



Information and Connections

from Isthmus Acupuncture Center, LLC

Summer 2011

CONTENTS

What's New.....	1
Prices and Packages.....	2
Staying Comfortable This Summer.....	3
Recipe Corner.....	3
Wellness News in Brief.....	4

WHAT'S NEW AT ISTHMUS ACUPUNCTURE?

We now have online scheduling so you can manage your appointments and view account history. You will find a link at www.IsthmusAcupuncture.com.

On June 1, 2011, Isthmus Acupuncture Center, LLC restructured our prices. We now offer discounts through packages. Please see details on page 2.

New in Staff and Services

IAC is happy to welcome Lisa Stapelmann, Certified Acupuncturist, Chinese Herbalist, and Placenta Encapsulation Specialist. Lisa specializes in helping women during pregnancy and post-partum care with morning sickness, pre-birth acupuncture, labor support, after-pains, and lactation support. Lisa is also a Certified Placenta Encapsulation Specialist. Placenta encapsulation has been shown to help new mothers improve mood, milk supply, post-partum hormonal balance and energy levels.

Lisa specializes in all aspects of reproductive health including endometriosis, uterine fibroids, painful periods, and fertility concerns. Lisa works with autoimmune and endocrine conditions as well as thyroid disease, psoriasis, and hormonal imbalances. Lisa has specialized training in musculoskeletal pain, TMJ, headaches and arthritis.

IAC is expanding cupping therapy services. Jahna Cook is certified in cupping therapy through the International Cupping Therapy Association. Jahna specializes in facial rejuvenation, bells palsy, and sinus conditions, using special non-fire facial cups. She also specializes in cellulite reduction treatments and musculoskeletal pain management including sciatica, frozen shoulder, TMJ, and chronic back pain.

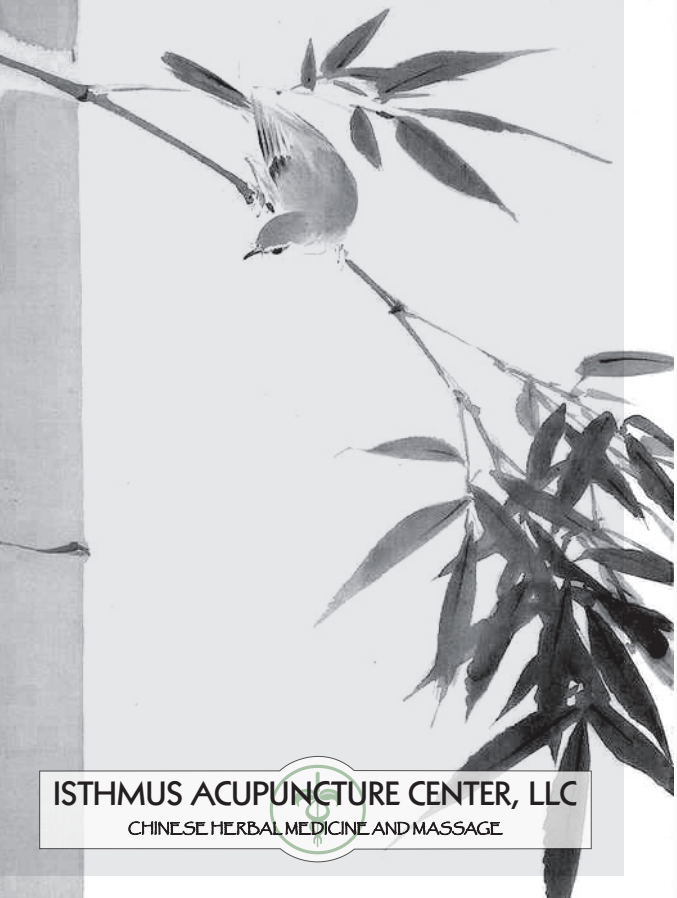
Shawn Armstrong has rejoined the staff at IAC. Shawn is a licensed massage therapist. She strives to enhance her clients' psychological and emotional wellbeing, as well as help heal the physical body. She promotes the integration of the three centers of the body – physical, mental and emotional – in order to harmonize body and mind.

Angie Rahm, Holistic Lifestyle Coach, has joined IAC. Angie is certified as a Natural Health Professional (CNHP). She studied iridology, herbal remedies, light touch therapies, emotional release, enzyme therapy, digestion, and functional health. Angie is certified in Raindrop Technique and Vita Flex and has trained under Michelle Buchanan in essential oil body-feedback and biofeedback techniques. Biofeedback sessions can be scheduled with Angie.

Erin Schuenemann has joined IAC as the afternoon receptionist and Karen Moeller has moved to mornings. After seeing all the health benefits of acupuncture in her own life, Erin has been inspired to begin her own quest to study alternative medicine. Jill Kiesow has moved from the reception desk into the role of office manager.

New in Retail

For safe and healthy fun in the sun, IAC is offering 10% off Klean Kanteens, sunblock, and bug repellent this summer.



New Prices and Packages as of June 1, 2011

Sorry, packages cannot be shared. One person per package, please.

ACUPUNCTURE -- \$75 regular price per session as of June 1
Buy a package and save: 3-treatment package = \$210 (\$70 per treatment)
Buy a package and save: 9-treatment package = \$585 (\$65 per treatment)

An additional set of needles on a different location may be used at the discretion of the practitioner. This set ranges from \$5-\$15. This cost is not included in package pricing and is an extra charge.

MAYA ABDOMINAL MASSAGE INITIAL APPOINTMENT,
INCLUDING CONSULT AND SELF-CARE INSTRUCTION
-- \$120 regular price per session as of June 1
Packages are not available for this one-time appointment.

MAYA ABDOMINAL MASSAGE FOLLOW-UP -- \$100 regular price per session as of June 1
Buy a package and save: 3-treatment package = \$270 (\$90 per treatment)

ONE-HOUR MASSAGE (Swedish, therapeutic, lymphatic) -- \$75 regular price per session as of June 1
Buy a package and save: 3-treatment package = \$210 (\$70 per treatment)
Buy a package and save: 9-treatment package = \$585 (\$65 per treatment)

PRENATAL MASSAGE -- \$80 regular price per session as of June 1
Buy a package and save: 3-treatment package = \$225 (\$75 per treatment)
Buy a package and save: 9-treatment package = \$630 (\$70 per treatment)

RAINDROP THERAPY MASSAGE -- \$120 regular price per session as of June 1
Buy a package and save: 3-treatment package = \$330 (\$110 per treatment)
Buy a package and save: 9-treatment package = \$900 (or \$100 per treatment)

CUPPING THERAPY -- \$40 regular price per session as of June 1
Buy a package and save: 6-treatment package = \$216 (\$36 per treatment)

INDUCTION PACKAGE: 2 acupuncture treatments and a 1-hour massage -- \$ 225 for individual services, regular price as of June 1
Buy a package and save: 3-treatment package (2 acupuncture sessions and one 1-hr massage) = \$210 (\$70 per treatment)

3-pack packages expire 4 months after date of purchase. 9-pack packages expire 10 months after date of purchase. Packages are refundable, minus a 25% fee.

CUSTOM CHINESE HERBS

Our new practice management software allows us to price custom herbal formulas based on the specific herbs you are receiving, rather than charging an average price per gram.

GENERAL

A gentle reminder: IAC's cancellation fee: \$37.50 will be charged for missed appointments and same-day cancellations. Please call by the day ahead to cancel or change an appointment. A \$30 fee will be added to checks returned for insufficient funds.

New Online Invoicing

Isthmus Acupuncture Center joins many other businesses to now offer online payments. If you place an order for supplements or retail over the phone (online ordering will soon be available also) or have an outstanding balance, we will email you a link to the online payment page with secure server where you can quickly and easily enter your credit card number and pay your balance. We hope this will be easier for everyone, and apologize for any inconvenience if you are used to mailing a check. Like all online shopping companies, we ask for prepayment before items are shipped and thank you for your cooperation!

You may go to our website, www.isthmusacupuncture.com, and click on the blue button to create an online account where you can schedule, view, and change appointments, see your service and purchase history, and more!

STAYING COMFORTABLE THIS SUMMER

By MICHELLE BUCHANAN, CERTIFIED ACUPUNCTURIST

Beating the Summer Heat

Did you know that green tea has a cooling effect on the body? It makes a great iced tea and has health benefits for all. According to WebMD, studies of green tea have shown a reduced risk of cancer, heart disease, diabetes, dementia and stroke. Green tea even lowers LDL or "bad" cholesterol.

Watermelon is more than a summer treat for kids; in traditional Chinese medicine it is used to combat summer-heat. It will cool you off and quench your sweet tooth.

But for those watching sugars, watermelon is high on the glycemic index at 72.

Mint, either fresh or dried, also cools the body. Use as a spice or make a tea. Great for allergies but be careful if you have high blood pressure or ulcers, as mint will exacerbate symptoms.

Bug Bites No More

To help repel bugs you can try Deet-free commercial bug spray

(we have a great brand, Bite-Blocker, 10% off through July) or make your own using a combination of 10 drops of mint essential oil and 40 drops of Purification® essential oil from Young Living® in a 4 oz glass spray bottle filled with purified water. You can also spray the homemade blend of bug spray on the grass, lawn furniture and grass prior to outdoor gatherings.

Once bitten, you can use either undiluted Purification® essential oil from Young Living® or a slice of fresh garlic directly on the bites to neutralize the poisons. This will reduce swelling and itching and promote healing. I have also used this for ant bites and bee stings.

Sunburn Relief

The traditional home remedy for sunburns is fresh aloe. A leaf of the plant can be thinly sliced and the gel applied to sunburns along with any other type of burn or cut. The pieces of aloe can be stored in the fridge for up to three weeks. Growing a plant in a southern window all year will keep you prepared for those unexpected burns.

My personal favorite for burns is a blend of 30 drops of lavender and 10 drops copaiba essential oils in a 4 oz glass spray bottle filled with purified water. For relief of pain spray the cooling spray every hour on burned tissue.

Summer Sale!

KLEAN KANTEENS
SUNBLOCK
BUG REPELLENT
10% OFF
THROUGH JULY



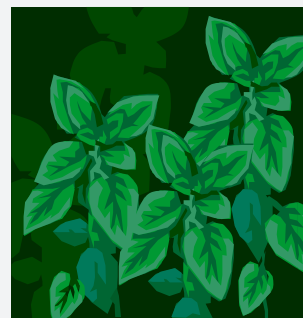
RECIPE CORNER

Using mint and other cooling foods

It couldn't get any simpler or more thirst quenching than this: Place sliced lemon and crushed mint leaves in a pitcher filled with water, room temp or in the fridge (it will last longer in the fridge) for subtly scented summer water.

Brew mint tea by pouring boiling water over mint leaves (crush the leaves for even more flavor). Chill for iced mint tea. If you drink tea, add mint leaves to the tea bags while steeping, sweeten if desired, and chill for minty iced tea.

Mint and watermelon pair beautifully for a summer treat. Cut watermelon into bite-sized pieces and arrange into individual serving dishes. Sprinkle with finely minced mint and squeeze on some fresh lime juice.



Cucumbers are well known for their cooling properties. For a quick salad, dice a cucumber and combine it with diced tomato, green onion, mint, lemon juice and soy yogurt. Cucumbers hold most of their nutrients in the skin, so be sure to get organic and leave the skins on.

Raita is a popular cucumber and mint dish that is often served with Indian dishes to temper the heat. Grate or finely chop one cucumber and drain the juice with a clean towel. Stir the cucumber into 2 cups plain soy yogurt with 1/4 cup chopped mint, a pinch of cumin and salt to taste.



WELLNESS NEWS IN BRIEF

EU Herbal Legislation

On May 7, 2011 the manufacturing of patent herbs for sale throughout Europe became illegal. Please see the link below for more information. There are several pieces of legislation attempting to limit patent herbal and nutritional supplements in the United States. We will keep you posted in the next newsletter.

Courtesy of Giovanni's Blog Of Chinese Medicine, Giovanni Maciocia, <http://maciociaonline.com/blog.html> 4/28/2011 : "... Contrary to what our bureaucrats are telling us, this Directive has nothing to do with the protection of the consumer: it has everything to do with the desire and need of Eurocrats to regulate and control."

Please see the complete blog above for more information.

Genetically Engineered Food Alters Our Digestive Systems

by Alliance For Natural Health, May 31, 2011

<http://www.anh-usa.org/genetically-engineered-food-alters-our-digestive-systems/>

GE organisms actually become part of the bacteria in our digestive tracts and reproduce continuously inside us. There are no human clinical trials of genetically engineered foods. The only published human feeding experiment revealed that genetic material inserted into GE soy transfers into the DNA of bacteria living inside our intestines and continues to function. Even after we stop eating GE foods, we may still have the GE proteins produced continuously inside us.

As the Institute for Responsible Technology has noted, the genetic engineering process creates massive collateral damage, causing mutations in hundreds or thousands of locations throughout the plant's DNA.

If the antibiotic gene inserted into most GM crops were to transfer, it could create antibiotic-resistant diseases. Bt toxins (*Bacillus thuringiensis*) inserted into GM food crops to kill pests are reaching the bloodstreams of 93% of women and 80% of unborn babies because of the consumption of meat, milk, and eggs from livestock fed GE corn. This could turn bacteria in our intestines into pesticide factories. Genetically engineered food genes transferring to our own genes could lead to problems like leaky gut syndrome. Allergies have already skyrocketed in the US, and with the introduction of GE soy in the UK, soy related allergies rose to 50%.

The government has refused to address the issue of purity standards for GE-manufactured products. Please visit the above website to find out how to take action and contact the USDA about genetically engineered foods.

ISTHMUS ACUPUNCTURE CENTER, LLC

CHINESE HERBAL MEDICINE AND MASSAGE

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