

Notes From Aculand

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To your physical, mental, and spiritual health!

by Karen Johnson L.Ac., R.N.

Welcome February and Valentines Day, that special day we set aside to express our appreciation for each other. I'd like to take this opportunity to thank my patients. I can't say enough about how honored and grateful I am to be a part of so many people's lives and how respectful and careful I am when I create a treatment and step into the patient/practitioner relationship. I know I'm the one holding the needle, but it's only a treatment when there is someone else at the other end, and at that moment, we are very much together in the movement of life.

It's like gardening. To digress a bit, I will tell you that I floated this concept to three other practitioners during a wonderful early morning exchange in a hotel room in Nashville. The others were an OR nurse, a therapist and a physical trainer. They worried at first about the gardening metaphor, concerned that the gardener

appears to have some sort of superior stance relative to the garden, (and hence that maybe the practitioner has some sort of advantage over the patient) but upon further discussion (revelation), the relationship between the actions of the gardener and flowering of the plants, or the relationship between the intervention of the practitioner and the active, vital process of the patient became clearer.

A gardener, far from



controlling or dominating her garden, is really a listening, learning, student. Her job is to create conditions under which the plant can grow and flower. The gardener then gets out of the way. The plant brings with

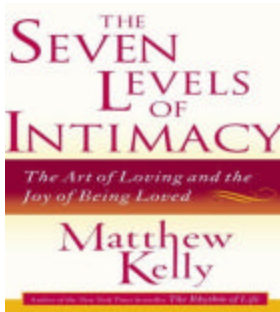


it the potential for full expression. It's a dynamic sort of interplay. The gardener needs to know a lot about that general type of plant and everything it needs to flourish, and then she needs to observe how that particular plant is expressing itself. (The OR nurse wanted to ensure that a goofy plant got to be goofy...no trying to make it conform....I assured her that all variations were welcome.)

The relationship blooms in this constant give and take. I might be practitioner to someone today and patient in relationship to someone else who is helping me grow in some other way tomorrow. It's a precious sort of partnership and we are all in it together.



A BOOK FOR YOUR VALENTINE: The Seven Levels of Intimacy
by Matthew Kelly



This is a truly insightful book on creating rewarding, intimate relationships. It goes into concepts like creating a common purpose and discovering what is driving a relationship. It explores the idea that “Love is verb, not a noun. Love is something we do, not something that happens to us.”

And very importantly, it describes levels of

communication that reflect degrees of trust, intimacy and self revelation. It begins with superficial relationships that revolve around talking in clichés or facts, to increasingly intimate relationships in which one can share opinions, hopes and dreams, feelings, faults, fears and failures, and finally legitimate needs. This would be an excellent read for almost anyone interested in interpersonal communication.

There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom.

Anais Nin

Community Acupuncture is HERE

I've been working on the best way to offer group, or community acupuncture and after doing some research and running two pilot sessions here at the office, we, fellow acupuncturist Cricket Keast and I have decided to team up and offer group “auricular” acupuncture.

Auricular acupuncture uses acu-points in the ears only. It works on the premise that the whole is reflected in the part. Points on the ear relate to different organs and functions in the body. By stimulating the appropriate points, one can effect a whole body treatment. Since only the ears are being accessed, a person can receive the treatment either sitting up or lying down and many people can be treated simultaneously. Some of our colleagues went down to New

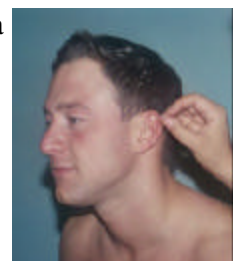
Orleans after the hurricane to offer this type of treatment to rescue workers. Penny Todd L.Ac. reports, “*We worked in huge tents at FEMA's "tent city" and at the National Guard, but also set up in several churches, in a park where they were handing out food and supplies, on the sidewalk in front of a mosque, in an abandoned day care center, in a school for the blind where medical people from across the country were staying etc. etc. Depending on the venue, we treated anywhere from just a few at a time to about 50 seated in chairs. Almost all felt a deep relaxation. Many fell asleep sitting up. A surprising number noted their headaches were relieved, sinuses cleared, achy muscles relaxed etc.*”

And from Eric, who attended both our pilot sessions, “*I felt some relief from the stress related pains I'd been collecting in the weeks prior.*

I've also noticed that I'm having more restful sleep for longer duration. If pain relief and sleeping better appeal to you, then I recommend you try this out.”

Auricular acupuncture can be good for stress, anxiety, arthritis, back pain, colitis, depression, hay fever, addictions (alcohol, drugs, etc) headache, indigestion, PMS, sinusitis and more.

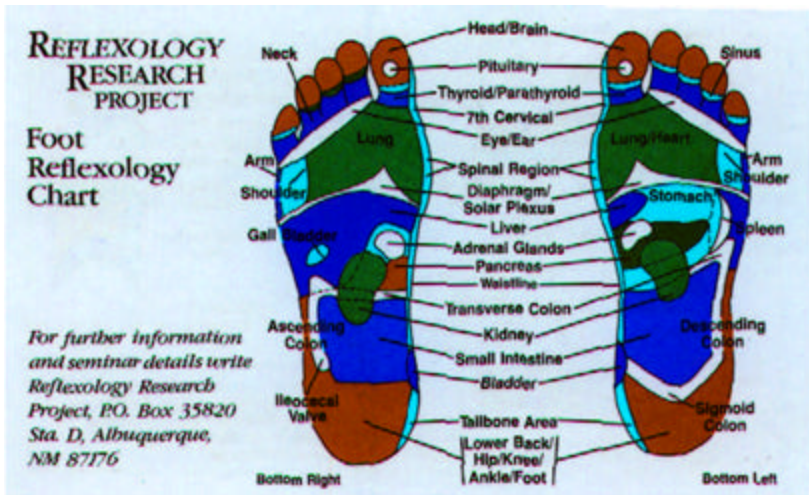
We will launch Happy Hour, our evening group acupuncture session on Monday, Feb. 12th at 6:30 PM., Cost is \$20 per person. This is open to established patients as well as newcomers. Please call ahead for location and to reserve a spot.



REFLEXOLOGY

The word reflexology is made of two parts; “reflex,” which means “one part reflecting another part,” and “ology” which means, “the study of.” Together, it means the study of how one part relates to another part. The commonly held theory is that reflexes on the feet and hands relate to all the organs and the rest of the body. Another way to say this would be that certain spots on the feet and hands have an energy connection to other parts of the body. By applying pressure and massage to the feet and hands, you effectively treat all the other body parts. Reflexology is safe and effective. It helps the body do what it was designed to do anyway. You can’t hurt anyone with reflexology unless you do totally wild and unlikely things.

Here’s how it works. If you place the feet together and look at them from the bottom, imagine an overlay of the body



that places the head up by the toes, the spine down the



middle, or instep of the foot, the lungs around the balls of the foot, the digestive organs just above the heels and the hips down around the heels of

the foot. Look at the diagrams for clarification.

Very simply, if you want to massage the “face or head” you would work around the toes. If you wanted to relax the back and spine, you could work along the inside of the foot. If someone had cramps, you could massage the lower part of the foot. If you are just feeling wonderful, do the whole thing!

The lucky recipient can relax in a chair with his or her feet up on a pillow or ottoman, or can stretch out on a soft carpet or bed and the “practitioner” can cradle the foot in his or her lap. Find out how much pressure the recipient likes. Some people prefer a soft touch, while some like deep massage. You can use small round movements to concentrate the effect or large movements with the full palm to cover a lot of area. Have fun and experiment. Try this with kids as well as adults. It’s a very safe and convenient way to share loving touch.

