

# Notes From Aculand

karen-johnson-acupuncture.net ♦ karenjohnson.nutrametrix.com ♦ acuchick783@comcast.net ♦ (410) 381-3495

## To your physical, mental and spiritual health!

Karen Johnson L.Ac., R.N.

**FATIGUE...**Oh I feel so tired! I can't get out of bed! I used to be so energetic...what happened?

Many people suffer from bouts of tiredness, but some people find themselves too tired for too long and need to seek help. There are many origins of fatigue. Sometimes fatigue is a consequence of illness, such as mono, lyme's disease, flu, or an exacerbation of an underlying auto immune disease. Sometimes the fatigue is a consequence of poor lifestyle choices such as not eating enough food, eating food with low nutritional value or not getting enough sleep. Over work or over thinking can lead to deep fatigue. Business people and students are subject to this. Athletes undergoing intensive training can deplete themselves. And sometimes life just deals a big blow. Accidents and traumas can deeply affect one's physical and emotional well-being as can periods of sustained emotional stress, such as living in a difficult family or work environment.

People experience their fatigue in different ways. Some people want to sleep all the time. Some people loose interest in intimacy or previously enjoyed activities. Some people find they don't want to exercise, even though they know it usually makes them feel better. Some people become snappy,



irritable or depressed. Some people find it hard to focus or concentrate. A variety of physical symptoms can arise, including hair loss, digestive problems, insomnia, day or night sweats, chest tightness and muscular aches and pains.

It's always good to rule out a medical condition when one feels poorly and it's always good to keep acupuncture in mind also. I often use my Olympic overlapping ring model to express my opinion that there are a lot of things that modern



medicine excels at, a lot of things that acupuncture excels at and an overlapping area where both can be very effective. In the case of long term tiredness or fatigue, if the origin is a disease, infection or auto-immune issue, it will require medical diagnosis, treatment and monitoring. In cases where the medical evaluation is inconclusive an acupuncturist's perspective may be valuable. The acupuncturist has a different language and structure for assessing both physical and emotional symptoms. We also look for issues in one's history and life style that have had or are having a negative effect. We can treat symptoms, and suggest possible lifestyle interventions. Through treatment many people have been pleased to recover a lost sense of health and vitality and gain insight as to how to preserve and maintain their health with good lifestyle choices.



## Are you ready to loose weight this summer?..



questions or to sign up, please call me at (410) 381-3495.

Here's what two successful women have to say about the program.

*"This is not a get-skinny-quick diet. It's a life-time-reorganizing-your-body-thing. In addition to loosing weight I have slimmed down my waistline and trimmed my lower torso and belly. I've changed shape and gotten my energy back. Some of my digestive problems have disappeared, particularly the pain I used to feel from a hiatal hernia. Because of not eating processed sugars, real fruit and other food tastes so much better. I've done other diets and lost weight, but this one has changed my thinking. I know that if I go off of it for a little while, I can get right back on again. It has taught me how to eat. I feel more in control of myself. In fact, I am putting on a skirt tonight that I have had in my closet for*

*two years waiting for me to get to the right (smaller) size. It's a good thing it was there, because I have to go out tonight and most of my other clothes don't fit me any more! Jan J. in Clarksville, Md.*

*This is a new way of looking at weight loss and health within an intimate, small group setting with the additional benefit of satisfying and yummy supplements all within an atmosphere and emphasis on living your real life. I mean, there will be a time when you're going to have a cheesecake and that's O.K.! By the same token, you don't want to be having a protein shake for dinner every night, because that's not the real world either. I like the real world adaptations and realistic expectations. Carol H. in Columbia, Md.*

### DIET HUMOR (aka ANTI-DIET HUMOR)

With this humor, you can sit back and laugh off some calories:

Why are married women heavier than single women?  
A -single women come home, see what's in the fridge and go to bed.  
Married women come home, see what's in the bed and go to the refrigerator.

What's the difference between the boyfriend and a husband?  
... About 30 pounds.

After looking at the French society doctors came to the conclusion that if you eat slowly, you eat less.  
(You certainly will if you are a member of a large family) .

Q: How can I burn calories faster?

A: Bicycle 25 MPH instead of 5 MPH!

Hahahhhahaha .....Haha!

Starting Wednesday June 14, at 7 PM, we will be running a Transitions Weight Loss program. This 7 week program is perfect for anyone interested in improving his or her overall health and well being.

The system revolves around a low-glycemic -index (GI) eating philosophy and includes menu plans, a daily journal and nutritional supplements. It is easy to follow and is a system you can maintain throughout your life. Transitions does NOT promote muscle and water loss like other diets. Transitions DOES focus on fat loss and preservation of lean body mass. For more

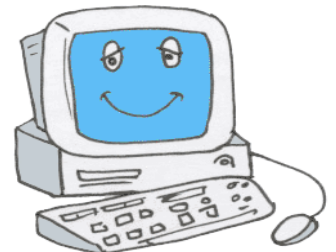
## BUY ONLINE!

**Yes**, you can now buy your supplements online! If you would like to purchase your own vitamins, OPC's, calcium, aloe, fish oil or any of the other products I carry in the office and have them delivered right to your door, it is now possible. Just go to my web site karenjohnson.nutrametrix.com and click on Individual products to go right into ordering. If you would like to sign up as a "preferred customer," please click where it says "Get up to 15% off..." It will take you through the registration process, after

which you will get at least 5% off of all your purchases. If you haven't taken the Nutriphysical, you might want to spend a few moments on this interesting health survey. The questions invite you to look at various aspects of your life style and general health. Depending upon your answers, nutritional supplements may be recommended. The questions themselves, as well as your answers may inspire you with new thoughts and ideas to bring to your next acupuncture treatment. As you know, I try

to incorporate as many of your health goals as possible into every treatment! While you are on the site and if you have any questions about the products, individual ingredients or interactions between nutritional supplements and medications, please explore the Natural Medicines Database. This goldmine of information is a nationally maintained site used by both health care providers and consumers. You can look up any product, produced or sold anywhere and get unbiased, scientifically

based information on the ingredients, cautions and possible interactions. Only one person can be on the site at a time, so if it won't let you on, that just means someone else is already there, so try again later.



[www.karenjohnson.nutrametrix.com](http://www.karenjohnson.nutrametrix.com)

## Fish Region

This is a point name. The point itself is located in the fleshy part of the palm of the hand. I chose it to head off this informative little bit on the health benefits of fish oils. Scientists were first alerted to the many benefits of EPA and DHA (the widely touted beneficial ingredients in fish and fish oil) in the early 1970s when Danish physicians observed that Greenland Eskimos had an exceptionally low incidence of heart disease and arthritis despite the fact that they consumed a high-fat diet. Intensive research soon discovered that two of the fats (oils) they consumed in large quantities, EPA and DHA, were actually highly beneficial. More recent research has established that fish oils (EPA and DHA) play a crucial role in the prevention of atherosclerosis, heart attack, depression, and cancer. Clinical trials have shown that fish oil supplementation is effective in the treatment of many disorders including rheumatoid arthritis, diabetes, ulcerative colitis, and Raynaud's disease.

**Good for the brain and children too**  
The human brain is one of the largest "consumers" of DHA. A normal adult human brain contains more than 20 grams of DHA. Low DHA levels have been linked to low brain serotonin levels which again are connected to an increased

tendency to depression, suicide, and violence. A high intake of fish has been linked to a significant decrease in age-related memory loss and cognitive function impairment and a lower risk of developing Alzheimer's disease.

Researchers at the University of Sydney have found that children who regularly eat fresh, oily fish have a four times lower risk of developing asthma than do children who rarely eat such fish. They speculate that EPA present in the fish may prevent the development of asthma or reduce its severity by reducing airway inflammation and responsiveness.

**The heart's best friend**  
An enormous amount of medical literature testifies to the fact that fish oils prevent and may help to ameliorate or reverse atherosclerosis, angina, heart attack, congestive heart failure, arrhythmias, stroke, and peripheral vascular disease. Fish oils help maintain the elasticity of artery walls, prevent blood clotting, reduce blood pressure and stabilize heart rhythm.

**Reduces pain and helps prevent cancer**  
Fish oils are particularly effective in reducing inflammation and can be of great benefit to people suffering from rheumatoid arthritis or ulcerative colitis.



There is now also considerable evidence that fish oil consumption can delay or reduce tumor development in breast cancer. Studies have also shown that a high blood level of omega-3 fatty acids combined with a low level of omega-6 acids reduces the risk of developing breast cancer.

**Safe and easily available**  
It is estimated that 85% or more of people in the Western world are deficient in omega-3 fatty acids which come from fish and most get far too much of the omega-6 fatty acids, which are found in vegetable oils, such as corn and soy. Vegetarian diets, for example, tend to be very high in omega-6.

The processing and packaging of the fish oil are crucial in determining its quality. Low quality oils may be quite unstable and contain significant amounts of mercury, pesticides, and undesirable oxidation products. High quality oils are stabilized with adequate amounts of vitamin E and are packaged in individual foil pouches or other packaging impervious to light and oxygen. Some very recent

research carried out at the University of Minnesota found that emulsified fish oils are much better absorbed than the straight oils in gelatin capsules.

Supplementing with fish oils has been found to be entirely safe even for periods as long as 7 years and no significant adverse effects have been reported in hundreds of clinical trials using as much as 18 grams/day of fish oils. Fish oil supplementation does, however, lower blood concentrations of vitamin E so it is a good idea to take extra vitamin E when adding fish oils to your diet.

*\* All of this material has been taken directly from a wonderful web site called "Oilofpisces.com" and is for your information only. It is not meant to encourage self diagnosis or self medication. Please consult with your health care provider if you wish to follow up on the information provided.*

