

# Alternatively Healthy...

Do you suffer with seasonal allergies: sneezing, itchy eyes, nasal congestion, headache, fatigue?

Are you susceptible to colds, sinus infections and influenza during colder months of the year?

Chinese medicine is a 4,000 year old medical system that is very effective in treating and providing relief for all of these ailments through preventative and therapeutic treatments.

In China, entire schools of medical thought were developed over thousands of years to treat the diseases that arise out of the cold season, including allergies, respiratory infections and influenza epidemics. These medical philosophies are the foundations of Eastern medicine.

Lets talk about prevention first.

The seasonal changes of the year are considered times when the immune system is most vul-

nerable to invasion, particularly the Spring and Fall.

There are several things to help yourself during this time:

—Dress warm enough and keep the head and neck from becoming chilled. People often make the mistake of under-dressing during seasonal transition times. Don't get a draft on the back of your neck. In Chinese medicine we consider this area a particularly vulnerable area and the point of weakness in the bodily constitution.

—Eat warm, cooked foods and begin to cut back on the raw fruits and vegetables that are so appealing during the hot summer season. Eat warming foods like

## Treating Allergies, Colds and Flu with Chinese Medicine



### Wear a Scarf, Get Plenty of Rest, Eat Warm Foods

soups and stews, cooked whole grains and warm teas.

—Get plenty of rest. Most Americans are terribly sleep deprived and this has a direct negative correlation to the immune system. Colder weather requires more work for the body's metabolism and therefore requires that we sleep more. In nature, fall and winter is the



time when activity slows down and energy is conserved.

If you typically get allergies, colds and influenza during the cold season, you can be treated with acupuncture,

# Amma Massage Therapy

dietary nutrition therapy and herbal therapy to help prevent or treat cold season ailments.

In Asia, people traditionally see the acupuncturist/herbalist five times per year (at the seasonal changes), to strengthen the Wei Qi (think: Immune System) and to get their metabolism "tuned up". This is due to the belief that people are most healthy when they are tuned to the cycles of nature.

During the Spring and Fall we also give patients special herbal formulas to boost immunity, to fight infections and to address the symptoms of allergies. Its ironic that in our society, we often provide better maintenance for our cars than we do for our own bodies . Getting "tuned up" will help stave off sickness, will improve organ function and metabolic health, and will help relieve seasonal allergies.

**People are most healthy when they are tuned to the cycles of nature**

Amma Massage Therapy is a type of massage that utilizes acupressure and follows the same channels as acupuncture. It's based on the idea that a free-flowing Qi (Chi/Life Force) is optimal. When there is a blockage, problems arise. Amma restores the flow of Qi, removing these blockages.

Using an extensive intake, including tongue and pulse diagnosis, an Amma therapist makes a Traditional East Asian Medicine diagnosis of the cause of the problem.

Unlike Swedish massage, Amma can be done fully clothed, as it uses a series of kneading, frictioning, and acupressure to manipulate the body and Qi. Amma, literally meaning "press-rub". And unlike acupuncture, acupressure involves no invasive needling.

Amma has been used to treat sprains, strains, arthritis, hypertension, diabetes, gastrointestinal and circulatory issues, chronic fatigue and insomnia, neuromuscular disorders, asthma, bronchitis, and autoimmune diseases.



## New Patient Incentive

Receive a **FREE** Eastern Medicine Health Assessment (normally a \$75 value)

or

**FREE**

Postural Assessment and 10 minute massage

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

## Meet the Practitioners

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.

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.

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.