

To The Point

The Acupuncture Medical and Research Centre New

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Acupuncture vs. Cancer: Re-Engaging the Immune System

Many of us have cancer cells or pre-cancerous cells in our bodies right now, even though we may never get the disease called cancer. Our body's immune system routinely quells renegade cells and would-be malignancies before they ever take hold. Can acupuncture re-engage the body's natural defense system effectively enough to help prevent or even "cure" cancer? Some people answer that question with a simple "Yes!" Some scientists theorize that cancer thrives when the immune system's defensive action can't or won't react effectively. This lack of immune response may be due to age, toxic or viral damage, genetics, unique traits within the cancer cell that stymie immune response, or other factors. The high incidence of cancer recurrence, even after surgery, chemotherapy and radiation, attests that although perhaps successful at wiping out the initial cancer, these treatments fail to restore the immune system response to that of a non-cancer-prone individual. Furthermore, in addition to a cancer-desensitized immune system, the cancer patient's body may have other internal signals that are inclined toward cancer recurrence. For example, as a tumor grows, the body may acclimate to the presence of abnormal cell growth, entraining the brain to accept the cancer as a natural, normal presence in the system. After the tumor is removed, the body may still respond as if it should be there, much like an amputee's "phantom limb" syndrome. The brain may even send messages that support regrowth.

Some Oriental medical doctors are now using acupuncture in new ways to help the body's immune system relearn its original "seek and destroy" mission against cancer. One such doctor, Dr. Wang Fuda, of Greenville Research Clinic in southern Taiwan, currently sees 100-200 patients per day. Over 70 percent of his clinic patrons are cancer patients. Dr. Fuda believes that acupuncture, employed correctly, can retrain the body's immune system to defeat cancer, and correct or erase faulty body signals hospitable to cancer. Dr. Fuda sees the needle as a homeopathic instrument. The point of the needle is actually perceived by the body as an enemy. As the needle pricks, the body musters its defenses against the invader. Applied at key points, he believes the

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Acupuncture for Heart Failure

Acupuncture can improve the prospects of people with severe heart failure, research has shown. Researchers found the ancient Chinese practice has the potential to dramatically reduce the pressure on the heart. This is because it can reduce activity in the sympathetic nervous system, which regulates involuntary movements such as heartbeat and blood pressure. Over-activation of sympathetic nerves is common in heart failure patients. It damages their long-term prospects because it forces the weakened heart to work harder, as the blood has to be forced through blood vessels that are constricted by the nervous activity. It also makes it more likely that the heart will develop potentially lethal rhythm patterns. The lead researcher is Dr. Holly Middlekauff, of the University of California Los Angeles School of Medicine. She is quoted as saying, "There is an ever-increasing interest in alternative medicine. But until now, no one had looked at acupuncture's effect on the very sickest heart failure patients. Our research represents a promising first step, but more study is definitely needed." Dr Middlekauff also said, "advanced heart failure patients often have two or three times more sympathetic nerve activity than a normal healthy person." It has been shown that the greater this activity is, the worse the outlook for the patient. The researchers divided 14 critically ill chronic heart failure patients referred for heart transplantation evaluation into three groups. One group received acupuncture at traditional acupuncture sites. The second received "non-

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In the News

Zoo Turns to Acupuncture, Saves Dragons

The Komodo dragon is the world's largest lizard. Fully grown, a Komodo can reach nearly 10 feet in length and weigh more than 200 pounds, with long claws and serrated teeth that are used to capture and eat their prey. While Tirto and Chewek, a pair of Komodos who reside at the Singapore Zoological Gardens, aren't quite that large, they are nevertheless impressive specimens. Tirto, an eight-year old male, measures nearly eight feet long and weighs 94 pounds, while Chewek, a seven-year old female, is only slightly smaller. Even Komodo dragons can fall prey to illness, however. Approximately five months ago, Chewek began showing signs of a neurological disorder. She salivated excessively, had difficulty swallowing and eating, appeared disoriented, and walked in circles constantly. Six weeks later, Tirto, who was kept in the same enclosure as Chewek, began showing similar symptoms. Handlers at the gardens became concerned that an intestinal parasite was spreading among the Komodos and causing nerve damage, so they put the dragons on a series of steroid injections and vitamin therapy. When those treatments proved ineffective, they turned to Dr. Oh Soon Hock, an acupuncturist and veterinarian who works at the gardens, to relieve the nerve disorder and improve circulation. The Komodos were treated with acupuncture and Chinese medical therapy twice a week for three weeks. According to Dr. Oh, the results were rather dramatic.

"After I applied the first dose of Chinese medicine, the next day Chewek became active, could catch food, and swallow. That encouraged me," he said. Acupuncture had a similar effect on Tirto. Vincent Tan, a spokesperson at the gardens, said, "Tirto is now more relaxed and is beginning to enjoy his treatments."

To rule out the possibility of a virus, both dragons are being kept under observation.

Please join us in supporting the

American Cancer Society's

Great American Smokeout

November 20th.

9am-1pm & 3pm-5pm

Quit Smoking treatments
provided for donations to the
American Cancer Society.

Appointment recommended, but not necessary.

The office will be closed on these days:

November: 27th, 28th

December: 25th, 26th

January: 1st, 2nd

Acupuncture vs. Cancer continued

immune system can be retrained and reactivated in some people, and this defensive action can be channeled to the site of the cancer. All of Dr. Fuda's cancer patients have hospital diagnoses, and make their own choices as to whether they will have surgery, chemotherapy and/or radiation. In Taiwan, as in the United States, the cancer patients participate with their hospitals in regularly timed follow-up examinations after diagnosis and treatment. Although his treatment is rarely acknowledged by the local oncologists as reason for the patient's recovery, dozens of patients line up at Dr. Fuda's clinic ready to tell their story of how his acupuncture resulted in their cancer remission. Several patients had exhausted all other medical means and were left with terminal sentences. Some patients, previously given only months to live, still return to Dr. Fuda two to three years later for weekly acupuncture treatment. Fuda's patients have even formed cancer survivor groups, and host karaoke parties to celebrate their hope and gratitude. Dr. Fuda treats patients who have not had surgery, chemotherapy or radiation, as well as patients who have had all three. His best success, he claims, is in re-engaging the immune system of post-surgical patients. The time immediately after surgery is an important window of opportunity, according to Dr. Fuda, to intervene with acupuncture and "jump-start" the immune system into antagonism toward any remaining cancerous cells. At Fuda's clinic, patients receive daily intensive acupuncture treatment prior to surgery. In the two weeks after surgery, the patients also receive daily treatment to take advantage of the weakened cancer cell signal and the immune system's receptivity. While some patients elect to move on to chemotherapy and radiation therapy, Fuda says these patients are often much harder to treat successfully with acupuncture. The delicate communication between needle and immune system is overridden by the body's battle with the devastation of chemotherapy and radiation.

Westerners have yet to view treatments like acupuncture as a front-line treatment for serious conditions like cancer, and tend to view it mainly as an adjunctive or "alternative" therapy. Yet even as an adjunctive therapy, acupuncture also can help cancer patients endure and recover from the ravages of cancer treatment.

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Acupuncture for Heart Failure...Continued
 acupoint" acupuncture in which needles were placed at sites not traditionally believed to be useful in acupuncture. Finally, the third group had a "no-needle" simulation of the treatment, in which a needle holder is tapped to the back of their neck, but no needle was inserted. Activation blood pressure, heart rate, and sympathetic nerve activity were measured in all the patients following a four-minute mental stress test. Sympathetic nerve activation was significantly reduced in the acupuncture group. Dr. Middlekauff said, "further study is needed before acupuncture could be recommended as a routine treatment for patients with severe heart failure." She also said, "Acupuncture has been used successfully with long-range results in improving hypertension, and it may also be beneficial in lowering sympathetic nerve activity."

This research was presented at a meeting of the American Heart Association.



Holiday Sparks Ideas and Bundt Cake

Did you know there is a National Swap Ideas Day or Cranky Co-workers day? If you've been to our office recently, you may have noticed we've been celebrating some unusual holidays. You may have been given a bag of doggie treats during National Dog Week, or maybe you heard some old tunes on One Hit Wonder Day. For National Swap Ideas Day, we held a contest asking you to share ideas, recipes and handy tips. We got so many ideas, that we decided to choose two winners who each won certificates for 20 treatment bucks. Thank you to all who participated! Winning Idea #1: Use flushable kid wipes to clean bathroom surfaces. They are cheaper than cleansing cloths, have no harsh chemicals, and are disposed of through the sewage plant which keeps the wipes out of landfills. Thank you Lisa!

Winning Idea #2 : Take your own container for your "dining out" leftovers. Restaurants typically give portions of food that are just too big and the containers they offer for leftovers usually aren't recyclable. Taking your own containers makes sense (like using your own bags at the grocery store) and it's more environmentally practical. You can also take a small cooler with blue ice so you can stay out after dinner if you want. Thank you Colleen!

At the office, we posted the ideas of the winners and our staff. Included in the ideas was a recipe for a bundt cake. A special thank you goes to Joan for making that bundt cake and bringing it in to us. It was delicious and so nice of you!

Ask Dee Ann

Q: I was watching Monday Night Football and a player (Michael Strahan) was having acupuncture. Can acupuncture really help with sports related injuries or conditions?

A: Absolutely! Acupuncture does much more than treat pain. Acupuncture helps torn, stretched, sore muscles, fatigue, and stress. Treatments strengthen the immune system and overall health of athletes. For serious injuries, acupuncture complements western medicine by speeding up recovery time and reducing pain which eliminates the need for harmful pain relief medications. No matter what type of athlete, acupuncture is a practical part of the health regimen.

Massage Therapy Week Raffle

In honor of Massage Therapy Week and Acupuncture and Oriental Medicine Day, we want to reach out to help people in our community. There are numerous people in our local area for whom acupuncture care can help eliminate pain and suffering, restore health, and renew energy.

We are asking you to help with this program. Please check your address book, palm pilot or other creative index of addresses and choose those local friends and family who have health concerns to receive our educational literature. We will send specific literature related to their health concern, a gift certificate, and we will make ourselves available to answer any of their questions and concerns.

You will be entered into a drawing to receive a free one-hour massage, for each person you list with a complete address. Plus, the client who provides the most names will be chosen as our Top Community Educator and will be given a very special gift by our office. So enter, you have everything to win. *You may enter the drawing as many times as you like provided that you list a different name on each entry. **Incomplete entries will not be accepted.** Entries may be mailed or dropped off at the office.

Raffle Ticket for One Entry
Massage Therapy Week Raffle

Your Name: _____

Phone #: _____

Person you are referring: _____

Family Friend Co-worker Other

Health Problem: _____

Referral's Phone # _____

Referral's Complete Address: _____

Schedule of Self Help Workshops & Lectures
 presented by AM & RC, Inc. and
 Dee Ann Newbold, L. Ac. Tx Lic. AC 00116

<p>For self care training workshops and free lectures, we encourage you to bring friends or family members. We are planning to expand our hours and availability by adding an associate. Details will be released soon.</p>	<p>November</p> <p>Lectures: 4th-Natural Solutions to Headache Pain</p> <p>Workshops: 11th-Interdermals & Paraffin Baths 18th-Trigger Point Therapy</p>	<p>December</p> <p>Lectures: 2nd-5 Secrets to Weight Loss</p> <p>Workshops: 9th-Interdermals & Paraffin Baths 16th-Cupping & Ear Candling</p>
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Register early, seating is limited. Call (512) 371-1121 and ask for Debbie. Appetizers and drinks provided. Lectures are free. Guests limited to 2 per client, no charge. Cost for Self-Help workshops is \$ 5 per client. RSVP required.



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