

ADVANCED WELLNESS CENTER



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2002

Mary Lee,

*I am truly
blessed to have you in
my life. Thank you for
sharing your insight
and wisdom and com-
passion and HONESTY
with me!*

-KP

THE SEASON OF FALL

Fall is related to the element of Metal. The color associated with Metal is white, the taste is pungent and the emotion is grief or sadness. The stage of development relates to the harvest, as most fruits and vegetables are at their peak in the fall.



The Lungs are very sensitive to external pathogenic factors such as wind, cold and heat.

Weak Lung Qi may manifest as breathlessness, tiredness and weakness of voice. Often weak Lung Qi manifests with cold hands because there is not

Metal energy is expressed in the Lungs and Large Intestine (LI). The energetic patterns of the lungs express themselves on the skin, and skin is the largest organ in the body. It is our first line of defense against disease and environmental irritation. Our overall immune strength comes directly from the Lungs.

The Lungs govern Qi and respiration and influence body fluids. Lungs control the channels of the body and the blood. The Lung Qi is responsible for the dispersing and descending functions of energy in the body. Lungs regulate the water passages and control the skin and hair. The Lungs open to the nose.

enough energy to push the Qi and blood to the extremities.

If the lung Qi is healthy the skin will have luster, the hair will be shiny, the pores will function properly and sweating will be normal.

The lungs are responsible for our "Wei Qi". Wei Qi is the strong protective, defensive energy that gives us good resistance to external pathogenic factors, bacteria and viruses. To improve your immune function you must strengthen your lungs.

Strength, tone and clarity of voice are all dependent on the lung Qi.

FREE PUBLIC FORUMS

Each month on the third Tuesday, we meet in the Lincoln center conference room from 7:30 to 8:30 for a discussion of a specific topic. This is a way for you to gather more information about a specific condition. It is also a great way to introduce some-

one new to the clinic.

Cynthia Chomoz will be our guest speaker at the October forum on **Feng Shui and Color**. She specializes in home and business environments for success and well being.

Cynthia is very personable and informative and this promises to be a great class. Please feel free to bring a guest.

November 19th, the topic will be Menopause.

Back Pain Facts

- Four out of Five Americans will experience back pain at some point in their lives
- Long bouts of driving or sitting still cause more back pain than heavy lifting
- Bed-rest can damage rather than aid an injured back by furthering weakening the muscles
- Spinal disks have no blood vessels of their own; exercise stimulates healing by circulating nutrients through nearby muscles
- Stress can contribute as much to back pain as injury
- Early back-strain in children caused by heavy backpacks and poor posture can lead to serious problems later in life
- Strengthening the abdominal muscles, as well as losing as little as five or ten pounds, can significantly reduce strain on the back.

TREATING MENOPAUSE

by MaryLee Calmes

Our November lecture will be on Menopause. With the recent News release about HRT this is a good time to discuss the role of TCM in Menopause.

Menopause usually occurs between 48 and 55 years of age and indicates the cessation of the menstrual cycle. In TCM development is broken into 7 year segments. Thus $7 \times 7 = 49$ which is very close to the developed country median of 51 years of age.

Several lifestyle factors can affect menopause, obesity, smoking, blindness, and social class. While we think of menopause as a specific event, research indicates that

women are slowly changing hormonally from the date of birth. This reflects a gradual physiological process.

The two main hormones involved in menopause are estrogen and progesterone. Progesterone is produced in the ovaries and as ovulation decreases so does the level of progesterone. Estrogen is produced in all the cells of the body, especially the fat cells.

Menopause is a normal physiological transition in a woman's life, it is not a "disease".

In TCM, menopause symptoms are related to the decline of kidney energy and the decline of kidney essence. Many variations of

the patterns can be seen at this time.

The main symptoms are: headache, irritability, anxiety, nervousness, depression, insomnia, hot flashes, night sweats and memory loss.

Some books on menopause worth reading:

[What Your Doctor May NOT Be Telling You About MENOPAUSE](#) by John R. Lee, M.D.

[Without Estrogen Natural Remedies for Menopause and Beyond](#) by Dee Ito

[The Estrogen Alternative](#) by Raquel Martin

[The Wisdom of Menopause](#) by Christiane Northrup, M.D.

UPCOMING LECTURES

September 2002

Thursday, Sept. 13-14,

Women's Healthcare regional conference
Santa Fe, New Mexico

Public forums Lincoln Center conference room
515 116th AVE NE
Courtyard B

Tuesday October 15, 2002 7:30 - 8:30

Feng Shui , Cynthia Chomoz
Feng shui and color consultant.

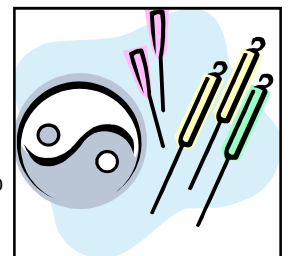
Tuesday November 19th, 2002 7:30 - 8:30

Menopause

No forum in December

MARYLEE CALMES, M.S., L.AC., CCHM

MaryLee Calmes, M.S., L.Ac., CCHM, started the Advanced Wellness Center in 1996. She is a graduate of Bastyr University, Seattle University and the University of Washington. She holds degrees in education and psychology in addition to her three degrees in Chinese Medicine.



MaryLee has used TCM in her own health care for over 15 years. Having been chronically ill herself, she knows first-hand the struggle for wellness and the value TCM holds for treating chronic degenerative disease.

MaryLee has a general practice with an emphasis in chronic degenerative diseases. She is in the clinic on Monday from 9 am to 6 pm, and Wednesday and Thursday from 9 am to 3 pm.

NECK PAIN AND LOW BACK PAIN

Our topic for fall is Low back pain so we are running Dr. Xing's article from the Spring.

By Dr. Xing:

Neck-shoulder pain is a common condition that affects people of all ages. Whiplash, cervical spondylitis and extensive computer work are all common causes.

Whiplash is a common result of car accidents. This condition stems from injuries to the muscles and ligaments of the neck and shoulder. It can also be caused by injury to the cervical spine (located above the trunk at the base of the neck) and to the discs between the vertebrae.

Cervical spondylitis is another common cause of neck-shoulder pain. This is a degenerative condition of the discs between the vertebrae in the cervical spine that of-

ten occurs after age 40.

For those people who work at a computer all day, neck and shoulder pain is common. The fixed posture involved with sitting at a desk for hours causes the muscles lateral to the cervical spine and around the shoulders to be stressed. To avoid this, people should stand up and walk around often and rotate the neck to relieve tension.

Low back pain (LBP) is common in people over age 30. Lumbar disc protrusion, sacro-iliac joint sprain and lumbar spine osteoarthritis are all common causes.

Lumbar disc protrusion involves the lumbar spine located in the lower back. It can result from lifting heavy objects and too much stress on the lower back. This stress causes the rupture of liga-

ments and cartilaginous fibers around the discs between the vertebrae. The discs slip out and press on nerve roots causing LBP and pain that radiates down the leg into the ankles and toes.

Pregnant women are susceptible to LBP due to a strain in the sacro-iliac joint, located on the sides of the sacrum. This strain is induced by the growth of the head of the fetus which loosens the ligaments of the pelvis, leading to pain.

In older people, lumbar spine osteoarthritis is very common. Discs degenerate and bone spurs develop, pressing on nerve roots and causing LBP and leg pain.

Both neck-shoulder pain and LBP can be successfully treated by acupuncture, Tui-Na (manipulation), and/or Chinese herbs.

Common Causes of Back Pain

Injury

Herniated or degenerated spinal discs can bulge and press on nerves or cease to cushion vertebrae from shocks which cause micro-fractures and misalignments.

Muscle spasms

Poorly nourished muscles relax more reluctantly than healthy muscles, resulting in cramping. In combination with bad posture or injury this can lead to painful spasms.

Weak Connective

Tissues Tendons and ligaments are just as important as spinal alignment and muscle health in preventing back pain; successive minor damages to connective tissue contributes to misalignment and delays muscle healing.

Suggestions

Dietary supplements of fish oils, Evening Primrose oil, and Borage oil can combat the pain caused by enzymes in the irritated muscle.

DR. ZHAOXU XING

Dr. Xing and his wife have been living in Beijing. This summer they traveled to Switzerland to celebrate the birth of their first grandson and to meet the new baby. After a visit to Spain, they have returned to Beijing where Dr. Xing is continuing his acupuncture practice out of the International Clinic. He is still considering returning to the United States when his wife's health has stabilized.

JESS CAUTHORN EXHIBITION A SUCCESS

On Saturday, August 10, patients, friends and art lovers gathered at the Advanced Wellness Center for a benefit art show and catered event highlighting the paintings of award winning local artist, Jess Cauthorn. The beautiful art, great food and fantastic weather made this occasion a hit. Watch for future events happening at the Advanced Wellness Center.

EXCERSISES FOR THE LOW BACK

The best treatment is always prevention.

1. Improve your posture.
2. Learn Tai-Qi or yoga to improve posture.
3. Always bend your knees when lifting.
4. Keep your chin tucked in and your shoulders backward to keep your neck straight.
5. When standing always keep your knees relaxed and slightly bent.
6. Pull your abdomen inward and rotate your hips back slightly. This will relax your lower back.
7. Stretch every hour, if you sit most of the day.
8. Sleep on your side with a pillow between your knees.
9. Lie on your back with two tennis balls, one on each side of your back between the shoulder blades

Tao of Wellness Newsletter,
Dr Maoshing Ni & Dr Qineng Tan



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Visit us on the web!

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Mung Bean Soup

6 cups broth
1 cup Mung
Beans
Chopped vegetables
Chopped
meat(optional)

Cook mung beans in
broth for 45 minutes.
Add vegetables and
meat, and cook for 15
more minutes.

Mung bean soup de-
toxifies the body and
drains dampness.

CHINESE MEDICINE Q & A

Q: *What can I expect during my first visit to a practitioner of Chinese Medicine?*

A: Your first treatment will include a thorough medical history, diagnosis and acupuncture treatment. The needles used in acupuncture are extremely fine, and only disposable, sterile needles are used. Very little pain is involved in the treatment. In fact, many patients find the treatments very relaxing and look forward to them. In addition to acupuncture, your practitioner might also prescribe a Chinese herbal formula for your condition.

Q: *What disorders can Chinese Medicine effectively treat?*



A: The World Health Organization recognizes over 200 conditions effectively treated by Chinese Medicinal therapies. These include addictions, allergies, arteriosclerosis, depression, infertility, headaches, sinusitis, migraines as well as many other common ailments. Essentially, Chinese Medicine can be used to treat any condition that Western Medicine treats.

Q: *I want to avoid getting a common cold this winter. How can acupuncture and Chinese herbs help?*

A: Chinese Medicine is very effective in preventing colds. The key is to be aware of your body and make immediate modifications upon feeling the first symptoms. Gan Mao Tang, an antiviral and antibacterial Chinese tea, as well as Yin Qiao San, an antiviral Chinese herbal formula, can both be taken upon noticing the first symptoms of a cold. They are excellent in helping the body fight off viruses. It is also wise to get plenty of rest and to avoid the wet, cold, and wind. Wear warm clothes to protect yourself from the elements during this time of year.