

HEALTHY HEALING

MARCH 2009 Newsletter

<http://www.healthyhealingli.com>

Sharon McDermott, MS, L.Ac.

“Stress Management for Savvy Women” Seminar - I wanted to share with all of you that it was a great success! We had a sold out crowd of 60 great women and 4 wonderful panelists that provided much needed information. In keeping with the talk I presented on treating the heart with TCM, I am providing you with information specifically about hypertension.

HOW TO BRING DOWN BLOOD PRESSURE WITH TCM

VIEW OF THE HEART THROUGH TCM

- The ancient Daoists considered the heart the Emperor of all the internal organs.
- In TCM the heart represents the Shen or spirit of a person.
- When the shen is disturbed, physical problems can occur such as pain, heaviness or tightness in the chest or blockage of the arteries.
- TCM does not view emotional problems stemming from brain chemistry imbalance, but rather imbalance of the energy of the Shen or spirit.
- The heart governs the blood and houses the mind. Therefore most problems of the heart involve the blood or the mind.

There are 9 acupuncture points that can be accessed on the Heart channel. The heart channel also connects to the Small Intestine channel.

It begins in the chest at the heart and radiates through the most yin (medial) part of the arm along the pinky side.

Blood pressure often rises when you're nervous or excited, but it returns to normal almost immediately when the stimulation is over. – What if that stimulation continues, such as long term stressors of work or relationships? – These factors can cause blood pressure to stay elevated.

Among the side effects commonly reported with pharmaceuticals are fatigue and lowered libido from some antihypertensive drugs.

Acupuncture induces the **relaxation response** by calming down the nervous system. Your blood pressure and heart rate are reduced with acupuncture.

In TCM the practitioner treats according to organ patterns. Depending on that pattern, the practitioner will choose acupuncture points and herbs that will be most beneficial for the patient's condition.

HTN (hypertension) - A team of researchers at UC Irvine and Shanghai Medical University in China has found that acupuncture activates a group of nerve cells called the endorphin system to lower blood pressure and treat some types of heart disease. Acupuncture effectively treated a disorder called cardiac ischemia – inadequate blood supply to heart muscle.

CHINESE HERBS FOR HYPERTENSION

- Dan shen - Salvia can effectively improve myocardial ischemia and abnormal blood measurements in patients with coronary heart disease. In a new study, researchers report that an active ingredient in the herb reduces hypertension in hamsters and appears to work by widening blood vessels. The researchers reported their findings in an upcoming issue of the American Journal of Physiology -- Heart and Circulatory Physiology.
- Huang Qi - Astragalus can significantly enhance cardiac systolic function in patients with heart failure. It also increases cardiac contractility of the heart. Astragalus and salvia exhibit a synergistic effect for the improvement of symptoms and cardiac performance.

Foods for the heart: **Fish** is an excellent source of omega-3 fatty acids. **Olive Oil** lowers your LDL cholesterol levels. **Oats** contain soluble fiber called beta glucan. **Apples** contain quercetin. **Almonds and other nuts** contain healthy oils, vitamin E and other substances that will help keep cholesterol levels in check. **Red wine** contains a powerful antioxidant called resveratrol. Whole grains provide vitamins and fiber that will help to keep your heart healthy. **Green leafy vegetables** contain folate, which helps to keep homocysteine levels down, and vitamin E. **Tomatoes** are packed with vitamins and lycopene. **Soy protein** has been shown to prevent heart attacks.

EVENTS & ANNOUNCEMENTS!

ASIAN-AMERICAN CULTURAL FESTIVAL

Where: Farmingdale State College, Farmingdale, NY, ROOSEVELT HALL

When: Saturday, March 21, 2009, 1-6pm. Visit www.aacfli.com for more info.

I will be presenting a talk on Chinese Medicine at the Asian American Festival. I will also have a booth with my colleague, Amanda Collado, Licensed Massage Therapist. This is a free and wonderful event for the whole family. Please join us!

- **Give the Gift of Health with a Gift Certificate for a One Hour Session of Acupressure, Acupuncture and Massage**
- **10% off an Acupuncture Treatment – Refer someone to Healthy Healing and receive 10% off your next treatment**
- **10% off an Acupuncture Treatment - When it's your Birthday!**

RAISE YOUR FAT BURNING POWER: GREEN TEA & TEA BARS

Tzu The – Premium full leaf green tea grown with enhanced ECGC's – antioxidants. Tea Bars in green tea, tropical fruit and natural rice flavors now available in my office.

Chinese Quote of the Day: “If I keep a green bough in my heart, then the singing bird will come.” – Chinese proverb