

# Carmen McIntyre Acupuncture

526 Soquel Ave., Suite D Santa Cruz

831/359-6286

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## **WHAT'S NEW**

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Happy 2008! According to the Chinese zodiac we will be in the year of the Earth Rat, starting February 7.

A Rat Year is a time of hard work, activity, and renewal. This is a good year to begin a new job, get married, launch a product or make a fresh start. Ventures begun now may not yield fast returns, but opportunities will come for people who are well prepared and resourceful. The best way for you to succeed is to be patient, let things develop slowly, and make the most of every opening you can find. The Rat year is a year of plenty, bringing opportunity and good prospects.

On the subject of renewal, I would like to announce that I will be doing a free information lecture on the Standard Process Purification and Weight Management Program, on Saturday, February 9th from 1:30–2:30 at the Om Room School of Yoga – followed by a Yoga class with Victor Dubin from 2:30-3:30.

This 21 day liver cleanse has so many amazing benefits. My husband and I did this program in the fall and had excellent results. It's not a fasting diet or a heavy detox, but a gentle liver cleanse that also has the benefit of helping you get on a clean diet, which you can bring into your everyday life.

With the many toxins in our environment, we all need our livers functioning 100%. When the liver gets bogged down with toxins and excess hormones, the hepatocytes (liver cells) can get inflamed. This affects the liver detoxification pathways because it's inside the hepatocytes that detoxification takes place.

We can give the liver a break by eating a clean diet, using herbs and concentrated extracts from foods known to detoxify the liver, and lots of fiber to excrete the toxins and excess hormones out of the body. This will give the hepatocytes a chance to heal and be able to efficiently perform their job of processing toxins out of our bodies.

I can say from experience, that the Standard Process purification program is one of, if not the best on the market. I'm working with and learning from several very experienced doctors who have taught me that this

is the best way to address hormonal imbalances (including fertility problems), immune and adrenal deficiencies, as well as blood sugar issues.

Give me a call at 831-359-6286 if you would like to reserve a place for this lecture on liver purification and weight loss. See attached flyer for details.

It's a great time to start something new!!

## **SHONISHIN**

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I hope everyone is getting through the cold and flu season with minimal ailments. If the bugs have gotten the better of your kids, consider a Shonishin treatment with a prescription of herbs. It may be just what your child needs to boost up their immune response and fight that dragging cold.

It's amazing how quickly children respond to herbs and treatment - much faster than adults! During a session, I will give you many tools that you can use at home to bring relief to a common cold or strengthen your child's immune system.

## **ALL ABOUT WINTER AND THE KIDNEYS**

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Winter represents the water element and is associated with the Kidneys and Bladder. It's the time of ultimate yin - a time to hibernate, rest and store energy for the upcoming spring. Exercise continues to be important in order to keep the spine and joints flexible. Yoga, walking and meditation are excellent ways to stay active and to keep the nervous system calm.

In my past newsletters I've talked a lot about the adrenal glands, which are located on top of each Kidney. I see a direct correlation between the Kidney system in Traditional Chinese Medicine (TCM) and the adrenals. According to TCM, the Kidneys are considered the foundation of the body – Yin and Yang. They rule conception, pregnancy, birth, growth and the aging process. The stronger our Kidney energy the more strength each one of these processes has.

The adrenal glands are also significantly involved in each one of the processes mentioned above. It's essential that our adrenals are functioning with potency so that each stage of life is gone through with ease. I wrote about cortisol levels in past newsletters. Cortisol

is the steroid hormone that the adrenals secrete. It's crucial that we keep cortisol levels balanced and healthy to maintain strong adrenal function. If cortisol is yo-yoing up and down the adrenals become fatigued, and a host of chronic symptoms can arise - a decrease in DHEA, which is of particular interest to my fertility clients. DHEA (the full name is dehydro-epiandrosterone) is a precursor hormone to estrogen, progesterone, and testosterone, and is necessary to moderate the balance of hormones in the body. Insufficient DHEA contributes to fatigue, infertility, bone loss, loss of muscle mass, depression, aching joints, decreased sex drive, and impaired immune function.

*How do we maintain or improve our adrenal or Kidney systems?* Initially, it is important to get baseline information about how the adrenals are functioning. I usually start with a saliva test. Based on these results, we look at diet, lifestyle and addition of supplements and herbs. I may also recommend the liver purification program which rids the body of unwanted toxins and excess hormones, which are stressing the whole body system.

One simple way to begin to give the adrenals a break is to eat a healthy, whole, organic snack every 2 hours. This prevents cortisol levels from fluctuating and allows the adrenals to rest or repair themselves. It's also important to find effective ways to deal with stress - breath work, yoga, meditation, walking and any kind of exercise that's not overly strenuous, help to keep cortisol levels balanced and the adrenals happy.

Getting the right supplements and nutrients to address adrenal fatigue and/or hormonal imbalances, will help the glands repair and regenerate to achieve a harmonious system. Nutrients vital to adrenal function are:

**Vitamin B6** – organic animal products are the richest source

**Vitamin C complex** – with emphasis on COMPLEX! Ascorbic acid is actually the outer shell that contains the complex and only makes up 5% of it. And get this.....until the 20th century, the basic source of vit. C complex was raw cow's milk. Your local health food store should carry raw cow's milk. Also, fermented foods such as sauerkraut and kimchi are very rich in vit. C complex.

**Sodium** - very important for healthy adrenal function. Celtic Sea Salt and Himalayan Salt are the best at 1 teaspoon daily (spread throughout the day). Zucchini

is also an excellent source of naturally occurring sodium.

**Vitamin A** – essential for the conversion of cholesterol into the adrenal cortex hormones. I recommend Cod liver oil from Nordic Naturals.

Herbs such as licorice root and rehmannia help to boost adrenal cortical function. Additionally, there are several Standard Process formulas that are specific for the part of the endocrine system that needs to be addressed.

### **FOODS TO CONSIDER FOR THE WINTER**

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Generally speaking, salty and bitter foods are great for the winter. Both flavors help with the work of storage for the body, for they have the quality of sinking in.

Salt must not be overused. Too much salt causes over consumption of water, and water retention, which will weaken instead of strengthen the Kidneys and Bladder. As mentioned above, Himalayan and Celtic Sea salts are preferable to regular salt or other sea salts. These salts contain many minerals beneficial to the body. Other salty foods to consider are seaweeds, miso, barley and millet.

While salt is easy (sometimes too easy) to incorporate into the diet, bitter foods are often neglected. Getting small, consistent amounts of bitter foods such as asparagus, celery, lettuce, watercress, endive, alfalfa, rye, quinoa, oats, and amaranth help to keep the Kidney and Bladder systems balanced.

### **THINGS TO REMEMBER FOR THE WINTER**

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- ❖ Continue to always keep a sweatshirt or scarf handy to keep your neck and back warm
- ❖ Keep your Kidneys and adrenals strong through a whole organic foods diet
- ❖ Eat a little every 2-3 hours
- ❖ Salty (not too much) and bitter flavors are good this time of year
- ❖ Warm spices and foods keep the kidney yang strong
- ❖ Continue to find your own way to keep your nervous system calm
- ❖ Yoga, meditation, a walk by the ocean, exercise
- ❖ Preventative herbs and supplements
- ❖ Acupuncture

***Happy Year of the Rat!***

