

Acu News

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Understanding Vitamin D

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Vitamin D has been receiving a lot of attention lately due to the mounting research on the negative effects of not having enough of it. Vitamin D is produced by the body when adequate sunlight hits the skin. Widespread Vitamin D deficiency in the US population is thought to be caused by the use of sunscreen, excess fear, lack of sun exposure, and living in Northern regions. According to recent research, the Vitamin D Council recommends healthy blood levels to be between 50 – 100 ng/ml. This can be checked with a 25(OH) Vitamin D blood test. Vitamin D3, or cholecalciferol, is the best supplement form to take for those who have deficiencies. Vitamin D requires other fat-soluble vitamins such as Vitamin A and K and certain trace minerals in order to be properly utilized by the body, therefore, a holistic view of nutrition is essential when considering Vitamin D supplementation.

Vitamin D deficiency can play a role in

- Autoimmune Disease
- Birth Defects
- Cancer
- Chronic Pain
- Depression
- Heart Disease
- Hypertension
- Muscle Weakness
- Muscle Wasting
- PMS
- Osteoporosis
- Osteoarthritis
- Stroke



Acupuncture and Weight loss



If you struggle with your weight, you're not alone. According to the World Health Organization (WHO), it is estimated that there are more than 1 billion overweight adults, and there are at least 300 million clinically obese individuals.

Overweight people spend billions of dollars annually on weight loss products, but obesity is still on the rise. People are turning to diet pills, extreme fasting, fad diets or even drastic measures such as surgery in an attempt to manage their weight.

Unfortunately, excess weight is not just a cosmetic issue. Being overweight is a risk factor for many conditions such as high blood pressure, diabetes, and heart disease. The good news is that maintaining a healthy weight can reduce your risk and it's never too late to get started. People seeking to address their weight concerns are turning to acupuncture as a natural and effective way to approach weight loss.

A traditional approach to healing. Acupuncture and Traditional Chinese Medicine (TCM) take a holistic, or whole-body approach, to health. This ancient form of healthcare works to restore the balance and flow of the body's Qi (pronounced "chee"), or vital energy. According to TCM, the reasons why people gain weight, or find it difficult to lose weight, are numerous. Your acupuncturist can perform diagnostic exams to uncover the root cause(s) or imbalances that have affected your weight.

Your acupuncturist will also take into consideration other factors that may have led to weight gain, including your lifestyle, as well as your emotional and mental well-being. By taking your whole self into account, you and your acupuncturist can get to the root of your health concerns, rather than just treating the symptoms.

What will my acupuncturist do? During your first visit, your acupuncturist will take an extensive health history and perform various diagnostic exams. At the completion of your first visit, your acupuncturist will provide you with a comprehensive diagnosis

and an explanation of your treatment plan. Your treatments will focus on correcting any underlying imbalances in your body and will help to support you in reaching your weight loss goals.

Based on your unique symptoms, your acupuncturist will choose to concentrate on acupuncture points related to specific organs. For example, restoring balance to the flow of Qi in the Stomach can help promote good digestion and suppress an overactive appetite. Emotional issues, such as anxiety and stress, both of which can lead to overeating, can be addressed by balancing the Liver.

A partnership for better health. It is important to remember that acupuncture is not a quick fix. By working with your acupuncturist, and committing to long-term goals, you will experience positive changes in your overall health, including maintaining a healthy body weight. In addition to acupuncture treatments, your practitioner may also recommend other lifestyle changes.

Whether you want to lose a few pounds or a significant amount of weight, consider acupuncture as a natural and effective way to approach weight loss. By working together with your practitioner, you can help your body regain its natural balance—and start taking steps toward true health and vitality.



Resources: 1. World Health Organization. www.who.int. Komada, J., Article - Acupuncture for Weight Loss, 2003. Pitchford, P., *Healing with Whole Foods*, North Atlantic Books, 1993.

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