

The Healing Point News

Our Mission

The Healing Point is committed to the well being of the whole person through an integrative, cooperative approach. As a multidisciplinary group of healthcare practitioners, our intention is to recognize and address the unique needs of each individual. Active participation between the client and practitioner is an integral part of the healing process. Our vision reaches beyond individual care into the larger community through education, support, and the commitment to the wholeness and oneness of humanity.

The Healing Point
2645 First Ave.
San Diego, CA
92103
619-239-7516

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DANDELION: FOOD FOR SPRING

Dandelion (*taraxicum officinale*) is a type of daisy from the *compositae* family. This prolific, weedy plant blooms in the spring and produces a pretty yellow flower, jagged leaves, and a deep taproot. In early summer the flowers turn into white, puffy globes containing seeds. The plant's name comes from the French description of the shape of the leaf: *dent-de-lion*, or "lion's tooth". It has been used throughout the world and is found in 10th century Arab medical books.

The fresh, slightly bitter, tender leaves are rich in minerals and make a great addition to raw salads or they can be lightly steamed like spinach. The root can be roasted and brewed, serving as a tasty substitute for coffee. Over 100 species are cultivated for human use as a food and to treat conditions ranging from liver diseases, stomach pains, hypoglycemia, skin eruptions, urinary problems, and breast infections. A popular spring cleanse combines dandelion with endive and chicory greens. Taken with ginseng and ginger, dandelion helps the body offset blood sugar imbalance.

The dried root and the leaves are considered an excellent liver remedy, indicated for hepatitis and digestive problems related to the liver and stomach. It stimulates bile production and helps the gallbladder pass gallstones. Bile is a dark-green fluid produced from many materials, including salts and byproducts of blood cells. It is made in the liver, stored in the gall bladder, and then is passed to the small intestine where it mixes with food from the stomach. It helps the body absorb calcium and vitamins A, D, E, and K, and aids the digestion and discharge fats--including cholesterol.

Dandelion is mildly laxative and helps the liver 'cleanse the blood'. It has a general effect on cell metabolism and is beneficial for rheumatic conditions. The leaves are used for the kidneys since they are diuretic. In Chinese herbal medicine, dandelion is used for upset stomach and to treat skin diseases, including breast abscess. Dandelion is very safe and has no side effects when taken internally. Perhaps the only thing negative about the plant is that it grows on your lawn. ☘

Adrian Bean, L.Ac.

If you are interested in speaking or making an appointment with Adrian, he can be reached at 619-239-7516.

Massage: What's right for you

Other than “ Don’t your hands hurt after doing this all day?” the question I hear most from new clients is “ What kind of massage should I get? “. Not as easily answered as asked. Here are a few questions to think to about before approaching your therapist:

- Are there any preexisting conditions that I should discuss with my physician before I get massage?
- Am I modest about my body? Would I rather not take my clothes off?
- Do I want to sleep during the massage?
- How do I want to feel when I’m done? Energized? Relaxed? More flexible?

There are many modalities of massage, each with various intentions and effects . Depending upon your experience with bodywork, you may want to choose something with a lighter touch to begin with. This is not to say, however, that lighter work isn’t as effective. In many cases, it can be more profound and powerful (in a healing sense). Here are some modalities that implement a lighter touch:

- Craniosacral Therapy- John Upledger, DO, researched and systematized this therapy. It is based on the cranial rhythm within the Craniosacral cavity and how it is affected by imbalances in the body. The emphasis is on promoting, through light touch and energy work, a balanced cranial rhythm to promote overall health.
- Jin Shin- A blend of Shiatsu, acupuncture, breath work, psychology and Taoist philosophy. This technique incorporates bodywork, dialogue, breath exercises and pressure point work during which pressure points are held for up to 5 minutes.
- Manual Lymph Drainage- This modality uses a number of techniques, including pumping and stroking to open capillaries and lymph nodes to promote an increased release of toxins and greater absorption capabilities.

With deeper forms of massage/bodywork, it’s important to recognize that your therapist will most likely want to communicate with you *during* the session. Questions about firmness, pressure or breath may come up. Unless you are an experienced massage receiver, sleeping through a deep massage will probably not happen. Any preexisting conditions should also be talked about with your massage therapist if not first with your doctor. If you are under the treatment of an M.D., please get the approval your doctor before seeking out a massage therapist. This is especially true for those with cancer, diabetes, and heart/breathing conditions. **If you have a fever, massage is always contraindicated; see your physician or accupunturist.**

Last, I believe the best question to ask yourself prior to massage is “How do I want to feel when I leave?”. How you want to feel when the massage is done is the best indication of what type of work you should receive. If work is crazy, and the kids are driving you nuts, let it be known. If you are just starting out at the gym, or ran 10 miles yesterday, say it.

So, what type of massage should you get? I can’t say specifically, but first and for most, whatever feels great. Bodywork is not about “no pain no gain”. When you feel great, that feeling continues when you go home to your nutty kids or crazy job. Talk with your therapist. The relationship we have with those who touch us is key in creating a healthy lifestyle.

And to answer the first questions, no, my hands never hurt! ☺

Derith Mason is a massage therapist and is available for appointments M-F.
She can be reached at 619-283-0720

seasonal tip

After months of cold weather and short days your physical body needs a jump-start. Breathe in spring and awaken as nature does: animals stretch their limbs, bulbs push forth from the chilly ground, trees extend tender new leaves—all are drawn toward the light and warmth of the sun. Three Dr. Hauschka Skin Care products help you leap into spring feeling healthy and fit:

Massage **Dr. Hauschka Birch-Arnica Body Oil** into arms, legs and back before and after each workout to keep muscles flexible. Extracts of birch leaf and arnica help loosen tight muscles before climbing onto the treadmill, and aches and pains are kept at bay.

Dr. Hauschka St. John's wort Foot Cream, a rich, hydrating moisturizer, softens calluses and cools your feet. Feel pampered as winter's dryness and irritation fade away.

Energize tired legs with cooling and refreshing **Dr. Hauschka Horse Chestnut Leg Toner**. By supporting healthy circulation, horse chestnut extracts protect against varicose veins. ☞

For more information about Dr. Hauschka products or any skin care issue call
Kelly Harrington. 619-239-6644

Teas with Cameryn

According to legend, a leaf from a camilla sinensis plant fell into a cup of hot water that the Emperor of China was drinking. He tasted the brew, enjoyed it, and the beverage that would instill mystery, ignite wars, inspire trade routes, parties and countless hours of wakefulness was born.

Today, some 5000 years later, tea is one of the world's oldest and most widely consumed drinks, second only to water. Treasured for its uplifting nature, tea is just starting to reveal its more discreet quality, its benefit to our health.

New research is pouring in, revealing teas numerous antioxidants, some which are showing to be significantly more powerful than our well loved vitamin C.

Studies also indicate that tea consumption is linked with reduced risk of lung, colon, breast, skin, and prostate cancers, as well as decreased mortality from coronary heart disease. It also enhances concentration and the ability to learn, better than caffeinated water alone.

One to three cups of tea a day is advantageous. Decaffeinated tea has most, if not all, of the active chemical components that appear to be beneficial in regular tea, making it a great alternative for those sensitive to or avoiding caffeine. Adding milk does not dilute the effectiveness of the antioxidants. Freshly brewed tea that is steeped for 4-5 minutes is most potent. Powdered, instant and bottled tea beverages contain only a fraction of the active compounds.

Good quality Black, Oolong and Green tea all have significant amounts of the principle antioxidant flavonoids. Due to the differences in processing, (Black is exposed to air the longest, Green the least and Oolong halfway in between), ratios of other components differ. Green tea has less caffeine and is more cooling, making it a good choice in the summer. Black tea is more warming and rich for the cooler months.

When shopping for tea, look for organic and fair trade teas. These insure that no farmers were exploited or exposed to dangerous chemicals during production.

To try some, please help yourself to a cup in our upstairs lounge. ☞

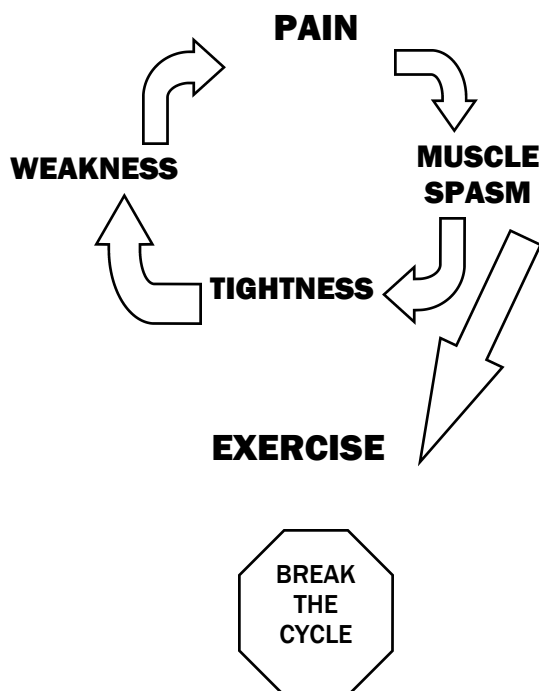
Cameryn Townsend is a licensed acupuncturist and Certified Chinese Herbalist. She is a wealth of knowledge and is





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Break the Cycle

Historically, the heart muscle, weakened by the pain of a heart attack, was treated by rest , medication, and activity avoidance. How is a weakened heart muscle treated today? Simple exercise.

Traditionally, we have treated back pain the same way...rest medication and activity avoidance. If 90% of back pain is from muscle trauma, weakness, inflexibility an imbalance-how should it be treated?

Simple exercise.☺

information barrowed from BodyLogic Health Management