

# Surfacing Wellness & Health

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## Summer

I started the summer by driving with friends to DeKalb to participate in the Tour de Farms charity bike ride to raise money for Multiple Sclerosis research. We hoped for clear riding weather and we got clear, but windy. Windy like blow you over windy.

Things didn't go quite as I envisioned. I broke my toe 3 days before the ride. A friend and acupuncturist bled my broken toe, relieving the pressure and stagnation in the channel. She gave me a care package of bandages and ancient Chinese bone mending liniment. I was still going to ride but wearing a pair of wide toed Keens, not clip biking shoes, with my gear.

The wind was the only challenge Saturday. I furiously turned my pedals in a low gear into headwinds more than forty of the 75 miles. By mile 55, I was pretty much ready to call it a day, but kept on thanks to the camaraderie of fellow cyclists. As I reentered the residential area of DeKalb and approached the NIU campus (the starting and

ending point), I got chills of excitement. I was really going to finish this ride.

The organization provided a variety of snacks, drinks, and fruit at rest stops. All I wanted was electrolytes. All cellular, muscular, and nerve activity requires appropriate electrolyte balance. Without the appropriate electrolyte hydration, severe weakness, fatigue or muscular contractions occur.

Sunday I wasn't sure how I would feel, and I chose to ride the 45 mile route allowing myself to turn back if I needed. I felt great. I attribute my no pain to liberally replenishing the electrolytes Saturday. There were no headwinds, the sun was shining, and the route was beautiful.

I along with my team have raised \$13,500 at last count and the number keeps rising.

Thanks to everyone for your support and encouragement!

## Evanston office has moved

Evanston appointments are now located at Chidambaram Yoga Studio 1571 Sherman, Annex Bldg.

The space is owned by Michelle Demes - kids and special needs kids yoga instructor. Chidambaram has two small treatment rooms, a large group space, a front desk and waiting area. You can see Michelle and Ann McGinley and me in the space. I am available a couple mornings a week.

To find the space, park at a meter on Davis between Chicago and Sherman/Orrington, walk through the alley between Ritz Camera Center and American Mattress on Davis. Take a right at the alley intersection and it is on your left. You will see a banner for YOGA.

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## Treatment Protocol

### Core Synchronism

I filled May and June with continuing education. One training, Core Synchronism is a modality based in cranial osteopathy. I have been receiving treatments myself for months and I began incorporating Core Synch into my acupuncture treatments immediately.

Health is the experience of harmony between the energetic and physical aspects which comprise the whole person. All parts must operate as a synchronistic whole. Though our musculoskeletal structure is solid and integrated, it must be pliable and fluid for the whole body to function and communicate.

Cerebral spinal fluid is the pathway for the central nervous system and body to relay messages to maintain homeostasis. All the bones “float” in cerebral spinal fluid and, if in harmony, move and float synchronistically. If a bone or multiple bones are not moving or moving improperly, homeostasis is compromised; pain or organ imbalances arise.

Core Synchronism is a system of bodywork designed to assist establishing harmony with all parts of the organism. All aspects of self are synchronized to access and release states of imbalance, trauma, pain, etc. completely from the body.

### Multiple Sclerosis

Some time during the MS bike ride last month, a friend asked about the disease. I didn't have the most technical explanation but was able to communicate using the stories of my clients and the symptoms I treat in my clients. I use acupuncture, scalp acupuncture, herbs and now core synchronism to slow the progression of the disease and moderate symptoms.

Your central nervous system contains millions of nerve cells that send their electrical signals to and from your brain along wire-like extensions of the cells called axons, or nerve fibers. Myelin is the fatty substance that coats and protects these fibers, similar to the way insulation shields electrical wires.

In people with multiple sclerosis, the immune system mistakenly destroys the cells that produce the myelin sheath. As a result, myelin becomes inflamed and swollen and detaches from the nerve fibers. The detached myelin may eventually be destroyed. Firm or hardened (sclerosed) patches of scar tissue form over the fibers. When nerve impulses reach a damaged area, some impulses are blocked or delayed from traveling to or from your brain. Ultimately, this process leads to degeneration of the nerves themselves, which likely accounts for the permanent disabilities that may develop in MS. Signs and symptoms of multiple sclerosis vary widely, depending on the location of affected nerve fibers. Some of the symptoms that Chinese medicine is effective in treating are:

- Numbness or weakness
- Double or blurring vision
- Tingling or pain or electric-shock sensations
- Muscle stiffness or spasticity
- Tremor, lack of coordination or unsteady gait
- Fatigue, concentration or memory difficulties
- Dizziness

### Fertility Nutrition Workshop

Coming in September

**Three hours of information integrating Chinese Medicine and Western Medicine on nutrition, recipes, herbs, supplements and essential oils to support your fertility.**

The practitioner uses light touch as in cranial sacral work, following and, if needed, adjusting the flow of the musculoskeletal structure. Deep relaxation is the optimal state for healing which both acupuncture and core synchronism can achieve.