

The Healing Point Summer News

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For appointments,
please call the
appropriate
individual. We looked
forward to helping
you in your quest for
balance and health.

ALOE VERA: A SUMMER SUCCULENT

Many of us are aware that aloe vera is an effective remedy for minor burns and skin irritations. It can also be used internally as a purgative and to treat arthritis. Aloe, a native of South Africa, has a very long history. It was revered by the ancient Egyptian pharaohs, Alexander the Great, and the Greeks, and is mentioned in the Bible. There are over 500 species of aloes, which is a member of the Liliaceae family, and the chemistry of the various species varies widely.

Aloe, a great home remedy, that is very easy to grow and use. The gel from the center of the leaves is emollient, which means it moisturizes the skin when applied topically. Several studies show that it accelerates wound healing. It also inhibits bacterial and candida albicans growth, lowering the chance of infection.

Because aloe is so effective topically, the internal uses of aloe are often overlooked. Aloe contains protease inhibitors and antiprostaglandins, which decreases inflammation, swelling, and redness. This supports the folk use of aloe juice as a remedy for arthritis and rheumatism. Magnesium lactate, an antihistamine, is also found in the leaves. A study from China shows that aloe protects the liver and benefits patients with chronic hepatitis. The husks of the leaf contain the potent purgative and should only be used for severe cases. I recommend that only a trained professional use this part of the plant.

Aloe gel is an excellent emollient that increases healing for burns and minor skin irritations. The gel can also be taken internally for arthritis, psoriasis, acne, and minor liver problems. The gel (or juice from the gel) is safe to take internally. The leaf husks are strongly purgative and should not be given to children. ☞

Adrian Bean, L.Ac.

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

His office hours are 8am to 6pm, Monday-Wed, and Friday.

Beyond the Backache

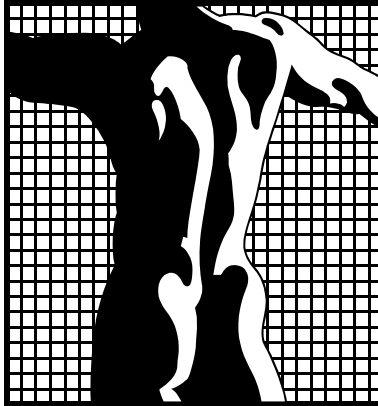
Back pain is the biggest complaint I hear about in my business. People come in about upper back pain, midback tension, and lower back aches. The medical community seems to just shrug their shoulders.... even after giving their patients drugs, ordering CAT scans and MRI's. Many individuals find the answer they are looking for, but for the majority of people (in my opinion) the questions usually still stands: Why does my back continue to hurt? Here are some helpful options you might want to consider to help control back pain:

Ergonomics:

I truly believe the majority of back pain can be relieved if not solved with proper ergonomics. The term "ergonomics" is derived from two Greek words: "ergon", meaning work and "nomoi", meaning natural laws. Ergonomists study human capabilities in relationship to work demands.

In recent years, ergonomists have attempted to define postures which minimize unnecessary static work and reduce the forces acting on the body. According to Robert Rickover of Ergonomics.com all of us could significantly reduce our risk of injury and pain if we could adhere to the following ergonomic principles:

1. All work activities should permit the worker to adopt several different, but equally healthy and safe postures
2. Where muscular force has to be exerted it should be done by the largest appropriate muscle groups available.
3. Work activities should be performed with the joints at about mid-point of their range of movement. This applies particularly to the head, trunk, and upper limbs. (Cortlett, 1983)



Our world is not set up ergonomically correct for the activities we force upon ourselves everyday. Think of your body like a house. If the upper story of a house didn't have a proper foundation or "footing" it would tip over. You may attempt to counter act that with steel reinforcement, but after a while, the drywall would begin to crack, even with the steel support. Your back is the same. With arms outstretched, our spine holds us upright, but with our weight not evenly distributed, our "drywall" or muscle structure begins to weaken, hence causing pain. To learn more about ergonomics and how to improve your posture, go to : www.ergonomics.com www.office-ergo.com

Stretching:

A common misconception about stretching is that it's a "chick thing". That couldn't be further from the truth. The older we get, the more we need to stretch. A person can be strong, but true strength occurs when muscles are healthy, and part of that health includes flexibility. Like all exercise, stretching needs to be mastered to be effective. The

best people to consult are yoga instructors, movement therapists or physical therapists. If you belong to a gym, they too, provide group classes in stretching. As a massage therapist, I give clients suggestions or loan out books on stretching. Your massage therapist may do the same. It doesn't hurt to ask!

Here are some contacts for stretching assistance:

Visions Personalized Fitness
619-229-9695 (ask for Vickie)
www.astangayoga-sandiego.com

Massage & Bodywork:

Massage therapy is now licensed or regulated in 30 states and is rivaling chiropractic as the most popular alternative therapy for back pain.

Studies suggest that massage can help relieve back pain and improve ones' ability to function in daily activities. It can improve circulation to stiff, stagnate areas, break up adhesions from past trauma, and stretch tissues. Many massage therapists, like myself, incorporate stretching too. There are many modalities of massage, so if you experience backpain, it is important to relay information such as area of the back that is hurting, activities that aggravate the condition/ improve the condition, as well as other types of therapy you may have tried.

Massage is a passive therapy that will not cure your pain. It can relieve the tension and relax the muscles, but active therapy (self care, personal responsibility) is key. No single treatment-conventional or alternative-will work for everyone. But with persistence and patience, almost anyone can find a treatment or activity that helps. ☪

Derith Mason is a

Holistic Skin Care for Health and Fitness

Everything about spring encourages us to go outdoors, to open the windows, to let in the fresh air. With the temperature warming and the daylight hours increasing, summer is the season we feel the urge to stretch out, to exercise after a season of extended “June Gloom”. According to most statistics, an alarmingly small percentage of the population (between 15% and 30%) exercise regularly despite the fact that the majority of adults are aware of its value. Getting started is key. Maintaining a successful exercise program and staying motivated is the challenge.

Honor the human body, celebrate the beauty of motion, of people reveling in their physical health; this is one way to motivate.

We recommend five holistic preparations to support your efforts to stay healthy and fit. Made with the finest organic and biodynamic ingredients, these vital preparations provide nurturing support from warm-up to cool down.

It is through your feet that you establish your standing in the world.

Dr. Hauschka St. John’swort Foot Cream

Because your feet keep you grounded, they deserve special care. The moisture-rich St. John’swort Foot Cream softens and protects dry, rough, irritated feet with the added healing benefits of St. John’swort.

Cool down your feet after workout or at the end of a long day with **Dr. Hauschka Rosemary Foot Balm**. Balance begins with the feet. Silk powder in Rosemary Foot Balm brings comfort by balancing and absorbing excess moisture. Essential oil of rosemary stimulates circulation and brings warmth to cold feet. Unique ingredients combine to soften corns and calluses and reduce the appearance of fungus.

Standing erect, arms outstretched, we are firmly connected to the earth while we reach for the stars.

Dr. Hauschka Horse Chestnut Leg Toner

Energize tired, overworked legs. After a strenuous workout or long day on your feet, Horse Chestnut Toner instantly cools and refreshes. Horse Chestnut bark strengthens and tones giving legs renewed vitality.

Dr. Hauschka Rosemary Leg and Arm Toner Rosemary Leg and Arm Toner

encourages the body to warm up by stimulating circulation. Borage extract and rosemary essential oil combine to invigorate the senses and revitalize arms and legs. This refreshing toner reduces the appearance of varicose veins and cellulite. Ideal before and after exercise.

When one part of the human body is honored, the whole body share the joy.

Dr. Hauschka Birch-Arnica Body Oil

Bring soothing comfort to the muscles before and after tough workouts with Birch - Arnica Body Oil. The vital extract of birch invigorates while arnica’s forces of warmth restore flexibility. Skin feels soft, supple, and nurtured.

Honoring the physical brings joy to the whole person, from head to toe. Exercising the body strengthens the spirit. Exerting energy releases stress, relaxes the mind and nurtures the soul. These five preparations let you feel the beauty of your body in motion. Now you can nurture your feet, refresh your legs, honor your body and move into your life- renewed.



Questions about Dr. Hauschka products or Holistic Skin and Body



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.



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THE HEALING POINT

Our Opinion

The Healing Point News is intended to be a quarterly informational newsletter to increase awareness with regards to acupuncture, skincare and massage. Articles printed in The Healing Point News are the opinions of the individual author and should not be taken or treated as medical, physical or physiological treatment. Questions regarding articles