Diabetes mellitus is on the rise in the US, being referred to now, as an “epidemic”. It is characterized by abnormal insulin secretion, elevated glucose levels, and has a variety of complications such as neuropathy, retinopathy (eye problems), and accelerated atherosclerosis.

There are two main types of diabetes mellitus: Type I or insulin dependent, and Type II or non-insulin dependent. An estimated 85% of Type II diabetics are overweight when diagnosed. A third type of diabetes, gestational diabetes is when the glucose intolerance is discovered during pregnancy.

Diabetes is usually discovered by way of routine blood tests, but its symptoms are excessive urination, thirst, hunger and weight loss. If left untreated it can lead to coma. In older patient, the age onset is usually over 40. Diabetics are 3.5 times at higher risks to die of cardiovascular disease and 30% of diabetics will deal with peripheral vascular disease. Renal failure is seen in 50% of Type I patients after 20-30 years of diabetes. Retinopathy is usually detected five years or more after diagnosis and is present in 50% of patients after 10 years. Impotence in the male is common in Type II, affecting 50-60% of male patients. - Bob Flaws: Treatment of modern diseases with Chinese Medicine -

Treatment involves regulating diet and avoiding sugars, eating at regular times, weight loss, and if necessary, replacement of insulin with medication.

In Chinese Medicine this disease typically begins with long-standing heat in the stomach, coupled with spleen vacuity. The most likely cause of that Heat in the Stomach, is a diet of hot, spicy, greasy, fatty foods, or alcohol. Another cause might be long-standing Depressive Heat of the Liver and Stomach, which give rise to a large appetite, and rapid hungering after meals. The cause of the Spleen vacuity can be over-eating sugars, fatty foods, too much thinking, too little exercise, and too much taxation fatigue. Obesity, emaciation and muscular atrophy are also signs of Spleen vacuity as the disease advances. If the Heat remains, we will then see damages to the Yin of the body.

We all know there is no cure to diabetes. But Chinese Medicine is a great tool at your disposal to prevent all the secondary
problems deriving from the disease itself, i.e. eye problems, circulation problems, neuropathy, etc. By the use of acupuncture and Chinese Herbal Medicinals, we can protect the Yin, strengthen the Spleen, clear the Heat in the Stomach and move the Liver Qi to avoid stagnation/depression.

So do not hesitate to call me for more information on this subject, or to schedule an appointment.

Gift Cards Available.

Ancient Chinese Wisdom
For Better Health Today
(707) • 253 • 8969

Napa Valley Acupuncture

Heavy People Who Do Not Overeat

In Chinese Medicine, heavy people who do not eat much, but still gain weight have, due to Spleen dampness, some water retention in the cells of their bodies. There is no energies in the cells. Most of these people eat a lot of raw salads and drink cold drinks. They get no real nourishment from their diets. In Chinese theory, although they eat less and less, they put on weight, because the Spleen is stressed and no longer able to transport and transform water dampness.

At your acupuncturist, the treatment will focus on nourishing the Spleen Qi, and the Blood. As the Spleen gets stronger, the wetness is driven out of the cells and Qi is supplied to the cells. This will be done with the acupuncture, and an herb formula will be prescribe as well to nourish Qi and Blood.

It is imperative for the patient to make dietary changes in order to help achieve results: one needs to eat lots of white rice, cooked vegetables, a little lean meat, and fermented soy products. Fish should be cooked with ginger, as without the ginger to warm it, it is too cool. Beef should be avoided as it tends to make muscles larger. Shellfish is also too cold.

The Season of Fall in Chinese Medicine
By Steven Sonmore

According to Oriental medicine, the season of autumn is associated with the element of Metal, which governs organization, order, communication, the mind, setting limits, and protecting boundaries. It’s a good time to finish projects that you began in spring and summer – harvesting the bounty of your hard work. Of course, it’s also the perfect time to begin more introspective, indoor projects.

During the summer, which is ruled by the Fire element, we deal more with the external – traveling and playing outdoors. Fall, on the other hand, is a time of organizing your life for the winter season ahead and coming more inside your body and mind to reflect on your life.

The lung and large intestine are the internal organs related to Fall and the Metal element. The Lung is associated with the emotion of “letting go.” This process is difficult for those who love the summer. They find it hard to give up the long days of sunlight, warm temperatures, and open windows. Others feel differently and love autumn, from the crisper air to the vivid red, orange, and yellow leaves on the trees. If letting go of summer is hard for you, extra support from your licensed acupuncturist may be in order to help you make the transition. That’s right...acupuncture works on releasing emotional issues as well as physical ones.

Various systems of self-mastery teach that by controlling your breath, you can achieve and maintain physical vigor, mental clarity and emotional tranquility. The ancient Taoists developed a practical discipline of breathing called Qi Gong to increase vitality, extend lifespan, and prevent disease. This is a wonderful skill to learn as the Summer gives way to Fall.

For Cold Prevention
Drink Ginger Tea!
Sleep is another important aspect of staying healthy in the Fall. The ancients advised that people should retire early at night and rise with the crowing of the rooster during the autumn. “Soul and spirit should be tranquil and to keep their lung pure they should not give vent to their desires.”

The Lung is considered by Oriental medicine to be the “tender organ.” This is because the lung is the uppermost organ in the body and especially susceptible to wind and cold. During the change in temperature, be sure to dress for the weather! I see too many people still dressed for summer at the beginning of autumn, which is an open invitation for coughs, sore throats, and the common cold.

The lungs control the circulation of the Wei-Qi, which is the defensive Qi that protects you from the invasion of flu and colds. The Wei-Qi circulates on the surface between the skin and muscles and works to warm the body. If the Wei-Qi is weak, the skin and muscles will not be warmed properly. This is why people tend to feel cold when they’re sick. A weakness in the lungs can lead to a weakness in the Wei-Qi, making a person prone to frequent colds.

The nose is the opening to the lungs, and you can prevent colds by keeping your nose and sinuses clean and clear. Using a netti pot with some sea salt and water helps rid the nose of excess mucus. If you suffer from a runny nose or sinus infections, acupuncture and Chinese herbs are wonderful for alleviating that problem.

What you eat also greatly affects the health of your lungs. Eating excess cold and raw foods creates dampness or phlegm, which is produced by the spleen and stored by the lungs. Dairy products, such as milk, cheese, cream, and butter also create phlegm, while moderate amounts of pungent foods like garlic, onions, ginger, horseradish, and mustard are beneficial to the lungs.

The transition from Summer to Fall is a time when the Qi is instable. The Qi from healthy lungs should descend. If the Lung Qi goes upward, it is “rebellious,” and the person experiences a cough. The Lungs inhale the Heavenly Qi (air) and exhale the “dirty” Qi (carbon dioxide). Now is the time to strengthen your Qi to prepare for winter and get a “tune-up” from your licensed acupuncturist to strengthen your immune system.

CANCER SUPPORT

In China, patients undergoing chemotherapy and radiation treatment always have the choice to use Chinese herbal medicine and other therapies, such as Qi Gong exercise, as adjunctive therapies to reduce side effects and increase the efficacy of the Western treatment.

For example, herbal formulas based on the Chinese herb Ji Xue Teng (Milletia reticulata) are given to reduce bone marrow suppression and enable continuation of chemotherapy treatments at a normal schedule.

So divinely is the world organized that every one of us, in our place and time, is in balance with everything else.

Johann Wolfgang von Goethe 1749 - 1832
Autumn is a second
spring when every leaf
is a flower.
Albert Camus 1913-1960

Now you can
look as good
as you feel!

Facial Renewal Acupuncture
Non surgical, healthy and beautiful aging
To learn more about the latest
technique used on Hollywood actors
to recapture that "fresh" look, contact:

Napa Valley Acupuncture
Tel: 707.255.8969
611 Cabot Way • Napa 94559
www.napavalleyacupuncture.com

“Tiger” or the art of relaxation.