**Qi Mail**

**The Acupuncture Newsletter September 2017**

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[wwingsacupuncture.com](http://click.health.ibemail.com/?qs=97c116d793179943db6458dd310b977f987818e58080786c7d26ec24b61ddf01)
**Acupuncture & Wellness Center
5859 Transit Road
East Amherst, New York 14051
716-688-1768**

**www.Kingsacupuncture@verizon.net**

**World Heart Day**
By: Acufinder Editorial Staff

Created by the World Heart Federation, September 29th is World Heart Day, which focuses on informing people around the globe that heart disease and stroke are the world's leading cause of death, claiming 17.3 million lives each year, and the numbers are rising. According to the World Heart Federation, it is expected that by 2030, 23 million people will die from cardiovascular diseases each year. It is also predicted that at least 80 percent of premature deaths from heart disease and stroke will be avoided if the main risk factors--tobacco, unhealthy diet and physical inactivity--are controlled.

Cardiovascular Disease can affect people of all ages and population groups, including women and children. In fact, one in three children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems--such as Type 2 diabetes, high blood pressure and heart disease--that were once seen only in adults. Reduce your family's risk for heart disease and stroke by making basic lifestyle changes in these areas:

**Maintain a Healthy Weight**

Obesity is associated with diabetes, high blood pressure and coronary artery disease, all of which increase the risk of developing heart disease. Studies have shown that excess body weight itself (and not just the associated medical conditions) can also lead to heart failure. Even if you are entirely healthy otherwise, being overweight still places you at a greater risk for developing heart failure.

Acupuncture and Oriental medicine are an excellent tool when it comes to losing weight. They can help to energize the body, maximize the absorption of nutrients, regulate elimination, control overeating, suppress the appetite, and reduce anxiety.

**Reduce Stress**

Stress is a normal part of life, but if left unmanaged, stress can lead to emotional, psychological, and even physical problems, including heart disease, high blood pressure, chest pains, or an irregular heart rate. Medical researchers aren't exactly sure why stress increases the risk of heart disease. Stress itself might be a risk factor, or it could be that high levels of stress make other risk factors worse. For example, if you are under stress, your blood pressure goes up, you may overeat, you may exercise less, and you may be more likely to smoke.

Numerous studies have demonstrated the substantial benefits of acupuncture in the treatment of stress, anxiety and mental health. In addition to acupuncture, Oriental medicine offers a whole gamut of tools and techniques that can be integrated into your life to keep stress in check. These tools include Tui Na, Qi Gong exercises, herbal medicine, dietary therapy, meditations and acupressure that you can administer at home.

**Improve Sleep**

Poor sleep has been linked with high blood pressure, atherosclerosis, heart failure, heart attacks, stroke, diabetes, and obesity. Researchers have shown that getting at least eight hours of sleep is needed for good heart health. Getting less than eight hours of sleep can put you at a greater risk for developing heart disease.

Acupuncture can successfully treat a wide array of sleep problems without any of the side effects of prescription or over-the-counter sleep aids. The acupuncture treatments for sleeping problems focus on the root disharmony within the body that is causing the insomnia. Therefore, those who receive acupuncture for insomnia achieve not only better sleep, but also an overall improvement of physical and mental health.

*Source: Acufinder.com*