



Acupuncture

Mission:

We at West U Wellness are committed to serving people who want a natural, higher quality of life for themselves and their families. We acknowledge that physical, chemical, and particularly emotional stress has devastating effects on the nervous system. Chiropractic adjustments remove this nervous system interference. Therefore, we go to extraordinary measures in educating society about the benefits of chiropractic care for optimal health.

A recent Harvard University study estimated that Americans visit acupuncturists more than five million times a year. The National Institutes of Health reports ever-increasing use of acupuncture by thousands of doctors, dentists and other practitioners to treat or prevent many illnesses.

How does it work?

The practice of acupuncture is based on the understanding that a vital energy referred to as "Qi" (pronounced "chee"), flows along channels or meridians throughout our bodies. This Qi is divided into Yin and Yang, which when out of balance leads to disharmony or disease. In order to correct this disharmony, the energy must be stimulated so that it moves freely again.

Acupuncture is the use of very thin disposable needles to stimulate Qi at specific points located on the body along the different meridians. Stimulating acupuncture points causes both the local area being needled and other remote areas of the body to become balanced at the same time. Chinese medicine has identified 2000 points connected to the body's meridians. We use the flow of Qi and the actions of the various acupuncture points to treat diseases and disharmonies in the body.

Does acupuncture hurt?

Surprisingly, acupuncture is not usually painful. Acupuncture needles are a mere fraction of the size of the conventional needles that are used for injections or blood draws. The tiny acupuncture needles are

quickly inserted through the skin, where the nerves that transmit pain are located. The sensation of the insertion is like a "quick pinch", which resolves in several seconds to a minute after insertion. Once past these nerves, the needles do not usually cause pain. In fact, the sensation of the inserted needles is often referred to as being numbing or energizing.

What can acupuncture treat?

The National Institutes for Health have stated that acupuncture may be effective for:

- Myofascial pain
- Asthma
- Nausea and vomiting
- Carpal tunnel syndrome
- Osteoarthritis
- Fibromyalgia
- Headaches
- Low back pain
- Menstrual cramps
- Tennis elbow
- Post-operative dental pain

This limited list is based on the conditions for which the most efficient study models could be designed; further research is likely to uncover additional areas where acupuncture interventions are highly effective.

In clinical practice, it has been seen that acupuncture is effective in the treatment of many other conditions and symptoms.

These conditions include, but are not limited to:

- Allergies
- Anxiety
- High blood pressure
- Arthritis
- Menstrual irregularities
- Colds and flu
- Morning sickness
- Neuralgia
- Digestive complaints
- Earaches
- Sciatica
- Sinus infections
- Sprain/strains
- Weight loss

Are symptoms just treated?

It is possible to effectively treat acute conditions or symptoms, such as a runny nose or back pain. The aim of acupuncture though, is to identify and treat the underlying cause(s) of the problem. This is called the “root” of the problem, and it is said, “acupuncture treats the root, rather than chasing the leaves (the symptoms).” Sometimes, while working on the root, it is necessary and beneficial to address some of the leaves simultaneously, but it is inherent in the medicine of acupuncture that the root is never ignored.

For further questions on the benefits of acupuncture treatment please contact Dr. Long or Dr. Yeager.

Fit for Life Program



“As a recently diagnosed diabetic, I needed help with my diet and exercise. I received a newsletter from West U Wellness with the “Fit for Life” class.

Each class focused on a different area, such as cholesterol and glycemic index. The class was presented in a relaxed environment with welcome discussion. We were taught stretches and exercises that could be done in the home or while traveling.

I have lost some weight, but more importantly, my numbers are looking great; my doctor is very happy with my progress.”

- Sandi B.

***High cholesterol? Rising blood pressure or blood sugar?
Gaining weight? Lack of energy and activity?***

We will start a new program soon! So join West U Wellness’ 8-week doctor-supported “Fit for Life” program!



HEALTHY LIVING

E-Newsletter

Volume I Issue X

December 2004

Dr. Sherman Yeager & Dr. Caroline Long are available to give free "stress management" lectures to a variety of groups. If you would like us to speak at your company or have us come to offer free spinal screenings at your place of work, your school or your church, please contact our office at (713) 490-2225.

West U Wellness hosts or participates in numerous events and activities each month. Included in these events are free health talks covering a different topic every **Tuesday at 6:00 PM** in West U Wellness. We believe these talks to be a means of allowing our patients to improve their lifestyles.

***Join us this Tuesday, December 14th
at 6:00pm for more information on Acupuncture with
live demonstrations!**

December Calendar of Events

			1 West U Walking Club 7:30 am	2	3	4 West U Wellness Open
5	6	7 Low Back Pain Health Talk	8 West U Walking Club 7:30 am	9	10	11
12	13	14 Acupuncture Health Talk*	15 West U Walking Club 7:30 am	16	17	18 West U Wellness Open
19	20	21 West U Wellness Holiday Party*	22 West U Walking Club 7:30 am	23	24 Christmas Eve (Open ½ day)	25 Christmas Day
26	27	28	29	30	31 New Year's Eve (Open ½ Day)	

***Mark your calendar for the West U Wellness Holiday Party on Tuesday, December 21st. Festivities start at 6:00pm, and we will have plenty of music, food and spirit to go around. All are welcome and please bring family and friends!**

Don't miss your chance to win cool prizes and gift certificates!!!



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January Calendar of Events

						1 New Year's Day
2	3	4 "Fit for Life" Health Talk	5 West U Walking Club 7:30 am	6	7	8 West U Wellness Open
9	10	11 Stress Management w/Pilates Talk	12 West U Walking Club 7:30 am	13	14	15
16	17	18 Cold & Flu Health Talk	19 West U Walking Club 7:30 am	20	21	22 West U Wellness Open
23	24	25 Cholesterol Health Talk	26 West U Walking Club 7:30 am	27	28	29
30	31					