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NATURAL HEALING & ACUPUNCTURE INC.

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Autumn 2013

Fall is here. The days are shorter and I find myself opting for warm foods instead of salads. Earlier this year, I started taking a class called, "A year to live", based on the book by Stephen Levine. We meet once a month to meditate on death and dying. But what we are really looking at is how we are living. Recently I've been pondering on a phrase my teacher, Mary, has tattooed her arm, "*Right now...its like this*". The idea of accepting ourselves in our current status and understanding that this is not where we will always stay. To remind oneself to live in the now.

Seasons come and go and the sun rises and sets. We have the opportunity to be mindful of everything in our lives knowing that the permanence to which we want to hang on to is but an illusion. "*Right now...its like this*", gives us the starting point to live in the present. We then can awaken to all the gifts in our lives in the moment and can also acknowledge any suffering without judgement. I feel it is a gentler approach.

When I have asked myself the question, "*If I had a year to live how would I act different?*" I am delightfully happy about the results it has provided me. It is not that I am being morbid and reckless, but ultimately I recognize that in this life I want to embrace my heart, fill my mind with love and share this with the world in



**Denise Wiesner, L.Ac., FABORM,
CEFP**



**Carla Vidor, L.Ac., D.A.O.M.,
FABORM**



Jolee Godino, L.M.T.

What Do All Those Letters Mean?

L.Ac. Licensed Acupuncturist

FABORM Fellow of the American Board of Oriental Reproductive Medicine

CEFP Clinical Excellence in Fertility Program

DAOM Doctor of Acupuncture & Oriental Medicine

LMT Licensed Massage Therapist

Upcoming Events

truth. I want to be kind to myself, not harsh while also accepting all the moments that I am what I am.

If you had a year to live how would you live your life differently?

Sincerely,

Denise Wiesner L.Ac, A.B.O.R.M., C.E.F.P.

Herbal Immune Support

Its that time again...cold and flu season. There are products to have on hand at first signs of an infection brewing.

- A throat and gland spray - many can contain ingredients like:
 - Propolis - a glue like resin made by bees. It is one of the best infection fighters for bacteria, fungi and viruses. Great for sore throats.
 - Echinacea - well-known for its immune enhancing substances, echinacea can also relieve pain and reduce inflammation. Some studies demonstrate its influence over hormones in addition to its antiviral and anti-oxidant effects. Echinacea isn't good for anyone with autoimmune-related conditions because of its direct effect on immune activity.
 - Silvercillin™ - Silvercillin™ [utilizes a technological breakthrough for the production of a silver particle so small that it can enter a red blood cell.] Contains particles of silver so small that they can enter capillaries to deactivate viruses at a cellular level. [This enables the silver to travel through capillaries and

What: Fertile Soul Support Group Winter 2014.

Denise leads a group that was created to support women going through the fertility journey

Dates: February 5 through March 26, 2014 (5 Wednesdays)

Where: Natural Healing & Acupuncture

Cost: \$200 if you register (pay) prior to Weds, Jan 22nd 2014. Otherwise \$250.

Review us on Yelp.com

If you enjoyed your sessions with any of our amazing practitioners, please post a review on our [Yelp](#) page

Natural Healing & Acupuncture

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Maya-Abdominal Massage

This non-invasive massage technique helps to relieve physical and emotional congestion in the abdomen and pelvis. It improves the flow of fluids - blood and lymph. It is often used for addressing female complaints such as: fertility, PMS, fibroids and endometriosis, digestive disorders, menopause, hormonal imbalances and lower back pain.

deactivate viruses at the cellular level.] Also, Silvercillin™ can permanently distribute the silver into the structure of the water, so it will not fall out of solution or suspension. [Read more here...](#)

Chicken Soup to Bring in the Breast Milk

The amount of energy invested during pregnancy, labor and birth can leave the body exhausted of vital substances. Age, constitution, preconception health, and the care the mother receives post-delivery will determine how her body will fare/recover in the months that follow.

Postpartum care in certain cultures is known as the confinement period and involves sufficient rest combined with warm nourishing meals.

Chicken broth, prepared by simmering the bones, muscle and fat of chicken meat for several hours in water to release minerals and amino acids, is traditionally used in Chinese cooking as one means of replenishing the energy and fluids lost. This medicinal soup also supports the production of breast milk.

When milk flow is minimal, either there is not enough, or it is blocked and cannot get out. This flow can depend on how much the mother is working or resting. Too much of either of these will create imbalances. The kind of environment she is exposed to will also play a role in the amount of flow.

Proper nutrition is key. Breast milk production also depends on the suck of the newborn. If that isn't right, including the

This technique can also help men who suffer from swollen prostate, impotence, digestive disorders, muscle spasms or lower back pain. Call our office to schedule an appointment with our talented massage therapist, Christina DeMarco.

Schedule:

By Appointment only, Monday through Saturday.

**Save
20%**

Now through December 31, 2013, we are offering a massage package. 5 massages for the price of 4, save \$95!

Note: *This deal only applies to non-insurance visits.*

Offer Expires: 12/31/2013

Telemedicine

If you or anyone you know cannot make it into the office but needs herbal medicine and/or supplement advice, we are now offering consultations by phone and Skype. This is a wonderful way to get expert advice long distance. Please visit the [telemedicine section of our website](#) for details.
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latch and positioning, the breasts will not drain properly and milk production will slow.

In this scenario a lactation consultant is warranted.

This soup is meant to nourish the body so that it is strong enough to support the needs of mom and baby. [For the full recipe click here...](#)

Carla Vidor, L.Ac., D.A.O.M., FABORM

Pre-Natal Massage Therapy w/ Jolee Godino

The journey through fertility and pregnancy can be full of wonder and surprise.

By specializing in pre-natal massage, our specialist, Jolee Godino, provides a holistic approach to support and prepare women physically, emotionally, and mentally for labor and delivery. Receiving massage regularly throughout pregnancy is very helpful in supporting and respecting the changes your body is experiencing.

With a foundation in Traditional Chinese Medicine, Jolee's massage sessions are an ideal compliment to acupuncture.

Jolee's nurturing touch can provide profound effects on how women experience pregnancy and delivery:

- Balance and restore energy
- Minimize stress and anxiety
- Ease joint strain and uterine ligament pain
- Decrease muscle tension
- Ease low back ache and pelvic tension
- Relieve leg and foot soreness
- Diminish edema
- Reduce fatigue

- Tension headaches

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