

Notes From Aculand

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To your physical, mental and spiritual health!

Karen Johnson L.Ac., R.N.

I love it when people send me acupuncture related articles. I was tickled when Cate, Medical Writer for a local organization, sent me this one. I am often asked if acupuncture is good for fibromyalgia. Here is a well worded answer. The quote is taken from Dr. Andrew Weil's daily health tips. In the next issue, I will include more information on fibromyalgia itself, which affects 3.7 million people in America. Credits for this quote go to the web site www.drweil.com.

"Acupuncture continues to defy skeptics. Adding to a growing body of evidence that the ancient art of healing via needle insertion is a legitimate therapy, a new Mayo Clinic study suggests that acupuncture reduces the symptoms of fibromyalgia. This disorder, characterized by chronic, widespread pain, fatigue, joint stiffness and disturbed sleep, is

particularly difficult to treat; no cure is known, and treatments generally have limited effectiveness.

The Mayo study, published in the June, 2006 issue of Mayo Clinic Proceedings, involved 50 fibromyalgia patients in a randomized, controlled trial. Patients who received acupuncture showed significantly decreased fatigue and anxiety compared with the control group, who received "sham" acupuncture, with needle placements that do not conform to conventional acupuncture



protocols.

Acupuncture is fascinating because it seems to work, yet is based on the movement of "ch'i" along energy pathways known as "meridians," two concepts that Western medicine refuses to acknowledge as real. Yet many often prescribe it, and patients often find relief with it. This may seem irresponsible, but the fact is that the mechanism behind many conventional Western therapies is just as mysterious as that of acupuncture. If it works, and has been shown to be safe, it would be more irresponsible to postpone healing while we await intellectual mastery of the underlying process."



We all know the importance of drinking water, and lots of it; But many people think that any fluid count as water, including soft drinks. Most of us are misled by the marketing of beverage companies advertising that sodas are healthy, fun and good hydration. In the summer months, especially, people quench their thirst with their favorite drink. In an effort to support their health and control their weight, they may make the "wise" choice of choosing a diet drink. But, things are not always what they seem. Read the following article, for some eye popping facts. Thanks to Kathy Smith for sharing this article, taken from the web site www.flylady.com.

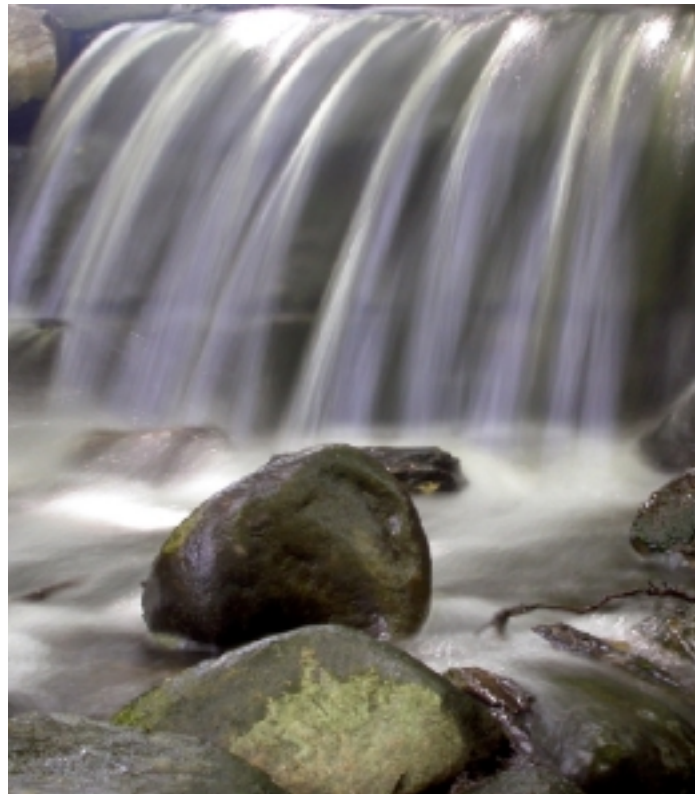
"A lot of you know that I am pretty much a stickler when it comes to deciding what to drink. The answer is always water and plenty of it. I get asked a lot about drinks—particularly, diet drinks, sodas, juices, etc. Everyone wants to drink something else besides water, especially when it's hot outside!

Well, I understand that. I drink coffee in the morning, so it's not like I don't understand what it is to have a particular fondness for a special beverage. But when it comes to drinking something

Water, watereverywhere?

with a meal, you gotta go for water. And water in-between meals, too. Water itself is a nutrient in that it helps your body run optimally and helps you to absorb the nutrients you've taken via your food. Important stuff, H₂O.

A new study just came out implicating sodas in weight gain—both regular AND diet sodas! Now listen, I know sodas go on sale in supermarket all the time and I know you like them. But bear with me for minute. You have to read these statistics!



The University of Texas Health Science Center in San Antonio ran an eight year study to study the effects of soft drink use. Sharon P. Fowler, MPH, who ran the study, had this shocking statement to say, "What didn't surprise us was that total soft drink use was linked to overweight and obesity. What was surprising was when we looked at people only drinking diet soft drinks, their risk of obesity was

even higher."

Of the 622 participants—all of normal weight at the beginning of the study, about a third became overweight or obese.

For the regular soft drink drinkers, the risk of becoming overweight or obese was:

- *26% for up to ½ can each day
- *30.4% for ½ to one can each day
- *32.8% for 1 to 2 cans each day

*47.2% for more than 2 cans each day.

But look at the increase for diet soft-drink drinkers!

- *36% for up to ½ can per day
- *37.5% for ½ to one can per day
- *54.5% for 1 to 2 cans per day
- *57.1% for more than 2 cans each day.

For each can of diet soda

consumed, a person's risk of obesity went up 41%!!!

One of the theories of why the difference may have something to do with trying to fool our bodies. We give them the sweet taste of a diet drink, but no calories. Another recent study showed that baby rats when fed artificial sweeteners craved more calories than baby rats fed real sugar.

Fowler says, "If you offer your body something that tastes like a lot of calories, but it isn't there, your body is alerted to the possibility that there is something there and it will search for the calories promised but not delivered."

She goes on to say, "People think they can just fool the body. But maybe the body isn't fooled. If you are not giving your body those calories you promised it, maybe your body will retaliate by wanting more calories. Some soft drink studies also suggest that diet drinks stimulate appetite." To that I say, "EEEEK!!!"

I don't normally do Food for Thought's with research and all that stuffed into them. But this got my attention, big time and I felt you would want this info yourself. Don't forget too, that drinking sodas blocks calcium absorption and not being able to absorb calcium in your bones is a major contributor to osteoporosis later in life!

I hope this information will help you make the wise decision to grab a water next time you're thirsty!"

