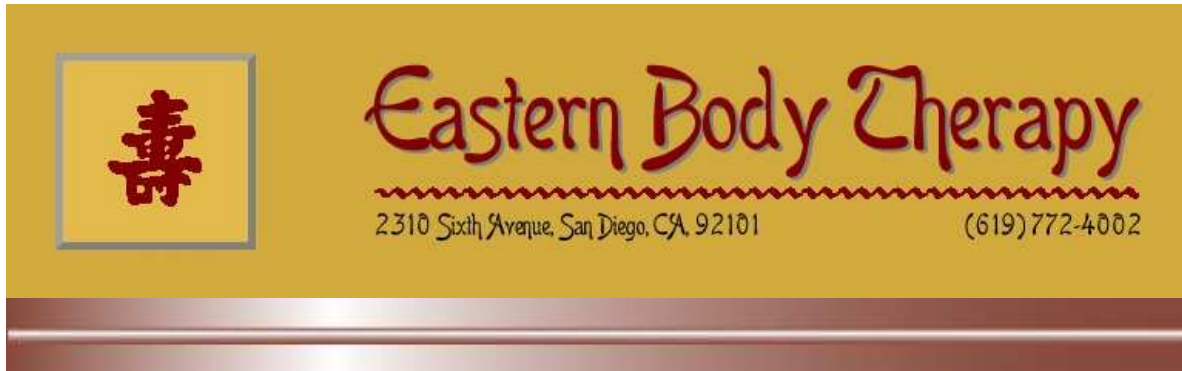


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Health Notes Fall Newsletter

September 2008 - Vol 1, Issue 1

In This Issue

Functional Chinese Medicine

Did You Know?

Qi Booster Recipe for Health and Wellbeing

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Quick Links

[Eastern Body Therapy](#)

Dear Lisa,

Welcome to Eastern Body Therapy's first e-mail newsletter!

This newsletter is designed to give you useful health tips, recipes, and prevention information, not just to fill your in-box. I'm always looking for feedback on the articles, topics you'd like to see covered, and other suggestions. Please send your comments and suggestions to lnicholson@ebtherapy.com.



Feel free to forward this letter to anyone you think would benefit from it.

I'm here to be your partner in well-being. If there is anything I can do to help your fall be more healthy, please let me know.

Peace and health,
Lisa Nicholson, L.Ac.

Functional Chinese Medicine

Have you felt "not quite right" lately, but received a clean bill of health from your physician? If so, you may be in the very early stages of an illness or chronic disease that can be detected and treated with Functional Chinese Medicine.



Functional Chinese Medicine uses the traditional comprehensive intake of Chinese Medicine, including an extensive clinical interview and tongue and pulse diagnosis, combined with modern laboratory testing to determine the underlying cause of your complaint. In Traditional Chinese Medicine, progress is based on how the patient feels and changes in the objective signs such as tongue and pulse. In Functional Chinese Medicine, changes in symptoms, tongue, and pulse are observed, PLUS changes in

physiology are measured through laboratory testing. Laboratory testing makes it easy to see whether the treatment is working, and provides a basis for digging deeper if it is not working.

How are Functional Chinese Medicine lab tests different from what your doctor orders? Most of the difference is the "normal" reference ranges used. Conventional Medicine relies on normal ranges determined by averaging the results of everyone tested in a particular region over a one year period. Because people are often tested when they are not feeling well, these ranges are based on a "sick" population, and are often quite broad. Many of my patients have significant symptoms of disorders that are easily diagnosed through lab work, but fall within the Conventional normal laboratory range.

Functional Chinese Medicine embraces a narrower normal range for most blood tests. This "functional normal" range was developed by the American Academy of Clinical Chemists based on a sample of "healthy" individuals. Many patients who have symptoms but test "normal" on a conventional laboratory range, have blood chemistry numbers that fall outside the functional normal range. These patients are considered to have "subclinical imbalances" rather than pathologies and these imbalances can usually be treated through dietary changes, supplements, herbs, stress management, and acupuncture, without the need for drugs or artificial hormones.

Conventional Medicine uses mostly blood and urine tests to assess pathology. Many available tests are not used because, in a conventional treatment model, they do not change the course of treatment. For example, in Conventional Medicine, the only treatment for an underactive thyroid is hormone replacement, regardless of the cause of the underactive gland. Treatment effectiveness is measured exclusively through TSH, so this is often the only test ordered to assess thyroid function. In Functional Chinese Medicine and Traditional Chinese Medicine, there can be over 20 causes of an underactive thyroid, and the treatments are vastly different. While a complete thyroid panel would not change your Conventional Medicine practitioner's treatment, it would make a HUGE difference to the Functional Chinese Medicine practitioner. For this reason, the Functional Chinese Medicine practitioner often orders a more extensive array of laboratory tests than the Conventional Medicine practitioner, often including saliva and stool tests in addition to blood and urine tests.

At Eastern Body Therapy, we offer a full range of functional saliva, blood, stool, and urine tests to take the guesswork out of diagnosis and treatment. Herbs, acupuncture, and nutritional recommendations are made on the basis of objective data, and progress is followed by watching the numbers change! If you or someone you know is feeling lousy and has been given a clean bill of health by their physician, call me at (619)772-4002 to schedule a Functional Chinese Medicine consultation.

Did You Know?

Acupuncture May Be Helpful For Some Dental Problems

Chinese Medicine, including acupuncture and herbs, may be helpful in treating a variety of dental problems. If you frequently experience sore and bleeding gums, toothaches in absence of decay (make sure you see your dentist for an X-ray before seeking alternative treatment if you have a toothache!), night time tooth grinding (bruxism), or pain in your jaw joints, we can probably help.



Several acupuncture channels enter the mouth and jaw. Imbalances in qi, blood, yin, or yang can affect these channels, which affect the gums, tongue, teeth, and jaw tissue. Tension in the neck, shoulders, and jaw can lead to pain in the jaw joints and tooth grinding. Mouth sores including "fever blisters" can result from too much heat in certain channels, and acupuncture to clear heat from these channels often provides considerable relief. A Chinese Medicine assessment helps to determine whether your symptoms may be easily relieved by acupuncture or Chinese herbs.

Chinese Medicine is NOT a substitute for regular dental evaluation and care. However, the combination of acupuncture, Chinese herbs, diet changes, and craniosacral therapy can provide significant relief for many dental conditions. We are happy to work with your dentist to

help you optimize your dental health!

Qi-Booster Recipe - Lisa' s Greek Salad



Early fall is the season of the Earth element, whose associated organs are the spleen and stomach. Late fall is the season of the Metal element with associated organs of lung and large intestine. Fall in San Diego brings hot, dry days and cool, foggy nights. As we transition into the influence of the Earth and Metal elements, weaknesses in the associated organs can lead to increased risk of colds, upset stomachs, and flu.

This qi-boosting recipe takes advantage of the beautiful heirloom tomatoes currently in season. Tomatoes are sweet, sour, and slightly cooling. They are high in lycopene which is a potent antioxidant and helps to relieve fever blisters for some people. Cucumbers are sweet and cooling, and act as a mild diuretic. Olives are sweet, sour, astringent, and neutral in temperature. They help to moisten the lung, which is important in our dry autumn climate. The spicy and warm nature of basil and parsley balances the cooling nature of the vegetables and provides support for the digestive action of the spleen.

I encourage people to eat mostly organic, locally-grown foods to minimize exposure to potentially harmful pesticides and decrease the environmental impact of our food choices. We are blessed in Southern California to have abundant agriculture with a wide variety of foods being harvested during the fall. Use organic ingredients for this recipe if you can get them!

Lisa's Greek Salad

3 large heirloom tomatoes**
 4 small Persian cucumbers** OR 1 medium cucumber
 20 pitted kalamata olives**
 1/8 lb feta cheese**, crumbled
 2 Tbsp. coarsely chopped fresh basil
 1 Tbsp. coarsely chopped fresh parsley

Slice the tomatoes into chunks of whatever size you prefer, and slice the cucumbers into rounds. The small Persian cucumbers are thin-skinned and tender, so rinse them well and keep the skins on.

Combine all ingredients and toss well. I eat this salad as is, but if you MUST dress it, drizzle with about 1 Tbsp. each of olive oil and good quality Balsamic vinegar.

Serves one as a lunch, two as a salad course.

**Where do you find this stuff? Heirloom tomatoes are the big, juicy, multi-colored ones that actually taste like tomatoes from the garden. They are available at Whole Foods, Jimbo's, and most farmer's markets, and their vibrant flavor and brilliant color makes them well worth the extra cost. Persian cucumbers are available at Trader Joes, and sometimes at Whole Foods. They are thinner-skinned, smaller, crispier, and more intensely flavored than "regular" cucumbers. Kalamata olives are grown in the Kalamata region of Greece. They are small, dark, and strongly flavored. You can find them at the Whole Foods olive bar and at most Middle Eastern grocery stores. Feta cheese is widely available at chain grocery stores. If you live in San Diego, North Park Produce is an excellent Middle Eastern grocery which stocks a variety of feta cheeses and olives. Their Bulgarian feta is especially yummy in this recipe!

I hope you have enjoyed this first edition of Health News! Look for the next one in your in-box in 2-3 months, and please call or e-mail if you would like to see articles on specific topics in future

editions.

Peace and Health,

Lisa
Eastern Body Therapy

**Save
10%**

The best time to stock up on your supplements for colds and flu is **BEFORE** you need them. Yu Ping Feng San (Jade Windscreen) can be helpful if you are being exposed to every bug in the office. Cold Away is a great defense if you do catch something. Save 10% on these formulas with this coupon.

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