

# Mornington Complementary Medicine



## *January Newsletter*

Welcome to 2014! We hope you all enjoyed a safe and restful Christmas and New Year period and are ready to welcome 2014 and all it has to offer!

This month we have a fabulous Newsletter rich with information from Peter Loupelis about what to expect in the **Year of the Wood Horse**. You can also read some fascinating research with CT scans showing Acupuncture Point locations. Learn what acupuncture for kids really means, what conditions it can help and what to expect in a treatment session. We have also included a page showing the broad range of health issues that Acupuncture can assist with.

***Enjoy!***

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# 2014 The Year of the Wood Horse

Peter Loupelis—Acupuncturist



The 2014 lunar year begins with the New Moon on January 30, heralding the year of the Wood Horse in the ancient Chinese calendrical system. So what does this mean for you?

## A year of action

In this calendrical system, the years alternate between being categorised as 'yin' or 'yang'. Nature is observed to generally fluctuate between two basic energies, like poles. The original character for yang denoted the imagery of the sunlit side of the mountain, whereas the character for yin represented the idea of the shaded side of the mountain. Both states exist simultaneously, and of course throughout the course of time, will fluctuate according to the time of day, as the sun moves across the horizon.

So in simple yin/yang terms, this year promises to be a little more dynamic and energetic than last year, which had more of a restful quality. Another way to consider the differences is to feel the movement of your breathing now: yang is the inhalation, the exertion and contraction of muscles to create the inwards flow of life-giving oxygen into our lungs; whereas yin is the relaxation of those same muscles, allowing the air to gently leave the body, carrying with it the carbon dioxide we no longer need.

## New beginnings

The calendrical system of China was made up of two parts: the heavenly stem (represented by one of the ten elemental phases), and the earthly branch (represented by one of twelve animals). This combination of ten stems and twelve branches gives 60 combinations, thus a cycle of 60 years developed. This year is the 31st year of a 60-year cycle, the time when we enter into the returning phase of the larger cycle.

This year's stem is represented by jia, which is the first stem, and is the yang version of the wood element. This phase is described in ancient classics as being like the sprout breaking through the earth.

Imagine a seed buried in the earth; now imagine the plant that it becomes – it is amazing to think that something as large as the plant comes from such a tiny seed, isn't it? And imagine how much energy is required for the sprout to emerge from that seed and to rise up through the layers of soil to break through into the sunlight and begins the process of photosynthesis. This is why the wood element is associated with the season of spring, where after the restfulness of winter new life is encouraged to emerge and begin the cycle anew.

## Full expression

The twelve animals as symbols of the earthly branches were a later Buddhist interpolation. Previously, the earthly branches were also represented by the symbols of the five elements. The earthly branch wu – the horse – signifies the element of fire in its yang form: it is vibrant, quick-moving, and powerful. This branch is described as representing the peak of growth, just before a fruit ripens, or the peak of summer. Fire is also warming, and brings illumination in the darkness. The energy is that of the midday sun high in the sky, or the longest day of the year in the summer solstice.

## The horse in the clouds

The combination of these elements presents a phase where there is much energy, but could be very easily burnt out if the appropriate attention is not paid. The earthly branch represents how the energy of the heavenly stem will be made manifest; so the incredible burst of energy of yang-wood is fuelled by the power of yang-fire in its fullest expression. Your Ming – destiny – may well have been determined by your genetic inheritance and your upbringing; however it will only become manifest if you make conscious choices for it to do so. You make your own choices as to how specifically you will make these patterns manifest themselves in your life at this time.

This combination of elements is represented in the ancient Book of Changes by the hexagram tong ren which translates as “seeking harmony”. This year, you may find it beneficial to seek harmony with those around you in order to get through obstacles and obstructions. When there are difficulties and challenges, it is helpful to recognise the similarities with those around you – your family, friends, colleagues, workmates, etc. Whilst ‘tong ren’ translates as “sameness amongst people”, philosophically it is also understood that within similarities there are also differences, and that the harmony comes about not so much by everyone being the same, but by being different – unique and individual; their sameness comes through the union towards a common goal.

A Buddhist commentary on this symbol from the 17th Century states “one mind has all possible states of being inherent in it, and every state of being has every other state of being inherent in it, so there are countless differences in the points of inter-penetration of these states of being, which are representative of our states of our mind”.

The idea of ‘news of difference’ is a key concept written about by Anthropologist Gregory Bateson, likening it to the phenomenon of stereo-vision. Look at an object first with one eye, then with the other. That object appears slightly different in each eye on its own. Now look at that object with both eyes at once; the two individual images are superimposed on each other by your mind to create a single image that has depth.

It is the internal illumination of your values that allows you to be strong and to adapt to the changes that will become present. By illuminating the differences around us, we notice the similarities, the common elements and patterns that hold us all together.

This is a year to face challenges not on your own, but with the help of your allies. The sun is shining high in the sky, showing you the way to begin a new phase of your life-cycle. Take the energy of the horse and ride it triumphantly along your new path.

*To read more of Peter's articles please follow the link to <http://nourishinglife.com.au>*

*Peter is available for consult Monday and Wednesday at Mornington Complementary Medicine*

# New CT Scans Reveal Acupuncture Points

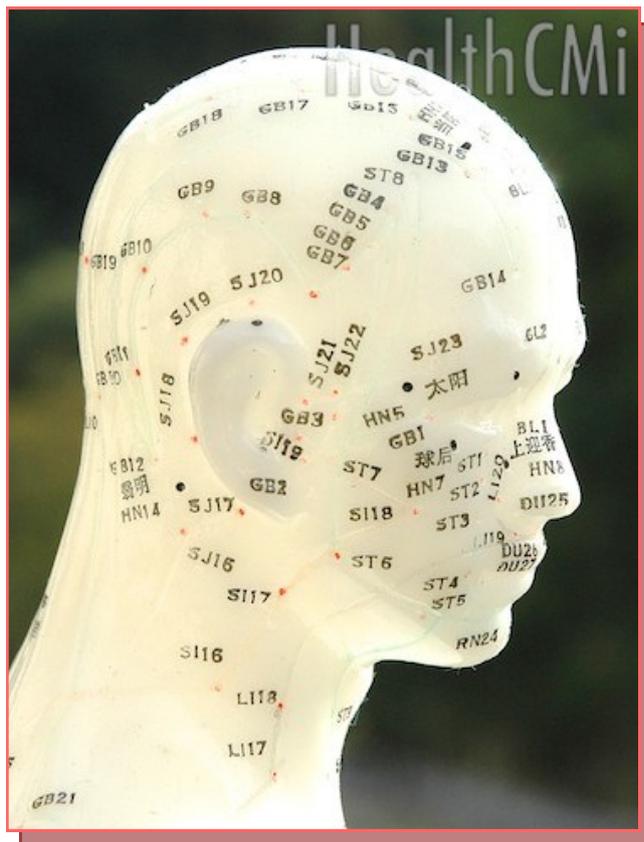
CT scans reveal anatomical structures of acupuncture points. A CT (computerized tomography) scan is a series of X-rays used to create cross-sectional images. In this study published in the *Journal of Electron Spectroscopy and Related Phenomena*, researchers used in-line phase contrast CT imaging with synchrotron radiation on both non-acupuncture points and acupuncture points. The CT scans revealed clear distinctions between the non-acupuncture point and acupuncture point anatomical structures.

Acupuncture points have a higher density of micro-vessels and contain a large amount of involuted microvascular structures. The non-acupuncture points did not exhibit these properties.

The researchers note that the state-of-the-art CT imaging techniques used in this study allow for improved three-dimensional (3D) imaging of a large field of view without artefacts. This greatly improves imaging of soft tissue and allowed the researchers to make this important discovery.

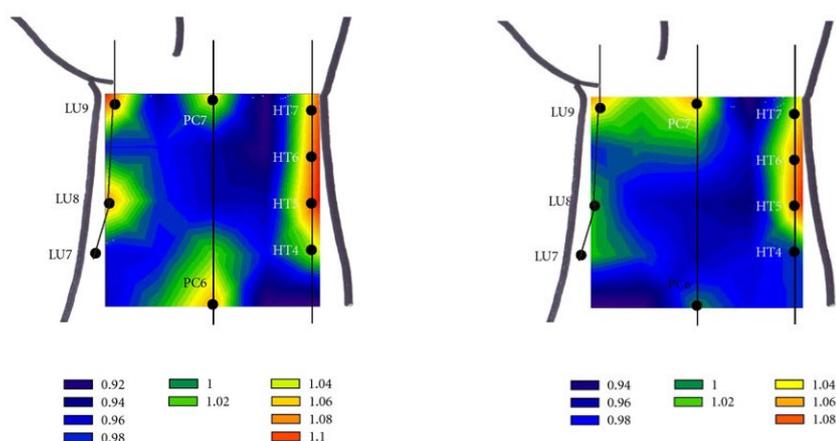
The acupuncture points ST36 (Zusanli) and ST37 (Shangjuxu) were shown to have very distinct structural differences than surrounding areas. At the acupuncture points, microvascular densities with bifurcations “can be clearly seen around thick blood vessels” but non-acupuncture point areas showed few thick blood vessels and none showed fine, high density structures. The acupuncture points contained fine structures with more large blood vessels that are several dozen micrometres in size plus beds of high density vascularization of vessels 15-50 micrometres in size. This structure was not found in non-acupuncture point areas.

The researchers note that the size of an acupuncture point “can be estimated by the diameter of microvascular aggregations....” They also commented that other research has found unique structures of acupuncture points and acupuncture meridians using MRI (magnetic resonance imaging), infrared imaging, LCD thermal photography, ultrasound and other CT imaging methods. The researchers commented that many studies using these technological approaches have already shown that acupuncture points exist. They note that “the high brightness, wide spectrum, high collimation, polarization and pulsed structure of synchrotron radiation” facilitated their discovery. They concluded, “Our results demonstrated again the existence of acupoints, and also show that the acupoints are special points in mammals.”



In another interesting study, researchers used an amperometric oxygen micro sensor to detect partial oxygen pressure variations at different locations on the anterior aspect of the wrist. The researchers concluded that partial oxygen pressure is significantly higher at acupuncture points. Below are images from the study measuring the increase of partial oxygen pressure combined with an overlay of the local acupuncture point locations. The images map the Lung, Pericardium and Heart channels and their associated local points. Acupuncture points P7 and P6 clearly show high oxygen pressure levels as do the other acupuncture points in the region.

These measurements are not needed points but are natural resting states of acupuncture points absent stimulation. A truly unique finding, acupuncture points exhibit special oxygen characteristics. Acupuncture points and acupuncture channels are scientifically measurable phenomena in repeated experiments.



See more at: <http://www.healthcmi.com/Acupuncture-Continuing-Education-News/1230-new-ct-scans-reveal-acupuncture-points#sthash.W00iud6A.dpuf>

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# 6 Ways “Golden Spice of Life” can heal you

By PF Louis (Natural News)

<http://www.hungryforchange.tv/article/6-ways-the-golden-spice-of-life-can-heal-your-body>

The benefits of turmeric, due to its active ingredient curcumin, have been demonstrated by modern western medical research and centuries of empirical evidence from India and China.

The problem with turmeric's curcumin is that it has a hard time getting past the stomach and into the small intestines where it can be absorbed into the blood.

So before purchasing turmeric powder or extracted curcumin capsules, it's important to know a couple of tricks for getting the most beneficial absorption for turmeric's curcumin.

As an ingredient of curry, turmeric is traditionally mixed with a healthy fat and heated. That's a hint for what needs to be done in general with turmeric powder, certainly the least expensive way of benefiting from turmeric's curcumin.



## **Optimizing Turmeric (Curcumin) Absorption**

Here's a convenient method of making "**Golden Milk**:" Take a quarter cup of high quality, certified or organic turmeric powder mixed in a half cup of pure water and simmer for a few minutes on medium heat, stirring constantly to form a slightly moist, thick paste.

Let it cool and put it into a glass jar. It can keep for weeks in the refrigerator. To consume a dose, dissolve a small portion of the turmeric paste in a bit of warm milk or coconut oil. Add some pepper to take advantage of piperine's nutrient absorbing properties.

If you want to avoid preparation hassles, there are curcumin capsules available that contain black pepper extract or piperine. Enteric-coated capsules can bypass the stomach and into the small intestines where their contents can be absorbed.

You can boost the nutrient absorption further by emptying the capsule's contents in a small amount of warm, pure virgin olive or coconut oil. Add pepper if your curcumin capsules don't contain piperine.

# 6 Turmeric (Curcumin) Benefits

Turmeric's curcumin is a safe, effective anti-inflammatory. More and more health practitioners and researchers are realizing that inflammation is the source of most disease, even if the inflammation is not directly noticeable.

That means there are many benefits of using turmeric (curcumin). Here are six of them:

## **1. Eases Arthritic Pain**

It has been clinically proven to ease arthritic pain and promote increased flexibility in many studies. It's comparable to large doses of ibuprofen (800 mg daily) without side-effects while actually delivering other health benefits.

## **2. Prevents Cirrhosis**

It slows or delays liver damage that could develop into cirrhosis.

## **3. Reverses Alzheimer's Disease**

It slows and helps reverse the onset of Alzheimer's disease as symptoms develop. It also helps eliminate cognitive decline normally attributed to "old age."

## **4. Aids Digestion**

It aids digestion, the root of good or bad health. It has been used successfully to ease the agony and help heal inflammatory bowel disease.

## **5. Prevents Cancer**

Mixed with the appropriate veggies for specific cancer types, it helps fight cancer cells and prevents them from metastasizing. It reduces carcinogenic heterocyclic amines that are formed when meat is cooked by up to 40 percent.

## **6. Powerful Antioxidant**

It is a potent antioxidant that helps promote heart health, memory, and boost the immune system. It has the potential to deliver more antioxidants than even vitamins E and C. Amazingly, it can deliver even more antioxidant power than grape seed or pine bark extracts. It's strong enough to scavenge the hydroxyl radical considered the most reactive oxidant.

All these benefits add up to serving as an anti-aging agent, with direct results manifesting in the skin after daily use over an extended period of time.

Just keep in mind that to get maximum benefits, it needs to be high quality turmeric or curcumin in a form that optimizes curcuminoid absorption, as explained earlier in this article.



# Shonishin Acupuncture & Kids:

Since 1996 the rates of chronic illness have more than doubled in children! We have seen a rise in asthma, allergies, autism and ADHD. All of these problems and more however can be successfully treated or managed effectively with acupuncture.

Parents are increasingly turning to alternative medicines like acupuncture because they want to help heal the root of their child's health issues. They don't want to resort to using medications with their potentially harmful side effects unless absolutely necessary. They realize many of these medicines only treat the symptoms (at best) of their child's illness and don't address the root problem.

## Is Acupuncture Really Safe for Kids?

That's the most important question parents have. The short and simple answer is absolutely Yes! With the current standards of training in the Australia, children seeing a 4 year fully trained registered acupuncturist, therefore they are in very good hands.

All of the techniques of Shonishin used in children **do not involve needles at all**. Acupuncturists can use massage, acupressure and other non-needle treatments to stimulate the acupuncture points.

On the rare occasion if needles are indicated, they are extremely fine and superficially inserted. In babies and children under age 8 an in/out technique is used where the needle or "tap" is swiftly inserted and immediately removed.

In kids over age 8 needles are inserted superficially and left in from 2 to 20 minutes depending on the age and tolerance of the child. This type of paediatric acupuncture technique minimizes any serious risk to the child.

## Don't Take Our Word For It...

According to a study published in 2011 called "[The Safety of Pediatric Acupuncture a Systematic Review](#)" in The Journal of Paediatrics, acupuncture was found to be safe when performed by an trained and registered acupuncturist.

In this study the authors focused on the safety of acupuncture in children by reviewing over 37 different studies on acupuncture safety for kids. What they found was that acupuncture was extremely safe with little or no adverse reactions, especially when compared to many common over-the-counter drugs (such as Acetaminophen). Researches discovered that out of the combined studies' nearly 1500 children and teenagers only a small percent (168) experienced what they considered mild side-effects such as bruising or a little bit of swelling at the needle site. Only in rare cases were serious adverse effects shown and they occurred when the child was being treated by an assistant or practitioner that wasn't fully trained and licensed in acupuncture. **As long as you are taking your child to a fully trained and registered acupuncturist, who has experience in paediatrics, your child, will be completely safe.**

## How Does Shonishin Paediatric Acupuncture Work?

As children's bio-energetic systems are in the "yang" phase their energy (Qi) moves very quickly. Shonishin uses a variety of rounded tools including stones, shells, silver or gold rods. Using these tools and gentle rhythmic stimulation the Practitioner can harmonize and fortify the child's vital energy and strengthen the child's constitution.

# Shonishin Acupuncture & Kids:

## What Do Kid's Get Treated For?

ADD/ADHD  
Allergies  
Asthma  
Autism  
Body Pain  
Eczema  
Chronic ear infections  
Chronic colds and flu's  
Chronic rhinitis  
Colic  
Conjunctivitis  
Constipation  
Digestive Disorders  
Diarrhoea  
Headaches  
Infant reflux  
Sinus infections  
Sleep disturbances  
Tummy troubles



**Shonishin Paediatric Acupuncture can help kids with safe, effective and drug-free treatments that help the body heal itself!**

## Will Kids Let us treat them?

There is nothing more delightful than watching the kids that come to our clinic happily run off into the rooms for treatment. Travis and Jo have a warm and comfortable connection with the kids and more often than not we have the siblings of patients asking when they will also get a turn to have Acupuncture! During the sessions parents will be shown some fabulous skills that can be implemented at home which in turn makes the children even more familiar with the process. And for children that feel nervous or reluctant these skills that parents can be taught can be a great way to ease kids into the routine of acupuncture.

Kids respond really well to acupuncture, sometimes even after the first visit their symptoms improve and when they feel better they want to come back. I swear... kids really love acupuncture! I see it time and again.

Travis and Jo are available for Paediatric acupuncture consults on  
Tuesday, Wednesday, Thursday and Saturday at Mornington Complementary Medicine



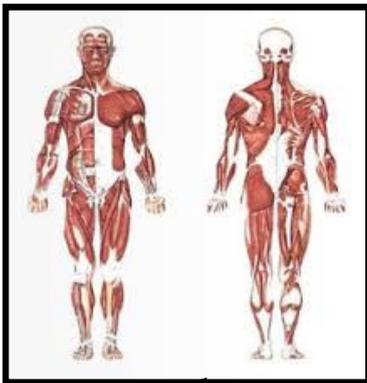
General health and wellbeing

Paediatric health  
(Shonishin Japanese  
Paediatric Acupuncture)



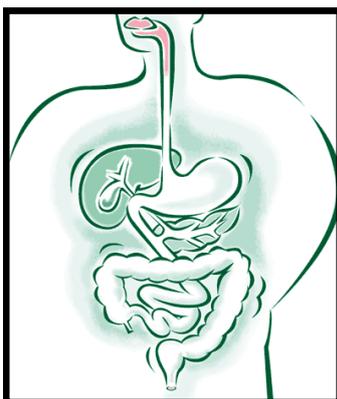
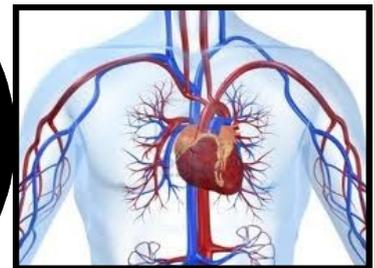
Skin complaints

Musculoskeletal

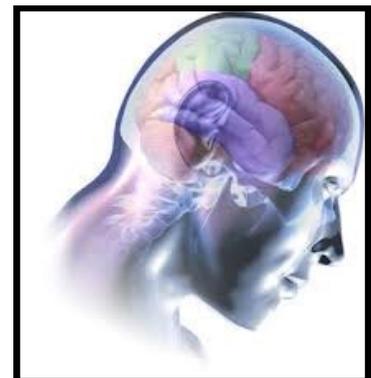


**What else can  
MCM  
support you  
with?**

Cardiovascular



Digestive problems



Neurological conditions

For a comprehensive list of conditions that MCM treats visit our website at:

<http://www.complementarymedicine.net.au/>

Wondering whether acupuncture can help you or someone you know?

Call the clinic on 59 736 886 to talk with one of our experienced staff!