

## Newsletter of AcupunctureAustin.com

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### **Please Welcome**

#### **Cathy Altman, TX. L.Ac. #AC00807**

A graduate of the University of Texas with a B.A. in Psychology, Cathy joined our staff this January 2007. She became interested in Acupuncture through utilizing the therapy for stress. She was so intrigued by how well it worked for her that she made the decision to pursue an education at the Academy of Oriental Medicine in Austin, Texas. In December of 2004 she graduated with a Master of Arts in Chinese Medicine. After graduation, she set up her practice in Commerce, Texas until returning to Austin (Continued Page 2, Welcome Cathy)

### **Skin Care Services Available**

Joanie Watson, Licensed Aesthetician #1306337 is Sub-leasing one of our treatment rooms on a part time basis. She gives one of the best facials this writer has ever had. She uses mostly organic products and offers a variety of different facials, body wraps and makeup services. Her gentle hands, experience and natural talent combine with her unique personality and warmth to deliver a facial you simply must experience. She offers a full menu of services including herbal body wraps, extractions, make-up application and hair removal. Please call 699-1114 to schedule a complimentary facial analysis with Joanie.

### **Acupuncture Used at Mayo Clinic**

Since the 1970's the Mayo Clinic has been using acupuncture in a variety of ways. In the Mayo Clinic Guide to Alternative Medicine 2007, acupuncture is listed as being effective in treating fibromyalgia, nausea, vomiting, osteoarthritis, pain management and smoking cessation.

<sup>1</sup> When performed properly by trained practitioners, acupuncture has proven to be an effective therapy. In 1997, the National Institutes of Health recognized that (Continued Page 2, Mayo Clinic)

## Spring Cleaning

If you are preparing to “spring” clean your home, why not also consider cleaning your body? Detoxing is a concept that many people have heard about. Here are some key points to remember if you decide to detox.

1. When detoxing, you don't have to do it all at once. More is not always better. If you are not already in very good health, you will most likely experience a healing reaction if you try to detox too quickly or too much all at once.
2. There are all kinds of books and information concerning detoxification, so finding what works best for you and your body type is important. Consulting with your acupuncturist or other health care provider will be beneficial in aiding you to choose healthy ways to detox your body.
3. Supplements and detoxifying herbs are readily available, choose ones that are easy on your body, again more is not necessarily better. Eating a high nutrient diet is very beneficial as is drinking plenty of filtered, unflavored water.
4. Having regular preventive healthcare services such as acupuncture, massage or chiropractic can help keep your body in balance. In addition, exercise keeps your metabolism and circulation functioning at optimum levels.

### Parsley, yummy!

Parsley is a herb that purifies the blood and accelerates the excretion of toxins. It aids digestion and metabolism, eases stomach cramps, bloating and nausea as well as arthritis symptoms. If you eat it regularly, it can reduce heart rate and lower your blood pressure. 1/4 cup has a third of your daily vitamin C requirement and it is also high in vitamin A and folic acid.

**Cooking Hints:** Add fresh chopped parsley after you have cooked your dish. Heat can destroy the vitamin and mineral content of the herb. You can freeze the parsley, but the best way to keep it fresh for weeks is to place it in a cup of water (like flowers) and refrigerate it. (I usually cover it with one of those green vegetable bags to extend shelf life. Then I just pinch a small amount off, wash it, chop it and throw it in. I add it to all of my soups after heating/cooking them.<sup>2</sup>)

<sup>1</sup>The Complete Guide to Natural Healing

<sup>2</sup>Note from the Editor

**Mayo Clinic** continued from front page acupuncture was being practiced widely throughout the United States and identified several conditions for which it may be recommended.

Clinical studies have shown that acupuncture is effective in reducing pain in people with cancer. In one study, most people treated with acupuncture were able to stop taking medication for pain relief or take smaller doses. The strongest evidence as to the effectiveness of acupuncture is in the area of relieving nausea and vomiting associated with chemotherapy. In addition, several clinical trials are studying the effects of acupuncture on cancer and other symptoms caused by treatment, including weight loss, cough, chest pain, fever, anxiety, depression, night sweats, hot flashes, dry mouth, speech problems and swelling in the arms and legs. Studies have shown that for many people, treatment with acupuncture relieves symptoms or keeps them from getting worse.

<sup>1</sup> Mayo Clinic Guide to Alternative Medicine 2007

### Welcome Cathy...Continued from Page 3

in Fall 2006. Cathy specializes in the treatment of Rheumatoid Arthritis, Sports Injury, Back Pain, Menstrual Issues, Stress Relief and Non-Surgical facelifts. Cathy has over three years experience in Acupuncture and Chinese Herbs. A gentle, compassionate and naturally talented practitioner, she offers Japanese style acupuncture treatments (the same style as Dee Ann) which is a pain-free treatment. Cathy will be available five days a week to see Dee Ann's clients, in addition to her own. We are very pleased to have Cathy join our clinic and after you have experienced a treatment with Cathy, we feel confident that you will be pleased as well. Cathy is accepting new clients, so feel free to recommend your loved ones to her or Dee Ann, as they work as a team.

See page 3 for our newly expanded hours.

### In the news...

Dee Ann made a special appearance on the Christmas Eve Morning News on KXAN Channel 36. She was interviewed on how Acupuncture helps with allergies. Thank you to all the clients that called in to say hello after seeing Dee Ann's news segment.

## Insurance Coverage FYI

Our office is currently a provider for United HealthCare (UHC) insurance. The following is a list of companies whose employees have benefits for acupuncture under the UHC plan.

AT&T	Oracle
The BOC Group	Pfizer
Cisco	PolyCom
City of Austin	SBC
Discovery Communications	Sun Microsystems
Gap Inc.	3M
GSD&M	Time Warner
NY Life	TransCo
Travis County	Volt

Note: If you have UHC and your employer is not listed here, call us and we can give you helpful information for your employer to include acupuncture as a covered benefit. In addition, if you have insurance other than UHC (i.e. Blue Cross) you may still have acupuncture benefits. You can call your insurance provider to inquire about your benefits. If acupuncture is covered, we will give you a receipt that you can submit to your insurance company to get reimbursed at out-of-network rates.

## Speaking About....

If you have a group, organization or a social event that you think would enjoy the opportunity to learn about acupuncture and the health concerns it works for, get in touch with us. We participate in many health fairs and lectures across the greater Austin area. A professional, informational display is available to set up at any function. We will talk about a wide range of topics including:



- sAcupuncture
- sAnxiety
- sDepression
- sHeadaches
- sQuit Smoking
- sWeight Loss
- sSupplements & Herbs
- sAllergies
- sDiabetes
- sNutrition
- sSelf-Care
- sWhole Body Wellness Care
- sFertility Issues
- sPain (Most types)
- sSports Injuries
- sNon-Surgical Facelifts**

Please call our office to arrange time for our acupuncturists or staff to visit with you, (512)336-7424. Or send an email with your name, phone number and contact information to AMRCAustin@austin.rr.com. Be sure to book at least 2 months in advance as our calendar fills up fast.

## Shingles.....OUCH!

Shingles is an outbreak of a rash or blisters on the skin that may be associated with severe pain. The pain is generally on one side of the body or face. Although it is most common in people over age 50, anyone who has had chickenpox is at risk for developing shingles. Shingles is also more common in people with weakened immune systems from HIV infection, chemotherapy or radiation treatment, transplant operations and stress. Early signs of shingles include burning or shooting pain and tingling or itching generally located on one side of the body or face. The rash or blisters are present anywhere from one to fourteen days. If shingles appears on the face, it can lead to complications in hearing and vision. For instance, if shingles affects the eye, the cornea can become infected and lead to temporary or permanent blindness. Another complication of the virus is postherpetic neuralgia (PHN), a condition where the pain from shingles persists for months, sometimes years, after the shingles rash has healed.<sup>1</sup>

Cupping is the therapy most often used by Dee Ann to gain significant relief from the pain. In addition, the cupping therapy helps shingles to heal and subside more quickly. <sup>1</sup>Acupuncture.Com

### Spring Office Hours

Monday, Wednesday, Friday  
**9am-12:40pm 2:40pm-6:00pm**  
 Tuesday **11-5pm**  
 \*Thursday\* -1:30pm-5:30pm  
 \*Cathy only

### New Ear Point Clinic Hours:

**Tuesdays 12-1:30pm**  
**Wednesdays 5:30 - 6:30pm**  
**Fridays 11:30 - 1:30pm**

At our ear point clinic, established clients can walk in (no appointment necessary) and receive ear points for weight loss, quit tobacco or alcohol, anxiety, depression, stress, OCD, blood pressure control, etc. for only \$30. New clients may also “walk in” for the ear point clinic, but they will need to fill out a medical history form which will take an additional 15-30 minutes.

Note: Ear points at any other time requires setting an appointment and costs \$45.

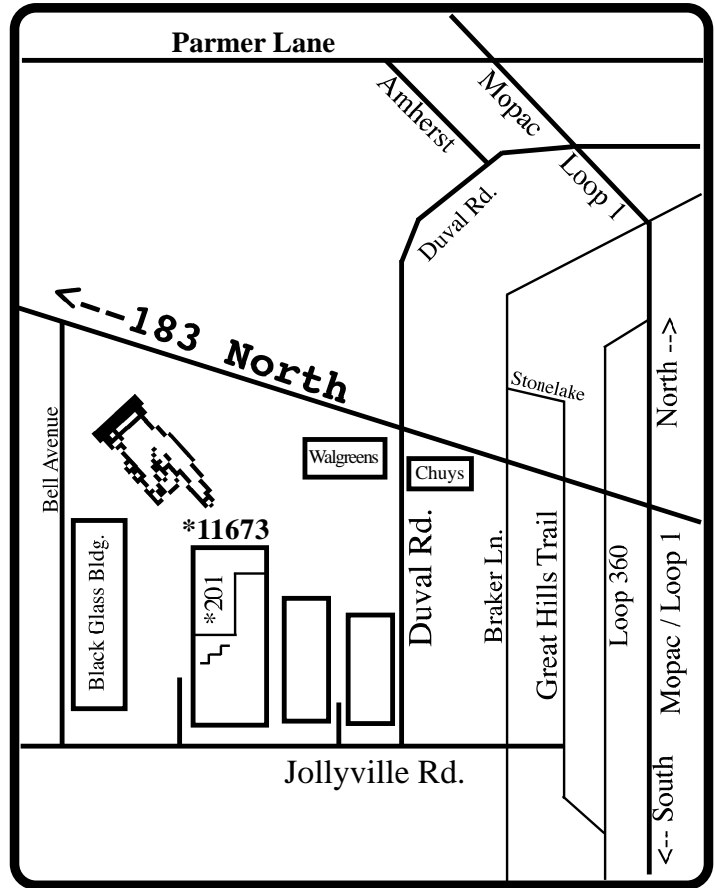
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new office at  
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Written directions and more:  
[www.AcupunctureAustin.com](http://www.AcupunctureAustin.com)

Austin's Only "Green"  
Acupuncture Office



Current Resident Or

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