**Holistic Health**

**May the God of peace himself sanctify you entirely;**

**and may your spirit and soul and body be kept sound.**

**(1 Thessalonians 5:23)**

**Pinning down acupuncture: Acupuncture “just got a little less alternative,” says Nature News. In China, it’s believed that acupuncture needles stimulate the flow of chi, a vital life energy, through invisible channels in the body. That explanation has never satisfied Western scientists, even though the treatment is used by millions of people worldwide for pain relief and treatment of disease. Now a University of Rochester study has found a possible explanation for why acupuncture can relieve pain. The researchers found that when acupuncture needles were inserted into the feet of mice, levels of a natural painkiller and anti-inflammatory compound called adenosine rose dramatically at the point of insertion. For the treatment to work, however, the needles have to be rotated periodically; this injures the tissue slightly and triggers the adenosine response. The findings illustrated “a clear biological mechanism beh8ind acupuncture,” says neuroscientist and study author Maiken Nedergaard. (The Week magazine, June 18, 2010)**

**Nearly 50 percent of American adults now use some form of alternative medicine, spending an estimated $27 billion a year on herbal and other supplements and on such treatments as acupuncture, chiropractic, and energy healing. (The New York Times, as it appeared in The Week magazine, February 17, 2006)**

**Good week for: New Age Publishing, with the release of the U.S. Army’s new “Holistic Health and Fitness” training manual. It recommends journaling, meditation, and “short, infrequent naps to restore wakefulness,” and notes that military service can help soldiers appreciate the “interconnectedness of all things and people.” (The Week magazine, October 16, 2020)**

**At least 90 percent of all untreated back pains go away within two months. So reports a collector of medical statistics. (L. M. Boyd)**

**Mother Goose: “Grimm, I told you never to go on a cactus!” Grimm: “Yeah, but the good news is, I think my neck pain is cured.” ((Mike Peters, in Mother Goose & Grimm comic strip)**

**How did the Chinese know 4500 years ago what they know about acupuncture without an ohmmeter? (Dr. Paul Brenner)**

**A British medical study indicates each cigarette you smoke shortens your expected longevity by 5 ½ minutes. If true, I had a cup of coffee this morning with a fellow who died three years ago. (L. M. Boyd)**

**What do pediatricians do when their kids get colds? Sixty-three percent say they “let them run their course.” *(Uncle John’s Bathroom Reader: Extraordinary Book of Facts, p. 221)***

**Using doses of spirituality to treat depression has been 72 percent effective. No drug in the world is that effective or as lasting. *(Dr. C. Norman Shealy, in Unity magazine)***

**The quickest way to experiment with acupuncture is to try on a new shirt. *(Gene Brown, in Danbury, Connecticut, News-Times)***

**Medical Office Fee Schedule: Acupuncture -- $65; Pretty Close Puncture -- $2. (Bob Thaves, in Frank & Ernest comic strip)**

**Eighty percent of the people on earth are treated not by doctors but by herbalists. (L. M. Boyd)**

**Psychologists agree that our minds are capable of thinking only one thought at a time. Any hobby which requires single-pointed concentration can be used as a substitute for thoughts of pain. I often lost myself in knitting, watching the design of an afghan grow. Medical science substantiates the theory that absorbing activities like knitting cause the brain to release natural painkillers, called endorphins. Incidentally, so does laughing. (Evelyne Lein, in The Healing Process)**

**Honey was used to heal wounds in World War I. It absorbs moisture and dries out microbes. *(Don Voorhees, in The Essential Book of Useless Information, p. 241)***

**In Beijing, Zhaos Zang has helped women with fibrocystic breast disease using massage. The Chinese use massage to treat bodily imbalances to releaser the flow of “chi” – the body’s vital energy. Zang has treated 27 women, he says, 11 of them have been completely cured, and 15 more have had some relief. Western medicine currently has no cure. (Bill Moyers, in USA Weekend, February 5, 1993)
In Boston, Jon Kabatr-Zinn has taught more than 6,000 people how to control stress and pain through meditation. Three-fourths of his patients report improvement in their condition after a year. (Bill Moyers, in USA Weekend, February 5, 1993)**

**An ancient mariners’ remedy for treating sores is now being used at The Emory Clinic in Atlanta and other U.S. clinics and hospitals. Patients with severe bedsores or dermal ulcers are being treated with “seaweed” dressings. The innovative bandages are made of calcium alginates derived from the cells walls of brown seaweed. On contact with drainage from the wound, the pad turns into a moist gel that not only keeps wounds clean but eases pain and permits healing. In a recent British study of 64 patients with chronic leg ulcers, reports The Pharmaceutical journal, 73 percent of the patients whose ulcers were treated with seaweed wraps improved, versus only 43 percent of those using traditional gauze dressings. (Adapted from Atlanta Journal-Constitution)**

**The part of the brain that processes smells also processes moods. So if your conjugal cohort is feeling a bit insecure, bake bread. The fragrance is said to be better than a security blanket. (L. M. Boyd)**

**The temperature of your toes reveals the rate of your metabolism. Or so claim some medicos. Cold feet, low metabolism. Hot feet, high metabolism. (L. M. Boyd)**

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