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| East West  Medical Group | |
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| **Important Dates to remember:**  December 31-January9th 2020 Dr. Tsai will be out of Town  January 18th our 30th anniversary Party from 4-7 pm  March 19-29th 2020 Dr. Tsai will be on a trip to Japan with the Sister City Group of Fullerton  Your text here |  |
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My Favorite Christmas Memory

DECEMBER 2019 East West Medical



By Cynthia Teske EWMG Billing Department

Some of you do not know me, an occasional few have seen me in the mornings when I unlock the door, but I have been the person billing your insurance company at East West Medical Group for almost 5 years now. I am also the project manager helping Dr. Tsai to do research and carry out his many side projects. Part of my duties include writing the newsletters. This month I am going to do things a little differently. I’ve decided to keep you all informed yes, but to share with you, the patients at EWMG, my favorite Christmas memory in the hope that you will get to know me a bit better.

What is not commonly known, is that I am an identical twin, and growing up, it sometimes caused a challenge for my parents, and my sister and I. When we were about 5 years old my mother decided that instead of giving us the same thing for Christmas, she was going to give us each a different gift that year. I got a pair of Minnie Mouse ears, and my sister got a Teddy Bear!! I cried and cried when I did not get MY Teddy. I fell in love with her teddy bear the second she unwrapped it. My mother could see that I was upset, (I did nothing to hide my disappointment) so she asked me what was wrong. I told her how I really wanted a teddy bear, and I couldn’t stand it that my sister got one instead.

In our house, money was always tight, so just going out and buying me my own bear wasn’t an option for my parents. My weekly allowance at the time was only $.25 cents. That’s right they could only afford to give me $1.00 a month. My mother suggested that I could earn the bear by doing extra chores and saving my allowance. Since the bear cost around $20.00 it would take me almost a year to save for it and earn the extra money, I needed to get the bear, but I did it. I collected cans, saved my allowance, did extra chores, I even helped my neighbors rake up the yards to earn extra money. Just before the following Christmas, I was able to save enough money to get my Teddy Bear. I loved that bear like any now 6-year-old would. I hugged it and slept with it and drug it around the house and in the yard in true “Velveteen Rabbit” fashion. Then at some point, I don’t remember when, I put the Teddy away for safe keeping. I had pretty much forgotten about him for years.

When it was time for me to move into my own apartment, I grabbed the boxes my mother had in her garage for safe keeping and added them to the moving truck. It was a few weeks before Christmas and I was using my vacation time to unpack. I admit, I was lonely in my studio apartment, especially around the holidays. I was suffering from stress on the job and missing my family and friends. At night, I would sit on my balcony and watch my new neighbors as they were visited by their families and friends, but I was often alone. I had fallen into a slight depression which I am told isn’t unusual around the holidays, but I was feeling particularly “Blue”.

I came to the box from my Mother’s garage, and when I opened it, to my surprise staring back at me was my Christmas Teddy! It was like seeing an old friend. He was a little smushed and worn from the years, but to me in that moment he was perfect! All the memories of how much I wanted him and how hard I worked to get him, reminded me that the stress at work, and the loneliness I was feeling would soon pass, and I would again feel renewed in my spirit with that same determination I had as a child, and pick myself back up again.

I still have my Christmas Teddy even though I am close to 50 years old now. He represents that if I want something bad enough, and work hard enough, there is nothing that can stop me from achieving my dreams!



**Acupuncture Does Help with Pain**

## Sweeping new study finds it helps more than standard treatments

by Michael Haederle, [**AARP Bulletin**](https://www.aarp.org/bulletin/), October 8, 2012

Millions of Americans who use [acupuncture](https://www.aarp.org/personal-growth/transitions/info-02-2011/is_acupuncture_right_for_me.html) can take heart from a new study that provides evidence that the ancient Chinese healing therapy can help reduce [chronic pain](https://www.aarp.org/health/alternative-medicine/info-11-2008/drug_free_remedies_chronic_pain.html) by as much as 50 percent — welcome news for sufferers of back pain, arthritis, headaches and other painful conditions. Acupuncture can be quite effective in pain management.

A rigorous review of 29 randomized controlled trials, involving nearly 18,000 patients, shows that acupuncture was better at relieving pain than over-the-counter medicines and other common treatments, says Andrew Vickers, a researcher at Memorial Sloan-Kettering Cancer Center in New York, who led the multinational study.

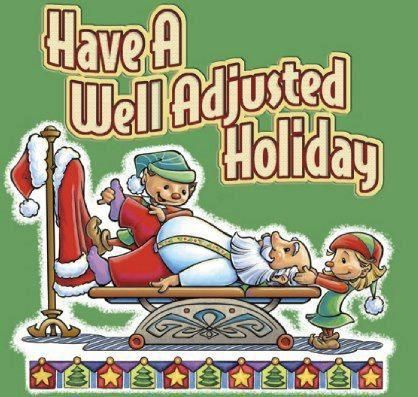
"What this study provides is fairly strong evidence that acupuncture is an effective treatment for chronic pain," Vickers says, adding that about 3 million Americans use acupuncture each year.

In these trials, some people suffering from [back and neck pain](https://www.aarp.org/health/conditions-treatments/info-02-2012/posture-shirt-relieves-neck-back-pain.html), osteoarthritis, chronic headache and shoulder pain received standard acupuncture treatment, in which tiny needles are inserted into traditionally specified points on the skin. Others received fake acupuncture treatments, in which the needles were inserted at random points on the skin, or they were "treated" with needles that retracted into handles instead of entering the skin. Additional participants received no needle-based treatment at all.

Overall, those treated with real acupuncture had their pain symptoms reduced by 50 percent. Those who received sham needling saw a 43 percent drop in pain, while the no-acupuncture group reported their pain was reduced by 30 percent.

Western-trained doctors are increasingly willing to recommend acupuncture to their patients, but there's still no clear scientific explanation for why it works, Ross says. One theory is that acupuncture triggers the release of endorphins, natural painkilling compounds in the brain. Another is that it affects neurotransmitters, the chemical messengers that help brain cells communicate pain.

"It's very safe in trained hands," Ross says, though he also believes in a [pain management](https://www.aarp.org/health/conditions-treatments/info-07-2012/treating-chronic-pain-without-drugs-oz.html) plan that uses a mixture of techniques. Acupuncture "is certainly a very viable therapy," but it should be considered as one part of a whole pain treatment plan, he adds.



**Chiropractic Tips for Beating Winter Blues.**

**By Chirone Wellness Center**

**Are you SAD?**On dark and wintry days, some people are happy to curl up with a good book and some hot cocoa—while others, with Seasonal Affective Disorder (SAD), feel low until the sun breaks through the clouds. Winter in the Midwest is as gray as it is long. On average, we receive less than seven days of sunshine per month from November through March. The cloudy sky, strong winds and frigid air is enough to damper anyone's spirits. For those suffering from SAD though, winter brings with it more than the occasional bout of the winter blues.

The season can be a debilitating time for individuals with the disorder. **An Overview.**SAD is a form of depression that occurs during the same season each year, most commonly during the winter months. First diagnosed centuries ago in Scandinavia, the disorder primarily plagues those living in cold weather climates that experience prolonged periods with little to no sunlight. Physiologically, the body is responding to a lack of exposure to light, resulting in altered levels of serotonin and melatonin. **Symptoms.**Individuals affected by SAD may experience: Lack of motivation or decreased interest in everyday activities Increase or decrease in appetite Difficulty concentrating Change in sleep patterns Altered energy level Social withdrawal Appearance of some or all of the above symptoms at the same time each year SAD sufferers often isolate themselves to their homes and avoid social interaction. This isolation only deepens the depression. **What can you do?**Below are tips to reduce or prevent SAD symptoms naturally. **See your**[**Chiropractor**](http://www.chiroone.net/)Though not a treatment for SAD, the [chiropractic](http://www.chiroone.net/)approach has been a blessing to countless individuals who suffer from seasonal depression. "The symptoms that SAD encompasses fall under the category of stress, which is a major trigger for vertebral subluxations," states Raffaella Villella, Chiropractic Director of [Chiro One Wellness Center of Lakeview](http://www.chiroone.net/locations/illinois/Lakeview/index.html). "It's no coincidence that SAD typically falls around the holidays when we’re stressed with family, financially, and may be over-extending ourselves. Maintaining a consistent chiropractic adjustment schedule is essential for dealing with the stressors of SAD." Chiropractors take a natural, drug-free approach by correcting vertebral subluxations (nerve interferences) in the spine. [Chiropractic](http://www.chiroone.net/)care allows the body to operate at its full potential. **Get Outdoors and Exercise** Getting outdoors and getting fresh air even when the sky is gray can help to alleviate SAD symptoms. Direct Sunlight is the best way for our bodies to absorb Vitamin D. 20-30 minutes in the sun will get us approximately 10-50,000 units of Vitamin D. Supplements typically come in 500-1000 units, so we can see why most research lists nearly 70% of Americans as being Vitamin D deficient. Exercise should be fun, so it becomes something to look forward to each day. Running, walking briskly, ice skating or sledding with children are great ways to enjoy the winter weather. **Leave Home**This is especially tough for SAD sufferers because the natural inclination is to stay in and avoid social outings. SAD sufferers are encouraged to do the exact opposite of what they feel like doing. If the last thing you want to do is leave home, do just that. Pick up the phone and make a plan to meet up with a friend or family member. Enjoy dinner out on the town, catch a play or head to a museum.

**Change Your Diet**Eating a low-fat diet that includes an adequate amount of protein can help. You should also eliminate sugar and carbs as much as possible and avoid caffeine. Remember caffeine is in most sodas, coffee, tea, and chocolate. Limiting wheat and dairy consumption during the holidays can be a challenge, however overindulging in these items promote inflammation and tend to make us feel sluggish. Peppermint oil also helps with sadness and depression. Inhale a whiff to get a burst of energy! Add chili peppers to your diet—chili peppers contain capsaicin, which boost energy and can enhance circulation. Try ginger tea to help boost your metabolism and increase weight loss. **Take Vitamins**Some find that taking vitamins that contain magnesium, B complex, and minerals are helpful. Vitamin D is especially important to SAD sufferers and is one of the most important nutrients for our entire body. It has been shown to help prevent osteoporosis, cancer, depression, heart disease, and SAD. The best form of Vitamin D comes from natural sunlight which can be acquired by getting outside for at least 20 minutes a day (without sunscreen) during the strongest time of day—generally between 10 am – 2 pm. When supplementing, always choose Vitamin D3 cholecalciferol, not vitamin D2 ergocalciferol which the body has to convert to vitamin D. Vitamin D can also be acquired from cod liver oil, salmon, mackerel, sardines, liver and eggs. You may want to pass on Vitamin D Fortified Milk –in most cases it’s counterproductive to healing the immune system.

**Massage Holiday Specials**



80 Min Massage and Full Body Stretch :$79.00

70 min Full body Hot Stone Massage:  
$99.00

## A massage gift certificate tucked into a holiday card may seem unassuming, but the effects of this present will be powerful.

### People turn to massage for stress relief, pain alleviation and relaxation, and massage is appropriate for just about anyone—from healthy adults to seniors and pregnant women to athletes. Massage therapy is also safe and beneficial for people living with conditions including cancer, fibromyalgia and arthritis. This is why treating the people on your gift list to massage makes sense this holiday season. Regular massage clients will know what to look forward to, and for someone who has never had a massage, a gift certificate can make his or her first session more accessible. Here are four reasons why massage should be at the top of your holiday gift list, along with suggestions for massage and bodywork specialties to present to friends, colleagues and family: 1. **The Gift of Stress Relief** The holidays can be filled with family, friends, fun, food—and freneticism. Gift-buying, overeating and travel can leave any merrymaker feeling tired and stressed. Massage makes the best holiday gift because it calms the nervous system and provides an oasis of respite from the holiday frenzy.

### 2. **The Gift of Pain Removal** From hanging Christmas lights to digging the Hanukkah candles out of the basement, the holidays’ decorating activities can create strain, sprain and pain. Massage makes the best holiday gift because it addresses pain and stiffness by increasing circulation, improving flexibility, and releasing crinkles and tight spots from muscles. 3. **The Gift of Raised Spirits** The holidays aren’t jolly all the time; family conflict, feelings of grief and other mood-stressors can arise, even during a Kwanzaa celebration. Massage makes the best holiday gift because it can boost mood. The release of the feel-good hormone, oxytocin, is increased during massage, as is the release of serotonin and dopamine. 4. **The Gift of Ease** Give yourself the gift of a super-simple present purchase. Massage makes the best holiday gift because professional massage therapists offer gift certificates for sale, via in-person sales, a website or a Facebook page. Whether you purchase now or at the last minute, your gift of massage will be the easiest gift you give this holiday season—and the most appreciated. Talk to the front desk for details!