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Acupuncture and Oriental Medicine



## Oriental Medicine Options News

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### Digestive Health

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Dear Reader,

The weather continues to be damp and hot. In Chinese Medical terms if this "summer humid-heat" invades the body, the symptoms can be fever, heavy feeling in the head or whole body, stuffiness of the chest and stomach regions, nausea, vomiting, abdominal distension, and/or diarrhea. In other words when we get sick either from food that's spoiled easily in the hot weather or from "stomach flu", these are the kinds of symptoms we may expect.

For someone with a weak "gut" this might be a time of year where there's more upset than usual. Hopefully you'll find some relief in the articles below.

Thanks and remember I'm here to help!

Ellen

#### Medication Overload

For years I was finding myself taking more and more prescription medications. I was overweight, a heavy smoker, fatigued, had atrial fibrillation and flutter and other medical conditions. At one time I counted eleven prescription medications. With the help of acupuncture and Chinese medicinal herbs I now take no prescription medications and seldom have even so much as a headache. The changes in my health were immediate, but subtle at first, progressing quickly to complete relief. I've been treated by four acupuncture physicians and Ellen Teeter, AP is definitely the best. I would still be seeing her regularly if she had not moved so far away. Her combination of empathy and talent is definitely rare and can only come to us by the grace of God.

Paul S., Destin, FL



#### Guts in a Turmoil? 3 Tips for Common Problems

In Great Britain August 22-28 is National Gut Week which celebrates the importance of a healthy gut for proper digestion (which means *proper nourishment* of the body). Here are a few tips for the summer months (and beyond) to help improve improve some common problems.

**For those suffering from diarrhea or frequent loose stools** it is important to eat primarily warm and cooked foods. By warm we mean energetically warm as well as warmer temperature.

Examples of energetically warm foods are chicken, cabbage, chives, dates, mushrooms and ginger. Cold foods would be pork, snow peas, ice cream, grapefruit, and watermelon. (For a complete table of the energetic properties food, click [here](#) and open "Food Properties"). Cold temperatures and too many energetically cold foods can promote loose bowels. Also, cooking food helps kill any extra bacteria which may be lurking.

**If you are more a constipation sufferer** some different considerations are needed. Generally constipation is considered a dry or warm condition. Extra heat or too much dryness in the body has dried out the bowels and caused dry hard stools\*. These people need to take in more cooling and moistening foods. Pork, spinach and apricots are examples of energetically more cooling foods. Avoiding hot, dried and greasy foods can help as well. For some constipation sufferers the old fashioned prune cure works, others need to increase their intake of the good oils like fish oil or raw nuts. For many just plain drinking more water can help. Taking a course of Chinese medicinal herbs is a very effective way to help get the bowels moving properly.

**What about nausea?** The stomach's job is to move things downward. If that energy is blocked, nausea, vomiting or their cousin acid reflux can occur. In summer one of the most common blocks is turbid dampness from a stomach flu bug or from bad food. *Huo Xiang Zheng Qi San* is a famous Chinese medicine formula that helps with this condition. Many people in Asia travel with it because it is so effective in eliminating the symptoms of many types of food poisoning.

If you are suffering from a milder blockage of the stomach's energies drinking ginger tea may be helpful. Rubbing acupuncture point P6 is so effective that stores now sell bands with knobs to stimulate the point.



Try pressing firmly on this point and rubbing for several minutes to relieve nausea or seasickness.

*So if the summer months are causing some turmoil try a few of these remedies. If they don't help, consider an acupuncture appointment or herbal consultation. I can help.*

*\*There are some IBS sufferers who have both constipation and diarrhea, they are a mixed type and I'll save that for another article.*

## Affordable Acupuncture

Remember for those of you affected by the economic downturn I offer Affordable Acupuncture hours on Monday and Wednesday evenings from 4pm-6pm.

Call 941-727-1500 for more information.

Located at Alternative Physical Therapy  
Bradenton, Florida 34207  
941-727-1500



## Save 20% on Initial Herbal Consultation

Chinese Medicinal herbs can help restore function and balance to the body. A course of treatment lasts 4-6 weeks and usually 1-2 courses are needed to harmonize the body and shift the underlying causes of a problem.

There are no side effects with Chinese medicinal herbs because the body's constitution is taken into account and all the systems balanced.

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**Offer Expires: August 31, 2011**

