ACU-News

Procedure Performed at MWA by Emma McGowan, M.D. & Martin Gallagher, M.D.

Acupuncture in the Treatment of Painful Menstruation

In a randomized study involving 334 subjects, treatment with electro-acupuncture at a single acupuncture point, Spleen 6 (San Yin Jiao), traditionally used to address dysmenorrhea, was found to be more effective than treatment at an 'unrelated' acupuncture point (GB39, Xuan Zhong), in reducing subjective pain, assessed via 100-mm visual analog scale (VAS), measured at 0, 5, 10, 30, and 60 minutes following the first intervention. No additional differences in effects were found between the two groups, however, the authors point out that in actual practice, acupuncture treatment involves the use of multiple acupuncture points, and so additional studies "should focus on effects of multiple points acupuncture on primary dysmenorrhea."


News From the I.V. Department

Arthritis/Pain IV: IV Nutritional Therapy with anti-inflammatory effect. Helpful for arthritis, bursitis, tendonitis, and disc disease. IV nutrients including USP Vitamin C, Discus Composition, Trace Minerals, etc.

www.vitamincoach.com
Super Liver Detox, available exclusively from Medical Wellness Associates, is a synergistic blend of ingredients designed to support healthy liver detoxification.

Super Liver Detox has been carefully formulated to provide nutrients that work together in different capacities to support healthy liver function and detoxification.

- Choline and methionine are involved in methyl group metabolism, which is essential for normal liver function. Choline, as an integral component of lecithin (phosphatidylcholine), is used for synthesis and maintenance of normal cell membranes. Choline deficiency results in steep increases in serum enzyme markers of liver injury.

- Dandelion has been traditionally used as a detoxifying herb working principally on the liver and gallbladder. This herb is thought to stimulate the elimination of toxins and is one of the strongest cholangues and cholertics known.

- Milk thistle is rich in flavonoids known collectively as silymarin. Silymarin has also been shown to support healthy liver function under a variety of environmental stress factors such as alcohol consumption and exposure to pollutants and other potentially harmful substances. Silymarin compounds are known for their antioxidant activities preventing damaging lipid peroxidation by excessive free radical levels.

- Artichoke has been used medicinally for centuries. Similar to milk thistle, it is beneficial to the liver as it protects it against environmental and infection-generated toxins. Extracts of artichoke can stimulate the flow of bile from the liver and prevent cholestasis. It also can protect liver cells from oxidative damage. Artichoke’s usefulness in liver support is thought to be due to its content of caffeoylquinic acids, e.g. cynarin, and flavonoids.

- Turmeric has been demonstrated to be a potent antioxidant, and may also provide important support for healthy liver function.

- Broccoli and Wasabia japonica contain naturally occurring compounds that can help stimulate the liver’s normal detoxification pathways. Ingredients such as Eleutherococcus senticosus, echinacea, beta carotene and reishi mushroom can also support a healthy immune system and ensure proper liver function.

PDS #99380
Women at Risk for Iodine Deficiency

Remember when vitamin D was the overlooked nutrient?
Thanks to a wide publicity for new findings, awareness has risen and the US RDA got raised in 2010.
Like vitamin D, iodine exerts exceptionally broad and beneficial effects in the body … and it’s in need of renewed attention.
A number of signs suggest that women are at higher risk for inadequate intake … and for iodine-related health problems.

Iodine matters – especially to women – more than most know
Without enough iodine you can’t make enough thyroid hormone … which regulates metabolism, body temperature, muscle growth, and much more.
Lack of thyroid hormone can lead to goiters, fatigue, weight gain, muscle weakness, constipation, and breast cysts or tenderness.
And studies link low iodine levels to higher rates of breast cancer, stomach cancer, and heart disease … while low iodine levels may trigger or aggravate chronic fatigue syndromes.
Why does this link to such a long list make sense?
As a current “Bible” of endocrinology – Lewis E. Braverman, M.D.’s textbook The Thyroid – notes, iodine is critical to the eyes, prostate, breasts, and ovaries.
Surprisingly, just one-third of the body's total iodine goes to the thyroid gland.
The remainder goes to other tissues, where it exerts anti-inflammatory, antioxidant, and non-proliferative (anti-cancer) roles unrelated to its role in thyroid-hormone production.

Iodine and breast health
Compared with their American peers, Japanese women consume much more iodine – from seafood and seaweed – and they’re about two-thirds less likely to get breast cancer.
Ocean foods also provide Japanese women with far more selenium than their American peers, and that mineral acts synergistically with iodine to support thyroid health.

Breast carcinomas usually develop in ductal tissues normally high in iodine. And when they’re iodine-deficient, these ductal tissues become more sensitive to estrogen’s tumor-promoting properties.

Interestingly, iodine levels rise in breast tissue when women are lactating, and women with breast cancer have lower-than-average iodine levels in their breast tissue.

While diets high in iodine (or selenium) aren’t proven to prevent or treat breast cancer, substantial evidence suggests that iodine-poor diets – and officially “sufficient” body levels – can be risk factors.

**A new shortage … especially in women**

Most Americans get enough iodine to avoid outright deficiency, as defined by official U.S. standards.

But – as with vitamin D – many iodine researchers question the adequacy of current intake recommendations. (See our sidebar, “How much iodine is enough?”.)

Although the most recent national nutrition survey found that average iodine intake in the U.S. was adequate by official standards, certain groups – especially women – were barely sufficient or outright deficient in iodine.

Notably, iodine intakes among pregnant women are often deficient or slightly “sufficient” (an arguable point at today’s rather low U.S. RDAs), with a median level of just 125 mcg/L vs. the recommended 150mcg/L.

The widespread iodine shortage in pregnant women holds serious implications for mothers and their babies … see “Growing Brains Lack Iodine”.

Iodine deficiency appears to be on the rise again, especially among women … often goes undiagnosed, thanks to the many possible causes of its typical symptoms:

- Dry skin
- Puffy face
- Depression
- Hoarseness
- Weight gain
- Constipation
- Thinning hair
- Cold sensitivity
- Muscle weakness
- Slowed heart rate
- Impaired memory
- Elevated cholesterol level
- Joint pain, stiffness, or swelling
- Heavier or irregular menstrual periods
- Muscle aches, tenderness, and stiffness
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Iodine deficiency was common in the early 1900s, until iodine was added to table salts and used to make dairy and baked goods.

Unfortunately, Americans’ average iodine levels fell by half from the 1970’s to the 1990’s – from 320 mcg/L to 145 mcg/L – and have never rebounded.

Some of this decline resulted from substantial drops in the iodine content of dairy and baked goods, due to new production methods … along with common use of iodine-blocking bromides in commercial baked goods since the early 1990’s.

Researchers also blame long-standing (mostly misguided) public health advisories to reduce salt and egg intake for blood pressure and cholesterol control, and a substantial drop in the use of iodized salt in packaged and prepared foods.

Oxidative Therapies at MWA!!

PROLOZONE THERAPY
Prolozone is a unique form of therapy that incorporates classical Prolotherapy injections in conjunction with Medical Grade Ozone injections.

After having performed numerous standard prolotherapy injections for the past 10 years, we have found that the addition of ozone to the injections have greatly augmented the effect of the therapy. The ozone appears to have both an immune modulatory effect as well as a general healing regenerative effect. For example, when injected into the knee joint, the patient has far less subsequent soreness and better and deeper healing.

Also because it has anti-bacterial effects, it can reduce pain associated with local soft tissue, joint disorders and dental problems.

HEMOZONE THERAPY
HEMOZONE therapy is classical PRP (platelet rich plasma) injections, along with the addition of medical grade Ozone injections.

BELOW ARE SOME OF THE USES FOR PROLOZONE OR HEMOZONE THERAPY

- Scars (scars block the flow of acupuncture meridians)
- Spinal Arthritis
- Spinal Stenosis
- Failed surgical back syndrome
- Spinal disc bulging or herniation
- Chronic neck or back pain
- Chronic rib pain
- Chest wall pain
- Serre-o-clavicular joint arthritis or pain
- TMJ
- Chronic Jaw pain or Jaw Popping
- Shoulder Arthritis
- Rotator cuff tears
- AC joint separation or arthritis
- Hip Arthritis
- Hip Labrum Tear
- Hip Bursitis
- Failed surgical hip pain
- Knee Arthritis
- Knee "bone on bone"
- Knee meniscus tears
- Muscle or Fascial Tears (hamstring, groin, arm, back, calf, etc.)
- Patella-Femoral Syndrome
- Baker's Cyst
- ACL Tear
- Post-surgical shoulder failures
- Shoulder, Knee, Hip post-surgical replacement pain
- PLUS SO MUCH MORE!!
**PROLOZONE AND DENTAL PROBLEMS**
Dental infections and local dental trauma often respond to Prolozone.

Each tooth is connected to a nerve and acupuncture meridian. Dental stress from amalgams, resins, non-compatible materials, cavities, and abscesses can cause local dental problems and remote diseases.

Unexplained dental pain, facial pain despite normal dental exams.
• Tooth pain caused by an underlying infection can be treated with a short series of local ozone injections into the involved tooth area.
• Old dental scars from old root canal surgeries, wisdom tooth extractions, loose teeth, and other tooth extractions can be effectively treated.

**COLONOZONE & RECTAL OZONE INSUFFLATION**
This is one of the earliest forms of application in ozone therapy (Aubourg 1936). Based on animal investigations and a comprehensive proctologic study (Knoch et al. 1987), rectal insufflation with an O3/O2 gas mixture is increasingly being used as a systemic therapeutic form, and is already being viewed as an alternative to MAH; it is the method of choice in pediatrics.

COLONOZONE Therapy is a combination of Colon Hydrotherapy followed by Rectal Ozone Insufflation with or without Implants (hi dose probiotics). It is painless, simple, and practically free of adverse reactions when dosages are strictly adhered to.

This procedure is performed by certified staff colon hydrotherapy nurses that have additional training in ozone therapy and are supervised by the medical staff.

RECTAL OZONE INSUFFLATION is Insufflation of the ozone gas without a colonic beforehand.

Rectal insufflation is scientifically founded and is highly recommended. Rectal O3 insufflation is being increasingly used in pediatrics, sports medicine, geriatrics, and as a complementary method in oncology.

**WHAT ARE THE INDICATIONS FOR COLONOZONE?**
- Irritable Bowel Syndrome (IBS)
- Chronic Constipation
- Unexplained Diarrhea
- Candidiasis
- SIBO
- Parasitic Infections
- Ulcerative Colitis & Chron's Disease
- Proctitis
- Anal fistulae and fissures
- Hepatitis B and C
- For immunomodulation (complementary method in oncology)
HOW DOES THE OZONE THERAPY TREAT SYSTEMIC PROBLEMS?
The Ozone gas is absorbed through the rectal veins and diffuses through the soft tissues of the lower colon. The ozone is taken up through the veins and transported to the liver and gradually to the entire circulation.

WHAT IS DERMZONE?
DERMOZONE refers to the method of isolating a body part by surrounding it with a medical wrap or "bag" (such as a hand, arm, leg, foot, torso, pelvis, but NEVER head), and introducing ozone to PROMOTE WOUND HEALING.

DERMOZONE is safe and effective. It has a long history, particularly in Europe when correctly applied.

WHAT IS DERMZONE USED FOR?
- Gangrene
- Bed Sores
- Skin Infections
- Diabetic foot ulcers
- Burns
- Resistant skin wounds

HOW DOES THE DERMZONE WORK TO HEAL THE SKIN PROBLEM?
The ozone kills any bacteria, viruses, fungus, or molds infecting the open wound, increase blood flow to the wound, and stimulates the healing process. It has been documented that many body parts have been spared amputation through the application of ozone by this method.

HOW IS THE DERMZONE APPLIED?
The bag is placed around or over the affected area, the output tube from the ozone generator is placed through the top of the bag, and the top sealed as effectively as possible. Ozone at the desired concentration must first be humidified (bubbled through water) and then enters the bag; the ozone generator constantly runs during this treatment.