



Cornerstone Healing

Acupuncture. Herbs. Bodywork.

Autumn 2005 Newsletter



秋 Chinese Medicine for Autumn

According to the *Nei Jing*, one of the oldest and most revered texts on Chinese Medicine, the harvest Autumn months are the “period of tranquility” when the “breath of Heaven is quick and the atmosphere of earth is clear.” The *Nei Jing* goes on to tell us:

“In the Fall, people should retire early at night and rise early in the morning with the crowing of the rooster. They should have their minds at peace in order to lessen the punishments of Fall. Soul and spirit should be gathered together in order to make the breath of Fall tranquil and to keep their Lungs pure.

All this is in harmony with the atmosphere of Fall and all this is the method for the protection of one's harvest.”

Welcome to Cornerstone Healing's first newsletter.

As Practitioners of Traditional Chinese Medicine, we frequently come across valuable information that we want to share with our patient community. We put together our Autumn Newsletter with the hopes of providing resources to “enable” you to have a harmonious Autumn in body and spirit. Whether you are new to Traditional Chinese Medicine or TCM is already a part of your life, we hope you find this information interesting and inspiring.

In this issue, we have included informative articles on two topics about which we get many questions - **weight loss** and **infertility**. Also in this issue we have included **nourishing recipes**, and for those of you who would like to learn more about Traditional Chinese Medicine, a **suggested reading list** of some of our favorite books.

We always love to hear from you. Please let us know how you like our newsletter and if there are any topics you would like covered in future articles or about which you would like more information.

-Enjoy!

Peggy Regis & Anne Mok
Co-Owners, Cornerstone Healing

What's Inside

Welcome to Cornerstone Healing	2
Acupuncture for Weight Loss	3
Nourishing Autumn Recipes	4
How Chinese Medicine Can Help Resolve Infertility	5
Suggested Reading	7

Welcome to Cornerstone Healing

Acupuncture ♦ Herbs ♦ Bodywork

Cornerstone Healing is dedicated to providing quality care in the most effective and compassionate way. Our motto "*Compassionate Heart, Compassionate Skills*" resonates throughout our entire practice. We incorporate Western and Eastern philosophies in our treatment plan. Our discipline allows us to be competent practitioners with the compassion to listen and respond to each of our patients individually. Our hearts move us to treat each of our patients as a whole: integrating body, mind, and spirit. And we encourage our patients to be proactive in their treatment because prevention is the key to better health. Cornerstone Healing is not only dedicated to our patients, but to our community as well. In the spirit of service we lend our skills to worthy entities in the area and actively contribute to organized charities.



476 Court Street, Brooklyn NY

Cornerstone Healing is:

Peggy Regis, L.Ac

Peggy is a New York, Washington DC, and Connecticut State Licensed Acupuncturist and Certified Chinese Herbalist. She also holds the title of Doctor of Acupuncture in the State of Rhode Island. She is co-owner of Cornerstone Healing where she applies her clinical experience treating a wide variety of health problems including gynecological and gastrointestinal disorders.

Peggy has extensive expertise treating skin maladies including eczema, psoriasis, and acne, as well as in providing non-surgical cosmetic treatments to reduce wrinkles, frown lines and bags caused by aging.

Sarah Coles McKeown

Sarah has been with Cornerstone Healing since May of 2004. She is a student of Traditional Chinese Medicine at Pacific College of Oriental Medicine and expects to complete her training as an acupuncturist and herbalist in April 2007. A big thanks to Sarah for all her help editing this newsletter!

Erika Weber

Erika is currently attending Tri-State College of Acupuncture. She expects to complete her training as an acupuncturist in May 2007. She is happy to have worked for Cornerstone Healing since October 2004.

Anne Mok, L.Ac

Anne is a New York State Licensed Acupuncturist and Certified Chinese Herbalist. She is also an active New York State licensed Pharmacist. As co-owner of Cornerstone Healing, Anne treats a wide variety of disorders including musculoskeletal problems, women's issues and gastrointestinal ailments.

Anne is also an Acupuncture Supervisor at the Brownsville Multiservice Family Health Center where she uses the NADA Detox protocol to help individuals to abstain from the use of drugs and alcohol.

Michele Recore-Bollar

Michele joined Cornerstone Healing in May 2005. She is a student at Pacific College of Oriental Medicine and expects to complete her training as an acupuncturist and herbalist in August of 2007. Many thanks to Michele for all her work in organizing and producing this newsletter!

Look for us at the *Atlantic Antic*
Sunday September 25, 2005

Acupuncture for Weight Loss

How to lose weight (and keep it off) with acupuncture and Chinese Medicine

by Anne Mok, LAc, Dipl C.H., RPh

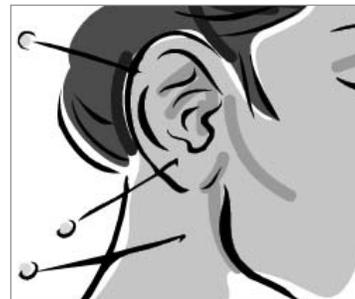
Weight loss is a complicated issue. Any successful program includes a healthy diet, exercise and stress reduction. Lately many people are adding acupuncture to their weight loss plan and having great success. Read on to learn how!

Ten years ago no one would have believed it possible, but today Traditional Chinese Medicine (TCM) has been proven to assist in weight loss. Acupuncture is not a miracle cure, but it is very effective in making it easier to lose weight and maintain that loss. Keep in mind that just like any weight loss program, you must be willing to modify your lifestyle for this treatment to be effective.

While there is no definitive answer as to what exactly makes acupuncture work, we do know that when acupuncture needles are inserted into specific points in the body, endorphins are released. These endorphins have a calming effect on the mind - making it easier for you to deal with stress. Stress can weaken the adrenal glands, causing the adrenals to increase the cortisol level in your body. This increase in cortisol results in many different symptoms including: thyroid problems, high blood pressure, high blood sugar, irritability, anxiety, depression, and weight gain. From the TCM perspective, treatment is all about balance. There are 12 major meridians in the body each of which is linked with a different organ system. Very often, when under stress, the meridians become unbalanced. Acupuncture helps re-balance the meridians and once balance is re-established, both the metabolism and the will to stop overeating become more manageable.

When you come for an acupuncture treatment, we start with a full consultation to accurately assess your condition. This is done through a series of questions about your health ranging from your diet to your lifestyle. The next thing we do is take your pulse and look at your tongue. We feel your pulse not only to count its rate, but also to feel its quality. Pulses are usually taken using 3 fingers to feel the pulse on

each wrist. The pulse felt by each finger tells us something different about each of your organ systems. Similarly, your tongue is a representation of your whole body. The color, coating, cracks and sublingual veins make a map of your body's systems. After gathering all of this information, we can formulate your unique TCM pattern diagnosis and establish a treatment plan to restore the healthy balances to your body.



Many points that control the appetite, water retention, cravings for sweets, and emotional issues such as irritability or sadness are located in the ear.

After reaching a pattern diagnosis, we will select certain points on your ear and body in which to insert acupuncture needles. There are over 365 points along the 12 major meridians in your body as well as additional points in "microsystem" areas like the ear. Many points that control the appetite, water retention, cravings for sweets, and emotional issues such as irritability or sadness are located in the ear. Acupuncture needles are normally kept in place for 30 to 40 minutes. Electrical stimulation of the needles may also be used to increase endorphin release and to boost your metabolism.

Continued on page 6

Nourishing Autumn Recipes

Have you tried Congee?

Congee is a traditional rice porridge. Eaten plain or with added herbs like ginger or with vegetables or meat, congee makes a satisfying and nutritious breakfast. The easiest way to make congee is in a slow cooker or crockpot, but a large stove top pot can also be used.

Basic Congee

Ingredients:

1 cup rice
7-8 cups water

Preparation:

Rinse the rice and add it to the water. Cook on low heat for 6-8 hours. Serve hot.

Variations:

There are many variations on congee. Here are a few of our favorites:

- Substitute 1 cup of chicken or vegetable broth for 1 cup of the water for a more soup-like taste.
- Add a few slices of ginger for a warm, spicy flavor.
- Add maple syrup and cinnamon to the congee before serving for a sweeter taste.
- Congee is a great way to use leftovers. Add leftover meat or vegetables for a hearty meal.
- For a seasonal flavor, add peeled and cubed pumpkin and a little brown sugar.



Steamed Pumpkin

Pumpkin is very popular in Southern Chinese cuisine. Known for its balancing and clearing properties, pumpkin is served steamed or in soups. Pumpkin is particularly delicious steamed. Try this simple recipe for a great seasonal side dish.

Steamed Pumpkin

Ingredients:

1-2 lbs. pumpkin
salt
sliced chives
soy sauce

Preparation:

Remove seeds, peel and cut the pumpkin into cubes. Sprinkle with salt and steam for 15-40 minutes or until the pumpkin becomes tender.

In a separate pan, saute the chives in a little oil for under 1 minute. Add soy sauce to taste. Pour sauce over pumpkin and serve.

Simple & Healing Beverages

Try PURE Inventions™ Green Tea

Pure Inventions Green Teas and Cranberry Plus are tea and fruit extracts you simply add to water. They taste great, offer powerful antioxidants and are a delicious replacement for the unhealthy beverage choices so easily available!

For a change of pace add some of your favorite flavor to a water bottle and have it with you all the time! It counts as one of your daily-recommended water servings.

We carry a wide selection of PURE Inventions Green Teas. Stop in to stock up on your favorite flavors (or try something new!)

HOW CHINESE MEDICINE CAN HELP RESOLVE

Infertility

A Q&A session with
Peggy Regis, DA, LAc, Dipl C.H.

Why can't I get pregnant? In our fast-paced modern age, issues of infertility are quickly becoming phenomena. More and more women are seeking medical and alternative health care assistance to conceive. The old saying "first comes love, then comes marriage, than comes a baby in a baby carriage" does not necessarily prove true for the modern family, because women are taking time to establish their careers and fulfill many life ambitions before they are ready to have their first child. And unfortunately, fertility becomes more complicated the longer we wait. The modern work culture adds another complication to the issue, as both women and men work long, hard, ambitious hours that eat away at their physical and emotional selves. As we come to accept that we are not working machines, we begin to seek ways to heal ourselves. Traditional Chinese Medicine (TCM) recognizes the complex living patterns we have woven and has established methods of healing that can bring us back to ourselves and reconnect us with our fertility.

Q: How is infertility defined?

A: Modern medicine categorizes infertility as primary and secondary infertility. Primary infertility means conception has not occurred in 2 years, no contraceptive measures have been taken, and the male partner has normal reproductive functions. Secondary infertility refers to women who are already mothers, who do not use contraceptives and have not been able to conceive again in the last two years.

Q: How does TCM treat infertility?

A: The basis of all Chinese theory is Qi. The concept of Qi dates back to early Daoist philosophies that envision People, the Earth and the Universe as all connected by the same unifying force. When your Qi is not balanced in your body, disorder, illness or disease can set in. Restoring balance to your body ultimately stabilizes hormone levels and aids with blood flow to the reproductive organs. This re-instated balance will increase ovarian function in women and sperm production in men.

In TCM we believe that conception occurs when the Qi from *both* partners is combined, so both members of a couples should consider acupuncture treatments regardless of which one is experiencing a fertility imbalance. For the same reason, couples who are not experiencing any immediate infertility issues,

but are preparing to conceive will also benefit from acupuncture treatments.

Q: How does TCM work in conjunction with IVF and other medical infertility procedures?

A: Western medicine excels at isolating and timing fertility. TCM excels at creating an overall hospitable environment for the fertilized ovum. This powerful combination statistically increases the potential for a healthy pregnancy by over 50%.

Q: What will my treatment be like?

A: On your first visit, we will begin with a thorough review of your present and past medical history. We use this information, along with insights gained by observing your tongue and taking your pulses, to learn what is going on in your body. (For a more indepth explanation of tongue and pulse taking, please see *Acupuncture for Weight Loss* on page 3). In TCM, we understand that the imbalances in each person's body are unique to that individual. By looking at all these details we can develop a pattern diagnosis that is specific to you. We then use acupuncture needles to access your Qi at specific points on your body. And the treatment does not stop there. Because TCM treats you as a whole person, we

Continued on page 7



Acupuncture for Weight Loss

continued from page 3

After the acupuncture session, ear tacks or seeds will be placed on points on your ear. These ear tacks or seeds allow you to continue to stimulate important points between treatments to re-balance your body and increase your metabolism. Whenever you get the urge to eat, press the ear seeds for 20 seconds to release endorphins. This endorphin release will calm you and help give you the willpower not to eat. Ear tacks or seeds may be left on the ear for 3 to 5 days, however, if they irritate you, they may be easily removed - simply peel off and discard. Consider this your treatment away from the office.

The number of acupuncture treatments needed to achieve weight loss success varies from person to person. It depends primarily upon your weight loss goal and your commitment to losing weight. In the beginning, it is best to have acupuncture treatments twice a week to get your body prepared for change. If your condition is more severe, acupuncture may be used 3 to 5 days in a row in the beginning - all this is perfectly safe. Eventually your treatments will reduce to once a week until your desired weight has been achieved. After you have reached your goal, it is advisable to have an acupuncture treatment once a month to counteract the effects of the stresses of daily life and ensure that you maintain your healthy weight.

Nutrition And Lifestyle Changes

We all know that a healthy diet is integral to losing and maintaining a healthy weight. During your treatments, we will discuss your diet and recommend certain foods that are right for your condition. For example: if according to TCM, you have a weak Spleen and Stomach system, eating raw foods such as salads may not be best for you. In general, one should always follow a diet high in fiber and low in fat, with a moderate amount of carbohydrate and lean protein. Water intake is also very important. The recommended amount is 8 cups a day, but drinking more water can help to flush toxins from your body. Keep in mind that the sensations of dehydration can mimic those of hunger. So staying properly hydrated can also help you to control your eating habits. Also, alcohol and caffeine can cause your blood sugar to fluctuate rapidly. Therefore it is advisable to consume no more than 1 cup of coffee per day and 3 alcoholic drinks per week. Following these few guidelines can help you to maintain a stable weight and avoid dramatic fluctuations.

Exercise and Stress Reducing Techniques

Before starting any exercise program, you should consult with your doctors to make sure you can perform certain exercises without hurting yourself. The key goal in exercise is to raise your heart rate. This can be achieved by walking briskly for 30 minutes three times a week, and eventually increasing this to 5 times a week. Weight training is also a very good way to build muscle and burn fat. You do not need to use heavy weights; a 3-pound weight with enough repetitions is sufficient. There are great benefits to using weights: the more muscle you have, the more calories you will burn. As an added bonus, weight training also builds bone density and helps fight against osteoporosis.

If aerobic exercise or weight training is not for you, you might want to try tai chi, qi gong, yoga or meditation. All of these methods focus on breathing techniques which bring more oxygen into the body and stimulate the organ systems. This stimulation gives you more energy and will help to lower your stress levels. Each of these types of exercise integrates your mind and your body - thus you are moving as one. No matter what you choose to do, the most important thing about exercise is to be consistent and enjoy yourself.

Herbal Medicine

Herbal supplements and vitamins may also be suggested as part of your treatment. You should always only take herbs that are prescribed by a certified herbalist. I cannot stress this enough. Taking the wrong herbs may exacerbate your current condition, cause more dehydration in your system and cause electrolyte imbalance. In TCM we use a variety of herbs to address many conditions. Very often, a personalized formula will be written to suit your specific pattern of imbalances. Your formula may consist of 10 to 15 herbs and come in tablet, capsule or liquid form.

Although there are no guarantees that acupuncture can help you to lose weight, it cannot harm you and can give you a wide range of health benefits - your digestion and sleep, and the way you feel emotionally will all be greatly improved. Any self-motivated person willing to do the work and follow these guidelines should succeed in meeting their weight loss goals.

Suggested Reading

Everyone loves to curl up with a good book. Here are some of our favorite Traditional Chinese Medicine and healthy living titles:

TCM and Chinese Philosophy

If you are new to TCM or just feel like feeding your inner scholar, check out **Voices of Qi - An Introductory Guide to Traditional Chinese Medicine** by Alex Holland. Holland gives an excellent explanation of TCM written with the patient in mind.

If you would like to learn more about the philosophy, history and practice of Chinese Medicine, focusing particularly on the concept of the Five Elements, check out **Between Heaven and Earth** by Harriet Beinfield & Efrem Korn. It even includes a questionnaire to help you identify which element category best describes you!

Healing Foods, Balanced Eating

Food is one of the best medicines available. If you are looking for ways to improve your eating habits, vary your diet, or learn more about what your body needs (and gets) from what you feed it, you should read **Live in the Balance: the Ground Breaking East-West Nutrition Program** by Linda Prout or **Healing with Whole Foods: Asian Traditions and Modern Nutrition** by Paul Pitchford.

Infertility

Many couples are successfully having babies with the help of Chinese Medicine. For an in depth look at how the process works, take a look at **The Infertility Cure: The Ancient Chinese Wellness Program for Getting Pregnant and Having Healthy Babies** by Randine Lewis.

Words of Wisdom

Christiane Northrup provides a wealth of inspiration and information in her books. If you have already read **Our Bodies, Our Selves**, be sure to check out her other titles **Mother-Daughter Wisdom** or **The Wisdom of Menopause**.

A Little Tao

The ideal anytime book with just the right mix of food for thought and easy reading is by far **The Tao of Pooh** by Benjamin Hoff.



HOW CHINESE MEDICINE CAN HELP RESOLVE *Infertility*

continued from page 5

may also recommend herbal formulas, diet alterations, and meditative/breathing arts like yoga, tai chi or qi gong to further promote your well being and assist in achieving your fertility.

Q: How many treatments will I need?

A: Acupuncture is not a one-time procedure; you will need to see your acupuncturist once or twice a week for a series of weeks or even months depending upon your unique pattern of imbalances. A series of 12 treatments or more is normal.

Q: How should I choose a TCM practitioner?

A: It is important to find a practitioner who is right for you. This is a very personal choice. Request a consultation and meet with the practitioner before making your final decision.

In our practice, both Anne and Peggy have had great success in treating infertility. Keep in mind that creating your treatment plan is an extremely personalized process. There are many emotional as well as physiological factors to consider.

We will be happy to speak with you about any questions or concerns you may have. Please call us to arrange a consultation.



Cornerstone Healing

Acupuncture. Herbs. Bodywork.

476 Court Street, Brooklyn, NY 11231
(718)254-4075
www.cornerstonehealing.net

Presorted
Standard Rate
US Postage
PAID
Brooklyn, NY
Permit #84

Anne Mok, L.Ac & Peggy Regis, L.Ac
compassionate heart compassionate skills
Acupuncture ♦ Herbs ♦ Bodywork



It's Cold & Flu Season, **be prepared with TCM!**

Traditional Chinese Medicine can build up your immune system and help ward off seasonal colds and flu. If you catch a cold or get the flu, we can help alleviate your symptoms and help you to recover more quickly with acupuncture, herbs and cupping.

Stop in for a seasonal treatment!

Look for us at the Atlantic Antic
Sunday September 25, 2005.

www.atlanticave.org



Please Join us in
Making Strides Against Breast Cancer

Sunday October 16 - Prospect Park

Stop by to sign up or donate, or visit
www.cancer.org/stridesonline

New Product from **PURE Inventions™**

Fit and Slender

We now carry PURE Invention's safe and effective weight loss product **Fit and Slender**.

Fit and Slender boosts your metabolism and increases energy levels while maximizing your body's fat burning capabilities.

Benefits we have seen include:

- ♦ Helps suppress appetite
- ♦ Reduces cravings
- ♦ Boosts metabolism
- ♦ Blocks carbohydrate absorption
- ♦ Lose unwanted pounds
- ♦ No ephedra
- ♦ No alcohol
- ♦ No caffeine



When **Fit and Slender** is used as recommended, significant improvements can be seen. Use in conjunction with a healthy food plan and exercise program to achieve the best possible results.