



# CIM Communication

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This month's website article: **Holiday Food Safety**

This month's website Recipe: **Beef Stew with Root Vegetables**

**Please keep in mind that you will not be able to click on links in the newsletter to visit the website**

**But please take a moment to visit the site and read the article**



## Events/News/Information

**Flu Shots:** flu shots are now available for all those interested. You can schedule a flu shot by contacting the front desk at 643-2246 or by asking one if the staff during your next office visit.

**CIM Now Offers Customized Herbal Formulas:** The Center for Integrative Medicine welcomes Holli Richey, MS, MAT, MSW, clinical herbalist and social worker, to its collaborative team of providers. Holli comes to the Center from Athens, Georgia where she was a practicing herbalist, clinical social worker and Athens Banner-Herald columnist featuring local medicinal and edible plants of the Southeast. Offering her expertise in herbal medicine, Holli compounds customized herbal formulas to address health concerns and to maintain wellness. As a clinical social worker, she also sees patients for counseling.

### **Forgotten Foods** Root Vegetables

Root vegetables is a loose term used to describe edible vegetables that grow underground. They are often characterized into several different groups, including tubers (potatoes, yams), tuberous storage roots (sweet potatoes, cassava), taproots (parsnips, carrots), and bulbs (onions, garlic). While there is a long list of root vegetables that most of us are familiar with and eat frequently (carrots, potatoes, onions and garlic, radishes etc), there are actually several more readily available choices among the many members of the category. Common but less frequently eaten root vegetables include: Jicama, Beets, Turnip, Celery root, Celeriac, Rutabaga, Parsnip, Parsley root, and Burdock root. While varied in size and shape, root vegetables are generally high in sugars and/or starches and nutrients since they serve as energy/nutrient storage areas for the plant itself. In the early days of our country American colonists relied heavily on root vegetables for food because they could be stored for months during the cold winters. While the nutrition content varies from vegetable to vegetable, **continued below**

## **SIMPLE AND TO THE POINT**

The Ear: An ancient micro-system with modern applications.

As we move into the gift giving season and the New Year, we must remember to give ourselves the gift of self-care. Having that happy holiday season sometimes brings about stress or emotional issues. I would like to share a gift of self-care to get you through the holiday season and transition you into the New Year smoothly: The gift of Auricular (ear) acupuncture.

Embedded within the rigid curves of the external ear are the powerful ear acupuncture points that correspond to every part of the body. Whether small or delicate, normal or large in size, Oriental medicine demonstrates that the ear is an extraordinary power nexus of energy through which the entire body can be treated because all of the organs and body parts are represented within its concentric folds. The versatile Auricular acupuncture can be used successfully as an independent therapy or in combination with other therapeutic modalities to reinforce the outcome of treatment.

There is a simple Auricular acupuncture treatment that uses up to 5 points in each ear to treat issues such as:

There is a simple Auricular acupuncture treatment that uses up to 5 points in each ear to treat issues such as: depression, insomnia, pain, anxiety or just plain stress. In Oriental medicine, these issues bring about an imbalance in the systems of the body.

The practitioner may use the point *shen men* or %spirit gate+to bring about grounding, balancing and anchoring of the spirit. This point puts the patient into the state of receptivity for treatment. It calms the anxiety and slows the heart rate. It can alleviate the feelings of impatience, producing a calming and relaxing effect.

The *sympathetic* point balances the sympathetic and parasympathetic nervous systems. It has a strong pain relieving and relaxant effect upon internal organs. It improves circulation by producing vasodilation and relieves stress related health disorders. This point could be used as the %reset button+for the systems.

The *kidney* point is used to help release toxins through the urine. In Oriental medicine, the kidney is known as the %stores of all life+. The kidney is associated with growth, development, reproduction and aging. This point can create a sense of courage and the ability to go places of the unknown without fear, keeping alive the spark of will, despite the trauma.

The *liver* point is important for the movement of *qi* (energy) stagnation. It can restore emotional balance, relieving feelings of anger, aggression and depression by encouraging the smooth movement of the body's energy.

The *lung* point aids respiration and enhances the immune system. It nourishes the ability of taking in and letting go. This point is associated with relieving sadness and grief then providing feelings of courage.

This simple treatment uses 5 tiny, hair thin needles placed in each ear and retained up to 45 minutes while the patient rests. This is especially nice for those who would like to try a more focused treatment before the use of body points. This treatment can help reduce stress and anxiety; uplift depressive feelings; help with insomnia and provide a general sense of well-being. After treatment, people report: increased mental clarity, improved ability to cope, improved alertness, improved ability to sleep, reduction of aches and pains, and reduction of depression and anxiety.

Appointments are made by calling CIM at 423.643.2246 to schedule with Licensed Acupuncturist, Liza Mercado, L. Ac., Dipl. Ac., MSOM. She is also available for any questions or additional information.

## Gut Feelings - Part 2

We have been aware of feelings/sensations from our gut since we were babies. Some of our primary experiences were of hunger, being fed, feeling full, and later the need to empty the bowels. The ability to discern between full and empty comes from stretch receptors in the stomach that signal the brain when it gets full. With the stomach, there is actually approximately a 20 minute lag time between the time your stomach gets full and the brain gets the complete message. That's why it is important to eat slowly. It gives your brain time to catch up with your stomach.

In this article, I would like to introduce the reader to some of the sensations coming from the gut that don't necessarily involve hunger or food and aren't as easily identified.

First is heartburn. Heartburn is actually discomfort in the cardiac sphincter where the esophagus and stomach come together. Stomach acids sometime burn the lining of this sphincter which then spasms, pulling on the connective tissue at the base of the heart where it attaches to the respiratory diaphragm.

Hiccups are spasms of the respiratory diaphragm often caused by an irritation of the vagus nerve. Putting a hand over one of your ears and the other over where you feel the strongest contraction in the diaphragm will often bring immediate relief.

Besides creating discomfort in their local area, the organs can actually refer pain or other sensations to the surface of the body or even the extremities. This is an example of the contents affecting the container. Well known relationships include:

Body Site Referral	Organ Origin
Right neck and shoulder discomfort	Right Lung, Liver , Gall Bladder
Left neck and shoulder	Left Lung, Stomach, Spleen
Right hip/thigh discomfort	Gall Bladder, Liver, Gall Bladder, Right Kidney

Left neck and shoulder	Left Lung, Stomach, Spleen
Right hip/leg/lower back	Cecum, Ascending Colon, Right Kidney
Left hip/leg/lower back	Sigmoid Colon, Left Kidney

An interesting, lesser known relationship involves the ligament of Cleyet. An extra ligament that can be found in 60% of women, this ligament which attaches to the cecum can affect the right ovary and the right obturator nerve. This nerve supplies the articular capsule of the right knee. If this pattern exists, a person may experience discomfort deep inside the knee with no apparent cause. Therapy to the knee itself has no long term benefit. This ligament which is often the source of the nerve entrapment needs to be addressed to help the body clear the pattern.

**Continued below**

## Healthy Recipe of the Month: Roasted Root Vegetables

### Ingredients:

3 cups parsnips, peeled and sliced diagonally, 1/2-inch thick  
 3 cups carrots, peeled and sliced diagonally, 1/2-inch thick  
 3 cups rutabaga, peeled and sliced in wedges or chunks  
 6 thyme sprigs  
 1 tablespoon extra virgin olive oil  
 2 tablespoons fresh squeezed lemon juice (not bottled lemon juice)  
 1/2 teaspoon ground black pepper  
 1/2 teaspoon sea salt

### Preparation:

Steam parsnips, carrots and rutabaga over boiling water for 6 minutes, until half cooked. Alternatively, place vegetables in a microwavable dish with 1/2 inch water, cover loosely with plastic wrap, and microwave for 4 minutes.

Preheat oven to 400°F. Drain vegetables and toss with thyme, olive oil, lemon juice, pepper and salt. Spread on a rimmed baking sheet and roast for 35 minutes, until browned and tender.

### Upcoming Events



12/2/2011 [Silver Bell Sprint Dalton Ga](#)  
 12/3/2011 [Families on the Run 5 and 10 K](#)  
 (12/03/11) [Light in the Night 5K Run-Walk and kid\\$ loop.](#)  
 (12/10/11) [Carpet Capital 10 Miler](#)  
 (12/11/11) [Santa Hustle Smokies 5k and Half Marathon.](#)  
 (12/17/11) [Wauhatchie Trail Race 2011](#)  
 (12/31/11) [KAREN LAWRENCE RUN FOR ST. JUDE](#)  
 12/31/2011 [Karen Lawrence 4 Mile Run for St. Jude Children's Research Hospital](#)  
[www.outdoorchattanooga.com](http://www.outdoorchattanooga.com) [www.chattanoogatrackclub.org/races.cfm](http://www.chattanoogatrackclub.org/races.cfm)  
[www.sceniccitymultisport.com/](http://www.sceniccitymultisport.com/)

## The Center for Integrative Medicine

For more information please [click here](#) to visit our website

**Our mission is to provide a healing oriented medical practice with a focus on the whole person.**

**At The Center for Integrative Medicine we seek to evaluate and respond to patients based on their physical, emotional, spiritual and social needs. Our desire is to create an atmosphere of healing through compassion, education, empathy and respect for personal beliefs. Our staff includes two physicians, a physician assistant, a nurse practitioner, two licensed counselors, an acupuncturist, a soft tissue therapist, bio identical hormone nurse educator, and a registered dietitian. The focus at our clinic is to treat the whole person and take steps to find and treat the cause of a problem rather than address only the symptoms. Additional services include**

to find and treat the cause of a problem rather than the symptoms. Additional services include DEXA scans, Mind/Body skills training, biofeedback, and nutritional supplements. Our staff and practitioners create an environment that fosters empowering the patient to be involved in their care, and teaching skills necessary to produce optimum health of mind, body, and spirit.

Contact us at 423-643-2246

Our address: 1100 E. 3rd Street, Suite G100

Chattanooga, TN 37403

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**Root Vegetables cont'd** most are good sources of complex carbohydrates, fiber and various vitamins, minerals and phytonutrients. Most are also low in fat and calories yet filling and help ground and warm the body during the cold winter. Root vegetables work very well in stews, crock pot recipes, and pies (pot pie or Shepard's pie). They can also be grilled or roasted to enhance the natural sugar content. This winter take the opportunity to expand your vegetable tastes by trying a new root vegetable or two.

<http://localfoods.about.com/od/preparationtips/tp/rootvegetables.htm>

### **Gut Feelings cont'd**

Specific points of tension or soreness might also occur at sphincters and valves along the way. These are doorways or gates that separate the different stations of the digestive system. I have already mentioned the cardiac sphincter located near the base of the heart. The pyloric valve, sphincter of Oddi, and the DJ Junction all occur between the bottom of the ribs and the umbilicus. The ileocecal valve, which separates the large and small intestine, is located one third of the way on a line between the top of the right pelvis and the umbilicus.

The good news is that all of these structures and all of the conditions mentioned above can be influenced with gentle and precise touch. With specialized training in Visceral Manipulation or Dynamic Manual Interface, a therapist can stimulate the self corrective process and encourage normal organ movement. Working with the sphincters and valves can actually be quite relaxing because as these areas relax, the whole autonomic nervous system is encouraged to relax.

Many musculoskeletal complaints and postural imbalances may actually improve as less tension on the organ and their support system translates into fewer tensions or drags on the structure of the body. Speaking of drag, as tensions release in the body, energies often get freed up to build up a person's reservoirs again.

In the next article, I will introduce the reader to ways the emotions can affect our organs and how the organs can affect our emotions.

Tim Russell, B.S. LMT, has been studying bodywork for 20 years. He is certified in Dynamic Manual Interface and is currently enhancing his skill set by studying Visceral Manipulation. He can be reached for more information or appointments by calling 423-643-1965.