

January 2009

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# North Park Acupuncture

## Winter Newsletter

### ANNOUNCEMENTS

#### Welcome Tina Pham

Our first full time Office Manager. Tina joins us from an acupuncture clinic in Bakersfield, Ca. She just moved to San Diego to join her sister who is attending UCSD. She is doing an amazing job and gives an awesome massage after the ionizing foot bath.

#### Moving On to New Opportunities

Gordon Cowles, HHP is now doing massage on an outcall basis and is at the Knot Stop at the Uptown Shopping Center [www.theknotstop.com](http://www.theknotstop.com). He can be reached on his cell phone 619-929-5305

#### Note from Kali Korogy

Dear Friends,

2009 is time for me to emerge and fly as a full time hypnotherapist. It has been such a joy getting to know each of you. You have touched my life and made it better for the contact; I can only hope I have done the same for you. I will not say good-bye; instead I offer blessings on your respective journeys as I embark upon my own. Thank you for your love and kindness, thank you for opening and sharing your hearts with me.  
Love and Light,  
Kali

I can be reached at:  
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### New Year New Beginnings

Happy New Year Everyone. May your year be filled with health and joy. The New Year started off with a bang here at the clinic. We have already experienced so many great changes: our first full time employee, the community treatment room, our Stop Smoking Program. We all certainly are ready for some positive changes after such a dramatic 2008.

The Community treatment room is where you receive simple streamlined treatments in a semi-private room. It is a efficient way to offer our Stop Smoking Program where patients could come in as often as they need. You can read more about it on the next page.

### How deeply can you rest?

Each New Year we are encouraged to make resolutions and positive changes in our lives. Losing weight, stop smoking and getting into better shape are usually at the top of the list. Unfortunately there are a lot of obstacles in taking on new behaviors at the beginning of the year. Many of us are exhausted, over spent and over stimulated from the holiday season. These are not the best conditions to begin our personal renovation projects.

As you have read in this newsletter, Winter is the time to conserve your energy. With the long cooler nights

and short low light days, this is best time of the year to rest, replenish and not over-extend. When you go with the flow of nature your body will be able to truly repair and rest.

So perhaps your initial goals could be how long can you sleep—or how deeply can you relax. What can you do to simplify and de-stress your life? What activity gives you the most nourishment? If you do these activities you will conserve your yang qi. You'll become recharged and ready for the new energies of the spring when your qi begins to emerge hibernation.

### Acupuncture in the News

#### Acupuncture on the Battlefield?

The Air Force Surgeon General announced a pilot program to train a cadre of active duty physicians in the emerging discipline of medical acupuncture. It is a unique course whose goal is to incorporate acupuncture into the practice of military medicine in the field clinic and battlefield environment. Acupuncture is already being used in the Veteran's Hospitals. It has been so successful they want to find out what would happen if they started getting treatment sooner. They are using it both for orthopedic issues and mental health issues.

#### Acupuncture use jumps by 50 percent in 5 years.

An estimated 3.1 million Americans used acupuncture and Oriental Medicine in 2007, a 50 % increase from 2002, according to the National Center for Complementary and Alternative Medicine (a division of the NIH). This shows that you are in good company. More and more people are enjoying the benefits of acupuncture and herbs.



#### Qi Gong & Your Kidneys

Try the *Cultivate Your Field of Elixir* exercise on page 2 of this newsletter. It will strengthen your Qi, your energy reserve so when you need it, it will be there.

Here's another good exercise to do to strengthen your Kidney Qi. Rub your palms quickly together until they get warm and then place them on your back at the level of your waist or higher. Hold them there for a few moments and then rub up & down emphasizing the up movement. This will warm and lift your core energy.

# North Park Acupuncture Winter Newsletter

## COMMUNITY TREATMENT ROOM

We have converted the massage room into the Community Treatment Room. This is a place to receive simple, yet powerful acupuncture treatments in a semi-private room, for nearly one third the cost. It is designed for conditions that benefit from more frequent sessions. This is how most treatments in China are administered. It is very affordable and accessible therapy. Great for people fearful of needles.

The room has 3 Lafuma Folding Recliner chairs (pictured at the right). They are very comfortable and when reclined put your spine and hips into a "Zero Gravity" position which allows your supportive muscles to relax.

There is no appointment necessary for this room, we are offering it on a "drop in, first come first served" basis. With the 3 chairs and the 20 minute treatment length we should be able to accommodate all who need this type of treatment. But if you are on a tight schedule you can call ahead and reserve a chair.

### Which conditions does it treat?

This style of treatment stress related and chronic diseases, as well as addictive behaviors. Stop smoking, weight loss, anxiety, sleep disorders, fibromyalgia.

### How much does it cost?

Introductory rate of \$25. Multi-treatment packages are available

### What is a treatment session like?

You sit in the chair, remove your shoes and socks, pull up your pant legs. Sit back relax as we insert needles in your ears, hands and feet (sometimes forearms and legs). Rest and relax with the needles for about 20 minutes. We come in and pull your needles. Then you are done and ready to go on about your day.

### The Details

- ◆ No appointment necessary!
- ◆ Monday- Saturday 11:30am to Noon
- ◆ Monday –Friday 2pm- 5:30pm
- ◆ \$25 per session
- ◆ Great for tune-ups!



## STOP SMOKING PROGRAM

A full month of support!!

Stopping smoking is one of the most difficult behaviors to achieve. It is nearly impossible without some form of support. Acupuncture and Chinese Medicine has been proven to be one of the most effective means of support in eliminating the cravings for nicotine. It is so effective in treating addictions, acupuncture is used by the court system as an alternative to jail time.

### We are offering a special comprehensive month long support program. It includes:

*Unlimited daily Community Treatment Room Sessions*

*One Month supply of Chinese Herbal formula*

*4 Ionizing foot bath sessions*

*A \$600 value for \$400*

We are looking for a few volunteers to start this program off. Give us a call if you, or someone you know, are interested in participating in a pilot program. In exchange for the treatment we would ask you to write about your experience.

## GUNG HAY FAY CHOY

### HAPPY NEW YEAR

The Chinese Year of the Earth Ox started on Monday, January 26.

According to Astrology.com, during this year of the ox, any recent setbacks or obstacles can be overcome, with the hard work and perseverance of the Ox's energy. We can look forward to a year in which we all can really shine, either personally or professionally.

The year 2009 will be a period of lasting accomplishments. This is true for individuals, societies and the human race in general.

There may be times when motivation appears to be lacking. In fact the big chal-

lenge everyone faces is to generate the enthusiasm and desire to act. Those individuals and organizations that do will create enduring benefits for themselves and the world.

I hope you all enjoy this new year and that we can be apart of supporting you with your health regime.



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