

# evolve

The Body Dynamics Monthly Newsletter

## Struggling with Allergies? HAVE YOU SEEN YOUR ACUPUNCTURIST YET?

**Y**es, yes it's that wonderful time of year when the world flock to the capital to see the city in bloom! After this winter's snow, the cherry blossoms, chirping birds and sea of color are a welcome sight. However, there is a price to pay for this beauty, with our itchy eyes, runny noses, and marathon sneezing sessions! Even trying to enjoy the fresh air on the morning commute can become a hassle!

Acupuncturist Ausra Kaminskas gives us further insight as to the hazards of spring, and some options for relief!

Springtime is the season of the Liver organ. After a winter of heavy food, holiday indulgence, and for some of us – limited exercise, spring sees the liver awaken and get things moving. Gallbladder flare-ups are common, as are Gallbladder channel headaches. As the Qi, meaning energy flow, begins to move and the liver system becomes more active, stagnant toxins may start wreaking havoc on the body. The liver needs some spring cleaning! It's time to start eating lighter, and cleansing the system so you can be out enjoying the weather!

The element of Liver is Wood, and trees are often the first to pollinate. The phlegm starts moving, eyes water, the sinuses gush, and we all rush to the pharmacy to find something to stave off the symptoms. But is depending on medication something you want to rely on this entire season?

This year, clear out the problem instead of letting phlegm, accompanying toxins and parasites remain in the body! Many over-the-counter medications offer temporary relief, but natural allergy remedies have longer lasting results with none of the troubling side effects.

Acupuncture and herbal remedies are a great start! Certain foods have also been used to combat symptoms similar to allergic rhinitis successfully for centuries. Several studies have confirmed that acupuncture and herbs

are successful in treating allergies\*.

More information in treating your springtime allergies:

### How can allergies and asthma be successfully addressed?

- Controlling inflammation of air passages
- Dilating air passages
- Thinning mucus in the nose, sinuses and lungs
- Preventing food-allergy reactions that can trigger respiratory allergies and asthma

Acupuncture can explore all of these alternatives!

### What are the types of allergic rhinitis (allergies)?

- Allergic rhinitis is due to an antigen – antibody reaction in the nasal mucosa. If the antigens responsible are only pollen particles then it is called seasonal allergic rhinitis (hay fever).
- If the antigens are dust, house-dust mites' fecal matter, fungal spores and animal dander, it is called perennial allergic rhinitis.

### How can Acupuncture help?

When the allergic rhinitis is seasonal, one should start a season ahead to build up the immune system. Weekly acupuncture treatments are a great way to accomplish this. If you have a longer history of allergies it means that body is weak, and could use a bit of help to fight off symptom! Accurate diagnosis is very important and kidney, lung or spleen/pancreas (as viewed by traditional Eastern medicine understanding) should be treated, using the specific herbal formulas.

During the allergy season the immune system as a whole is treated simultaneously with acute symptoms. Symptomatic herbal formulas and weekly acupuncture treatments are necessary. In case of perennial rhinitis the symptoms and the constitutional weakness is treated simultaneously.



Since the immune system is often suppressed by stress, acupuncture also addressed the emotional components leading to health problems.

### Is there anything the patient can do to improve the condition himself in addition to acupuncturist's help?

YES!!!!!!!!!!!!

Nasal washes

Directions:

1 cup of body temperature water

1 teaspoon of sea salt

15 drops of Echinacea plus Golden Seal solution (non alcoholic).

Do the rinses three times through each of the nostrils, letting the solution come out through the mouth. Twice a day during the season and every second day as prevention.

Avoid phlegm creating foods: sugar, dairy (except Greek yogurt and goat products), wheat. Eat organic and fresh foods. Use probiotics to keep the colon healthy.

### \*REFERENCES

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# Tips for an Effective Golf Season

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**G**olf season is under way and some of you may be wondering how your exercise routine should change now that you are playing regularly. The general rule of thumb for any "in-season" routine is to perform exercises that will maintain the gains you achieved in your off-season routine. If you did not perform an off-season routine, don't worry, these ideas can assist you in beginning a new program.



**Warm-up:** Usually a successful golf outing cannot occur without a proper warm-up. Since the weather is still variable in the early morning hours it is a good idea to perform an active warm-up before you swing the club. Think back to those wonderful days in PE class when you would start off with calisthenics. This is a great way to perform an active warm-up and will be more effective for you than what I call the prolonged hold stretches (e.g. leg up on the car bumper and bending forward to stretch your hamstring). Helicopters,

windmills, lunges, saws (arm rows), and scissors (arm rows crossing your hands in front of your body) are all great ways to get your body moving into positions that mimic the golf swing. If you are unsure of what these exercises are and how you should be performing them, ask your trainer, or simply ask me the next time you are at BDI and I will be happy to show you. Finally, instead of stepping up to the practice tee and making that first swing with your club, why not start off with putting. It will get you into your golf stance, allow your body to move with less strain, and promote a gradual progression up to that big swing with your driver

**Flexibility training:** One thing I have learned through my continuing education in the golf world is professional golfers have amazing flexibility. Stretching should be performed after your round or on an off day. Chances are you will not improve your flexibility by stretching for 2-3 minutes before your round. Each stretch should be held for around 30 seconds and done 1-2 times on each side. Do not forget your upper body and trunk. These body regions are big contributors to your golf swing. Stretching will help get rid of lactic acid built up during your round of golf and keep you flexible throughout the season, allowing you to replicate that perfect swing with each outing.

**Strengthening, core work, and balance:** Should I still be working out now that I am playing golf more regularly? The answer is YES! You may not work-out as frequently but you should not

stop your exercise routine. I follow the stability/mobility approach to training golfers. As we start from the ankle up through the body and ending at the hand, golfers should have body regions that alternate between mobile areas and stable areas. Your exercise routine during the season should be more functional to your game. Therefore, doing 3 sets of bench press may not be the best exercise for you, simply replace it with a standing cable column chest press that makes you stabilize your core and rotate your trunk as you would in your golf swing. If you need assistance in coming up with a good in-season routine, contact the front desk, or send me an email and I'll be happy to get you in for an appointment and get you started in the right direction.

