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Alleviate Your Stress

As a normal part of life, stress enables us to get things done and process feelings. Left unmanaged, however, stress can lead to emotional, psychological, and even physical problems. Stress causes a disruption in the flow of vital energy, or Qi, through the body. This can throw off the immune system and cause new symptoms or aggravate already troublesome health conditions and, over time, more serious illnesses can develop.



Finding a release valve for your stress can help you stay healthy. Numerous studies have demonstrated the benefits of acupuncture in treating stress, anxiety and lowering blood pressure. Acupuncture can help achieve the changes you seek by assisting in illness prevention, stress relief, minimizing aches and pains, improving energy, and finding balance.

Stressful situations that last long can create ongoing low-level stress that puts continual pressure on the nervous system and can cause the overproduction of stress hormones such as cortisol. The extra stress hormones sustained over an extended period may wear out the body's reserves, leading to fatigue, depression, a weakened immune system, and serious physical and psychological ailments.

According to Chinese medicine, stress, frustration, and unresolved anger can play an important part in throwing the immune system off and allowing pathogens to affect the body. Through acupuncture, these energy blockages can be addressed. Acupuncture points can help energy flow smoothly and alleviate not only the symptoms of stress and anxiety but the stress and anxiety itself. Acupuncture improves blood circulation throughout the body, which oxygenates the tissues and cycles out stress hormones like cortisol and other waste chemicals. The calming nature of acupuncture also decreases heart rate, lowers blood pressure, and relaxes the muscles.

Regular acupuncture treatments nurture and nourish your kidney Qi, which can greatly enhance the body's ability to thrive in times of stress and aid in healing, preventing illness, and increasing vitality.

While it isn't always possible to remove the external forces causing stress, the ability to effectively deal with stress is possible. Take time for yourself to cultivate the energy you need to handle your stress skillfully and effectively.

Come in for a consultation to see how acupuncture can benefit your heart and help you to live a long, healthy life!

Acupuncture Gives Hope to Patients With PTSD

Post-traumatic stress disorder (PTSD) is a severe type of anxiety disorder that results from a person witnessing or being involved in a traumatic event that causes intense fear, helplessness, or horror, such as a natural disaster, childhood abuse, a tragic accident, sexual assault, or war. Diagnostic manuals say that signs and symptoms of PTSD typically begin within three months of a traumatic event but can, in some instances, occur years after the event.

Acupuncture and Chinese medicine have been getting more attention as a treatment for PTSD, particularly from the military and veterans, because soldiers are at high risk after serving in combat. Correctly placed needles help the body re-regulate itself from the effects of stress, PTSD, depression, and anxiety. In turn, this allows the individual to focus on their activities and enables them to deal with daily events.

Acupuncturists Without Borders (AWB), a group that previously provided relief to the survivors of the earthquake in Haiti and hurricane in New Orleans, launched The Military Stress Recovery Project, which provided free acupuncture treatments for veterans returning from Iraq and Afghanistan and their families. Treated military personnel reported improved mental clarity, less anxiety, and stress reduction.

Source: Hollifield, M., Sinclair-Lian, N., Warner, T., and Hammerschlag, R. "Acupuncture for Posttraumatic Stress Disorder: A Randomized Controlled Pilot Trial." The Journal of Nervous and Mental Disease, June, 2007 V195(6):504-13.y.
