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A C U P U N C T U R E
&
M A S S A G E

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Dear Friends: I hope this letter is finding you healthy and well. The kids are behaving, Nathalie was just visiting from Cal Poly San Luis Obispo. She is becoming a fine young woman. Antoine is finishing high school, and busy applying for colleges. These are intense times for them.

Business is growing thanks to you all for the referrals you give me. I have joined BNI a business networking group. This has been good both for my business, but also for my personal growth. I am learning every day more about marketing and speaking in public, (I never thought I would be doing that !!), and making new friends.

Make sure to pay attention to your body and take care of it by regular massages and exercises.

Happy Holidays!

Isabelle

CARPAL TUNNEL SYNDROME

Carpal Tunnel Syndrome (CTS) can be due to a single injury, or most often, to repetitive motions. It occurs when the nerve that travels through the tunnel of the wrist bones, gets pressed by the nearby tendons passing in that area.

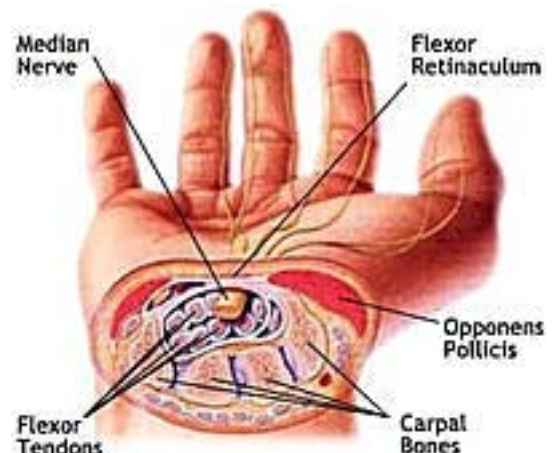
Symptoms: First, there is occasional tingling in the hand. Then, the tingling becomes continuous, discomfort happening mostly during the night which wakes the person in her sleep. Other symptoms include weakness of the wrist, difficulty handling certain objects, and wrist pain. As it progresses, the tingling changes to numbness, the pain worsens, or travels up the arm, and sometimes to the shoulder. The weakness can become debilitating, and the person has difficulty using his hand.

Western treatment: the first approach is rest of the wrist, wearing a splint, and taking anti-inflammatory medicines. Next would be injections of steroids. Sometimes stretching or strengthening exercises might be prescribed. Eventually surgery might be performed.

In Chinese Medicine, this condition is due to malnourishment of the sinews and vessels. This malnourishment is due to Qi and Blood deficiency. Pain is due to Blood stasis which is caused by repetitive trauma, or blood vacuity not nourishing the vessels.

Depending on the pattern which could be Blood vacuity, Qi and/or Blood stasis, or Wind Damp, the treatment will be different. Acupuncture needles will help relieve the pain, and herb formula tailored to the particular case will help nourishing the blood and moving the Qi.

If you suffer from carpal tunnel syndrome, do not delay and make an appointment. Acupuncture can help you.



THANKS for referring your friends and family to me. I appreciate your business and enjoy meeting them. I will give you a free massage for every referral !!

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Napa Valley Acupuncture
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Napa Ca 94558

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Preventing a Common Cold

When you do not feel well, you have chills but no fever, the back of your head or neck is sore, you might be sneezing a lot, you are probably catching a cold.

Here are a few things you can do:

- Boil 2 cups of water with the white heads of a few fresh green onions and about 6 slices of fresh ginger. Cook for 15 minutes, and drink hot. After drinking, get under a warm blanket. The idea is to get you to perspire.

- Slice 30 g of fresh ginger and boil in 2 cups of water until the water is reduced to a third. Add some brown sugar, and boil again until the sugar is dissolved. Drink it warm, and stay under the blanket to perspire.

If you have a headache due to a common cold:

- Boil 10g of peppermint and add 10 g crushed green onion white head in the water. Boil a few minutes longer, and drink warm.

These recipes are for the beginning stages of a common cold. If you have a fever or a sorethroat, do not use them as they are "warming".

