

# Acu News

"Natural forces within us are the true healers of disease." - Hippocrates

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## Save Your Summertime Skin

Now is the time of year when the sun becomes irresistible. As tempting as it is to spend as much time as possible in the warmth of the sun, there are a few precautions to take to protect your skin from harmful rays.

Our skin is the largest organ in the body. It reflects our health and age. Today, there's much concern about sunbathing leading to an increase in skin damage and skin cancer.

Excessive exposure to ultraviolet rays can increase the production of free radicals that can adversely affect the integrity of collagen in the skin. Over time, our skin becomes wrinkled, cracked, aged, and brittle. For smokers, the effects are multiplied.

Research suggests that skin cancer is cumulative over a lifetime. It begins with overexposure and serious sunburns during childhood.

We can't live without the sun. Our bodies require sunlight in order to manufacture Vitamin D needed for calcium absorption, among other things. So, we shouldn't hide from our shining star. Here are a few helpful tips and precautions to take when you're soaking in the sun this summer.

**Use sunscreen** - Choose a sunscreen with a high SPF number for greater protection. Apply it onto your skin 15 minutes before you go outside. Don't forget your nose, ears, and neck.

**Time is key** - Avoid sun exposure when the sun is at its highest peak in the sky, typically from about 11:00 am - 4:00 pm.

**Gear up** - Wear a hat with a wide brim, t-shirt, and sunglasses that filter ultraviolet rays.

**Drink up** - By keeping your body hydrated you can avoid dehydration and provide moisture for the skin to prevent dryness, cracking, and aging.

**Pop a pill** - Vitamins such as A, E, and some antioxidants help prevent skin damage from the inside. Cod Liver oil and Flaxseed oil have also been used to support skin health.

**Brush it off** - Before you take a shower, use a dry skin brush. This can open pores and slough off dead skin, allowing your skin to breathe easily and work more efficiently.

**Keep healthy** - Some medications we take may have reactions and side effects when we're exposed to sunlight. Acupuncture may be able to provide an alternative to these medications, keeping you healthy, safely and naturally.



If you want to enjoy the sun this summer season and not worry later, practice good sun sense.

You and your skin deserve it!

## All Revved Up and Can't Slow Down

What do you think would happen if you kept your car in park and the engine revving at 65 miles per hour?



You guessed it—after a short time your car would break down. If you were lucky, a simple tune-up would fix the problem. If not, the engine might need to be replaced entirely.

Stress is a revving engine that, if left unchecked, can wear out the body and mind. Stress in our professional, personal, financial and social lives can lead to a variety of symptoms and signs of ill health.

Stress increases our body's production of cortisol and adrenaline. These body chemicals help activate the "fight or flight" response, a normal reaction that is designed to prepare the body to flee danger or fight an attacker.

Unfortunately, many modern stressors are chronic and end up activating the "fight or flight" response for weeks, months, or years at a time. This long-term activation of the body's stress-response system can wear down the body and mind, setting the stage for illness and disease.

The good news is that acupuncture and Chinese medicine can be extremely helpful in reducing symptoms and signs associated with stress in a number of ways:

- 1 A customized Chinese herbal prescription can help restore internal health and balance, thus "slowing the engine down."
- 2 Safe, gentle and effective acupuncture treatments can help "turn off" the fight or flight response and can enable you to feel calmer and sleep more soundly.
- 3 Suggestions for a healthy lifestyle, including proper nutrition, meditation, rest and exercise, will enable you to maintain health over the long-term.

One of the unique attributes of Chinese medicine is its holistic approach to health and well-being. Instead of masking, or only

addressing a few symptoms and signs related to stress, an acupuncturist cares for the whole person, body and mind. Stop revving your engine! If you or someone you know is experiencing stress, feel free to give me a call. For thousands of years acupuncture has helped millions of people cool their engines before they burned out!

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