



INTEGRATIVEalternativeHEALTHCARE

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Acupuncture By Christina Fick, L.Ac.

Christina Fick is a licensed Acupuncturist in downtown Evergreen. She studied health and alternative medicine in Hawaii, San Diego, and Colorado and holds a Masters Degree in Acupuncture. In April 2013 she'll receive a second Masters degree in Traditional Chinese Medicine and Herbology and in September 2013 will begin working on her Doctorate degree. Christina strives for affordable, practical integrative medicine and hopes to eventually offer the Gerson Therapy on an outpatient basis. Visit her website for tons of information: ChristinaFick.com or call 303-594-8348.

Today's world is all about choices. There are now so many choices we have to make every day that separating them can be very tedious. From which gas station to stop at, to what toppings to add to your sub sandwich and what clothes to wear to work. Something you may not know is that you have as many choices about your healthcare as you do when deciding what kind of bag of chips to buy at the grocery store (have you noticed that there are millions of choices of chips?!)

"Your body is a garden. If you water it, give it light and love it, it will grow."

It seems that a fair amount of people know the meaning of the terms preventative medicine, alternative, holistic and integrated, but what are they really, and how do they differ? Preventative medicine simply means it aims at treating the disease before it begins or becomes chronic. Western medicine, or what is called allopathic medicine, is our mainstream medical system and the textbook definition is the "use of pharmacologically active agents (prescription meds) or physical interventions, such as surgery, to treat or suppress symptoms or pathophysiologic processes of diseases or conditions." Allopathic medicine excels in emergency medicine, such as trauma, and now doctors are seeing the importance of catching a disease before it begins and using more preventative medical techniques. A lot of times people feel they can't afford to have the 'luxury' of a massage or acupuncture treatment. However, it could potentially save you from suffering long-term effects down the road and thousands of dollars in treatments. Government and insurance often help you when serious medical incidents occur, but taking care of yourself day by day is mostly up to you. Knowing as much about health as possible puts you a big step ahead to feeling happy and healthy!

Another thing to keep in mind about health is that most diseases and imbalances

don't get better overnight. Just as heart disease or digestive disturbances didn't just one day appear, equally they will not suddenly disappear. This is a misconstrued fantasy many have about their health. Your body is a garden. If you water it, give it light and love it, it will grow! If the leaves start to wilt, don't dump a gallon of water into the soil all at once. Gently, over time, water the garden the necessary amount to nurse it back to health. Treat your body like new seedlings that are growing. Being unaware of both what you put into your body and what you do to your body and mind long-term can 'wilt your leaves,' so to speak. With a nurturing tactic, alternative therapies, including acupuncture, can work wonders.

Often times, terminology can be a bit ambiguous and confusing, especially when it comes to alternative medicine. These days, medicine has come further along than ever before.

What is...

Integrative medicine? To weave together two facets of medicine. For example: Treating both the body and mind together. Or to treat from both a Western and Eastern perspective. Integrating the best of two or more therapies.

Alternative medicine? Alternative refers to anything that's not mainstream or allopathic. This includes therapies such as acupuncture, Chinese medicine (eastern herbal therapy and other modalities), massage, naturopathy, chiropractic, reiki, ayurvedic and natural products such as herbs and vitamins.

Holistic medicine? The perspective that 'everything is interconnected,' and treating the body as a whole. Acupuncture definitely falls under this. Just like a bicycle cannot function without its front tire, holistic medicine believes the body is a machine that works in harmonious tandem with each other's systems.

Functional medicine? This is a

Turkey or Ham?

new branded term to encompass an up-and-coming treatment style that combines Chinese medicine and western medicine. This includes the use of acupuncture; herbal therapy; nutrition; modalities such as cupping, moxibustion and electro-stimulation; routine lab analysis of blood tests and the understanding of the biochemistry and pathology of western diseases.

At my clinic, I strive for the best possible medical care I can give and the most education I can give to people as well. Acupuncture and herbal therapies are great, but I am expanding my horizons! This September I will begin my doctorate in acupuncture and Chinese medicine to provide to my patients the absolute best possible care for them. I am moving my office more towards functional medicine, but still keeping my 'integrated' base intact, focusing on bedside manner and patients' mental status. With more knowledge comes better success. I will soon start offering blood analysis and will be able to track patients' progress through their blood work. I have also expanded my herbal pharmacy and always offer customized formulas.

I continue to give people as much info about my treatments as possible, including constantly adding more information to my website, handouts and book check-outs. I will be learning more about geriatrics and fertility in my doctoral program with a functional medicine base and will begin the Gerson therapy after my doctorate is complete (go to my bio on my website to get more info). Chronic disease and sports medicine are my most seen cases now, so expanding my knowledge is important, not just for me but for you, too! This gives me the opportunity to truly understand more about your disease and imbalance and the best way to treat it.

My motto is: everyone deserves good health, a mind at peace and plenty of choices!