



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. In September 2013 she 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.

In today's world, we have diseases such as cancer, heart disease and autoimmune conditions that were never around 100 years ago. There also seems to be a lot of fear around these diseases, as if someone is coming to snatch random people off the streets and—bam!—you are plagued with cancer. Well, it doesn't really work like that.

**“By seeing an acupuncturist regularly, you can prevent many future diseases and reverse current ones.”**

Disease happens when something is drastically out of balance. It's not only your body's mechanism of signaling something is wrong, but it's a sign that your body cannot hold the disease at bay any longer. This also means that if disease has progressed to notable symptoms, it was in the workings for some period of time.

Let's use cancer as an example. Cancer doesn't just pop up overnight. There are many stages of oncogenesis (the formation of cancer or tumors). Once it's at its final stage, which is very different from the other stages, the cancer or tumor has become self-sufficient. Picture a child growing up: They depend on their parents for food, shelter, etc. Once they reach a certain age they can produce some of these needs on their own. When they become truly independent is when they no longer need their parents' support to live their lives; they have their own houses, own jobs, own cars and own income. Some children take longer than others to move out of mom and dad's, while some never move out. (I'm sure some readers out there can attest to this!) Cancerous cells become dangerous when they no longer need the body's help to survive, when they become completely independent.

So how can we prevent or treat diseases such as these for future health security? There are two keys to this. This is a big secret that is very, very simple in helping your body:

**Balance and moderation.** Don't do too much of anything. This also doesn't mean if you have one cookie you're going to get cancer. Likewise, eating a salad everyday can actually cause problems as well.

**Breaking a habit:** always change it up. Change up your diet, exercise and lifestyle habits on a regular basis. This helps prevent disease that depends on certain substances. Always pick out new produce at the grocery store; if you eat one piece of candy every day, change that to something, such as only a piece on Fridays. A break from routine helps your body heal from disease and prevent the disease from worsening.

So, how can acupuncture help with this, even if you don't have any marked symptoms?

Acupuncture works to detect disease before it causes symptoms. We check the pulses for internal imbalances, which is an ancient art that is quite accurate. We also check the tongue and determine the overall status of the body.

Acupuncture and moxibustion (the burning of mugwort) increases your oxygen uptake. There is research showing that an increase in oxygen in the body hinders cancerous cell growth and keeps the body overall in better health (Read on my website under articles about “Meditation” and also “What Helps and Hinders Cancer Growth”).

Acupuncture alkalizes the body and naturalizes your pH levels; disease cannot live in an alkaline environment.

Acupuncture and Tui-Na (Chinese Medical Massage) helps circulation in the body.

Infrared and TDP therapeutic heat lamps help to detoxify and administer minerals through the skin.

Acupuncture decreases blood pressure and regulates hormone imbalances.

Acupuncture and moxibustion, particularly of the point ‘Stomach 36,’ have shown to increase white and red blood cell count, which is very important for anyone fighting any sort of infection or disease.

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## The Two Secrets to Life and Health

current ones. Some acupuncturists charge per service. I charge per hour. This means that if you need a certain modality or type of acupuncture, I provide that for one flat rate. I gauge what kind of acupuncture people need based on their response to their first treatment. Some people do better with more needles, rather than less, or some people do better with an energetic treatment versus a musculoskeletal type.

Summertime tends to be a time where people get out and are active and enjoying the weather, especially in Colorado. This is great, but sometimes it can deplete us, especially for the months to come. I encourage people not to forget about their bodies and health. For July and August only, I am running a summer special just for us active Coloradoans! I just introduced a Starter Package, which includes one initial consultation and treatment, plus two follow-up treatments, which saves you \$25. I am also knocking off \$40 for my new Couples Package, so if you and your significant other want to both come in, you can save money that way. I also am doing \$75 off the Ten Package, which is my most popular and flexible package. (Mention this article for the discount). I try to help you any way I can to get you back to health and to make you stay healthy. That is the ultimate goal, along with educating you in how to take care of yourself.

“You don't have to be a wreck. You don't have to be sick. One's aim in life should be to die in good health. Just like a candle that burns out.” - Jeanne Moreau