

# ADVANCED WELLNESS CENTER



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## 2002

### The Year of the Horse

February 12, 2002 marks the beginning of the Year of the Horse. According to Chinese Astrology, this year will be a time of non-conformity, turbulence and great activity. Independence and freedom are highlighted, and it is a superb time to formulate plans and take action. Lower body injuries are more likely during this year, so take extra care of the ankles and knees.

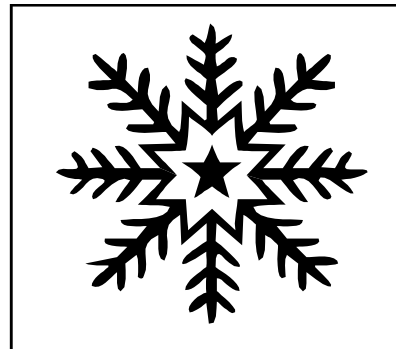
Source: Shelly Wu's Chinese Astrology, [www.chineseastronomy.com](http://www.chineseastronomy.com)

## THE SEASON OF WINTER

Winter is upon us. During this time of year the body is more susceptible to the cold environment and extra care must be taken to protect ourselves from illness. Just as wild animals hibernate during this time, we too must rest and renew ourselves in preparation for the coming warmer months.

In Traditional Chinese Medicine there are five recognized seasons: winter, spring, summer, late summer and fall. Each of these seasons is associated with a different element and organ system. Winter is associated with the element Water, which corresponds to the kidneys. Whereas Western medicine views the organs as having discreet anatomical locations and functions, Chinese Medicine has a very different perspective. In Chinese Medicine, when we speak of an organ we are referring to an entire system that has both physiological and psychological functions beyond the organ itself. Hence, when we talk about the kidneys in Chinese Medicine, we really are talking about an entire system.

The kidneys are responsible for reproduction, growth and development, storing essence, dominating water metabolism, producing marrow for the brain and bones and manufacturing



blood. The kidney channel opens to the ears and manifests in the hair of the head. Fear is the predominate emotion associated with the kidneys.

The kidney system has both a yin & yang component. In Chinese Medicine yin and yang are opposing forces like cold and hot. Yin represents cold, moon and moisture,

and yang represents heat, sun and dryness.

If the kidney yin is deficient, symptoms might include night sweats, heat sensations in the chest, palms of the hand and soles of the feet. If the kidney yang is deficient, symptoms might include lack of spirit, cold limbs, impotence and frigidity.

Because the kidney system is more likely to succumb to illness during the winter months, it is important at this time to get extra rest and store up kidney qi, or energy. Be sure to drink plenty of water to keep the body hydrated. One simple way to protect the kidneys is to keep the area of the lower back warm and protected from the wind and cold. Wearing scarves and turtlenecks can also help to prevent invasion by the elements.

## AWC MOVING TO NEW LOCATION

The Advanced Wellness Center will be moving to a new office space March 1, 2002. Our new office will be located at 515 116th Ave NE, Suite 100, in Bellevue.

There is ample free parking at our new location, and it

is right off Interstate 405, making it very accessible.

To reach the clinic coming from 405 North or South, take the NE 8th St Eastbound exit. Take a right on 116th Ave NE, go South one block and take another right into

the Lincoln Center. We are located in the South building in the Northeast corner on the first floor. As you walk into the courtyard, our office is to your left in Suite 100. We look forward to your continued support in our new location.

# TREATING FIBROMYALGIA

by MaryLee Calmes

Fibromyalgia is a debilitating rheumatic syndrome composed of numerous symptoms including chronic musculoskeletal pain, body ache, disturbed sleep, depression and fatigue. Three to 6 million Americans suffer from fibromyalgia, the majority being Caucasian women between the ages of 25 and 50.

It seems that many fibromyalgia patients suffer from microcirculation problems along with mitochondrial damage and very low phosphate counts. The inability of the mitochondria in the cells to properly dispose of waste causes lactic acid to build up in the tissues, and this in turn causes muscle pain. This lactic acid buildup is what causes the pain after a very difficult workout. Whereas

normally the body is able to slowly remove the lactic acid buildup and the pain goes away, for someone suffering from fibromyalgia, the lactic acid buildup never dissolves. The allopathic treatment usually involves prescribing antidepressants, sleep aids and non-steroidal anti-inflammatories.

In Traditional Chinese Medicine (TCM) any type of pain pattern is viewed as stagnation of the qi and blood. Energy is not moving properly in the body. According to TCM, the liver system controls muscles and tendons, so treating the liver can be beneficial. Both acupuncture and Chinese herbs can be used to minimize the pain of fibromyalgia and improve the quality of sleep.

The following guidelines have been shown to be beneficial for people suffering from fibromyalgia:

- 1) Exercise. Both cardiovascular activities, such as walking 20-30 minutes a day, and weight training can help minimize pain.
- 2) Vitamins. Take a high quality multivitamin that includes magnesium.
- 3) Restricted diet. Eliminating dairy, sugar and caffeine from the diet can help to keep the body's energy level high.
- 4) Meditation. Meditation is a useful tool to promote relaxation and reduce stress.
- 5) Salt baths. Add 1-2 cups of Epsom salt to bath water.
- 6) Acupuncture and Chinese herbal remedies.

*"I suffered from chronic vaginitis and yeast infections. I saw both a Western MD and a naturopathic doctor for 6 months each and experienced no improvement. Finally, I decided to try Chinese Medicine. I went to MaryLee and within one month my condition had greatly improved. After 4 months of seeing her, my condition is under control, and I feel great."*

—Jeanne D.

## UPCOMING LECTURES

### February 2002

Thursday, Feb. 7, 7-9:30

#### Women's Healthcare Panel Discussion

Temple B'Nai Torah  
15727 NE 4th St  
Bellevue, WA

Thursday, Feb. 21, 7-9 PM

#### Women's Health and TCM

University of Washington  
Women's Center

Thursday, Feb. 28, 7-9 PM

#### Fundamentals of TCM

University of Washington  
Women's Center

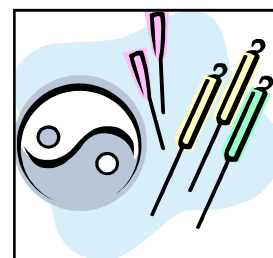
The UW Women's Center is located in Cunningham Hall on Steven's Way, just inside the UW campus entrance near the intersection of NE 40th and 15th Ave NE.

## 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, Wednesday and Thursday from 8 am to 3 pm, and Tuesday from 8 am to 11:30 am.



# NECK PAIN AND LOW BACK PAIN

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 process of the discs between the vertebrae in the cervical spine that often 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 ligaments and cartilaginous fibers around the discs be-

tween 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 sprain in the sacro-iliac joint, located on the sides of the sacrum. This sprain 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.

## DR. ZHAOXU XING

Dr. Zhaoxu Xing joined the Advanced Wellness Center in June of 2001. He is a retired orthopedic surgeon and licensed acupuncturist from Beijing, China. In 1955 he received his M.D. from Dalian Medical University in China and later continued his orthopedic training in hospitals in Australia and the United States. He has over 40 years of combined Western and Eastern medical experience.

When Dr. Xing was in Western medical school it was a requirement to learn Traditional Chinese Medicine in addition to Western medicine. Originally, Dr. Xing was skeptical of TCM, but his opinion later changed when he saw first-hand how effective it could be. The Chinese Cultural Revolution occurred between 1966 and 1976, and during this time Dr. Xing was forced to work on a farm, away from the cities and hospitals. There he saw many peasants who could only afford acupuncture and Chinese herbs. It was during this time that Dr. Xing realized the potential of TCM in treating chronic disease.

As Dr. Xing explains,

"I think Western medicine is better in surgery and emergency care. Traditional Chinese

and emergency care. Traditional Chinese Medicine is better for treating chronic conditions. The two modalities can compliment each other."

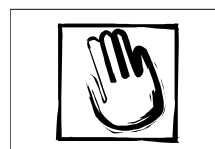
Dr. Xing now brings his extensive experience to Washington and specializes in treating neck, back and joint disorders with acupuncture, Tui-Na and Chinese herbs. Dr. Xing is seeing patients on Tuesdays and Fridays from 9 am until 6 pm.

Tui-Na is a Chinese form of manipulation.

## WHAT IS TUI-NA?

It is similar in many aspects to chiropractic medicine. Tui-Na involves using the hands and feet to massage and manipulate a person's body. It can be highly beneficial to those experiencing low back pain, neck pain and shoulder pain. It is a relatively painless procedure that usually takes around 20 to 30 minutes to complete.

Dr. Xing was trained in Tui-Na in Beijing, China and has been practicing it for over 40 years.



*"I've suffered from headaches ever since I was a child and had tried almost everything that I had read about, including dietary restrictions and chiropractic treatments. It wasn't until I started my acupuncture with Dr. Xing that I started to notice improvement. The improvement was practically immediate, and after just a few months I have been cured of the type of headache that plagued me for most of my life. I am extremely grateful to Dr. Xing."*

— Scott C.



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**Visit us on the web!**

[www.advancedwellnesscenter.net](http://www.advancedwellnesscenter.net)



## Rice Chowder

1 cup rice  
6 cups broth (vegetable or chicken)  
Chopped vegetables such as carrots, potatoes, celery and leeks  
Chopped chicken or turkey (optional)

Mix the rice and broth and cook on medium-high heat. After this comes to a boil, simmer the rice for 45 minutes. Then add the chopped vegetables and meat. Cook 15 minutes more. The rice will continue to absorb the broth, so you might have to add more broth to get the consistency you would like.

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## 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.