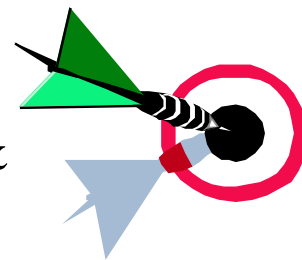


To The Point

Newsletter of The Acupuncture Medical &
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11673 Jollyville Road, Suite #201
Austin, Texas 78759
(512) 336-7424

Dee Ann Newbold, TX L.Ac. #AC00116
Leigh Downing, Office Manager
Lucina Stricko, Front Desk Assistant

Scientists Seek Clues for Acupuncture's Success

It's a mystery and a miracle: An acupuncture needle inserted in the pinkie toe changes a breech baby's position in the womb. How is this possible?

Ever since the 1970s, when this ancient Chinese tradition debuted in the U.S., Western researchers have sought to understand the phenomenon of acupuncture. But the American public hasn't waited for the scientific answers. Growing numbers have sought out acupuncturists for chronic health problems -- when conventional medicine either hasn't worked nor has answers. According to the 2002 National Health Interview Survey, an estimated 8.2 million American adults have used acupuncture -- an impressive number considering only an estimated 2.1 million American adults had used acupuncture in the year before.

Acupuncture is used as an adjunct treatment or an acceptable alternative to treat an ever-growing list of disorders: addiction, stroke, headache, menstrual cramps, tennis elbow, fibromyalgia, osteoarthritis, low back pain, carpal tunnel syndrome, asthma, infertility, pregnancy problems, dental pain, and side effects from cancer treatment.

"The applications for acupuncture are endless ... people use it for sports injuries, for their emotional well-being, for everything," Peter Wayne, PhD, director of research at the New England School of Acupuncture, tells WebMD.

Recent advances in technology have helped unlock the biological mysteries of this 2,000-year-old medical practice.

(Continued Page 2, Seeking Clues)

Cedar Season, tis the reason

Don't forget to schedule a maintenance allergy treatment or order your self-care needle kits before the Cedar Season hits. If you wait until your symptoms are full blown it may take more than 2 treatments to get your allergies under control again. If you've been trained in self-care techniques, call us and we will mail your needle kit today.



Fibromyalgia Studies Show Positive Outcomes for Acupuncture

Recent research suggests acupuncture may provide relief to people afflicted with fibromyalgia. In a pair of studies by two separate research groups, similar results showed a significant improvement for participants in terms of pain and other symptoms. The positive results could lead to a greater acceptance of acupuncture from primary care physicians and specialists in musculoskeletal disorders who treat this common condition.

Although it is often difficult to diagnose, numbers show that close to 4 percent of the population suffers from fibromyalgia. Symptoms of the disease include widespread pain, fatigue and interruptions in sleep pattern, irritable bowel syndrome, headaches and facial pain, and heightened sensitivity. Patients have also complained of depression, altered moods, dizziness, chest pains, difficulty concentrating, and anxiety. A specific cause for fibromyalgia is still unknown, but some factors that may contribute are chemical changes in the brain, an injury or trauma, a viral or bacterial infection, abnormalities of the autonomic nervous system, or changes in muscle metabolism.

Common treatments used by physicians include analgesic medication, antidepressant and muscle relaxants. Unfortunately, these merely mask the pain and discomfort, but do

(Continued Page 3, Fibromyalgia)

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2006 Donation Totals

In the 3rd & 4th quarters of 2006, the Acupuncture Medical & Research Centre, Inc. has donated over \$9,500 in services and goods. This brings our total to just over \$21,000 worth of donated services to our Austin community for the 2006 calendar year. Thank you Austin for helping lend your support to these valuable causes.

Alzheimer's Association	Kathy Dunn Dance Co.
Anderson High School	Leukemia Society
Art House Texas	March of Dimes
Austin Children's Center	Meals on Wheels
Austin Jewish Academy	Octopus Club
Austin Parks Foundation	Rise School of Austin
Center for Child Protection	St. Mary Cathedral
Communities in Schools	Texas Book Festival
Cox Elementary PTA	Waterloo Counseling Ctr.
Cystic Fibrosis Foundation	Women & Their Work
First Tee of Austin	

Seeking Clues, continued from Pg. 1

Researchers are closer to understanding how an acupuncture needle can subtly adjust the body's tissues, nerves, and hormones. The NIH and World Health Organization have both given formal approval of certain uses of acupuncture. It helps to have an exploring, open mindset when considering acupuncture. "But even people who are not very open-minded and try it, find they feel good during the treatments," David S. Kiefer, MD, of the University of Arizona in Tucson, told WebMD in a previous interview. "Sometimes they are surprised."

The Science Behind Acupuncture

According to Chinese traditional medicine, acupuncture affects the life force called "chi." More than 2000 acupuncture points in the body are connected by meridians, or pathways, through which energy must pass freely for optimal wellness. Disturbances in this flow result in illness or dysfunction.

Over the years, research has shown that acupuncture affects a variety of biological systems -- releasing hormones, disabling receptors, and activating anti-inflammatory chemicals. It has been suggested that the healing power of acupuncture comes from its effect on the nervous system. It might aid the pain-killing effect of chemicals called endorphins or help cells from the immune system fight infection, according to the NIH.

Acupuncture is not mainstream yet, Wayne tells WebMD. "But a lot of progress has been made. Some of that is because of credibility gained from clinical trials. The continued momentum of consumer usage and satisfaction has driven a lot of the research. People are using acupuncture, spending money on it, and they have some valid questions

whether this is the best use of their resources."

Acupuncturists are better trained today than they were in the past, he adds.

Bottom Line: Finding an Acupuncturist

A qualified acupuncturist gets thousands of hours of training. A physician with acupuncture training, however, gets only 200 hours or so of training. "There's a big difference," says Wayne. A qualified acupuncturist will be licensed through state and national boards. Ask the practitioner about his or her years of clinical experience -- that also makes a difference. With increasing studies of acupuncture, it's been shown that safety "is phenomenally good," Wayne tells WebMD. "The adverse effects are very, very low with a trained acupuncturist. "...safety is the first thing you're taught," he says.

www.webmd.com/content/article/99/105311.htm

By Jeanie Lerche Davis Reviewed By Louise Chang, MD

What Acupuncture Can Do...

Pain Relief: With the safety of pain relievers being questioned and one (Vioxx) being pulled from the market in recent months, a new study gives arthritis sufferers more reason to try acupuncture. One advantage of this type of treatment, says the NIH, is that the rates of side effects are substantially lower than that of many drugs or other accepted medical procedures used for the same conditions. In what was hailed as "the largest, longest, and most rigorous study of acupuncture" ever conducted, acupuncture was found to reduce pain and improve function and movement among patients with osteoarthritis of the knee when used with other treatments.

Cancer Side Effects: Nausea and vomiting -- the distressing side effects of chemotherapy -- respond well to acupuncture. A study published a few years ago showed that acupuncture plus anti-nausea medication worked better than just medication alone. The NIH "has given us two thumbs up," Wayne says.

Depression: A study in the late 1990s from the University of Arizona showed that clinically depressed women responded well to a course of acupuncture. Other preliminary studies of anxiety and depression show that anxiety related to medical procedures can be resolved with some acupuncture at treatment time, Wayne adds.

Pelvic Pain: A study currently underway involves endometriosis-related pelvic pain in young women. "It's a very serious condition in which the standard course of [drug treatment] doesn't always work," says Wayne. "They can't go to school or do sports. The last resort is to induce menopause in 15-year-old girls. But there's some evidence (Continued Page 3, Acupuncture Can Do...)

New Digs, Same Fees

A client asked if we've raised our fees since moving in to our new office. Answer: No! January 2003, was the last time we raised the price of our basic acupuncture treatment. Because we accept insurance, the law requires charging for each service given in addition to a basic acupuncture treatment. An increase in fees is noticed only when additional services such as cupping or self-care training is provided. A change to our membership and prepayment program was implemented in January of 2005. Weight loss and quit smoking treatments are now discounted services under the membership plan. The prepayment plan, renamed Advance Pay Plan, was expanded to include herbs, supplements and supplies. There are 5 different levels in the Advance Pay Plan and depending on which plan you choose, you receive *AMRC bucks* ranging from \$80 to \$650 free credit. Many clients have enjoyed the savings they've made by purchasing a membership. And those continuing to the Advance Pay Plan save even more! Added benefits allow you to schedule appointments in advance which gives you appointment slots that work best for your busy schedule.

Fibromyalgia continued from front pg.

not work to cure the disease. Acupuncture could help to phase out the need for medicating the disorder.

Acupuncture Today August 2006 Volume 7, Issue 8

*Two studies were performed, one by B. Singh and one by the Mayo Clinic. Additional information can be found through these references:

1. Singh B, Wu Wen-Shuo, Hwang San Hong, et al. Effectiveness of acupuncture in the treatment of fibromyalgia. *Alternative Therapies in Health and Medicine* 2006;12(2):34-41.
2. Martin D P, Sletten C D, Williams B A, Berger I H. Improvement in fibromyalgia symptoms with acupuncture: results of a randomized controlled trial. *Mayo Clinic Proceedings* 2006;81 (6):749-757.

Testimonials Anyone?

We are re-building our website soon and we want to add new testimonials to our website as well as feature them in our newsletters (which will have a new look in 2007.) If you would like to add your 2 cents to our testimonials page please send an email to Leigh via AMRCaustin@austin.rr.com or leave a message at 336-7424. Thank you for your continued support!

Winter Office Hours

Monday, Wednesday, Friday

9am-12:40pm 2:40pm-6:00pm

Tuesday 10-5pm

Thursday - **New hours coming soon***

Dee Ann will be out of the office:

December 25th-26th (Office Closed)

January 1st and 2nd (New Year's vacation)

Acupuncture Can Do... cont'd from pg. 2

acupuncture may help."

Infertility: Acupuncture also boosts the effectiveness of high-tech reproductive medicine procedures. Small studies have found that adding acupuncture to traditional in vitro fertilization (IVF) treatments increased pregnancy success. There is also evidence that acupuncture stimulates blood flow and egg production in women who can't - or don't want to -- use fertility medications to help them get pregnant. The treatment "has a calming, restorative effect that increases a sense of well-being and ultimately helps the body to accept the creation of life," said acupuncturist Ifeoma Okoronkwo, MD, a professor of medicine at New York University School of Medicine, in an earlier interview. Studies have shown a clear link between acupuncture and the body's natural "feel good" brain chemicals. Acupuncture also appears to affect three areas critical to egg production and ovulation: two areas of the brain that control hormone production (the hypothalamus and pituitary glands) as well as the ovaries. "My guess is that acupuncture is changing the blood supply to the ovaries, possibly dilating the arteries and increasing blood flow, so that ultimately, the ovaries are receiving greater amounts of hormonal stimulation," Sandra Emmons, MD, professor of obstetrics and gynecology at Oregon Health Sciences University, told WebMD in a previous interview. Acupuncture may also "boost" the uterine lining when it is too weak to sustain a pregnancy, a problem known to increase the risk of miscarriage.

www.webmd.com/content/article/99/105311.htm

Did you Know?

WebMD.com currently has 470+ links to articles about acupuncture. One of our favorites is a video in which cupping therapy is being performed. You can access it at: www.webmd.com/content/pages/26/114927.htm. It's quite fascinating.

Just in case you missed the memo:

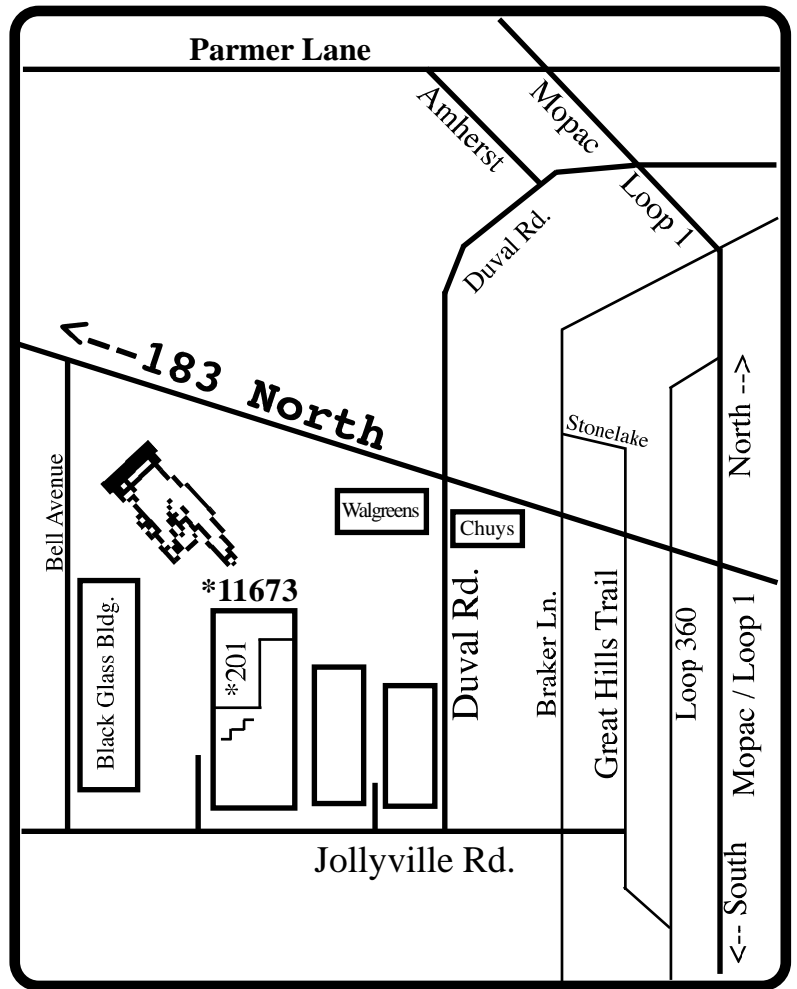
Please visit our new office at

***11673 Jollyville Rd.
Suite #201**



336•7424

**Written directions and more:
www.AcupunctureAustin.com**



Current Resident Or

www.AcupunctureAustin.com
Acupuncture Medical & Research Centre, Inc.
11673 Jollyville Road, Suite #201
Austin, TX 78759