



# Lake Road Acupoints

Vol. 1 Issue 4

Summer 2009

Lake Road Acupuncture  
& Massage  
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## Carol Griesmeyer LAc, RN



Awareness is a major step in creating solutions to life's challenges. I spend time listening to my patients and ask tough questions to assist them in becoming aware of what is really going on in their lives and the impact these events have on their health. Then we formulate an itinerary for your journey to balance.

## Scott Stuart LAc



Acupuncture and Herbal Medicine are not quick fixes. I believe that the body has an innate balancing intelligence. Holistic medicine assists this process so the body is able to heal itself. It can take a little time to address the root causes of your health concerns, but you are worth it.

*"Well, since my baby left me, I found a new place to dwell. Its down at the end of Lonely street—at Heart-break Hotel"*

-Elvis

You have just heard one of those clichés. Maybe you have spoken them in the past.

"I need my space."

"It's not you, it's me."

"We can still be friends."

Or, perhaps the succinct, "It's over. I gotta go!"

The numb feeling in your head, exquisite pain in your chest, sick sensation in our guts—that's called Heart-break. It can happen with any loss. Breaking up with a loved one. Losing a job. The death of a family member or beloved pet. Its a process called Grief.

Your first thought is "I don't believe it! This cannot be happening to me!" Guess what. **Denial** is the first stage. It helps avoid the initial pain and protects us from being overwhelmed. It could last for a few hours, or several weeks.

And then the shock wears off and you can think about it. "How could s/he treat me this way?" Or, "Why didn't I see this coming?" You feel angry at the other, or yourself. Anger even when it was inevitable.

**Anger** is the second stage. You may also feel guilt or remorse over the things you did or did not do. This is a time for the release of repressed emotion. Be careful, however. Don't permanently damage relationships with mis-directed anger and blame.

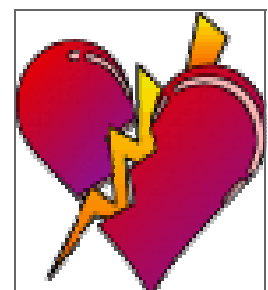
Weeks may go by. Any thought of your painful situation my still be angry thoughts. "Why is this happening to me?" You try to make a deal with fate, "If I promise to change my low down ways, she'll come back. The pain will go away." **Bargaining**, the third stage of grief—a last ditch attempt to find a way out of despair.

And a few more weeks may go by. Your friends and family are thinking its time for you to "get over it and move on". You still feel numb and angry, but the magnitude of your loss begins to sink in. Periods of sadness, re-

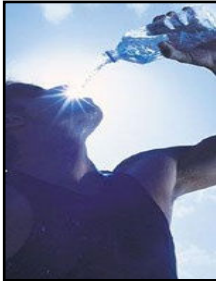
flection and memories overtake you and you may isolate yourself as you go into **Depression**, the fourth phase. Well-meaning friends encourage you and try to talk you out of it. It is not helpful. This is a normal part of grieving.

Then one day someone makes a joke, and you laugh. Out loud. And you realize you haven't done that in a while. A sunny day makes you smile. You wake up looking forward to the day. You make plans and anticipate good times. You realize you are beginning to accept the changes in your life.

**Acceptance** is the final stage. It may not mean instant happiness. You are not going to be the same person you were before. But you can feel the joy of being alive once again. You have moved on. A little sadder, perhaps and a whole lot wiser, you truly understand another cliché: "Time heals all wounds".



**BEAT THE SUMMER HEAT**



**SUMMER SPECIAL**

Each one hour visit with LRAM this summer puts your name in the hat for free de-stress sessions and a Grand Prize Gift Basket.

**Visit often!**

*"If you wish to bring about real healing, you must first and foremost treat a person's heart. You must bring the heart on the right path, so that it can be filled and sustained by a universal sense of truth."*

Hur Jun, from "Precious Reflections of an Eastern Physician."

The sun is shining after months of Northwest gloom and drizzle. You're ready to get out and do some gardening, play some volleyball, golf or tennis, hike in the Gorge, ride the Portland bike paths.

While catching up on fun, remember: **Summer heat can sneak up on you causing dehydration, sunburn and exhaustion!** Kids under four, folks over 65, and those who are obese, already ill, or taking medications can be easily affected. Prolonged exposure to heat can result in heat exhaustion. Symptoms include heavy sweating,

paleness, muscle cramps, weakness, dizziness, headache and nausea or vomiting.

In ancient Egypt, China and the Far East, watermelon juice and seeds were traditionally offered to thirsty travelers. This refreshing fruit is one of the best remedies for dehydration and summer heat.

Pace yourself this summer. Carry water with you and sip it throughout the day.

Replace salts and minerals with sports drinks containing potassium and other electrolytes. Avoid sugary drinks.

Wear lightweight and

light colored clothing.

Seek air conditioning or shade. Sunburn can happen very easily if you are not careful. Don't forget the sunscreen.

If you feel dizzy and/or stop sweating, stop your activity and get out of the sun fast. Drink cool, not cold, water with a teaspoon of apple cider vinegar in it. The vinegar helps to replace electrolytes and minerals. Take a cool bath (or shower).

With a little knowledge and common sense you can safely ease into summer fun.

Now, go out and play!

**Take Care of Your Heart This Summer**

Summer is the season of the Heart. Just as summertime is the warmest season, the Heart and summertime are associated with the Fire element. We say that an open, kind & loving heart is a warm heart. In Traditional Chinese Medicine (TCM), the heart is not only associated with blood and circulation, it is also home to the Spirit, or "Shen". When the heart is strong, the mind is clear, emotions positive. Joy is the heart's emotion, and experiencing it benefits the heart.

There may be times when you hold back ex-

pressing your true self and don't allow yourself to feel joy. Perhaps you felt unloved as a child, or went through trauma or serious illness later in life. Lack of joy hardens the heart, leading to diseases such as arteriosclerosis or 'hardening of the arteries'.

In TCM it is believed that you can experience too much of an emotion which can lead to illness. "Too much Joy," You may wonder, "How could I be TOO happy?" It's called 'mania'. This can damage the adrenal glands, nervous system and heart.

Herbalists East and West know many herbs which protect the heart. Here are some of benefits from regular use of Heart herbs.

- ☉ Increased blood flow to the heart
- ☉ Lower blood pressure
- ☉ Regulated heart beat
- ☉ Prevents clot formation
- ☉ Improves blood vessel tone
- ☉ Lowers cholesterol and triglyceride levels
- ☉ Antioxidant action

## Garlic for Cholesterol and Hypertension

Garlic has a long history as a culinary and medicinal herb possibly going back to the Stone Age. Ancient Egyptians knew it well. Current medical research confirms its healthful actions on digestive and cardiovascular systems.

It is popular in the U.S., and in Germany it's the second best selling natural remedy. There it is taken for arteriosclerosis and hypertension.

Garlic has been shown in clinical studies to reduce cholesterol,

triglycerides and mildly reduce blood pressure, especially in hypertensive patients.

Fresh crushed is best (a couple cloves in honey). Many prefer capsules due to the 'social' drawbacks of raw garlic.



## Hawthorn to Nourish and Strengthen the Heart

This herb has long been used to strengthen and protect the cardiovascular system. You may notice hawthorn trees in bloom each spring along city streets. Laboratory tests and clinical trials suggest that hawthorn flower,

leaf and berry increase blood flow to the heart muscle. Hawthorn has been used to address angina pectoris, functional heart disease, arrhythmia, early signs of poor circulation and as a heart tonic. It is not used specifically for

acute illness; it is best used as prevention to slow down the onset of cardiovascular damage. Hawthorn is safe for long-term use and is commonly taken as a tincture, 30-40 drops three times per day in a little water.

**These herbs can interact with blood thinning medications such as warfarin. Otherwise, garlic & hawthorn are best used long term, three or four months, for good results.**

## "MY POINT" by Scott Stuart, L.Ac.

Swine flu! Global warming! Collapsing economy! Terrorists. Super storms. War and rumors of war. Talking heads whip up anger and suspicion left, right and center. And let's not forget those viral emails we get from people we never heard of alleging conspiracies of all kinds. Fear poisons your heart and mind.

Fear clenches the heart like a fist. It short circuits rational thought and preys upon your skepticism, turning it into suspicion and re-

sentment. Toxic emotions are addictive. You can get to the point where you must have your daily rush of fear, anger and resentment. Most of it is sensationalism for the sake of ratings and advertising dollars. Some is intentional propaganda. That a fearful person can be easily manipulated is one of the oldest tricks in the book. How do we inoculate ourselves from toxic emotional media manipulation? Well, you could turn off the radio. You could kill your TV.

And the next time you hear something that seems too bad to be true you could say to yourself, "Oh, really?" and engage in an independent investigation of the facts. Connect your heart with your head. Rational thought is the best cure for irrational fears. And yes, sometimes reality is scary. But never as frightening as when you let someone else do your thinking for you. Fear is the mind-killer. Conscious knowledge can help unclench the heart and create peace of mind.



*"So, first of all, let me assert my firm belief that the only thing we have to fear is fear itself—nameless, unreasoning, unjustified terror which paralyzes needed efforts to convert retreat into advance."*

—FDR Inaugural Address

## Cold Chrysanthemum Tea

*An ideal summer drink*

### Ingredients:

Chrysanthemum Flowers, 15–20.  
(Chrysanthemum can be found in Asian groceries.)  
4 teaspoons of Jasmine or Green Tea  
Rock sugar or honey  
4 liters of water

### Instructions:

Wash the chrysanthemum flowers. Add water to large pot and bring to a boil.

Remove from heat, add chrysanthemum, steep for 20 min.

Add Jasmine or Green Tea in last 5 minutes of steeping.

Add rock sugar or honey to taste. Strain and refrigerate. Serve chilled. Enjoy!



### Greetings from Concetta Antonelli CHP, LMT



I am pleased to be working with Carol and Scott. I am at LRAM to serve you in two ways. One is as a Licensed Massage Therapist for either therapeutic or stress relief. The other is as a certified Hakomi Therapy Practitioner.

Hakomi, a body-centered psychotherapy, is a process of turning inward and experiencing what is going on inside of you. This mindfulness of your present experience helps you to bring to the surface mental processes that are influencing your present behaviors. Unhelpful processes may be beliefs, habits, memories, and decisions that can be examined and released. Hakomi is not traditional talk therapy. It's not about analyzing, problem solving or getting caught up in the stories of your past. Instead it is a way of using mind and body to open your heart to emotional nourishment such as kindness, acceptance, acknowledgment, love and peace.

The rewards are many. Relief from persistent painful emotions and behaviors may be the greatest reward. You will also gain a much deeper understanding of yourself. You can achieve the freedom to choose what you feel, greater pleasure in everyday living, and engagement in fuller, richer, more rewarding relationships.

For information or appointments call: **503 477-1704**

Or email: [artfulmassage@gmail.com](mailto:artfulmassage@gmail.com)



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***"Personalized holistic care for all your health concerns."***