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SEASONAL BALANCE QUARTERLY

SPRING EDITION

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Acupuncture; turns out some of it is in the head

Recent studies utilizing fMRI and PET scans are beginning to explain, in part, the biology behind how Acupuncture reduces pain and it turns out there is a lot going on in your head.

One pilot study, at Harvard Medical College, showed when verum (true) acupuncture was employed neuro-imaging results demonstrated changes in the areas of

the brain that process pain signals.

In another study done at the University of Michigan researchers found that acupuncture increases the availability of mu-Opioid binding sites in the areas of the brain that process pain signals. This increased reception of opioid neurotransmitters results in a lower amount of pain being experienced by subjects.

Interestingly, the Michigan study also demonstrated that a different short-term response occurs in the brain when a sham, or placebo, acupuncture method is used.

New studies are being designed to investigate how these changes in the brain are being triggered by acupuncture needles, but this latest neuro-imaging research is an exciting step forward.

Terminology:

- *Qi* – is the active energy that vitalizes all life functions.
- *Yang* – fundamental force associated with fire, warmth, action, & movement.

Explaining Spring increase in seasonal headaches

Whether March came in like a lion, or a lamb, at the start of the Spring season many people experience an increase in cluster type headaches and migraines. Traditional Chinese Medicine (TCM) has a very unique understanding as to why this occurs.

In nature, Spring is a time of explosive growth. The dormant Yang energy restrained over the colder months bursts forth as

trees sprout and grasses green.

Human beings as a part of nature experience similar changes associated with the season. Dormant Yang energy within the body responds to the warming weather. Moods improve, energy levels rise, while activity levels increase.

In TCM, the Liver is responsible for spreading the Yang Qi of the body,

and normally it regulates this dispersion of energy.

However, the abundance of Yang released during Spring often overwhelms the Liver's ability to control the spread of Qi. The excess energy has to go somewhere and in this case it shoots upwards to the head.

Draining some of the excess and nourishing Yin anchors the Yang to relieve this type of issue.

Watch For Us On
The CH-10 Great
TV Auction



April 24th – May 2nd

Spring Awakening with Simple Qigong.

1. Stand with feet shoulder width apart.
2. With a loose fist use both hands to pat from the buttock up the back as far as comfortable. Repeat 7x's.
3. Still using a loose fist, use the right hand to reach over the left shoulder to pat from the upper back over and down to the abdomen and back 7 times. Repeat with left hand on the right side.
4. Using an open hand pat inside the arm from shoulder to hand, then up the outside of the arm from hand to shoulder. Repeat 7x's.
5. Repeat step 4, only move down to the legs.
6. Using both thumbs briskly rub the occiput, then with hands massage the scalp.
7. Inhaling deeply, stretch skyward with both hands palms upward. Exhale fully, stretching down towards the earth. Repeat 7x's.
8. Place your hands on your hips and rotate from your waist 9 times to the right and then 9 times to the left.

About Our Acupuncture Clinic.

North Cape Acupuncture, LLC is a Traditional Chinese Medicine (TCM) and Acupuncture clinic operated by Doris Kitazaki, C.Ac and Jamey Johnston, C.Ac.

We bring a holistic approach to health care that is attentive to your specific health and well being. Our goal is to focus on individualized, quality time for each patient and tailor

flexible treatment plans to meet your needs.

Using TCM, we are able to address illness, pain, and poor health conditions in a complete and holistic manner. **FREE** consultations are available by appointment or over the phone.

We invite you to begin your healing journey today at either of our two locations!

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