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Gratitude and Health by Gayle Kildebeck, L.Ac.

Inside this issue:

<i>Gratitude and Health</i>	1
<i>Share Everything</i>	1
<i>Hot and Cold Hydrotherapy</i>	2
<i>Strengthen your lungs to Prevent Colds and Flu</i>	2
<i>Dry Brush Massage</i>	2
<i>Holiday Stress Management Techniques</i>	3
<i>Measure Your Stress with Adrenal Stress Index</i>	3
<i>Notes from a Patient</i>	3
<i>The Hundredth Monkey, the Story of Collective Consciousness</i>	4

As the holidays approach and the demands on our energy increases, we can easily get stressed and more vulnerable to cold and flu. There is a simple thing that you can do to ease the effects of stress: A Gratitude Journal.

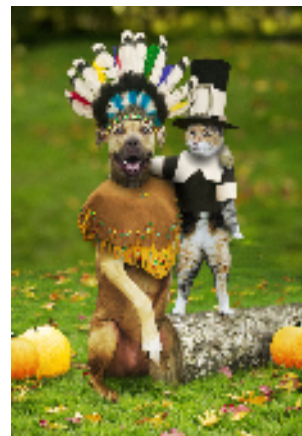
The Practice: At the end of each day write down at least 5 things that happened during the day that you feel grateful for. Robert Emmons a Professor of Psychology at UC Davis, studied the effects of keeping a gratitude journal for over 10 years. He discovered 3 simple facts about the practice of a Gratitude Journal:

- 1) It can increase your level of happiness by 25%.
- 2) A few hours writing a gratitude journal over 3 weeks can create an effect that lasts 6+ months
- 3) That cultivating gratitude brings other health effects, such as longer and better quality sleep time.

Give it a try and let us know how it works.

We all, here at North Park Acupuncture are so grateful to have the opportunity to assist you in achieving your health goals. Your improved health and well being brings us great joy.

*Wishing you
and your
family a
wonderful
Thanksgiving
filled with
love and
gratitude*



Share Everything by Daniel Knight, L.Ac.

I recently had a patient come in for treatment for her minor depression and anxiety issues. After a few visits she mentioned she also was experiencing indigestion and acid reflux after eating. In addition to the aggravating, burning discomfort, she felt like the food was getting stuck in her stomach. To a lot of people, these symptoms might sound unrelated to her main complaint of depression and anxiety, but after further questioning, it was revealed that her digestive complaints started and worsened when she was under stress.

That day during her treatment I added points to aid and improve her digestion as well as move the stagnant qi that was the root of both problems. She was also given an herbal formula to help with her digestion and acid reflux. When she returned in two weeks for her next appointment, her digestive problems had resolved and she was feeling much better overall. This is a good reminder to make sure you share all your symptoms with your Acupuncturist so we can help you get better faster.

Come See Us for All of the Following:

- Acupuncture
- Chinese Herbs
- Massage
- NAET
- Nutritional Testing and Counseling
- Apex Supplements
- Pancha Karma
- Shirodhara

North Park Acupuncture operates 100% on referrals. Thank you so much for your confidence in our business.



Alternate the hot with the cold and repeat three times.

Hot and Cold Hydrotherapy

- ◆ Begin with a comfortably hot shower for three minutes.
- ◆ Follow with a sudden change to cold water for 2 minutes.
- ◆ Repeat this cycle three times, ending with cold.
- ◆ Follow with a full or partial massage, or a brisk towel rub and mild stretching exercises for best



Techniques to Strengthen Your Lungs to prevent colds and flu

- Dry Brush Massage, Daily Hot pack placed below your navel to strengthen your core energy
- Hot and Cold Showers,
- Pranayama – Breathing techniques – refer to our website
- Lung Tonic Herbs,
- Vitamin C, Calcium and Magnesium,
- Get treatment and take herbs as soon as you are exposed and feel the slightest twinge of sickness coming your way.

Consider Giving the Gift of Health!!

Breeze through the holidays feeling healthy, happy, & wise. We offer gift certificates for all services in the clinic:

Acupuncture, Chinese Herbs, Ionizing Footbaths.

This will make your life easy and your friends and family happy and healthy.

Chinese Herbal Cold and Flu Formulas

Natural Remedies to prevent and treat cold and flu symptoms

For Prevention

Gan Mao Ling
Nose Oil
Jade Wind Screen

For Treatment

Yin Qiao
Bronchitis Rx
Ear Ache Rx
Stomach Flu
Hangover Pills
Cough Syrup

Ask your acupuncturist for recommendations!!

Dry Brush Massage

- ◆ First, acquire a good natural bristle brush (at your local health food store). Just for you, don't share with others!
- ◆ The best time to brush your skin is just before a shower.
- ◆ Starting with the soles of your feet, brush with upward circular strokes, massage every part up/in toward your center.
- ◆ Brush in this order: first feet and legs, then hands and arms, the back, abdomen, chest and neck.
- ◆ Brush until your skin becomes rosy, warm and glowing.



Natural Bristle Brush

Holiday Stress Management Techniques

- ✧ Do your best to stick to a daily routine that includes regular times for eating, relaxing and sleeping.
- ✧ Enjoy regular, mild exercise. Favor activities like gentle yoga, tai chi, or walking over intense exercise that requires running or jumping.
- ✧ Try to keep yourself comfortable and warm throughout the season. Whenever possible, avoid the wind and severe cold.
- ✧ Try not to worry and keep yourself happy and relaxed.
- ✧ Lubricate your nasal passages with Nasya Oil (sold at the clinic).
- ✧ Take time to slow down and breathe deeply.
- ✧ Try to talk less and listen more.
- ✧ Nap in the sunshine – on a large, warm rock or sandy beach.
- ✧ Avoid being frantic, focus on completing what is most important to you with a composed and calm mindset.
- ✧ Keep a gratitude Journal
- ✧ Whenever possible, make an effort to go to bed by 10 pm and let yourself sleep in to just past sunrise.
- ✧ Give yourself a daily 15 min oil massage.
- ✧ St. John's Wort has been shown to help with Seasonal Affectiveness Disorder (Contraindicated if you are on Paxil, Pro-



You can measure your stress level With the Adrenal Stress Index

It is possible to know exactly how stressed you are and how it is effecting your metabolism and vitality.

The Adrenal Stress Index™ (ASI™) \$99 is a saliva test used to measure your Insulin-Cortisol relationship under real life conditions. It helps to evaluate the impact of stress, chronic pain and inflammation on your adrenal adaptation response. It helps you and your practitioner correctly identify the causes and to treat the following symptoms: insomnia, weight gain and obesity, insulin resistance, deranged blood lipids, sugar blues, early diabetes and associated emotional disturbances.

Notes from a Patient

One of our patients, Carol Wahl (name used with permission) who is a loving, gregarious singer and dancer (she was also 2nd runner up for Ms. Senior California), was diagnosed with ALS last year. ALS is a disease that progresses rapidly affecting and destroying the motor neurons. It impairs the brain's ability to control and initiate muscle function. In less than a year, ALS has left Carol paralyzed, in a wheel chair, unable to talk, and just barely able to move her head. She received weekly acupuncture treatments which slowed the progression of the disease by a few months. She always said to us: "Don't count me out, it's still me in here - I just can't do all the things I used to do."

Using her new computer aided communication device she can still talk with the world. We would like to share her recent email that reminds us of her quick humor & positive attitude.

"Here is a funny story: Christine (her daughter) and I went to Target to return something. I told her because the customer service was so far, and my wheel chair might not fit down the narrow aisle that I would wait for her at the exit. Evidently, people leaving Target mistook me for a greeter, because everyone leaving smiled and said goodbye. I smiled and nodded my head. One man asked me if I knew where the photo department was. Since my hands do not work very well, I tilted my head toward the sign saying photo lab. He smiled and said thank you then went to the photo department. By this time Christine had walked up and saw what had been happening. We both burst into laughter and left Target! Maybe I have a new job opportunity? LOL I cannot talk, but that does not stop me from getting my point across!"

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The Hundredth Monkey, The Story of Collective Consciousness



The Japanese monkey, *Macaca fuscata*, had been observed in the wild for a period of over 30 years. In 1952, on the island of Koshima, scientists were providing monkeys with sweet potatoes dropped in the sand. The monkey liked the taste of the raw sweet potatoes, but they found the dirt unpleasant. An 18-month-old female named Imo found she could solve the problem by washing the potatoes in a nearby stream. She taught this trick to her mother. Her playmates also learned this new way and they taught their mothers too.

This cultural innovation was gradually picked up by various monkeys before the eyes of the scientists. Between 1952 and 1958 all the young monkeys learned to wash the sandy sweet potatoes to make them more palatable. Only the adults who imitated their children learned this social improvement. Other adults kept eating the dirty sweet potatoes.

Then something startling took place. In the autumn of 1958, a certain number of Koshima monkeys were washing sweet potatoes -- the exact number is not known. Let us suppose that when the sun rose one morning there were 99 monkeys on Koshima Island who had learned to wash their sweet potatoes. Let's further suppose that later that morn-

ing, the hundredth monkey learned to wash potatoes.

THEN IT HAPPENED! By that evening almost everyone in the tribe was washing sweet potatoes before eating them. The added energy of this hundredth monkey somehow created an ideological breakthrough!

But notice: A most surprising thing observed by these scientists was that the habit of washing sweet potatoes then jumped over the sea... Colonies of monkeys on other islands and the mainland troop of monkeys at Takasakyama began washing their sweet potatoes!

It appears that when a certain critical number achieves an awareness, **this new aware-**

ness may be communicated from mind to mind through the collective mind.

Although the exact number may vary, this **Hundredth Monkey Phenomenon** means that when only a limited number of people know of a new way, it may remain the conscious property of these people.

But there is a point at which if only one more person tunes-in to a new awareness, a field is strengthened so that this awareness is picked up by almost **everyone!** **This could explain how you know something with out knowing how. Also illustrates how important it is to share and embrace new ideas. It helps everyone.**

