



Acupuncture – What can it do for me?

I am delighted to share with you the type of acupuncture I now offer – Worsley Five Element Acupuncture (WF-EA). It's an ancient healing art, kept alive by JR Worsley from England, and one of the best supports I have discovered for our journey with health, wholeness and happiness.

What is this kind of acupuncture and what sorts of issues/problems does it treat? WF-EA uses hair-thin needles and moxibustion (the burning of a dried herb to warm the acupuncture points) to promote balance and harmony in our inner energy flows. Most symptoms respond to treatment even though this system is not symptom-based. In other words, we see symptoms as signals that something needs attention to be in better balance and harmony – much like the oil light in a car. Rather than turn off the warning light, we want to look for the deeper cause.

To give you an example, one of my first acupuncture clients, I'll call her Jill, came in with arthritic pain in her feet, knees and hands. She had been diagnosed as having bone on bone in her knees. We didn't treat the pain directly (the warning light), but looked deeper and focused the treatment there. Jill was at a point in her life where she was ready to make some life style changes as well. The biggies were, she stopped drinking coffee, which she had been drinking all of her adult life (she's 60+) and she started drinking more water.

After the first treatment, her feet started to feel better. We both wondered if there was any hope for her knees, but were delighted

when by her 5th treatment they were feeling better too. Previously she had been taking the stairs one step at a time. One day, she got to the bottom and realized she had walked down normally without pain. Jill noticed some surprises as well. Because we were supporting her core energy and more balance and harmony in general, she noticed that her sleep got better, her hot flashes disappeared, she stopped wanting to drink wine every night and she felt less anxious in her days – less bothered by things that used to get to her. In my experience in the student clinic and so far in my practice, I have seen blood pressure become regulated, depression ease, and core energy get stronger. I have also seen people become more organized and focused, be more confident, sleep better, have better digestion, get their “sparkle” back and even have better relationships. That’s because acupuncture is a holistic treatment that works with body mind and spirit.

Here is another remarkable story from my student clinic experience in Colorado. I had a client with a badly broken ankle that hadn’t healed for a year and a half. Over the course of several weekly treatments, his pain diminished, he had less swelling, more range of motion and could walk without a limp. He was amazed and so was I, especially because we never put any needles in his ankle – we focused on the deeper balance overall.

How have things you learned in Colorado changed your practice or philosophy of healing?

Acupuncture has built upon my 20-year background inbodywork and massage therapy. I wish I had discovered it earlier in life, but that’s the way it unfolded for me. I feel I can be of greater service to people because of my training, and I am comfortable supporting people who have more serious health issues.

Do you have any tips to help people stay “in balance”?

Acupuncture works best when it goes hand in hand with good lifestyle choices. The good news is, I have also noticed that it can support us in making those healthy lifestyle choices. That’s because, if we have addictive patterns and crave certain foods, drinks or activities that aren’t really good for us, we do it for good reasons – our body is trying to get energy, sweetness, comfort, relieve stress and so forth. When acupuncture supports us in becoming more balanced and energized, we tend to not crave those things as much.

You’ve heard all the tips before, I’m sure, but here are three:

1. Follow the lead of Nature in terms of food, activity and rest. For example, eat foods that are in season – salads in the summer are good, whereas winter is better for root veggies, warm foods and soups. In terms of activity, in the winter, Nature’s energy goes down into the earth to rest and integrate and build resources for the coming year. Though most of us can’t hibernate, the more we can turn down our activity, the better the rest of the year will go for us. Something that helps me with this is the reminder that – babies grow in the dark. If we don’t have that gestation period, if we try to birth things before their time, they won’t be fully formed. There is a book, *Staying Healthy With The Seasons*, by Elson Haas, MD, that some people have found to be helpful in this regard.
2. There is another cycle, called the Chinese Clock, corresponding to the 24-hour cycle of each day. In a nutshell, it teaches us to get to sleep before 11PM, and to eat a substantial breakfast before 9AM to make the best use of the energy flows in the body.

3. Fluids – My new motto is “LOSE IT AND USE IT”. By that I mean, LOSE beverages like coffee, sodas, alcohol, caffeinated and artificially-sweetened drinks, which are all dehydrating at best and hostile to our energy system at worst. Symptoms of dehydration may include:

- Digestive problems
- High blood pressure and cholesterol
- Joint and back pain
- Stress-related illness
- Headaches
- Nervous system disorders

USE WATER! In school, we learned a formula for how much water we need to drink to replace what we use in a day: Half Your Body Weight in Ounces. So if you weigh 160 pounds, you would need to drink at least 80 ounces of pure water each day. I've been truly amazed the difference such a simple thing can make in terms of energy, ease of movement, pain relief, brain function and functioning of all the organs. I have a booklet available for lending for those who want to learn more.

What other healing arts do you practice?

The main focus of my practice is now Acupuncture, Zero Balancing and CranialSacral Therapy. There's more info on my website: www.healingpartners.biz if you are interested. I also wanted to mention that another advantage of acupuncture is, you can pay for it out of Flex accounts and HSA's. Some insurance reimburses, as well.