

NUTRITION



ACUPUNCTURE
Today

The Snackwell Effect, Part 2

By Marlene Merritt, DOM, LAc, ACN

The Snackwell Effect, Part 1 talked about how we lost our ability to regulate blood sugar by overwhelming our bodies with cereal, bread and Ho-Ho's. I finished the article by recommending that you (or your patients) measure a few days of carbohydrate intake (not calories or fat, just grams of carbs) and see how far away from the number 72 you were. This article is going to be about how to reverse this whole process.

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Dealing with Dangerous Clients

By Laura Christensen, MA, LAc, MAc

Recently, a colleague in another city called to inform me that a patient had been vandalizing acupuncturists' offices around town and, they believed, slashing tires of acupuncturists' cars. He wanted to know if I knew anything about this person, and to warn me. The police had been called, and the victims were trying to put together a case against the person. I will call this person Sally.

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Proving East Asian Medicine

By William Morris, DAOM, PhD, LAc

East Asian medical research focuses on quantitative means of proof. This affects the information obtained, thus what become considered best practices. I maintain that the world of East Asian medicine might also be understood through qualitative means. In this article, I address the thinking behind these forms of research and to provide some examples of, and resources for, qualitative methods.

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Microcurrent Treatment of Headaches

By Darren Starwynn, OMD, LAc

You will frequently have good success in relieving localized bodily pain with microcurrents by simply "circling the dragon"; that is, stimulating where it hurts. This is usually not the case, however, in the treatment of headaches. According to the principles of Chinese medicine, headaches are often the result of imbalanced or weakened meridian energies in the body "flushing up" to the head, and so are really referred pain. Applying stimulation to the head only will not dependably relieve a headache and can often aggravate it.

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