



Tai-Nan Wang L.Ac., O.M.D.

4295 Gesner Street, Suite 1A
San Diego, CA 92117
619-684-1848

Healthy Aging and Living Life with Vitality

Oriental medicine has a long history of healing and rejuvenation that teaches us a great deal about aging well. Two thousand years ago, ancient Chinese scholars described the stages of aging in the *Huang Di Neijing* (The Yellow Emperor's Internal Classic). They remind us that we cannot change our genetics, but we can change how we live to extend and improve the quality of our lives.



Acupuncture and Oriental medicine emphasize prevention over treatment. This makes a great deal of sense because treating an illness that has already damaged the body is much more difficult than preventing the illness from occurring in the first place. It is never too late. You can begin today.

One of the basic tenets of acupuncture and Oriental medicine theory is the belief that all disease results from the imbalance of yin and yang forces. Yin qualities include darkness, quiet, moisture and formlessness. Yang qualities are represented by light, noise, dryness and form. Running is a yang activity, whereas the rest that comes afterwards is a function of yin. Resting allows for the renewal of depleted energy reserves, which, in turn, makes activity possible. This is one way to describe how the dynamic relationship between yin and yang powers our life force.

The challenges of aging also result from this lack of balance between yin and yang energies. This means that some conditions and symptoms of disease associated with advanced aging may be mitigated by bringing these two energies into harmony again. For example, dry eyes and poor vision can be addressed by acupuncture treatments that focus on nurturing yin and increasing yang. Yin fluids will provide lubrication to the eyes, while an increase in yang helps ensure more energy can reach the top of the head to help improve vision.

A healthy mind and body need not decline with age. Oriental medicine promotes living a balanced life and the basic components help point you on the path toward a long and quality life. Prevention of age-related cognitive and physical issues involves safeguarding the yin, yang, and *jing* (adrenals, hormone balance, and genetic endowments) throughout your life span by maintaining a healthy diet and active lifestyle, avoiding toxins, keeping harmony in your environment and relationships, and maintaining balanced activity and rest. Whatever your starting point, you can make positive changes to enhance the quality of your life.

Call today to learn how acupuncture and Oriental medicine can help maintain your health and improve your vitality as you age!

Managing Osteoporosis

Osteoporosis is a condition that causes brittle or porous bones due to a reduction in the bone mineral density. Bone is comprised of living tissue, which is constantly dying and renewing itself.

Normally, old bone is cleared away as new growth occurs. However, when new bone cannot be generated, bones become soft and weak. So, should a fall or coughing fit occur, a fracture may arise. In more severe cases, a break can occur without a noticeable event.



Usually the early stages of osteoporosis do not include noticeable signs or symptoms. In later stages, back pain, loss of height, poor posture or easily occurring bone fractures may happen.

Although anyone can develop osteoporosis, it occurs most frequently among post-menopausal white and Asian women.

Other contributors include low calcium intake, prolonged use of corticosteroid drugs, heavy alcohol consumption, smoking and an inactive lifestyle.

A patient suffering from the consequences of brittle and porous bones may be diagnosed by a practitioner of acupuncture and Oriental medicine with a deficiency of yin. Healthy bone depends on a system of blood vessels to deliver nourishment.

Considered a thickened form of body fluids, blood falls under the domain of yin. When yin is in short supply, dryness is the natural result. A disruption or deficiency in the blood supply to the skeletal system may interfere with its ability to properly lubricate and nourish bone.

In addition to receiving acupuncture treatments to help nourish yin, there are some things you can do at home to address your symptoms of osteoporosis, including increasing physical activity and consuming foods high in calcium that support the skeletal system.

An increase physical activity that includes resistance, flexibility and weight-bearing exercises will strengthen muscles, improve stability and balance, help slow mineral loss and improve cardiovascular health.

If you have osteoporosis, work with a therapist to select appropriate exercises for your health. Choosing exercises with slower controlled movements such as Tai Chi or Qi Gong and avoiding high-impact exercises with jerky movements will reduce the risk of fractures.

To learn how acupuncture and Oriental medicine can assist in prevention and provide osteoporosis support, call for a consultation today!

Bladder Health and Incontinence

Incontinence and urinary tract disorders commonly arise as one gets older, especially for women over 50. One reason the risk for incontinence increases as we age, is because the bladder lining starts losing elasticity which, in turn, reduces its ability to store urine. This can result in frequent and urgent bouts of urination. If this occurs at night it is called nocturia.

In some cases, coughing, sneezing or pressure on the abdomen may cause an involuntary voiding of urine, known as leakage. Those suffering from incontinence also endure a greater risk for repeated urinary tract infections (UTI).



A UTI occurs when bacteria enters the urinary system through the kidneys, urethra, ureters and/or the bladder. Although signs and symptoms vary according to the location of the bacteria, some common signs include the urgent, persistent urge to urinate, burning on urination, and cloudy urine. These conditions not

only signal a malfunction of the urinary tract system, but may lead to social isolation and/or loss of self esteem.

Fortunately, acupuncture and Oriental medicine can address bladder health and reduce the symptoms of incontinence. The July 2005 edition of *Obstetrics and Gynecology* detailed a study called "Acupuncture for overactive bladder: a randomized controlled trial." The study aimed to compare acupuncture treatments versus placebo acupuncture for an overactive bladder.

Out of the 85 women initially enrolled, 74 completed the four weekly sessions. The researchers concluded that women who received four weekly bladder-specific acupuncture treatments had significant improvements in bladder capacity, urinary urgency and frequency, and quality of life as compared with women who received the placebo acupuncture treatments.

To maintain bladder health, increase water consumption and avoid irritants such as coffee, orange juice and most soft drinks, which can stimulate the bladder. Kegel, or pelvic floor exercises, can tonify the muscles used in urination.

If you or someone you know struggles with bladder health and incontinence call today!

Health Boosting Foods

Fruits, vegetables, whole grains and lean proteins are part of any healthy diet. Here are six nutrients that can enhance your health and vitality.

Garlic - Garlic boosts your immunity, increasing your ability to fight off infection. It also helps regulate blood sugar levels. One or two cloves of garlic a day is recommended for optimum health, so include it in your cooking!

Ginger - Ginger has been taken as a medicine by numerous cultures for thousands of years.

This amazing spice is anti-inflammatory, reduces pain, and is excellent for many types of digestive distress (especially nausea.) More than one study has found that ginger may also be a potent cancer fighter.

Goji Berries - Small fruits that grow on evergreen shrubs in the Himalayas, Gou Qi Zi are slightly chewy and have a mild flavor.

High in fiber and containing the highest antioxidant powers of any berry or fruit, they are used in Chinese medicine to increase longevity, strengthen the immune system, improve vision, protect the liver and improve circulation.

The goji or wolf berry is widely available dried, and easily found as whole fruit or juice in natural-food stores.

Green Tea - There has been much research on the anti-carcinogenic properties of green tea. Studies of people in Asia who drink copious amounts of green tea daily have shown a correlation between green tea consumption and lower rates of a variety of cancers.

Green tea is easy to find and can be purchased in most grocery stores and health food stores. It is refreshing iced or hot.

Honey - Known as Feng Mi in Oriental medicine, honey has many health benefits, and is often used in combination with other herbs. It contains anti-oxidants and the darker the honey, the higher the anti-oxidant content and deeper the flavor.

Honey can be eaten or applied topically. It is anti-bacterial, anti-viral and anti-fungal.

Throughout history, honey has been used to soothe and clear the skin, and encourage the growth of healthy tissue. You might enjoy trying raw honey as a facial mask.

Organic raw honey that has not been pasteurized, clarified or filtered is your best choice.



Omega 3 Fatty Acids - Anti-inflammatory essential fatty acids help keep joints healthy, reduce pain and swelling and can also help with depression, stress, arthritis and menopause.

Omega-3, Omega-6 and Omega-9 oils are fats that directly affect cognitive, cellular and kidney function.

Foods rich in Omega-3 fatty acids include: salmon, sardines, tuna and other cold water fish; nuts and seeds, notably flaxseeds, hemp seeds and walnuts; and soybeans and winter squash.
