ACU-News

Procedure Performed at MWA by Emma McGowan, M.D. & Martin Gallagher, M.D.

Acupuncture and Moxibustion in the Treatment of Constipation

In a meta-analysis of randomized, controlled clinical trials examining the effects of acupuncture and moxibustion (a form of heat therapy used on acupuncture points, in Chinese medicine) in the treatment of constipation, these therapies were found to be more effective than routine medical treatment. Fifteen studies involving a total of 1,052 patients were included in the study. Results showed that treatment with acupuncture and moxibustion was more effective than standard conventional medical treatment. Improvements in abdominal pain, defecation duration, and general symptoms scores were found to be associated with acupuncture and moxibustion therapy as well. The authors conclude, "...further studies are still necessary for approving the above conclusions."

"[Meta-analysis on randomized controlled clinical trials of acupuncture and moxibustion on constipation]," Du WF, Yu L, et al, Zhongguo Zhen Jui, 2012 Jan; 31(1): 92-6. (Address: College of Acupuncture and Tuina Massage, Changchun University of CM, Changchun 130117, Jilin Province, China. E-mail: yuanfei530@163.com ).

News From the I.V. Department

Cancer IV: Recent studies at the NIH (National Institute of Health), conducted by Harvard Medical School researcher, Mark Levin, M.D. have demonstrated the anti-tumor effect of high dosage IV Vitamin C. This same effect does not occur with oral vitamin C. This therapy was originally developed by Nobel Prize Winner, Dr. Linus Pauling, expanded upon by Dr’s. Klenner and Cathcart and, more recently, Hugh Rirodan, M.D. Intravenous, high-dosage Vitamin C also reduces the side effects of chemotherapy and radiation for those receiving conventional medical therapies.
Feeling seriously stressed out? If so, new clinical study suggests that – even more than most people – you should avoid excess sugar, starch, and fat.

The study looked at markers for metabolic syndrome or MetS, which is linked to a rise in the risk of heart disease, stroke, and diabetes.

Its results indicate that stressed-out women may benefit more than most from switching from a standard American diet to a Paleo-style whole foods diet.

Paleo diets differ from the standard American diet in several key ways:

- More protein
- Fewer refined carbs
- Fewer processed/packaged foods
- Fewer sweet or starchy vegetables (potatoes, yams, sweet potatoes)
- More colorful, fibrous fruits (berries, cherries, apples, prunes, raw cocoa)
- More colorful, fibrous vegetables (leafy greens, broccoli, onions, and peppers)
- Far less omega-6 fat from cheap vegetable oils (soy, corn, safflower, sunflower, cottonseed)

Refined carbs include sugary foods (candies, pastries, sodas, juices) and white-flour products (white pasta, baked goods, bread, and breading)

Evidence published over the past decade shows that omega-3s from fish and antioxidant-rich fruits and veggies help deter metabolic problems, while key characteristics of the standard American diet make matters worse.

Metabolic syndrome is defined as having three or more of these six abnormal signs:

1. High blood pressure.
2. Blood that’s abnormally prone to clotting.
3. Central obesity (excessive fat in and around the abdomen).
4. Chronic inflammation (e.g., elevated C-reactive protein in the blood).
5. Unhealthful blood-fat profile (high blood triglycerides, low HDL cholesterol, and high LDL cholesterol).
6. Insulin resistance (glucose intolerance or pre-diabetes), in which the body can’t properly use insulin or blood sugar.

Now, a clinical study is the first to find that highly stressed people (women) who eat a lot of high-fat, high-sugar food are more prone to MetS than low-stress peers who eat a similar diet.

California study sees stress adding to the impact of poor diets
The new study comes from the University of California San Francisco, where a team led by Kirstin Aschbacher, Ph.D., recruited 61 disease-free women.

“Chronic stress can play an important role in influencing biology, and it’s critical to understand the exact pathways through which it works,” said Aschbacher.

The volunteers included 33 women who were chronically stressed from caring for a spouse or parent with dementia, and 28 with low stress levels (Aschbacher K et al. 2014).

Over the course of a year, the women reported on their consumption of high-sugar, high-fat foods.

At the outset, the researchers examined the women for key metabolic problems:

- Waistline size
- Stress hormones
- Oxidative damage to blood fats
- Insulin resistance (a key driver of obesity and diabetes)
- Body fat distribution, including deep abdominal fat deposits
- Oxidative damage to cellular RNA, which predicts faster aging and higher rates of death from diabetes.
As Dr. Aschbacher said, “We found that more frequent high fat, high sugar consumption significantly predicted a larger waistline, more truncal [abdominal] fat, higher oxidative damage, and more insulin resistance, but only among the group of women exposed to chronic stress.”

“The chronically stressed women didn’t report eating more high-sugar, high-fat foods than the low stressed women; however, they did have higher levels of a stress-related biomarker, peripheral Neuropeptide Y (NPY),” she added.

Animal studies show that stress triggers release of peripheral NPY which, in combination with junk food, creates larger abdominal fat cells, which are more prone to metabolic dysfunctions.

Professor Aschbacher made an important point: “Many people think a calorie is a calorie, but this study suggests that two women who eat the same thing could have different metabolic responses based on their level of stress. There appears to be a stress pathway that works through diet.”

“The medical community is starting to appreciate how important chronic stress is in promoting and worsening early disease processes,” said Aschbacher.

“But there are no guidelines for ‘treating’ chronic stress. We need treatment studies to understand whether increasing stress resilience could reduce the metabolic syndrome, obesity or diabetes.”


Peruvian Ashaninka Indian priests have traditionally used cat's claw to regulate what they perceive as the dynamic interaction between an individual's physical and spiritual well being. Modern Western science has identified in cat's claw alkaloids that may be responsible for its reputed curative powers.

The alkaloids in cat's claw have been shown in scientific studies to be effective immune-stimulants. Cat’s claw has been shown to stimulate production of interleukin-1 and -6 in alveolar macrophages, suggesting a strong immune-stimulant effect. These alkaloids also stimulate the production of lymphocyte proliferation regulating factor, which modulates the total number of leucocytes available for an immune response.

The alkaloids in cat's claw are effective not only in the inhibition of platelet aggregation and associated thrombosis, but also in protection of cells against destructive oxidative damage by inhibiting iNOS gene expression and activation of NF-kappaB.

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Herbal-Gram

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ALSO, CHECK OUT OUR WEBSITE: www.vitamincoach.com
It's that time of the year when ragweed and mold become more active in the environment. This can cause sinus problems, itchy eyes, asthma, skin rashes, and fatigue. To help cope with these foreign proteins, our patients often take Allergy Factors and Weed Mix homeopathic. Whenever possible use safe, non-drug approaches to your health!

Spring allergies affect an estimated 25 million Americans, and according to the American Board of Allergy and Immunology, we’re looking at one of the worst allergy seasons in a long time, thanks to climactic factors.

Airborne pollen is the most common cause of seasonal allergies, also known as hay fever or allergic rhinitis.
Needless to say, sales of allergy medications of all kinds are booming. This includes antihistamines, decongestants, nasal sprays and allergy shots—many of which can cause significant side effects.

One of the better alternatives is sublingual allergy drops, which have been shown to work just as well as inhalers.

**How and Why Do Allergies Develop?**

Allergies are your body's reaction to allergens (particles your body considers foreign), a sign that your immune system is working overtime. The first time your body encounters an allergen, your plasma cells release IgE (immunoglobulin E), an antibody specific to that allergen. IgE attaches to the surface of your mast cells.

Mast cells are found in great numbers in your surface tissues (i.e., those with close proximity to the external environment, such as in your skin and in the mucous membranes of your nose), where they help mediate inflammatory responses. Mast cells release a number of important chemical mediators, one of which is histamine.

So, the second time your body encounters a particular allergen, within a few minutes, your mast cells become activated and release a powerful cocktail of histamine, leukotrienes, and prostaglandins, which trigger the entire cascade of symptoms you associate with allergies: sneezing, runny nose, sore throat, hacking cough, itchy eyes, etc.

Histamine can cause your Airways to constrict, like with asthma, or cause blood vessels to become more permeable, leading to fluid leakage or hives. Leukotrienes cause hypersecretion of mucus, which you commonly experience as a runny nose or increased phlegm.

Pollen is an extremely common mast cell activator, but other agents can trigger these processes as well. Mold spores, dust, airborne contaminants, dust mites, pet dander, cockroaches, environmental chemicals, cleaning products, personal care products and foods can all cause allergic reactions. Every person is different in what he or she reacts to. And, just because you haven't reacted to something in the past doesn't mean you won't react to it in the future—you can become sensitized at any point in time.

If you're one of the tens of millions of allergy sufferers in the US, know there is plenty you can do besides lining the pockets of the pharmaceutical industry. Eating a wholesome diet based on unprocessed, ideally organic and/or locally grown foods, including fermented foods or taking probiotics, along with optimizing your vitamin D levels and correcting your omega-3 to omega-6 ratio, will form the foundation upon which your immune system can function in an optimal manner.

**In the following sections, I'll address a number of drug-free alternatives:**

**Chiropractic adjustments** offer potentially great benefits for allergy sufferers. You can’t activate your immune system without a healthy nervous system. Published chiropractic
research is confirming the clinical experience of many chiropractic physicians, namely that adjustments enhance immune function, promote drainage, and the natural healing response.

**Allergy Factors**, formulated by Dr. Martin Gallagher, M.D., D.C., is a synergistic blend of vitamins, plant extracts, minerals and herbal medicines that are designed to help alleviate the symptoms of allergies, including allergic rhinitis.

**Grass & Weed Spray** provides factors that mitigate hypersensitivity to grasses, weeds & pollens.

**Vitamin D** - Insufficient vitamin D levels have been linked to more severe asthma and allergies in children. Vitamin D has also been found to reduce allergic responses to mold.

**Omega-3 Fats** - I can't emphasize enough the importance of getting sufficient amounts of high-quality animal-based omega-3 fats in your diet. The fats DHA and EPA found in fish oil and krill oil are potent anti-inflammatory.

**Mega Probiotic** - In a 2008 study, researchers discovered that people who took probiotics throughout allergy season had lower levels of an antibody that triggered allergy symptoms. They also had higher levels of a different antibody (IgG), thought to play a protective role against allergic reactions. Other researchers found evidence that giving probiotics to newborns and mothers-to-be may help prevent childhood allergies.

**Flush your nasal cavity with a neti pot** - Although several methods of nasal irrigation exist, one of the most popular is the Neti pot -- a ceramic or plastic pot that looks like a cross between a small teapot and Aladdin's magic lamp. Although nasal irrigation using the Neti pot has been around for centuries, its use is on the rise in the U.S. The Neti pot originally comes from the Ayurvedic/yoga medical tradition.

**Acupuncture**, a clinical study on the effects of manual acupuncture in patients with allergic asthma found that acupuncture treatment was found to exert regulatory effects on mucosal and cellular immunity. Acupuncture was performed 3x per week for 5 weeks. The needles were twisted approximately 360° evenly at the rate of 60 times/min for 20 seconds, manipulated every 10 minutes, and withdrawn after 30 minutes. Concentrations of sIgA and total IgA in secretions and levels of cortisol in the plasma were measured. Findings include decreased concentrations of sIgA and total IgA in the saliva, nasal secretions, levels of total IgE in sera, IL-2R + T lymphocytes and the absolute and differential numbers of eosinophils. The results of this study suggest that acupuncture exerts regulatory effects on mucosal and cellular immunity and therefore, patients with allergic asthma may benefit from treatment with acupuncture.

**Stinging nettle** (*Urtica dioica*) – is natural antihistamine, stinging nettle has a long history of use for seasonal allergies, without the drowsiness and dry mouth associated with many pharmacological antihistamines. Nettle inhibits your body’s ability to produce histamines.

**Eating “right”** – Follow a healthy diet, an estimated 80 percent of your immune system is actually located in your gut, so supporting your digestive health is essential to also supporting your immune system, which is your number one defense system against ALL disease.