Acupuncture at the COE

[Page 2]

Cardiovascular Disease Prevention Through Generative Medicine

[Page 4]
ACUPUNCTURE AT THE COE
by Dr. Maria Zangara ND, M.Ac

Many of you already know that at the Center of Excellence we offer a wide range of services including Naturopathic care, but did you know that we also offer Acupuncture?

We at the COE believe that “NOW!” would be a great time to incorporate this ancient healing treatment into your protocol, because no matter how compliant we are as patients, lifestyle and diet changes require a bit of time to work before we can see results. Acupuncture can supplement and speed this process, while balancing and alleviating some of the more nagging symptoms we experience, as longer-term changes settle in.

So, just what is acupuncture?

Many people have heard of the acupuncturist’s use of very fine needles inserted into specific body locations for the treatment of pain. In fact, the majority of research on acupuncture in the West has focused on this use for the treatment. It can be beneficial for any of the pain syndromes resulting from an injury or associated with chronic degenerative diseases such as rheumatoid arthritis. However, acupuncture is not just about alleviating pain. Rather, it is a complete and traditional medical protocol focused on correcting imbalances in the body, and it has been used in China for more than 2,500 years to prevent, diagnose and treat disease, as well as to improve general health.

The traditional explanation for how acupuncture works is that it modifies the flow of energy throughout the body, balancing it and thus correcting a wide range of disorders, from emotional disruptions such as anxiety, depression or post-traumatic stress, to digestive complaints such as vomiting, constipation and even irritable bowel disease.

And the list goes on! It can also be helpful in treating neurological problems such as sinus headaches, migraines, and Parkinson’s. Scalp acupuncture is a great rehabilitation strategy for individuals who have suffered a stroke. Further, respiratory conditions, such as sinusitis and asthma have been relieved with acupuncture. It rather shines with gynecologic disorders and infertility, and can help reduce fatigue, treat fibromyalgia and addictions, soften dental pain, gentle chemotherapy induced nausea and vomiting, and promote overall well being. Wow!!

What should you expect from an acupuncture visit?

Typically, the first visit involves a health history assessment. Questions you will be asked may seem strange, a little dif-
ACUPUNCTURE (continued from page 2)

ferent from standard medical intake questions, but energy flow and whole-body interaction are the keys to diagnosing in Chinese medicine. Therefore, the practitioner may ask to examine your tongue, to feel your pulse to determine energy flow, or ask many questions that may seem to have nothing to do with the primary complaint.

After the initial consultation and assessment is over, a diagnosis is made which may also sound odd to you, so feel free to ask your practitioner what it all means. Then a treatment plan is devised, and treatment begun. Extremely fine needles are placed in very specific locations. Upon insertion, one may feel a momentary sharp or stinging sensation; however, many report they don’t even feel the majority of the insertions. The needles are left in place for fifteen to twenty minutes while you rest quietly in a calm room accompanied by soft music. Many people say they fall asleep during this time, as the treatments are very relaxing. At the end of the treatment time, the needles are removed and properly discarded. Your practitioner will inquire after your well-being, and you will be able to leave. The visit is normally 60 minutes long.

Acute symptoms may require only two to four treatments for relief, whereas chronic situation may require 12 or more treatments, usually over a course of eight to 10 weeks. For many people, also, a general sense of well-being that goes beyond symptom relief is experienced, and this support in general goes a long way to complimenting and reinforcing the changes in lifestyle and diet being made with the GenoType protocol assigned to each patient. The entire process works very synergistically.

If you would like to experience acupuncture’s capacity to help you with your symptoms while you integrate your new lifestyle and diet changes into your daily plans, please feel free to make an appointment with us. We would love to help you.

CARDIOVASCULAR DISEASE PREVENTION THROUGH GENERATIVE MEDICINE

by Dr. Meghan Gonick

You are an individual, not a statistic, and your cardiovascular system is complex.

A one-size fits all diet designed for the “average American” may not address your specific risk factors. At a UB COE Generative Medicine visit, we don’t give all our patients the same diet, exercise and supplement advice, but instead, we tailor a unique plan for each individual. These plans are based on individual risk factors such as health history, family history, blood type, metabolic status, stress response, and even medication based nutrient depletions.

When you come in for your initial visit for Cardiovascular Disease, we take a comprehensive health and family history, to identify any current strain on you cardiovascular system or genetic tendencies. We determine your blood type to identify risk factors. Blood type O’s have a decreased risk factor associated heart attack, blood clots, and stroke. Blood types A and AB’s have been associated with a higher cholesterol level and an increased risk of hypertension.1,2 We also test your blood for secretor status. Non-secretors have less of an enzyme, IAP (intestinal alkaline phosphatase), which...
helps digest fat and cholesterol. They are also more likely to have increased clotting factors and an increased risk of clots.

We use a number of test and measurements including a physical examination, urinalysis, fingerprinting, bioimpedance analysis, and breath hydrogen screening to determine vascular damage, bacterial overgrowth, metabolism and your lean to mass ratio. These test results are entered into a program developed by Dr. Peter J. D'Adamo called SWAMI that will create a diet exclusively for you.

The SWAMI program analyzes all of the information entered to determine your GenoType (how your genes are programmed to respond to the environment). SWAMI also uses research on foods and their effects in the body through nutrition, lectin interactions, and epigenetic signaling to determine which foods are beneficial for you and which foods you need to avoid. We can then further adjust the foods based on your needs, such as reducing bad cholesterol, increasing good cholesterol, decreasing inflammation, weight loss or gain goals, and increasing nutrients depleted by any medications you may be on.

Once we have determined the ideal diet for your personal needs you will be given this information in a binder with a step-by-step explanation of your diet, exercise suggestions, and your GenoType. You will also be given a binder with 100 popular recipes that fit your personal needs and help promote awareness of the ingredients that are beneficial to you and reduce your intake of processed foods.

References:

Our monthly lecture series has been gaining popularity over the past few months! Physicians and senior students who have been or who are currently working at the Center of Excellence with Dr. Peter D’Adamo present the lectures. Past lectures have discussed Men’s Health, Diabetes, and Cardiovascular Disease.

We will be starting our 2014-2015 COE Lecture Series in September. Each lecture will take place on the second Thursday of the month, and run from 6:30 – 8:00 pm. The lectures will be held in the Conference Room at the COE. Your attendance is welcome at no cost. We are very happy to offer this series as a service to our patients!

Our 2014 - 2015 lecture schedules is as follows:

SUPPORTING PREGNANCY USING THE GENOTYPE DIET
September 4th | Dr. Meghan Gonick
Dr. Gonick will discuss the GenoType Diet and other methods of Dr. D’Adamo’s, which are helping her manage and support her pregnancy. She will also discuss why diet and exercise are so important for fertility and healthy pregnancies.

SEASONAL AFFECTIVE DISORDERS
October 9th | Dr. Angela Karvounides
We know that light and other factors affect our moods. Dr. Karvounides will discuss this natural phenomenon and suggest ways to counter the darker days of fall and winter for best happiness, health, and productivity.

WEIGHT LOSS
November 13th | Dr Robert Brody
More specific information on this lecture TBA.

LECTINS
January 15th | Dr. Maria Zangara
What are lectins? The why and how they affect us.
February 12th
Presenter & topic TBA.

For up to date information on our monthly lectures, visit our website: www.GenerativeMedicine.org

If you wish to attend any of the lectures, please RSVP, as we have limited seating! Contact us at FrontOffice@GenerativeMedicine.org (Attention Megan)