

# Acu News

"The art of medicine consists in amusing the patient while nature cures the disease." - Voltaire

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## Can Acupuncture Effectively Treat Psoriasis?

Affecting approximately 125 million people – or about 2-3% of the global population – psoriasis is one of the most common autoimmune diseases in the world. It's characterized by the chronic formation of skin lesions, red patches, papules and plaque. These formations may appear in localized areas of the body or throughout the entire body, depending on an individual's condition.

Psoriasis is known to trigger intense bouts of itching. The sensation can be so intense that it causes the individual to scratch infection-prone sores into his or her skin. Regardless of how bad it itches, you should never scratch your psoriasis, as it will only make the condition worse.

As with most autoimmune diseases and disorders, psoriasis is caused by an overactive immune system. The immune system is responsible for fending off potentially harmful viral and bacterial infections. It does this by producing key inflammatory hormones. Normally, it produces the right amount of these hormones, but there are times when it produces too much; resulting in conditions such as psoriasis.



The good news is that acupuncture may offer relief of psoriasis and its related symptoms. Acupuncture can have very positive effects on the immune system. When we are sick or dealing with chronic illness, our bodies are not able to function properly. This can be due to the body's natural energy being restricted or blocked. Acupuncture works by treating the whole body and releasing any abnormalities through acupuncture points. By doing so, the body is able to function as it should and the immune system is strengthened because of this.

With psoriasis, the Spleen 10 xue hai acupuncture point is a popular choice because it targets the immune system.

One study found acupuncture to be effective at treating psoriasis, particularly when western medicine has been exhausted. "Our experience indicates that acupuncture is induced an effective therapeutic modality for psoriasis, particularly when the western medical management is unsuccessful. We speculated about the possible involvement of the cutaneous reticuloendothelial system in the clearance of the skin lesions," wrote the study's researchers.

Give me a call today to learn how you can get back on track to better health!

## 3 Ways to Prepare For Seasonal Changes

As the transition from summer to fall begins, changes start to happen externally as well as internally. The days become shorter and the air gets cooler; our bodies change to adapt as well. Here are three ways to prepare for the fall season ahead along with the beginning of the yin cycle.

### ① Let go of negativity

The autumn season represents the time when the lungs and large intestine are of the utmost importance. This season is especially an important time to let of negative energy in your life.

Negativity doesn't just affect your psychological health but your physical health as well. You can help get rid toxicity in your life by being aware of the causes and surrounding yourself with positive energy and people who make you happy.

### ② Spend time outside

Because fall is focused on the lungs, spending more time outside can help strengthen this organ and increase your immune system as cold and flu season starts to emerge. Spend time in nature away from city pollution where you can breathe clean, cool air. Autumn time is the perfect opportunity to do this and refresh and strengthen the lungs.



### ③ Try acupuncture

Acupuncture treatment can help you physically as well as mentally prepare for the change in seasons.

Some find it difficult to let go of the summer season and transition to shorter, cooler days. Acupuncture can ease this transition and make sure your body and energy are flowing properly.



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