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january 2011

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Press
THE CITIZEN

Acupuncture can improve health

Special to The Citizen

Acupuncture has been a source of primary medicine for over 3,000 years. Today it remains an effective option in health care because of its multidimensional approach.

Many consider it to be preventative — used to prevent disease. Others say it can slow the aging process. Some use it to promote overall health. Aficionados say acupuncture can also be therapeutic and curative when used to restore balance to the body, mind and spirit.

Ashley Hoyt, an alternative medicine clinician and acupuncturist

Key West, said

acupuncture works to revitalize the body's natural healing capability and boost the immune system.

"Acupuncture improves the function of challenged organ systems in many ways. It increases the circulation of blood throughout the whole body, improves lymphatic circulation, neurotransmitter synapses, influences the balance of brain chemistry and creates natural pain relieving endorphins. These endorphins also give and maintain a sense of improved overall well being," she said.

Patients suffering from such illnesses as heart disease, diabetes, stroke, cancer, COPD, and blood disorders are said to improve with acupuncture.

"This is because the body is more capable of resolving the severity of symptoms with the help of acupuncture," Hoyt said.

"If you are dealing with a chronic illness, secondary complications often develop such as depression, malaise, fatigue, anxiety and a loss of interest in life."

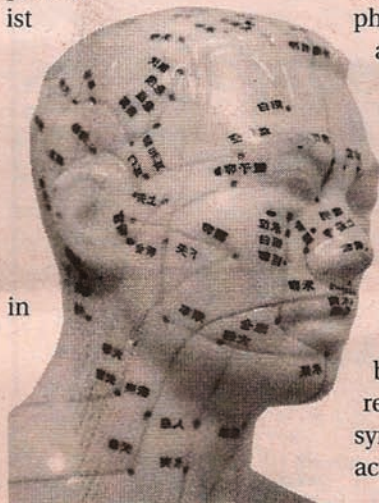
Hoyt said if the body's natural healing capability has more energy to do its job, there is more energy left over for overall wellbeing.

Of course, Hoyt said, acupuncture can help those who are fortunate to have more minor complaints: memory issues, mood swings and hormonal imbalances. Acupuncture has also been used to treat pre- and post-menopausal symptoms, PMS, difficult menses as well as other women's health issues.

"Chinese medicine is a common alternative medicine used for issues during pregnancy," Hoyt said.

It's not uncommon for Hoyt's patients to seek her help with depression, insomnia, chemical dependence and the negative side effects of stress.

Hoyt said she sees more studies being published everyday about the positive effects of Eastern medicine



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