



KING'S
ACUPUNCTURE & WELLNESS CENTER
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Living Well Newsletter

~ Autumn 2017 ~

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.



This Edition: Great American Smokeout, Tips for a Healthy Smoke-free Life, It's a Great Time for Acupuncture, No Fault Auto Insurance Acupuncture Coverage, Reiki Helps Relieve Chronic Pain

This Autumn Turn Over A New Leafand Quit!

Great American Smokeout November 16th

King's Acupuncture supports the **Great American Smokeout** held annually on the third Thursday of November. Receive **half price acupuncture** treatments when you come for acupuncture treatment during the month of November for smoking cessation. Because we care about saving lives, this very special offer is available to new and existing patients. You may take advantage of this **special rate of \$37** as often as you like to ensure your success. Some patients have quit for good with just one session of acupuncture while others have stopped smoking but needed "touch-up" acupuncture treatments to see them through.

The case against smoking can be deadly. **Smoking damages nearly every organ in the human body, and it is linked to at least 13 different cancers. A major cause of heart disease, aneurysms, bronchitis, emphysema and strokes, smoking also is associated with miscarriages and premature births, cataracts, hip fractures and peptic ulcers. The Academy of General Dentistry says that a one-pack-a-day smoking habit can cost a smoker at least two teeth every 10 years.**



Tips for a Healthy Smoke-Free Life!**Preparing to Quit:**

Quitting for good takes preparation and commitment. Maybe even several tries for some.

Experts offer these tips:

- ❑ Think about why you want to quit. Decide for sure that you want to quit and promise yourself you will do it – because you know you can!
- ❑ Find reasons that are important to you, getting rid of a chronic cough, saving money, being there to watch your grandchildren grow up. *Write out a list and keep it where you will see it often.*
- ❑ Acknowledging what triggers you to want to smoke will help you fight the urge. Try to avoid these situations until you've quit for good.
- ❑ Set a date to quit by. Write it down. Tell your family and friends.
- ❑ Pat yourself on the back for every day that goes by that you did not smoke.

Getting through the rough spots:

- ❑ Throw away all tobacco products, lighters and matches. Get rid of ashtrays.
- ❑ Do things that keep your hands busy, like crossword puzzles or gardening.
- ❑ Exercising to help fight the urge will also burn calories and alleviate the concern of weight gain.
- ❑ Keep healthy things close by, like carrots, pickles, sunflower seeds, apples, celery, raisins or sugar free gum.
- ❑ Stay away from alcoholic beverages and avoid social settings where others may be smoking.
- ❑ Notice how good you feel; can you breathe better? Do you cough less? Do things taste better?
- ❑ You are on the road to a new healthy lifestyle – We knew you could do it!



Source: AAA *Going Places* Magazine

H. Lee Moffitt Cancer Center & Research Institute.



One thousand Americans stop smoking every day - by dying.

~Author Unknown

It's A Great Time for Acupuncture In the USA

✚ Acupuncture is being recognized for its role in pain management, cancer treatment and is being used by the Veterans' Administration.

✚ With the opioid epidemic upon us, there's even more incentive to explore acupuncture as a non-pharmacological treatment for pain.

✚ American College of Physicians (ACP) guidelines published in February 2017 recommended acupuncture as a treatment for acute or subacute low back pain.



✚ A report that was released by the US Dept of Health and Human Services, March 2016, states acupuncture is poised to play a significant role in our country's national pain treatment strategy.

✚ In a study soon to be published from the UK, National Institute of Clinical Excellence study (NICE) that replicates results from previous studies on acupuncture for chronic migraine, low back pain and neck pain; not only was acupuncture effective at clinical relevant levels, but 90% of the benefit of acupuncture was sustained at 12 months.

✚ Three states now cover acupuncture under Medicaid; Vermont, Oregon and Ohio.

Sources: Oriental Medicine Magazine, Summer 2017 and Acupuncture Today 2017

Additionally....

✚ There are over 57 accredited Acupuncture Schools in the US.

✚ There is a growing number of acupuncturists in hospitals and HMO's across the US.

✚ Acupuncture is now offered in at least 53 US Western Schools of Medicine to medical doctor's in training.

No Fault Auto Insurance Covers Acupuncture Treatment for Injuries Sustained in Car Accidents



The basic idea of No Fault Insurance is that each driver is legally required to have an auto insurance policy which covers him or herself in the unfortunate case of an accident. If there is an accident, each person's insurance policy takes care of their own medical bills and property damage, regardless of who is at fault.

Injuries that occur during car accidents can be minor to life threatening. Many people do not feel the effects of an accident immediately, while others may instantly feel jarred or sore or need medical attention. Even if you feel fine, within a day or two after an accident, many people feel the aches and strains that may set in from being bounced around or hitting your body inside the car.

As part of your medical care through NYS No Fault Insurance you are entitled to receive complementary healthcare treatments, which includes acupuncture treatment for related injuries. It makes sense to seek acupuncture treatment, at no additional cost to you, to help you recover quickly from an accident. Acupuncture can treat sore or injured muscles, strains, joint pain, back and neck pain, and headaches, as well as anxiety and emotional trauma as a result of an accident.

Acupuncture improves circulation to the injured area which promotes faster healing, reducing or eliminating pain and inflammation. Acupuncture is an effective treatment because it promotes the body's natural ability to heal. It can be used alone or in conjunction with other complementary or medical treatment. Importantly, acupuncture helps improve the potential for a full recovery!

No Fault Insurance does not require pre-approval to be treated. Simply call King's Acupuncture at 716-688-1768 for an appointment for an evaluation. Acupuncture treatment can begin immediately the same day as the evaluation. Some patients find it helpful to come 2-3 times per week to speed their healing process.

Please bring the following information to your first acupuncture appointment: Insurance name, address, phone number, fax number, claim representative name and number, and your claim number. We will submit insurance claims on your behalf and they will be reviewed on an individual basis. Very rarely has a no fault claim been denied. Reason for denial is usually that the person's case has been closed or that the patient has reached the endpoint of their allowed treatment.

Reiki Helps Relieve Chronic Pain



Alternative solutions like Reiki have proven helpful in hospices, hospitals and private settings in treating chronic pain.

Chronic pain can rob you of your joy and weaken your spirit, affecting your quality of life. Researchers at Northwestern University found that it can shrink the brain by 11%, effectively speeding up the brain's aging process by 10 or 20 years. The effects of chronic pain can create a vicious cycle.

Unfortunately, pain medication may come with serious risks and it mainly treats the symptoms not the cause. Disappointingly, modern medicine often does not view the person as a whole (Mind, Body and Spirit) and aspects of a condition may be left untreated. Many physical issues originate from psychological and emotional imbalances, worries, past experiences, and fears. With Reiki many patients have found relief at the root of the problem, when other methods were not successful.

Reiki and How It Helps

Reiki is a centuries old technique that uses universal energy to help you heal and relax. It is very gentle subtle, and may feel like a deep meditation. Reiki can ease pain and discomfort by restoring energy to flow freely. **Reiki awakens the body's natural ability to heal.** The result is reduced pain and tension, as well as feelings of relaxation and rejuvenation.

Growing Evidence in Reiki Research

An article from the University of Minnesota found that Reiki treatments relax patients, reduce fatigue and depression, and strengthen a person's overall sense of wellbeing. Also, according to an article on the National Fibromyalgia and Chronic Pain Association's website, Reiki sessions have brought relief and helped individuals feel more balanced. It states that patients who received Reiki treatment experienced "total relaxation, less tense muscles, and improvement in their range of motion." It also has been shown that there is also an emotional component to the painful syndrome of fibromyalgia that benefits from Reiki.

Reiki can help relieve chronic pain and the anxiety associated with it, while promoting physical and emotional healing. Just one Reiki session can help release pain and leave you feeling more grounded, rejuvenated and with mental clarity. Give Reiki a try!

Introductory Reiki Special - One Hour \$35

