
MEDICAL ARTS ACUPUNCTURE & ORIENTAL MEDICINE

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Hello, here is our first newsletter. We hope to put out one of these each season, with occasional special updates when news worthy stuff happens. We plan to regularly cover ways to stay healthy each season, and let you know what is going on in the field of acupuncture and oriental medicine in the United States. If you have any comments or questions, please email billyinaustin@gmail.com, otherwise, enjoy!

Who we are...Diem Nguyen, Rupesh Chhagan and Billy Zachary are all licensed acupuncturists who graduated from the Academy of Oriental Medicine of Austin (on Anderson Lane). While our legal title is "Licensed Acupuncturist", our training was that of Oriental Medicine practitioner. In addition to acupuncture, we also studied and practice herbal medicine, bodywork (aka acupressure), moxa, cupping, gua-sha, and nutritional counseling. We share the common goal of aiding people of all ages in establishing optimum health and happiness.

SUMMER HEALTH

With the Texas heat setting in, it is extremely important to stay hydrated. In addition to drinking plenty of water, it is also important to keep electrolytes in your body. Without electrolytes your body is not able to hold onto the water you drink. While sports drinks like Gatorade, Powerade, etc. have electrolytes; they are also loaded with sugar. For the same benefit, fresh squeezed lemonade and lime aid*, R.J.Knudsen's Recharge or Alcer's EmergenC are tasty alternatives that have the benefit of restoring electrolytes without excessive amounts of sugar. Traditionally, Asian medicine recommends eating melons, local and seasonal fruits (think Texas peaches), and lots of steamed vegetables while avoiding oily, heavy, greasy food, and food that is warming in nature. In general, cook lightly and add some spice to foods. When sautéing, cook with a high heat for a short time. Use less salt, and more water. (*As an alternative to sugar, use 1 tbl. of pure maple syrup per 8oz of water; it metabolizes more slowly and contains some trace minerals.)

The recommended foods have the benefit of nourishing yin, which is the part of us that is cooling, restful and meditative. Yang is the bright, excited, motivating energy. Health is a state of balance between these two forces. Even in the summer, when yang is at it's peak, Chinese medicine precautions against drinking or eating excessive amounts of very cold food or drinks. Though the weather is hot, it is believed that excessive cold food compromises yang energy and contracts the stomach, which can then lead to fatigue, congestion, deficiency and weakening of the digestive system. In order to stay cool in the summer, Chinese doctors would drink hot tea in the morning, activating the sweat glands and opening up the pores on the skin as the body's natural air conditioning system.

Don't forget that over your summer, we can help with all kinds of muscular-skeletal disorders, from pulls, strains and sprains to even help broken bones heal faster. Summer is an ideal time to treat heart disorders, anxiety and insomnia. It is also a time to treat the underlying root of fall allergies that are in remission.

RECENT STUDIES

At the recent Southwest symposium we had the opportunity to catch up on the most recent research and information about herb-drug interactions, and some new research about what herbs can benefit high blood pressure. We also had the opportunity to learn and practice some of the delicate acupuncture techniques from Japanese tradition, which work well for patients suffering TMJ, children, and patients who are shy of acupuncture needles. We also had the opportunity to study and practice some of the "balance" techniques of Dr. Tan, which are highly effective for treating acute pain.

NEW STUDY - ACUPUNCTURE HELPS KNEE PAIN

In a recent study, doctors found 570 people with knee osteoarthritis and gave them acupuncture, fake acupuncture (they were treated with needles, but not in the spots that would relieve pain) or had them attend sessions where they learned to cope with pain. After six months, true acupuncture was about 33% more effective than the sham treatment. Those who had real acupuncture had a 40% decrease in pain and nearly 40% improvement in functioning, the pain-education group had only slightly improvement.

NEWS ITEMS

The Texas Association of Acupuncture and Oriental Medicine is holding an open invitation fund-raising party on June 25th, from 4-8 p.m. at Oak Hill Acupuncture, 7411 Old Bee Caves Rd. (This is the clinic in Oak Hill that Billy treats from sometimes.) There will be food, games for kids, and music provided by Lee Edwards and Claudia Voyles (an Austiny blend of folk, rock and blues) & The Grey Sky Boys for toe tappin' Bluegrass. Ticket is a \$20 donation to the TAAOM. Come by and help make acupuncture accessible to all Texans!

On the federal level the bill HR818 proposes to include acupuncture in medicare coverage and in the health plans of federal employees is gradually gaining support in Congress, in the form of additional co-sponsors. The primary sponsor of the proposal, representative Maurice Hinchey, from upstate New York, has been a long time supporter of acupuncture and of opening the doors of access for the general public.

If your congress person is not yet a co-sponsor of "The Federal Acupuncture Coverage Act," HR 818, it may be well worth contacting his or her office to urge support for the legislation. You may also wish to make information about this proposal to friends, family, patients, colleagues and students. You can find the entire text of the bill at: http://www.acucouncil.org/hr_818_text.htm

Want to know who your Congressional representative is? Go to: <http://www.house.gov/writerep/>
For a complete listing of Texas Congressional members: http://www.house.gov/house/MemberWWW_by_USA_Map.shtml

On the local state level, there is a bill proposing that if insurance companies are reimbursing for acupuncture, they should be required to reimburse acupuncturists, not just chiropractors or M.D.'s practicing acupuncture. We may drop you a quick line later this year asking you to write, email, call or fax your representative in support of this bill.

DO YOU KNOW SOMEONE WHO COULD BENEFIT FROM ACUPUNCTURE?

Our business depends and grows on referrals. If you know someone who could benefit from our services, please let them know about us. We have included a few "Send a Friend" cards that will give them a discount on their treatment (we will also discount your next treatment or herbal purchase at the clinic). We are often asked if acupuncture can treat a specific condition; for your reference, this is a short list of the types of disorders that acupuncture can treat: gynecological disorders, allergies, emotional disorders, gastro-intestinal, respiratory, neurological and musculo-skeletal disorders, and urogenital disorders. We also can treat preventively, reducing the effect or stress or chronic conditions on the body.

Local Resources

THE BAREFOOT COOK

By her description...Amanda Love Horton is a natural foods chef and nutrition consultant who has a passion for sharing her love of cooking and healing with nourishing foods. She

emphasizes fresh, local, seasonal, organic ingredients and can work with people on an individual basis to help determine what kinds of foods best suit their body's constitution. She has cooked for such celebrities as Kenny Loggins, Matt Groening creator of "The Simpson's" TV show, and Gangaji, leading spiritual teacher. She studied nutrition and shiatsu with Paul Pitchford, author of Healing with Whole Foods. She brings her knowledge of world cuisine into the kitchen from her travels abroad and time lived in New Zealand and Hawaii. She is available for private cooking lessons, dinner parties, retreat cooking and more. Call her at 512-422-8279 or email Thebarefootcook@yahoo.com

It should be noted that making changes to eating and lifestyle habits by yourself can be difficult and even overwhelming, but remember, as your diet improves, so will your health and joy. In time you will come to enjoy not just the natural flavors of the foods, but also the beneficial effect they are having on your being. We are looking forward to working with Amanda to help some of our patients integrate natural and healthy foods into their life with minimal distress. Amanda draws her title from the tradition of the barefoot doctor, a class of medical practitioner who wander through the countryside bringing medicine to people.

OASIS GARDENS COMMUNITY FARM

Oasis Gardens is a local community supported farm that delivers fresh, organic produce straight to your home. For \$35 per week or bimonthly, they deliver organic vegetables, herbs and flowers year round. For more information call Mike at 386-7636, or check out their website at:

www.greenbuilder.com/oasisgardenscsa

A little business

CHANGE IN RATES

Starting July 1st we will be updating our fees. A single acupuncture treatment will be \$65, while three treatments purchased and scheduled at once will be \$165. The fee for an herbal and nutritional consultation (without acupuncture or body work) is \$35.

We also have discounts for students and sliding scale rates available on a limited basis; ask your acupuncturist. We will also be offering a special preventative health program for students; where they can pay one fee at the beginning of the semester and then receive a weekly acupuncture treatment to help stave off the stress of school.

