

Eastwind Healing Center Newsletter, Number 1

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Iowa's complete complementary and alternative medicine center

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Welcome to the Eastwind Healing Center newsletter. With each issue we'll introduce you to a member of our staff and provide useful and interesting information on a variety of topics. We'll talk about the techniques our practitioners use, the products we find helpful in our treatments, and some of the conditions we treat with our broad range of expertise.

It's the time of year when getting out into the garden is the thing to do. Remember to work smart, and wear your sunscreen and insect repellent. Lifting incorrectly or [straining a muscle](#) can put a real damper on outdoor activities. It isn't too early to be concerned about sunburn, either. This newsletter includes information on [Ching Wan Hung](#), an amazing burn cream that helps heal sunburn, as well as other types of burns.

We welcome feedback on our newsletter, and would love to hear from you if you have a request for coverage of a topic from a holistic perspective. [So, email us!](#)

Michael Santangelo, ND, PhD, LMT



Michael received his doctorate in psychology in 1981. He spent the first ten years of his career at community mental health centers and in private psychology practices. He left that arena to do research at the University of Iowa in AIDS and hemophilia. It wasn't only an interest in doing research that led him to leave private practice, however. There was also a dissatisfaction with traditional psychology. He felt that a more complete approach to working with people and their problems could be attained by bringing the body into the equation. That's when he decided to receive a bodywork license, which he did in 1993. He and his wife Candida (spotlight on her in the next issue) opened their private practice together shortly thereafter.

Adding to his skills with training in Chinese herbalism, energy medicine (including Reiki), and taking a second doctorate in Naturopathy has allowed him to be of greater assistance to his patients. His latest training has been in medical intuition and quantum healing, allowing him to reach into subtler and deeper realms. Lately, he has expanded his services to the internet. People can receive personality analyses, in-depth personal readings using Tarot, numerology, and astrology, even map dowsings for missing objects, persons, (or buried treasure?) - all via email. [See his webpage](#) for details.

Michael enjoys learning about the universe's enduring mysteries and he has even done a stint as a telephone psychic! He has a fantasy of seeking mythical treasures some day, like Indiana Jones (minus all the people shooting at him). Some day soon, you may also see him on the Ped Mall sharing one of his hobbies - rapid-fire Tarot readings. Mention that you read about this in the newsletter and get 50% off your first reading (a \$5 savings).

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Shiatsu



Shiatsu means "finger pressure" in Japanese, and is a style of acupressure massage. During a treatment, the practitioner will use thumbs, fingers, palms, knuckles, even elbows to release energetic stagnation (most commonly manifesting as pain) in the tissues. There are various sub-styles of shiatsu. Some are very traditional and use only the meridian lines of Chinese medicine (the same meridians that acupuncturists use). Other styles ignore the meridians altogether and focus purely on the musculature. The style used at Eastwind Healing Center is a mix of these. The energy meridians are very important and can affect the receiver at various levels, even extending to organ function. However, there are times when the focus is almost entirely muscular, especially when the problem is localized.

A popular misconception about shiatsu is that it has to be painful to be effective. In fact, inducing too much discomfort can be counterproductive, as the body quickly armors and "circles the wagons," interfering with the practitioner's ability to get to the root of the problem. A skilled practitioner will gauge the pressure used to the needs of the situation, varying angle and intensity to achieve maximum effect with minimum discomfort. It's not uncommon for people to fall asleep during a relaxing shiatsu session.

Shiatsu can be useful in acute injuries (like [muscle strains](#)), as well as chronic conditions (like fibromyalgia). Its ability to release stagnation at several levels makes it an excellent technique to assist in truly healing the body/mind. It also has the advantage of being oil-free, and can be administered through clothing. A shiatsu receiver has the option of receiving the treatment either clothed or disrobed. Session lengths vary from 60 to 90 minutes (a 120-minute session is available upon request). Call the Center at (319) 337-3313 to schedule an appointment for this truly amazing massage experience.

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Ching Wan Hung



You know that a burn cream has confidence in its abilities when its informational insert says that it treats burns from "molten steel." Seriously, this is mentioned in the product insert. No one that we know of has used Ching Wan Hung for this, but we have ample experience (personal and otherwise) of Ching Wan Hung's healing power. Nasty, peeling sunburns are tamed within a day. Kitchen burns don't blister if Ching Wan Hung is used immediately. Pain relief is also almost instantaneous. In cases of serious burns, scarring is minimized and new skin growth accelerated. Ching Wan Hung is useful for both heat-induced burns (including molten steel, remember) and chemical burns.

Ching Wan Hung is a mixture of Chinese herbs in a sesame oil and camphor base. Its aroma is not unpleasant, and it goes on smoothly and easily. It is available from Eastwind Healing Center in a 3-ounce tub (shown in the picture; great for kitchen use) and a 1-ounce tube (to carry anywhere). During the month of June, Ching Wan Hung is 20% off its low, regular price of \$13 for the 3-ounce size, or \$6 for the 1-ounce size.

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Muscle Strain



Muscle strain is commonly referred to as a "pulled muscle." Physiologically, it is usually a tear in the connective tissue surrounding or imbedded in the muscle. Following such an injury, the body seeks to repair itself by laying down more connective tissue. Unfortunately, this tissue can be laid down in a haphazard manner, causing adhesions and crosslinking of fibers. This often leads to a shortening of the muscle and decreased

extensibility. Strains can be caused by traumatic injury, repetitive motion, even emotional stress.

Strains can range from a minor injury with minimal structural damage, to a complete tearing of the muscle. The latter case may even require surgery in extreme cases. Often, these injuries occur where the muscle meets its tendon (the connective tissue that joins muscles to bones). Strains differ from sprains, which are injuries to ligaments (connective tissue that joins bones together).

Strains show a typical pattern of pain, which helps in assessing the situation. Active motion of the affected area may be painful and limited, depending on the severity of the injury. Passive motion (someone moving the injured part for the person) is not usually painful, as long as the muscle is not overly stretched by the movement. Isometric challenging (resisted movement) of the muscle is not very painful if the injury is mild, although working a muscle to fatigue will tend to cause discomfort.

Treating a strain successfully requires alignment. By this is meant alignment of the bones surrounding the strain, as well as alignment of the muscle itself. Without proper alignment, healing will be less than optimal and the muscle may lose some of its function. Therefore, a good assessment of the injured area is essential. Consulting our chiropractor or one of our massage therapists is a good first step in helping your strain heal. If the skeletal structure has been misaligned, a chiropractic adjustment is in order. At Eastwind, the gentle, knowledgeable hands of Dr. Ron Robinson can put things right in a hurry and our acupuncturist, Daniela Webster, can help in managing pain. The next step is massage. During the healing process, massage can assist the body in laying down the new connective tissue in the proper direction, so that adhesions and crosslinking are minimized. Gentle moving of the muscle will assist the body in "knowing" which way the new connective tissue can be laid down most efficiently. Ice can help relieve the pain and reduce inflammation.

So, in case of a muscle strain, run, don't walk (unless you've strained your leg) to Eastwind Healing Center.

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In the next issue, there will be a profile of Dr. Candida Maurer, and articles on fire cupping and on osteoarthritis.

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