



"The art of healing comes from nature and not from the physician. Therefore, the physician must start from nature with an open mind."
- Paracelsus

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TURNING POINTS®

A publication for the patients and friends of Jonathan Dodds, L.Ac. and Acusport Health Center

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Welcome and Thank You!!

Greetings! This is my very first informational 'newsletter' for my patients, family and friends. With these newsletters, I will provide you with healthy living tips, information about Chinese Medicine, and topics of reference which will help us all to lead a healthier and more consciously balanced lifestyle.

My intention is to publish this newsletter four times a year - an issue coinciding with each of the four seasons. The next issue will be out in July— just in time for the beginning of Summer. If there are any particular topics you'd like to see covered, or subjects you'd like more information on, please don't hesitate to contact me at the email addresses listed above. I welcome any and all suggestions you may have for me. I'm writing these newsletters ultimately for you and I want to be able to provide the information you're interested in.

On a more personal note, I'd like to take a moment in this inaugural issue of TURNING POINTS to extend some feelings of gratitude. As I reach the



Serenity

one year anniversary of being in professional practice, I can look back on this past year with a feeling of accomplishment. Starting and building a medical practice from the ground up has been a tremendous challenge, and yet a challenge that I was eager to undertake. I have met and exceeded a number of the professional and personal goals that I set out to achieve this past year and I have many of you—my patients, my friends, and my family to thank. I thank you all for the tremendous growth that your inspiration has helped to achieve. I am a great believer in the value of

both knowledge and experience, and I hope that as my experience and knowledge continues to develop, that it translates into continued growth in the care that I am able to provide for my patients.

Most recently, I have introduced the JRLabs line of concentrated herbal teas to my pharmacy (see pg. 2 for more details). I am thrilled to be one of the only herbalists here in the US to carry this unique and powerful form of herbal medicine and to be able to offer it to my patients.

I am especially proud to be part of the team at Acusport Health Center. The opportunity to work alongside other practitioners that I admire is a blessing.

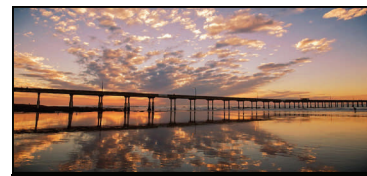
Above all else, I would like to thank YOU—my patients, family and friends for your consistent support of me. To those of you whom I've worked with already, thank you for entrusting me with your healthcare needs. For those of you whom I've yet to meet, I look forward to working with you in the future.

With Gratitude, - Jon

Spend the day in Ocean Beach!

One of my favorite aspects about coming to our clinic each day is the opportunity to come to the wonderful community of Ocean Beach ("OB"). The laid back, 'no worries' approach of OB residents is truly contagious and a wonderful departure from the typical hustle-and-bustle that is the Southern California lifestyle. OB remains one of the only true California beach communities that has managed to avoid over-development and maintain it's unique beach-town feel. If you haven't yet

taken the time to come down and enjoy some of the great things that OB has to offer, it's high time you did! After treatments, I often encourage my patients to take some time out to enjoy a walk along the majestic Sunset Cliffs, to browse some of the unique boutiques along Newport Avenue, to take in the Farmer's Market ever Wednesday afternoon, or to enjoy one of the best fish tacos around at South Beach Bar and Grill (I might even join you for one!) Either way - during your trip



The OB Pier is the longest of its kind on the West coast of North America

down to visit us at Acusport, please be sure to add on a little extra time to enjoy some of the many unique qualities that Ocean Beach has to offer. You won't be disappointed!

THREE CENTURIES OF HERBAL WISDOM

(...poured into a handy two ounce bottle.)



Our medicinal herbal teas are easy to prepare, taste delicious and are an invaluable adjunct to your personal healthcare

Our herbal teas are custom handcrafted in the US by the makers of the very finest concentrated teas in the world.

Under the label of "Traditional Chinese Medicine" (or TCM), there usually exist two primary modalities: Acupuncture and Chinese Herbal Medicine. Here in the West, Acupuncture is generally more popular than Herbs—while in the East, and particularly in China, it is exactly the opposite. In fact, in China, the average doctor visit is primarily only to receive a customized Herbal formula—a mix of raw herbs to take home, cook, and consume over the course of several days. Historically speaking, Traditional Herbal medicine is actually OLDER than Acupuncture.

Recently, there has been a paradigm shift in the acceptance of herbal medicine here in the West. A large part of this shift is due to the continued negative press given to synthetically produced pharmaceutical products. People are growing increasingly wary of the effectiveness of these drugs as well as the side-effects that accompany them—some of which end up being worse than the conditions they are intended to treat.

As the reluctance to pharmaceutical drugs increases, people are actively branching out and seeking alternative forms of Natural healthcare.

In my practice, herbal medicine has always been an integral part of my treatments. The appropriate herbal formula will not only enhance the effects of your Acupuncture treatment, but will also provide continued internal therapy between treatments.

I take my herbal products seriously

and I won't carry or prescribe any herbal product unless I have first tested its efficacy and am confident in its potency for my patient's needs.

For this reason, I am proud to carry the JR Labs line of concentrated herbal teas. These herbal teas are designed and custom handcrafted in the US by the makers of the very finest concentrated teas in the world. The herbs that are used in these teas are either grown organically here in the US or grown and harvested under very specific standards in the most fertile soils throughout various regions of China.



Some Traditional Chinese Herbs as seen in their raw form

herbalists here in the US to carry this uniquely powerful medicine.

Traditionally, concocting a Chinese medicinal tea required taking home a collection of raw herbs and brewing them on your stove at home—usually a very messy and time-consuming process. One of the beauties of the teas that I carry is that all the cooking has already been done FOR YOU! Now, with these amazingly potent concentrates, all you need to do is to boil water!



If you'd like to know more about this incredibly powerful form of natural medicine and how you could benefit from it, please give me a call. Since finding the right herbal formula is a very specific process, I also offer herbal consultations separate from regular acupuncture visits if necessary. If you're hesitant to take pharmaceutical drugs and are looking for a natural alternative for your healthcare needs, the centuries old practice of Chinese Herbal Medicine might be just the thing for you. We may even have an alternative for some medications you're already taking!

I'm excited to carry this option in my herbal pharmacy and am thrilled to have this option available to my patients.

Did you know?

Simple walking can reduce your risk of heart disease by as much as **50 percent**?*



The importance of exercise simply cannot be emphasized enough. Heart disease is the #1 killer of Americans. In 2004, the American Heart Association reports that 871,500 people died of heart disease, compared to 550,270 for all cancers combined—and yet it remains one of the most easily avoidable health conditions, sometimes through lifestyle modifications alone. Some of the benefits from simple to moderate exercise each day include: decreased stress levels, decreased blood pressure, a decrease in LDL ("bad") cholesterol and triglyceride levels, and a decrease in your overall BMI—or body mass index. Conversely, the same levels of moderate exercise can actually cause an

increase in HDL (or 'good') cholesterol, an increase in your metabolism and energy levels, all the while adding years to your life!

People often ask, "How much exercise should I be getting?" General recommendations for this have been increasing over time—though the popular rule of thumb is that everyone should strive to achieve 40 minutes to one hour of aerobic exercise daily. This should be combined with muscle building activity at least three times a week. The muscle building activities are necessary to help maintain healthy muscle mass and to delay the bone degeneration that accompanies the aging process.

If there is a history of heart disease in your family, it is especially important to be developing healthy habits now. Taking the right steps earlier in life will help you to prevent a health condition that is largely avoidable through simply developing healthy diet and exercise habits.

If you'd like to know more about some of things you can be doing right now, or some of the natural supplements that have been proven to support the health of your heart, please be sure to ask during your next visit to the clinic. Remember, prevention is always the best medicine.

(*from the Journal of the American Medical Association 1989)



Mushrooms: The Ultimate Longevity Food

By Dr. Maoshing Ni, L.Ac., D.O.M., Ph.D.



In Asia, mushrooms are favored for their earthy flavor and their therapeutic properties. Ancient Chinese lore is filled with legends of mortals that stumbled upon a 1,000-year-old mushroom and attained immortality.

Not too long ago, I was in Kunming, China, and in an underground stalactite cave, I discovered a reishi mushroom that measured four feet in diameter and was carbon dated to be 800 years old!

There are over 100,000 varieties of mushrooms in existence, about 700 of which are edible. Some of the excellent anti-aging mushroom varieties include: maitake, reishi, shiitake, and tree ear. Mushrooms have been discovered to contain a wealth of nutrients.

Depending on the type of mushroom, they may contain amino acids, antioxidants, coumarin, polysaccharides, sterols, as well as many other vitamins and minerals that boost your immunity, lower bad cholesterol, balance blood sugar, and protect your body from cancer and virus[es].

The next time you are in the mood to search for an elixir, you don't have to dig for mushrooms in the mountains; you can readily find them in your local health food stores. Try oyster mushrooms, chanterelle, Portobello, or even

truffles, and the star of the recipe below: porcini mushrooms.

[Below] is a recipe from one of my patient's mother, a woman who recently passed away at age 100. She came from Poland and traditionally celebrated Christmas dinner with a clear broth borscht soup. I have modified the recipe slightly by including the whole mushroom instead of just the broth because porcini mushrooms are such a wonderful healing food, both tasty and good for your immune system. Also, beets, the colorful vegetable that Russian centenarians have in common, contain powerful antioxidants and nutrients that help protect against heart disease, birth defects and cancer, especially colon cancer. And don't forget about the greens that are attached to the root! Beet greens are delicious and also rich in vitamins and minerals.

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Dr. Mao's Immune Boost Borscht with Porcini Mushrooms

Serves 4

Ingredients

- 2 medium-sized bunches of beets with leaves
- 2 medium onions
- 3 medium carrots
- 3 stalks celery
- 2 to 3 garlic cloves
- 8 ounces dried porcini mushrooms
- 1 15-ounce can tomato sauce
- 1 tbsp powdered chicken bouillon
- Salt and freshly ground pepper

Directions:

- 1) Peel beets and push through a juicer along with the leaves, onions, carrots, celery and garlic; reserve. Remove pulp from juicer, transfer to a skillet and fill with enough water to cover; simmer 20 minutes. Strain liquid into a bowl and discard pulp. Combine with reserved juice. Set aside.
- 2) Place mushrooms in a skillet and fill with enough water to cover. Bring to a boil over medium heat and cook until tender, about 30 minutes. Using a slotted spoon, transfer mushrooms to a cutting board, let cool and finely chop; return to skillet. Add liquid beet mixture, tomato sauce and bouillon to skillet; bring to a boil, then simmer 15 minutes, stirring occasionally. Salt and pepper to taste. Ladle into bowls and serve.

I hope you make room for mushrooms and enjoy the longevity benefits! I invite you to visit often and share your own personal health and longevity tips with me.

May you live long, live strong, and live happy! -Dr. Mao



Jonathan Dodds L.Ac.

Practicing out of AcuSport Health Center
1804 Cable Street, Suite B
San Diego, CA. 92107 (in Ocean Beach)
Zip 92107



Join us for *FREE* Qi Gong on Wednesdays!



Feel Your Qi

By Shelly Kilcoyne

I'm thrilled to be leading classes at AcuSport every Wednesday from 6-7pm. I hope you'll join us to explore your personal relationship with this healing art and discover the wonders it can bring to your life and for your health.

"What is Qigong?", you may ask. Qigong (pronounced "Chee Gung") is a 5,000-year-old energy art for strengthening the flow of life force and improving health. Qigong's recent surge in popularity has been a result of its fun and dynamic movements. During QiGong exercises, magnetic energy fields are formed and created in a slow, graceful manner. The "Qi" (or life-force) literally throbs and pulsates in your hands. Some say it's the most tangible experience of the spiritual life force energy. It yields a strong "Qi Feeling" in minutes.

I have been teaching Qigong on an impromptu basis among friends and family since I became certified to teach last

summer. I started some more formal classes over the past few months and have loved sharing this experience with the ever growing numbers of students that join. Everyone is at first so amazed that they can feel the energy - even in the first movements. Then they seem to become mesmerized by the calming effect that they feel as a result of the exercises. There is a serenity and centeredness that is sensed when the form is complete. It is so much fun to share this experience together - we all glow as we close our practice for the day and our vital energy is more fully restored.

For the pragmatists out there, some of the more tangible health benefits that accompany Qigong practice include (but are not limited to): improved blood circulation, better digestion, enhanced mental clarity, and in increase in your energy level and immune system function.

From a scientific perspective, Qigong does what no other form of exercise can do; while remaining in a calm, focused, and relaxed state, the body is actually *exercising*. This allows blood and Qi to move through blockages that normally cannot be crossed. Qigong differs from traditional forms of exercise for one primary reason: Qigong boosts muscle and strength, yet simultaneously *lowers* cortisol. This cortisol hormone (also known as the "stress hormone") is the enemy of longevity and breaks down

muscle tissue creating inflammation in the body. Qigong actually *enhances* rather than depletes energy. For these reasons, Qigong is respected as a superior form of exercise with great healing power. My personal practice of Qi Gong has improved my immune system health and has enhanced my experience of being present and connected with Life. Qigong is a new passion for me, although I have long been a friend of holistic living and energy work. Professionally, I have master's degrees in public health and social work. I am a grant writing consultant for various, worthy non-profit endeavors. I am a San Diego native and love being a member of the O B community.

Thank you for your interest in Qigong and in yourself. Feel welcome to contact me with any questions at (858) 344-9339 and visit www.qigong.com for more info on Supreme Science. And most importantly, please come join us each Wednesday from 6 - 7 p m at **AcuSport!** (www.acusporthealth.com) See you then! Namaste* -**Shelley**

