



Isabelle Saint-Guily

Acupuncture

Chinese Herbology

Therapeutic Massage

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Dear Friends

With school finally behind me, it is time now to resume writing a newsletter, and enjoy a more balanced life. I hope you are staying healthy and well.

The last four years of acupuncture school have been very intense; they now are finally over! Thanks to you all for being flexible and allowing me to change my working schedule according to my classes. Now I am finished with my courses, I graduated with a master's degree in science, and I passed the CA licensing exam. This means that I can practice Chinese Medicine (Acupuncture and Herbology), and I have again more time to offer you.

I am taking appointments on Tuesdays Wednesdays, Thursdays and Fridays, offering both Chinese medicine, and therapeutic massages.

I find Chinese Medicine fascinating, and cannot wait to share it with you. Here are some answers as to why one might want to use Traditional Chinese Medicine.

Have a wonderful Holidays filled with warmth, love, and friendship.....

Take care..... Isabelle

* WHY USE CHINESE MEDICINE *

• Traditional Chinese Medicine (TCM), has at least 2000 years of **recorded clinical history**. In the last two decades, many Westerners have gone to China and study TCM. It has now become quite preponderant in the US, and is being taught in over 25 schools.

• **TCM is one of the most holistic medical system available** : it does not separates health problem as either physical or psychological. There is no mind/body dualism. We recognize that the body and the mind affect each other intimately. To a practitioner of TCM, an emotional or mental event is only another piece of diagnostic information, as important as that of a physical sign or symptom. TCM expects specific emotional conditions to go along with certain disease patterns, and expects these emotional symptoms to respond to treatment as well as any physical symptoms. In TCM, each and every symptom is only interpreted in relation to all the others.

A western doctor would prescribe one medicine for dizziness, another for insomnia, and another for back pain if a person complained about all three. While a Chinese medicine practitioner would treat all the symptoms as part of a certain pattern, a certain picture, and therefore one herbal formula, and one set of acupuncture points will be used to address all 3 symptoms. TCM treats a person as a whole entity, never separates him/her into segmented parts treating one symptom by itself.

• **TCM is very individualized**: it is specific to each patient's individual needs. While 5 different patients might come with the same complaint (menstrual cramps for example), the TCM practitioner will treat each one differently, according to their body type, emotional state, other complaints, age.... The "whole" of each person is different, therefore, the treatment is different.

• **Absence of side-effects:** If the diagnosis is correct, the TCM treatments have no side effects. Patients occasionally report mild numbness or soreness at the site of a needle insertion after an acupuncture treatment, but long term side effects are unknown. Most people feel relaxed and comfortable after a treatment. This is not true with most of the western drugs which have some expected and normal side effects, and many potentially serious irreversible ones.

• **Chinese Medicine is preventive:** since Chinese Medicine is based on the balancing of the energies of our body, and since imbalances of these energies are measured by observations of the whole body, inspection of the tongue, and the feeling of the pulse at the wrist, a TCM practitioner can notice imbalances early on, before any outward symptom has shown yet. By treating the imbalances at this early stage, one can prevent the progression to a disease.

Acupuncture and Chinese Herbology are used in many different pains and illnesses. Injuries, back pains, common cold, women's health, allergies... all may be helped with the used of TCM.

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



Think of a massage session as a present for a loved one!!

I have Gift Certificates for 1/2 hr, 1hr, 1 1/2hr, or packages of 6 sessions.

Give me a call, and I will deliver them to you!!



MERRY CHRISTMAS



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