



Nebraska Natural Health Center

"Nebraska's Most Progressive Holistic Health Care Center"

"Acupuncture: To the Point Health Care"

by Dr. Jeff Meyers

WHAT IS ACUPUNCTURE?

Simply put, acupuncture is a health science, which is used to successfully treat both pain and dysfunction in the body. Early Chinese physicians discovered there is an energy network running just below the surface of the skin which communicates from the exterior to the internal organs and structures at over 1,000 "acupoints" on the body. This energy works in harmony with the body's circulatory, nervous, muscular, digestive, genitouri-

nary and all other systems of the body. When this vital energy becomes blocked or weakened, an effect in a body system or anatomic location becomes evident, producing pain or symptoms in the body. Stimulation of one or a combination of key



"Some patients notice an immediate improvement after the first treatment"

"acupoints" on the body can restore energy balance to the affected area, similar to resetting a circuit breaker after it has been overloaded.

This is acupuncture's goal-to restore normalcy to the body's energy balance by utilizing a combination of acupoints located on the twelve meridians. This is accomplished by a variety of means; the acupuncture needle is just one. Other means include electronic stimulation, laser beam, pressure massage or nu-

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July—August 2001

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"Antibiotics Kill Good Bacteria Too !" By Jim Jensen,

BioMeridian Technician

Many people don't realize that when you take a prescribed antibiotic that you will be killing the "Friendly Bacteria" as well as the offending bacteria.

You Mean There Are Good Bacteria?:

Yes, the body requires

certain friendly bacteria to maintain a healthy digestive tract. Friendly Bacteria or Probiotics aid in digestion, help to make vitamin B12 and protect the intestinal lining against invading organisms like bacteria, viruses and yeast.

Why Do I Always Get a

Yeast Infection after being on Antibiotics?:

Oral thrush and vaginal yeast infections develop after antibiotic because the friendly bacteria that would normally control yeast overgrowth have

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Points of Interest

- Only 15% of medical treatments are backed-up by scientific validation.
- 19,000 Americans die each year due to antibiotic-resistant infections.
- Bacteria is increasingly resistant to antibiotics. Pneumonia that responded to 40,000 units of penicillin per day for four days in 1941 now requires 24 million or more units!

July 2001

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 Office Closed	6	7 Health & Wellness Class 12:00
8	9	10	11	12 Office Closed	13	14
15	16	17	18 Health & Wellness Class 6:30	19 Office Closed	20	21
22 Teddy Bear 10k Walk / Run	23	24	25	26 Office Closed	27	28
29	30	31				

Worker's Compensation

As of August 1, 2001 the Natural Health Center will no longer accept patients under Worker's Compensation. We regret this action, but due to the enormous amount of paperwork required and the laws/regulations, it is no longer feasible to provide this service. Any current Worker's Compensation cases will be treated until their care is completed

Acupuncture: "To The Point Health Care" By Dr. Jeff Meyers (Continued)

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tritionally using the BioMeridian stress test*.

IS TREATMENT PAINFUL?

One would assume inserting a needle into the skin would be painful since most of us can relate to being stuck with a pin or having a hypodermic injection. However, four acupuncture needles can easily be inserted into the hollow tube of a hypodermic needle. Because of the extreme slenderness of the needle, most people compare the sensation as "less than a mosquito bite", or they feel nothing at all.

HOW MANY TREATMENTS ARE NECESSARY?

The number of treatments varies with different conditions and individuals. Chronic problems generally require more treatment than recent ones. Some patients notice an immediate improvement after the first treatment, while others may not notice any effect until the seventh or eighth visit. A small number may notice a worsening of

symptoms, as the body's energies are returning to normal. This is not unusual and no need for alarm. Researchers internationally agree the usual number of treatments is **between eight and sixteen**, with a frequency of two to four times per week.

WHAT CONDITIONS ARE ACCEPTED?

Acupuncture texts list well over one hundred different conditions that respond well to acupuncture. The World Health Organization has indicated acupuncture is effective in the following conditions: Acute and chronic **pain relief**, migraine, tension, cluster and sinus **headaches**, trigeminal neuralgia, bladder dysfunction, bed wetting, neck pain, mid-back pain, low back and **leg pain**, tennis elbow, **shoulder pain**, post-surgical pain, asthma, allergies, skin conditions, fatigue, anxiety, neurologic symptoms, etc., etc. This is only a partial list of the conditions acupuncture has helped.

WHAT IS THE COST?

The cost of acupuncture treatment varies in different parts of the country. However, the average is between \$25.00 and \$60.00 per treatment. In our office the cost per treatment is **\$30.00** and payment is expected at the time of service. Acupuncture is reimbursable through some insurance plans, however each plan is different. We are always happy to file claims to your insurance company for you.

ARE THE RESULTS PERMANENT?

For acute problems where there has been little or no organ system or tissue damage, **results are often permanent**. For chronic conditions, symptoms may recur from time to time. Generally a few additional treatments are sufficient to obtain relief. It's suggested that patients with severe or chronic conditions return for a booster treatment two to three times a year.

*Ryodoraku & Biomeridian Stress Testing is available at this office, please ask for more information about this unique approach to energy balancing at the

August 2001

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			1	2 Office Closed	3	4 Health & Wellness Class 12:00
5	6	7	8	9 Office Closed	10	11
12	13	14	15 Health & Wellness Class 6:30	16 Office Closed Yoga 7:00	17	18
19	20	21	22	23 Office Closed Yoga 7:00	24	25
26	27	28	29	30 Office Closed Yoga 7:00	31	

Yoga Class

Jeanne is teaching a 4 week Yoga class from August 16th through Sept 6.

Thursdays 7-9:00 p.m.
Here at the Natural Health Center

Sign-up through Metro Tech. Community College
by calling
457-5231

"Antibiotics Kill Good Bacteria Too" by Jim Jensen, BioMeridian Technician (Cont)

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been wiped out by the antibiotics.

Can't I Just Eat Yogurt ?

Some people will eat yogurt as a means to replace the good bacteria, but most commercial brands don't contain enough bacterial culture to be a therapeutic dose. **In fact it takes 2 1/2 cups of natural yogurt to give you the equivalent to one acidophilus capsule.** When you consider that 2-3 capsules a day is a standard therapeutic dose, you would have to eat a lot of yogurt to win the war against antibiotics.

When Should I Start Taking Probiotics ?

You can take probiotics at any time and it can greatly aid in digestive problems. It very important to supplement probiotics if you are going to be on an antibiotic. Take a therapeutic dose during the course of antibiotics and continue for at least 2

weeks after you have finished the prescription.

Why doesn't my doctor know this?

In the United States we are behind the learning curve in understanding the global effects of antibiotics on the human body. **The therapeutic use of probiotics has been used in Europe for quite some time and doctors prescribe probiotics hand in hand when antibiotics are called for.** Here in the United States holistic practitioners have used probiotics for years. Even within veterinary medicine this is common practice as probiotics are routinely prescribed to pets.

Are there alternatives to antibiotics?

Yes there are a number of different natural means of treating much more efficiently than antibiotics. Herbs such as Olive Leaf Extract, Garlic, Royal Jelly, Echinacea,

Golden Seal, Myrrh, Pau D'Arco, and Usnea. The other great thing about these herbal remedies is that many of them will also treat against viruses, yeast, fungus and parasites.

How can I find out what's right for me?

Call our office at 399-2020 to set-up a time to consult with Dr. Schmidt or Dr. Meyers and they can assist you in treating the cause of the problem, not just the symptoms. BEST OF HEALTH

"In the United States We Are Behind the Learning Curve In Understanding the Global Effects of Antibiotics on the Human Body"

"What To Do For Vertigo or Dizziness" by Jim Jensen, BioMeridian Technician

Vertigo or "dizziness" is said to be the third most common complaint in general practice, and the most common complaint for people over seventy. While many people think dizziness is caused by inner ear problems, it very often originates with problems in the neck and responds well to chiropractic care.

Dizziness is a general term that covers a number of different symptoms. There is "lightheadedness" where one just doesn't feel quite right in the head. Then there is feeling "faint" that doctors may call presyncope. The symptoms that chiropractic doctors can most often help are feelings of "disequilibrium" and

"vertigo." Disequilibrium is the feeling of being off balance- like being pulled to one side or like you could easily fall over. Vertigo is the feeling that the world is spinning around you, or perhaps you are spinning. **Vertigo often comes in momentary intense attacks after you turn your head, but sometimes it is a more subtle ongoing feeling. It is often accompanied with nausea**

In a 1991 study of 112 patients with vertigo originating in the neck **90.2% were symptom free after 18 visits.** While some of these patients had suffered for less than three months, 43 of the 112 had endured chronic vertigo for over three months so it is

unlikely they would have recovered by themselves. **Of the 69 who suffered less than three months, 53 were symptom free after only eight visits.** So those with recent injury responded more quickly to chiropractic care.

Dizziness or vertigo can make life miserable, and sometimes dangerous. Don't just suffer hoping it will go away. The longer you wait, the longer it will take for you to recover. **There is an excellent chance that chiropractic can relieve your symptoms of dizziness or vertigo and get your neck functioning normally again. So go ahead, give us a call, we want to help.**

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