



# NAPA VALLEY ACUPUNCTURE

*Isabelle Saint-Guily MS. L.AC.*

*Acupuncture  
Therapeutic Massage  
Chinese Herbal Medicine*

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*1018 Hudson Ln. Napa CA 94558 (707) 253-8969*

Dear Friends

After several weeks of debate, I finally have decided to change the name of my business to "Napa Valley Acupuncture". Although I like my name a lot, it turns out to be a constant problem as no one can spell it, say it, remember it, or find it in the phone book. So to solve all these issues, I have changed it. Even though massage is not mentioned in the name (it would have been too long), I still give massages, and will continue to do so, as I believe that massage and Chinese Medicine enhance and complement each other.

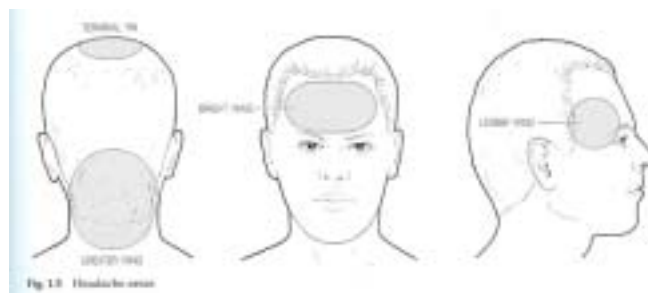
So do call me for massage appointments.

I hope you are all enjoying the wonderful sunshine we are having. It calls me in the garden where I find myself making plans for a vegetable garden !!

Take care..... Isabelle

## \* CHINESE MEDICINE & MIGRAINES \*

- Migraines are a specific type of headache that remains for 4 to 72 hours. The intensity of a migraine, is moderate to severe, and throbbing. It tends to be one-sided, and increases with exertion. Migraines are often accompanied by nausea, vomiting, sensitivity to light, sounds or smells. More women suffer from them than men, and mostly people between 10 to 40 years old are suffering from them. It often runs in families.



- Some researchers believe that migraines are due to a higher sensitivity of the nervous system to sudden changes either within the body, or in the external environment. Some foods which may trigger a migraine are: alcohol, especially red wine, foods containing MSG (monosodium glutamate), aged cheeses, meats preserved with nitrates and nitrites. Too little sleep, fluctuation in female hormones, anxiety and stress, changes in weather, computer screens, fluorescent lights and high altitudes are also common factors contributing to the start of a migraine.

• In Chinese Medicine, migraines are mostly due to an upward flow of Qi into the head. This is often due to stagnation of Liver Qi and its complications. In women, blood deficiency not nourishing the Liver is very common, and is causing this upward flow of Qi. As this Yang Qi flows up to the head, it may bring with it Dampness, and or Phlegm. Blood stasis in the channels and network vessels of the head may occur if the congestion lasts over a long period of time.

• Each patient has his/her own combination of Chinese medical disease mechanism. So the acupuncturist will first assess each person's own pattern, and derive the exact therapy for each. Acupuncture and herbs are prescribed, and often, acupuncture can stop or decrease the migraine pain, within minutes of insertion of the needles.

• Acupuncture may be used preventively or remedially during an acute attack. Other therapies prescribed include: diet and lifestyle modification, massages, poultices and plasters, porridges and herbal teas.

If this is all unfamiliar to you, or if you have any questions, please feel free to call me.

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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".**

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Napa Valley Acupuncture  
Isabelle Saint-Guily  
1018 Hudson Ln.  
Napa Ca 94558

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