



Finding Your Balance with Acupuncture

As men and women ascend into their parental years, medical conditions arise as a result of the stresses that accompany parenthood and simply aging. Because of these stresses, we often lose our life's balance. Some of these conditions are inexplicable, difficult to diagnose, fail to respond to western treatment, and often become chronic. Chronic conditions like Fibromyalgia, joint swelling, tendonitis, circulatory problems, anxiety, depression, sinus problems, digestive disorders, headaches, migraines, skin disorders and others can be very frustrating and can make getting up each day a chore. Acupuncture may be the cure.

In fact, the Mayo Clinic suggests the reasons to try acupuncture include:

- Acupuncture has few side effects.
- Acupuncture can be useful as a complement to other treatment methods.
- And most importantly, acupuncture may be an alternative if you don't respond to or don't want to take pain medications.

In working with local experts researching acupuncture, *Treasure Coast Parenting* discovered a number of success stories; however the most impressive success was "Calvin". Calvin had an acute skin condition that resisted traditional western medical treatment for more than eight months. Concerned about his skin's appearance and the effects that it might

have on his professional well being, Calvin decided to try acupuncture with Dr. Barbara Thurman, the founder of The Acupuncture & Natural Healing Center located in Stuart, FL and the results are remarkable. Calvin's skin disorder is completely healed and he has had no relapses. He attributes his healing to his Acupuncture treatments.



The Psychology of Acupuncture

One of the prevailing themes as we met with Acupuncturists throughout the Treasure and Space Coasts was that the doctors are extremely caring. Dr. Laura Vasallo, of Natural Approach Acupuncture & Massage Center of Melbourne, emphasized that in

her initial consultations, she "really wants to understand the root cause of the issue". Quite often, her questions are focused on what is happening in the patient's life and the symptoms. Dr. Julius Chadee, of Acupuncture & Natural Medicine of Palm Bay, actually has a Bachelor of Science degree in Psychology and further reinforces Dr. Vasallo's point stating, "achieving balance psychologically is as equally important as balancing the body's internal systems."

Acupuncture - The Belief:

According to the Mayo Clinic "Many practitioners view the acupuncture points as places to stimulate nerves, muscles and connective tissue. This stimulation appears to boost the activity of your body's natural painkillers and increase blood flow."

Most traditional Eastern medical physicians believe this healing power results from a harmonious balance between the complementary extremes (yin and yang) of the life force known as qi or chi.

How does Acupuncture work?

The first thing to understand relating to healing is that it is believed that our bodies naturally try to heal themselves. Medicinal methods usually just promote healing and help to avoid additional complications. For instance, if you are cut yourself with a kitchen knife, the cut is going to heal itself, however, we apply an topical antibiotic crème to reduce the risk of infection.

It is also believed, that internal conditions heal themselves as well. One of the best examples of this type of healing is a sore back. If you go to an orthopedic doctor for a sore back, they will probably prescribe a pain killer, a muscle relaxer, and tell you to refrain from strenuous activities until your back feels better. In essence, what the orthopedic is doing is getting the muscles around the spine to relax so that the spine moves back into line, resulting in your back feeling

better. In contrast, a chiropractor will manipulate your spine so that it moves back into line, which should also result in your back feeling better. The important point to understand is that both approaches facilitate the healing process, but ultimately, it is up to the human body to heal the ailment itself.

For those of you who have ever been injured in sports, you understand the concept of using ice and heat to promote the healing bumps and bruises. Ice and heat promote blood flow; acupuncture goes a few steps further and enhances healing through improved circulation, increased endorphins, and stimulating the nervous system.

The Fear of Acupuncture

When people think of acupuncture, too often they think about the needles instead of thinking about the possible benefits. With regards to the needles, they are nothing like what most people are accustomed to when they think of needles. They are not

like hypodermic needles that have to pierce the skin. Acupuncture needles are very thin and virtually painless. Patients feel little or no discomfort when the needles are inserted.

Another myth about acupuncture is that it might not be sanitary. The fact of the matter is that acupuncture needles can not be reused and are totally sterile. Since 1996, according to the FDA, acupuncture needles are now manufactured in the same way that scalpels and hypodermic needles are; they can only be used once and then must be discarded.

If you've got a chronic condition that isn't improving or simply don't feel yourself, it might be time to go see your local acupuncturist. As the Mayo Clinic points out, there are very few side effects, it can complement western medicine, and it can often treat ailments that aren't responding to conventional treatments. After all, we can all use a little balance- Can't we?

Natural Approach Acupuncture & Massage



Acupuncture



Massage



**Safe, Effective, Natural,
Drug-Free Solutions
and remedies for the
whole family.**

**\$15 off
half hour
Massage**
with ad - one per customer.

**1101 West Hibiscus Blvd Suite #105
Melbourne, FL 32901
(321)725-2438**

Lic. #MM15764. www.mynaturalapproach.com



Laura Vasallo, A.P., L.M.T
Acupuncture Physician
Licensed Massage Therapist
(MA20491)