

# Alternatively Healthy...

A Newsletter of Eastern Health and Wellness



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### Classical Acupuncture Methods of NY

300 Hempstead Turnpike,  
Suite #5  
(516) 292-3725

Acupuncture  
Moxibustion  
Massage Therapy  
Eastern Dietary Consults  
Chinese Herbal Therapy

### Hours:

Monday: 10am - 7pm  
Tuesday: 3pm - 7pm  
Wednesday: 10am - 7pm  
Thursday: Closed  
Friday: 10am - 7pm



### Acupuncture for Health

Chinese classical medicine is the oldest surviving medical tradition in the world, spanning back at least 4,000 years. From China, it spread to Japan, Korea, and Vietnam where distinct schools of medical and theoretical thought developed. Acupuncture involves the use of very fine, sterile, stainless steel needles that are inserted into the dermis for therapeutic benefit. These needles are about the thickness of a human hair and would actually fit inside the body of a hypodermic needle used for drawing blood. The Chinese discovered thousands of years ago, that the surface of the body (the skin) related to the functioning of the internal organs. They mapped out a subtle network of vessels that traverse the entire body. Within these vessels/meridians is what we refer to as "Qi".



In Chinese philosophical thought, Qi has numerous definitions, but in medical thought it could be interpreted as the "Universal fire" depicted in Chinese characters as the elemental Fire of the universe. In Western medical terms, Qi could be defined as the life giving force of your metabolism.

Along the vessels of Qi on your body are specific points that act as gates of influence. When stimulated, these points affect the metabolism of the body and internal organs. In this way, an acupuncturist can treat many internal ailments by exerting changes in the metabolism of the body via these points on the skin by inserting acupuncture needles.

Most Western people have a limited understanding of the power of this medicine.

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Acupuncture cont'd.

It is often associated with spa treatments, or help with infertility and back pain. In reality, acupuncture is a potent form of internal medicine that can be used to treat many chronic illnesses, as well as more acute injuries and pain issues.

Acupuncture has been shown to be helpful for a host of symptoms related to:

Diabetes, Hypertension, MS, Fibromyalgia, Arthritis, Allergies, Colds and Flu, Headaches, Immune System suppression, Cancer therapy support, IBS and Menopause.

And yes, it can be highly effective for pain management, and infertility issues (both male and female).

Acupuncture is now commonly used for supportive care in stroke rehabilitation, addiction issues and much more.

The New York Times recently reported that the U.S. military has recently begun using acupuncture to treat soldiers in situ on the battlefield and in medical rehabilitation centers.

Acupuncture is particularly helpful in maintaining a healthy immune system and is also recommended four to five times a year for any general wellness program.



### **Eastern Foods for Summer**

Chinese medicine uses natural whole foods as medicine.

In summertime when it is hot and humid, certain foods are eaten to help cool the body and maintain hydration.

In the dog days of August when it becomes unbearably hot and humid, eat some watermelon or drink watermelon juice. This fruit has the ability to cool the temperature of the body and to help the body rid itself of internal Dampness which can make one feel tired, dull-headed, and also affect the digestion and bowels, causing loose stools. At the same time, watermelon will help replenish the fluids of the body.

#### **New Patient Incentive**

**Receive a**

**FREE**

**Eastern Medicine Health Assessment**

(normally a \$75 value)

**or**

**FREE**

**15 minute massage**

**Schedule an appointment and bring Alternatively Healthy Newsletter with you to redeem this limited offer.**

## **Meet the Practitioners**

**Dr. Stephen Jackowicz**  
L.Ac., M.Ac., Ph.d.

Dr. Jackowicz grew up on Long Island. After graduating from Harvard University, he studied Eastern medicine in Korea, China and Japan and is a well-known clinician and teacher in the field with over 19 years of clinical experience. Dr. Jackowicz is also a volunteer coach with the Baldwin Police Activity League (PAL) and is the Executive Director of the Institute for Classical Asian Studies (ICAS), and is adjunct faculty at Pacific College of Oriental Medicine in Manhattan.

**Michael Ishii**  
L.Ac., MSTOM

Michael graduated from the Pacific College of Oriental Medicine in NYC. He is also a counseling instructor with over 20 years of counseling experience.

In addition to treating with acupuncture and herbs, he is an Eastern Nutritional consultant and is also the Education Director for ICAS.

**Drew Newman**  
LMT

Drew earned his massage degree from the New York College of Health Professions in Syosset.

He is trained in traditional Swedish massage, as well as Chinese Tui Na and Amma therapies, which focus on acupuncture channels and points of the body. He specializes in stress management, trauma recovery, and neck & back pain. Drew is also studying to become a licensed acupuncturist.