retain fluids, helps regulate blood pressure, and stimulates the growth of smooth muscle cells in the arteries.

In this age of the low-fat diet, the typical American gets 45%, or in some cases much more, of their calories from carbohydrates, mostly in the form of refined sugars and starches. There are two types of carbohydrates, simple and complex. Complex carbohydrates are long chains of sugars which are broken down and digested relatively slowly. They increase blood sugar levels more slowly than simple carbohydrates. Simple, refined carbohydrates, when eaten, are quickly converted to sugars, and quickly absorbed into the bloodstream. This sugar rush causes a sudden spike in blood sugar levels. The pancreas responds by secreting insulin to attempt to bring blood sugar levels down into the normal range. Over time (years to decades, depending on the person), eating a diet high in refined carbohydrates causes our cells to become more and more resistant to insulin. Blood levels of insulin then begin to remain high because our cells have become insensitive to insulin. Blood sugar levels also remain high. Chronically elevated insulin and blood sugar causes metabolic chaos in our bodies that can, and often does, lead to high blood pressure (insulin signals the kidneys to retain fluids and causes a thickening in arterial walls), high cholesterol and triglycerides, obesity, Type 2 diabetes, and increased heart attack and stroke risk. These diseases are responsible for the vast majority of death and disability in the US today. The latest cancer research is also beginning to show a link between many cancers and chronically elevated blood sugar and insulin blood levels.

Some of the symptoms of insulin resistance may seem familiar to you: feeling tired after eating and at other times when you shouldn't; gaining a pound here and there and having trouble losing the added weight; and blood pressure and cholesterol numbers creeping up gradually year after year.

Numerous research studies have implicated elevated glucose levels in the production of dangerous free radicals (no, not Abbie Hoffmann!). Free radicals, molecules with an unpaired electron, react with normal molecules in the body and oxidize them, much the way heat or oxygen can turn butter rancid. When blood glucose is steadily higher than normal it oxidizes more readily. Some of these free radicals oxidize cholesterol, which then can scar the arteries, setting the stage for heart disease. High levels of blood glucose cause other problems as well. Glucose can bind to proteins and "crosslink" them. This process, called glycosylation, is akin to tying your body's proteins, which include your genes, into knots. We are just beginning to understand the problems this causes, but it is at least a factor in developing scarring and hardening of the arteries and has also been implicated in the development of Alzheimer's and other forms of dementia.

Fructose, which is the sugar naturally found in fruit, is handled by the body in a different way than glucose. Fructose, even in its refined state, does not raise blood sugar and insulin levels like glucose does. It is absorbed through the gut wall and goes directly to the liver, where it is converted into triglycerides for storage as fat. Fruit is a healthy way of ingesting fructose. Highly refined forms of fructose, like that found in high fructose corn syrup are not so healthy to eat. It's a very commonly used sweetener in soda, Gatorade, fruit juices, and flavored teas, and is in virtually every packaged food, including low-fat yogurt. High fructose corn syrup and other similar sugars, like table sugar, directly

increase triglyceride and LDL cholesterol levels in the blood, leaving one more at risk for heart disease. White sugar is a combination of glucose and fructose and so has a double whammy effect on your body. The fructose causes the liver to produce triglycerides and the glucose raises blood sugar, causing an increase of insulin. Fructose also contributes to the development of high blood pressure.

Based on what I have read thus far, I have come to a few conclusions about the connection between diet and heart health. Dietary saturated fat and cholesterol do not cause heart disease, obesity, diabetes or high blood pressure. Dietary carbohydrates, particularly refined and quickly digested carbohydrates, through their direct effects on insulin and blood sugar and triglyceride elevation, are the dietary causes of heart disease and related illnesses.

I welcome your feedback and comments about this newsletter.

To your continued health,

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