



Sunflower Petals



SUMMER 2013

SUNFLOWER COMMUNITY ACUPUNCTURE NEWSLETTER

ISSUE ONE



*Come join us and the Hygiene Community for "Hygiene Hay Days" on September 7th. Open House from 12:00 - 5:00. *Free Ear Acupuncture!*

Carpe Diem!
Here we are in late summer. It's a great time to commit to good health practices.

Vive' la difference! Get acupuncture with others!

Welcome to Our Community!

The Philosophy of our Acupuncture Clinic and the difference from other clinic models...

- ***We know that frequent treatments can be the key to good results.***

Acupuncture is a process. It is very rare for any acupuncturist to be able to resolve a problem completely with one treatment. The usual American model of treatment is one session every few weeks, or once a month, and this is primarily due to cost. Frequent treatment will more likely lead to relief. Your acupuncturist will suggest a course of treatment, based on our experience with treating a wide range of conditions. The purpose of our sliding scale is to help you engage with the process of treatment in order to get lasting results.

- ***We have a sliding scale.***

We have a sliding scale of \$15. - \$40.. You decide what you can

afford. There is never any need to prove your income. There is a one-time \$10. consultation fee for your first appointment.

The way we can make acupuncture affordable, and still make a living ourselves, is to see multiple patients per hour. Because we have a sliding scale, we cannot do insurance billing as per the insurance companies' rules. If you have insurance, we will be happy to supply a payment receipt so the patient can submit it to their provider.

Our clinic does not receive grants, state or federal money, or insurance reimbursements. We exist because patients pay for their treatments ... this is a sustainable community business model.

- ***We Conduct Treatments in a Community Setting.***

In our clinic, we use recliners clustered in groups in a quiet, soothing space. Treating patients in a community setting has many

benefits, and it's easy for friends and family members to come in for treatments together. Most people find this comforting.

Although we work in a community space, as health professionals we will always adhere to standards of patient confidentiality, and have found that our patients are also extremely respectful. While we love seeing our patients out in the community, we will continue to respect your confidentiality and any social interaction will be up to you.

Our Commitment to The Community

Our community acupuncture clinic is welcoming to many kinds of people. We want to give individuals the tools to take care of their own health. We will provide a safe environment with skilled practitioners. Everyone enjoys the space we have provided. We hope to be an important addition to the community.

Summer Diet Hints

Apples

- Good for blood sugar regulation.
- Heart healthy food.
- Gallbladder health promoter.
- Great detoxifier and immune booster



Berries

Rich in phytochemicals that help protect cells from damage. Enhance cognitive function due to anthocyanins.



Raspberries

contain ellagic acid, a compound with anti-cancer properties.

In a study of 72 middle aged people published in the American Journal of Clinical Nutrition, eating just under a cup of mixed berries for 8 weeks was associated with higher levels of HDL (*good*) cholesterol and decreased BP.



Bananas

- A great source of potassium- can help prevent muscle cramps. (*Ever get a leg cramp at night?*)
- Counteracts calcium loss.
- Helps regulate blood sugar.
- Contains tryptophan, which can contribute to happy moods.
- A natural antacid, may help decrease heartburn.



Meet Your Acupuncturist

Jill Andreozzi, L.Ac, Dipl.O.M., RN



Jill brings twenty-one years of nursing experience to her skills as a practitioner. She obtained her BSN from Rush University, Chicago, Illinois. Prior to that, she earned a degree in Health Administration from the University of Arizona, Tucson, Arizona. Over the last two decades of being a health practitioner, Jill has been a student of natural healing and energy therapies, which eventually led her to study Chinese medicine. She earned a Master of Science in Oriental Medicine from Southwest Acupuncture College, Boulder, Colorado.

She is a licensed acupuncturist in the state of Colorado and is board certified as a Diplomate of Oriental Medicine by the National Certification Commission for Acupuncture and Oriental Medicine.

Her experience spans from maternal/child to geriatric health conditions. She believes that a practice of integrated medicine is the future of medicine.

In her acupuncture program, she received training in OB/Gyn and women's health, pediatrics, Kototama, Dr. Tan's balance method, pain management, herbal medicine, Tuina, midlife conditions, chronic health issues, auricular acupuncture and the NADA protocol for addiction, recovery, trauma and anxiety.

Slow and Steady wins the race!

You may recall Jill saying this on occasion, when discussing the approach that she takes when it comes to any significant health challenge. This harkens back to the story of the tortoise and the hare. Do you remember it? Feel free to revisit *Aesop's Fables* for a refresher.

If you have issues such as chronic pain, hormonal swings, an autoimmune disorder, insomnia, stress, addiction or depression, noticeable and immediate changes may happen, but cannot always be expected with 1-2 treatments. Acupuncture therapy can have

immediate "big bang" effects, and yet it also can be very subtle in the shifts you experience over time, like you may notice that you no longer need that ibuprofen to get you through the day, or the hot flashes become more rare. Just stick with it, (*no pun intended*) and you will win the race! -*Credit to my teacher, Ted Hall, who used this teaching often with me!*



Frequency is key!

“Acupuncture Steps of Care”

There are many times when we are treating patients that the patient will ask "how many treatments will I need?"

Many people believe that one acupuncture treatment will cure them or help them significantly. Though in some cases one treatment of acupuncture will help the problem, it usually takes more than just the one.

Everyone's body is different and everyone's health condition is different, so many times the number of acupuncture treatments may vary. On average, we usually recommend at least 5-10 treatments depending on the problem.

Acupuncture Steps of Care ...

The first step of care is the relief care. This is where the 5-10 treatments of acupuncture is most important. Relief care is coming in at least every other day for the first 5-10 treatments to treat the initial signs and symptoms that you may be experiencing. For example, for acute back pain, the best approach would be to come in for around 5-10 treatments to help with the pain and the acute signs and symptoms. Every other day may seem a lot, but in China patients typically go see the Chinese doctor

for treatments every other day, or even every day.

The second step of care is the corrective care. After the initial 5-10 treatments the signs and symptoms should be significantly reduced.

During the corrective care stage, the patient can decrease the frequency of visits and start spreading them out. Your acupuncturist will continue to treat the main complaint, but also treat the root cause of the complaint which may include herbal medicine. This is a time of continuing to help the body to balance itself so it can heal itself and maintain balance.

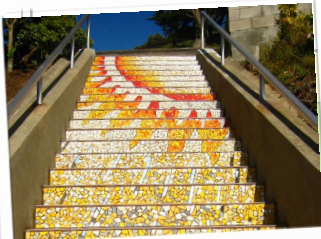
The last step of care is maintenance and wellness. This is coming in for treatments when there isn't really any significant health problem or coming in for treatments on an “as needed” basis. During this time one can come in monthly to get a Chinese medicine check up and have an acupuncture treatment. This medicine is based on prevention. For preventive care, a one should come in periodically to have acupuncture treatments to help the body maintain balance, health and wellness.

Make acupuncture an integral part of your well-being care.



There are lessons we can incorporate into our lives drawn from 5 corners of the world where people age more consistently, more gracefully, and with more vitality?

1. Play daily.
2. Walk often.
3. Move naturally in work. *(for example doing yard work manually instead of using mechanical devices)*
4. Live with a purpose. *(for helping others)*
5. Find ways to reduce stress through rest, prayer, and/or humor.
6. Eat less.
7. Eat fewer animal products and use legumes as the core of a fiber rich diet.
8. Drink in moderation if it's acceptable to you .
9. Let faith have a role in your life.
10. Emphasize family and loving relationships.
11. Have social networks.



*Appointments
Encouraged*

**Monday - Wednesday - Friday
1:00 pm - last appt. 5:30 pm**

**Tuesday - Thursday
9:00 am - last appt. 1:00 pm**

Closed Saturday & Sunday



Sunflower Community Acupuncture

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