



**KING'S**  
ACUPUNCTURE & WELLNESS CENTER

5859 Transit Rd. East Amherst, NY 14051  
716.688.1768

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## Living Well Newsletter

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~ Autumn 2016 ~

**As nature's seasons change as they are intended,  
so do the seasons of our lives.  
With each change brings new beginnings.  
If you are not feeling your best as you enter  
a new season, please visit our wellness  
center to restore vital energy to your  
spirit and health.**



***Back to School, Back to Activities...Time to Get Back Your Health!***

Autumn is a time of collecting your thoughts, revisiting your goals and taking stock of where you are in life. Are you where you want to be? If yes, that's awesome! If not, that's okay, too. Now is a great time to take care of YOU!

All those low back aches from hours in the garden and mowing the lawn, overeating at summer parties, neglecting to take time to rest your mind and your body – King's Acupuncture can help with all those issues, and many more.

We can help you feel balanced, let go of discomfort and ease your mind and body with our services of Acupuncture, Herbology, Chiropractic, Reflexology and Reiki.

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## Acupuncture Can Help Your Child Heal Naturally

Mishaps happen. Especially with children. When your child, or even a family member, suffers an injury and needs to make a speedy recover to get back to their normal routine, acupuncture can promote the body's natural ability to heal.

Injuries occurring from sports, gymnastics, dance, playing, coaching, and repetitive motions are due to trauma involving the musculoskeletal systems and its soft tissues. Trauma to these soft tissues, (ligaments, tendons, and muscles) are generally the result of falls, blows, sprains and strains, collisions, compressions and overuse. Inflammation from injury may slow the healing process.

Many children may suffer from both physical and psychological trauma from an injury. One may also suffer from pre or post-surgical anxiety, pain, inflammation, nausea, headaches and fatigue.

Acupuncture can be effective for: pain management, to decrease inflammation, soothe anxiety, reduce swelling, nausea and digestive issues post-operatively, reduce the need for prescription medication, to speed healing and may increase the potential for a full recovery.

## Reiki - The Ultimate Relaxation Experience



Reiki is a Japanese technique using universal energy to help restore your well-being. Reiki envelopes the whole person: body, mind, spirit and emotions. It promotes an intense state of relaxation, relieves anxiety, encourages healing, promotes pain relief, and helps heal emotions.

Reiki is gentle, subtle, holistic, effective and grounding. Once you experience the deep relaxation of a Reiki experience you will release the potential inside you to heal your body and mind. Every Reiki session will be a little different experience, depending on what you need Reiki to help with in that given moment. Our needs are always evolving and Reiki can pick up on what those are. Reiki works! One client said her sinus headache was gone, another said her thoughts stopped racing, and another felt the tightness in her muscles relax.

A Reiki session may include balancing your Chakra's (energy centers in your body), reiki music, cozy sheets & blanket, soft lighting and aromatherapy. A silent prayer or an intention is encouraged before a session, and prayer and gratitude for healing may be expressed afterward.

Joan Patchett is a Usui Reiki Master and has trained under the highest Reiki professional in the area. For a restorative Reiki experience please call Joan at King's Acupuncture, 716-688-1768 or 716-935-9759. You will be happy with how you feel.

## The need for Supplements is tremendous!

Many Americans are at risk of vitamin and mineral deficiencies. Especially if you are a senior citizen, have digestive issues, are healing from a recent injury or surgery, managing a chronic illness, or are on a prescription medication. Below are two often overlooked deficiencies, the symptoms and how to know if you are at risk.



Vitamin B12 deficiencies are quite common and are very often under diagnosed. The symptoms of a vitamin B12 deficiency are memory loss, fatigue, low energy, pins and needles sensations in your hands and/or feet, pale skin, weakness, heart palpitations, depression and constipation.

**An untreated B12 deficiency can lead to nerve damage (neuropathy), memory loss (a misdiagnosis of dementia) and depression (a misdiagnosis of clinical depression).** You are at greatest risk of a vitamin B12 deficiency if you have had gastric bypass, you are a vegetarian, or a senior citizen. Also, you are at higher risk if you take the diabetes drug Metformin and / or a protein pump inhibitor for reflux (like Prevacid, Nexium, etc) as these drugs can deplete your B12 levels. **If you have neuropathy or any type of nerve pain (neuralgia) it is essential to supplement with B12.** Don't wait for your doctor to advise you, because he may not. Be proactive, ask to have your blood tested specifically for B12 levels if you are unsure your body requires a supplement. A very low B12 blood level requires B12 shots to bring it back up to normal before pill supplementation can begin.

## CoQ10

Coenzyme Q10 (CoQ10) is an enzyme found in every cell in your body. According to Dr. Stephen Sinatra, America's leading integrative cardiologist, one of the biggest benefits of CoQ10 is that it sparks energy production in every cell of your body, including your heart which is the largest consumer of energy in your body.



Dr. Sinatra states that:

1. **Many cases of heart failure are actually a lack of CoQ10.** Without enough CoQ10, your heart can't pump blood as efficiently as it should.
2. **The lack of energy we call "aging" is often just a CoQ10 deficit.** Your body naturally produces CoQ10 throughout your life, but production drops off as you get older. When people receive the right amount of CoQ10, they often feel younger.
3. **CoQ10 is a powerful antioxidant.** It cleans up the destructive free radicals that are by-products of the energy production process.

4. **If you're on a statin (cholesterol lowering medication) it is critical to take CoQ10.** Not only do statins stop cholesterol production, they also hinder your body's natural production of CoQ10. That's why many people end up with muscle aches and weakness while taking statins. Also, Statins can cause memory loss and a host of other problems. If you're on a statin, you need to take at least 200 mg of a highly-absorbable CoQ10, says Dr. Sinatra.

**Here are a few testimonies from those we've helped with acupuncture...**



"I have been coming to Dr. Lau a little over a month now. He is treating me for several problems. One major problem being **migraines** that I have had since my car accident in April 2015. I have been migraine free since Dr. Lau started treating me with acupuncture. I have tried many different types of therapies before seeing Dr. Lau and nothing has helped. Thank you so much for helping me!" Stephanie

"To Whom It May Concern: I have been a patient of Dr. Lau's since he opened his practice in Buffalo. His keen insight, knowledge and talent to treat physical and mental problems is of utmost importance. He has helped me with **high blood pressure, thyroid problems, emotional wellbeing, pain in different parts of the body and more** thru the years. We are most fortunate to have his expertise in this area." A most appreciated patient. L.W.



## Office Information

**King's Acupuncture & Wellness Center, 5859 Transit Rd, E. Amherst, 716-688-1768**  
 Email: [kingsacupuncture@verizon.net](mailto:kingsacupuncture@verizon.net) Website: [Kingsacupuncture.com](http://Kingsacupuncture.com)

**Dr. Herbert Lau**, Licensed Acupuncturist & Herbologist  
**Dr. Tony Buscaglia**, Chiropractor  
**Ms. Joan Patchett**, Reiki Master & Office Assistant

**Mrs. Anna Lau**, Office Manager  
**Mrs. Besty Hare**, Reflexologist  
**Ms. Beth Wickham**, Receptionist

Acupuncture Hours: M, W, Th 10 a.m – 7 p.m., Tues 9 a.m. – 5 p.m., Fri 8 a.m. – 5 p.m.  
 Please contact our office for the hours of other services

*We also have high quality herbal and vitamin supplements.*



**Life is short do stuff that Matters**

Siqi Chen