



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 two Masters Degrees in Acupuncture, Traditional Chinese Medicine and Herbology. She is currently in the Doctoral program at OCOM in Portland Oregon. Christina now offers Nutrition, Massage, Herbal Consults, Reiki and Coaching at her clinic. Visit her website for tons of information: ChristinaFick.com or call 303-594-8348.

The end of September marked the beginning of my second, and last, year in Portland for my Doctoral degree. Summer gave me eight weeks of a break, but was filled with reading, case analysis, research assignments and, of course, exams.

From September to June, 2015, I will, yet again, venture to Portland, Oregon every month for 5 days and 50 hours of intensive,

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specialized training in acupuncture, oriental medicine, alternative therapies and specialized techniques, along with western allopathic and biological studies. Starting this program, which was kind of a fluke for me, has been the best journey I have decided to endure. Each module (month) I go to Portland for, I leave feeling like I’ve climbed the ladder of knowledge more and more. Entry level acupuncture school requires 2-4 years of biology/physiology prerequisite, then four years of intensive

basic acupuncture, herbal and oriental medicine training techniques. With that training, I felt like a toddler in the acupuncture world! The Doctoral program takes medicine to a whole new level.

Last year was everything geriatrics and aging. We learned more about cancer, parkinsons and alzheimers, gastrointestinal disorders, orthopedics and autoimmunity. This year is all about women’s health. We go in depth about infertility, pregnancy, menopause, menstrual disorders, postpartum, abuse and trauma, infections, viruses and reproductive cancers and more. Acupuncture and herbal therapy is being used for women’s issues more and more. Women use it to regulate their hormones, help with the process of pregnancy, overcoming trauma and menopausal symptoms, and hospitals are even beginning acupuncture during labor and delivery. Gynecology is becoming more exciting as the years go by, because we are learning more about it and how to treat it!

The more I go through more schooling, the more I learn about the world, the more I learn about myself. One thing I am beyond passionate about is health. There are so many easy things you can do every day to help with your health. And if there is one thing I love

most about my practice, it’s my emphasis on the educational piece of self help for health. When in doubt, listen to your grandmother. More often than not, her simple kitchen recipes for any illness were probably right! Sometimes we try to simplify things by over complicating them. The grass isn’t always greener on the other side. If there is one major lesson I have learned about medicine and health, it is that there is never a quick fix—a silver bullet. If there is, there is always a consequence to pay for it. This is solely what the medicine I have spent the last 10 years of my life learning about is based on; the principles of nature. A disease isn’t something you ‘catch.’ Someone doesn’t cough and give you breast cancer. It grows slowly, like a weed. These are all things I talk to my patients about. Not only how disease happens, but how to correct it and how to prevent it again. This is true medicine. In fact, the definition is as such: the science or practice of the diagnosis, treatment and prevention of disease (in technical use often taken to exclude surgery). Our current allopathic system does not address the most important part—the prevention!

As far as gynecology, our endocrine and reproductive systems are like our electricity or plumbing in our houses. It’s the bones that need proper taking care of. If you dump a bunch of trash down your pipes, they will clog. It is quite simple. This goes for most systems in the body, but the reproductive system is the ultimate signal to health. If your body can’t produce the right hormones or

worse, reproduce, this is a perfect sign for us that something isn’t quite right in the body. What more simple and less invasive way to correct these imbalances than acupuncture? It amazes me every day how many people are willing to get cut open or take very harmful medications to try to negate these problems; not to mention the cost of them is astronomical. Acupuncture is not covered by most insurance companies for two good reasons: it’s inexpensive, and it works. Two things that won’t keep insurance companies in business.

My overall goal is to educate people on becoming their own voice for their health. We are often lead to the misconception that we do not have a choice or an “I guess I’ll just have to live with this symptom for the rest of my life” attitude. There are many, many easy things you can do that will make a big impact on your health and quality of life every single day. And it’s not just about diet, acupuncture or herbs. There are many different forms of medicine that help people. I am continuing to add practitioners to my office, The Downtown Evergreen Health Clinic, because I see how powerful combining the power of each facet can be. This is success; this is health; this is how you get people better.

I’ll leave you with the infamous Thomas Edison quote about medicine: “The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.”