

Eastwind Healing Center Newsletter, Number 6

[Visit our website](#)

Eastwind Healing Center
221 E College St, Suite 211
Iowa City, IA 52240
(319) 337-3313; fax: (319) 337-0686
[Email the Center](#)

Iowa's complete complementary and alternative medicine center

In this issue:

[Practitioner
Spotlight](#)

Technique:
[Seitai Shiatsu](#)

Product Special: [Cold and Flu
Remedies](#)

Focus on [Colds and
Flu](#)

Miss an issue? Old newsletters are [archived](#) on the Eastwind Healing Center's website.

Welcome to this edition of the Eastwind Healing Center newsletter.

Fall is in the air and with it the annual flu vaccination announcements. According to public health, it seems that almost all living vertebrates should get the shot. The vaccine itself is a best-guess attempt to intercept the most likely strains of the flu virus for the year. It is an approach of variable effectiveness that has the potential for side-effects and a false sense of invulnerability. Note that the average flu shot today contains 25 mcg of mercury per dose. This is more than most children would get in a lifetime of vaccinations. Astonishingly, according to Dr. Hugh Fudenberg, M.D., Vice President and Director of Research, NeuroImmuno Therapeutics Research Foundation, adults who get a flu shot five years in a row are 1,000% more likely to develop Alzheimer's disease due to immune complexes formed in the brain in response to the mercury and aluminum found in the vaccines.

At Eastwind Healing Center, we think that there are alternatives to this. There are approaches that build a better immune system overall, and that deal quickly with any varmints that get through your defenders. In the final analysis, however, the choice is yours. Become educated about your options and make an informed decision.

So why not grab a cup of fresh ginger root tea (more on this later), settle in, and read all about it?

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 already!](#)

Staff Announcements:

- Michael Santangelo and Candida Maurer recently completed training in Chinese mystical arts and a Taiji intensive with world-renowned author and teacher Ken Cohen at Kripalu in Stockbridge, MA.
 - Kristen Richardson attended a "Health Care Design Intensive" with Patch Adams, M.D.- A 4-day Conference for Changing the Health Care System, held in Urbana, Illinois.
 - Kristen also has joined the Authentic Power Program- a three- year exploration and experience of creating authentic power in close interaction with Gary Zukav, and attended an Authentic Power Program event in Ashland, Oregon.
-

Jessica Forbes, MS, CCN



When most people think of nutrition, they picture the four food groups, the food pyramid, and eating "healthy" foods they don't like. One of Jessica's main goals as a nutritionist and nutrition educator is to reverse that picture! Food should be nourishing for the body and for the soul. Finding the foods that are right for you requires listening to your body and choosing foods that create optimum health for your own biochemical makeup. Jessica helps you along your path by taking a diet and symptom history and evaluating your food preferences, blood type, ancestry, and metabolic type as indicators of your unique nutritional needs.

Jessica's education includes a Bachelor's in Biochemistry, a Master's in Human Nutrition, and board certification as a Certified Clinical Nutritionist. She has been practicing for

five years in the Iowa City area and has expanded her practice to include phone consultations with clients all over the world.

Jessica specializes in weight loss and women's health but also has experience in nutritional support for people at every stage of life and health. She enjoys public speaking, helping people find optimal health, and long walks on the beach. For more information or to schedule an appointment with her, please call Eastwind Healing Center.

[Return to top](#)

Seitai Shiatsu



Seitai shiatsu is a gentle form of massage which stimulates the movement of blood and lymph. It assumes that the body's healing process is intelligent and strong, and it works to support the body's natural ability to fight infection. Since the lymphatic system is the foundation of the immune system, this type of massage is especially suited for those with depleted or compromised immune function.

The word shiatsu means "finger pressure," while seitai means "whole body." Seitai massage uses gentle stretching, rocking, and finger pressure along specific meridian lines in the body (about 20% of the time), and less specific rubbing and friction along those lines (about 80% of the time). The practice is designed to move the blood and lymphatic fluids away from the periphery of the body towards the abdomen and the deeper lymphatic ducts and nodes, assisting the body in ridding itself of toxic debris. The seitai massage culminates in abdominal diagnosis and massage to tonify the organs, thereby strengthening the whole body.

[Return to top](#)

Cold and Flu Remedies



At left is a picture of some of the cold and flu remedies we carry at Eastwind Healing Center. For prevention and immune enhancement, see the article on colds and flu [below](#).

Face it. Regardless of how well we prepare, every once in a while some critter is going to sneak through your defenses, and you're going to start coming down with something. Well, don't despair! There are many tools at your disposal. A few cups of ginger tea can do a remarkable job of fending off the incipient cold. To apply this remedy, get some fresh ginger root (actually it's a rhizome, but let's not quibble) from the produce section of the local grocery or co-op. Cut a couple of slices about 1/4 inch thick and dice them. Place in freshly boiled water and steep for about 10 minutes. Drink this wonderful, healing beverage several times at the first sign of something amiss. Some people like to bundle up when they're drinking the ginger tea to maximize the chance of a good sweat. Do this and, most often, you won't catch cold.

But say you intervene too late and the ginger tea didn't stop it. There are still some options. Olive leaf extract has been shown in numerous studies to inactivate many strains of the common cold virus. Taking two capsules three times a day can short-circuit a cold. Catch it early in the process, and the cold can disappear literally overnight. Olive leaf extract is also available in a liquid form - doesn't taste bad, either. By the way, olive leaf can even be taken daily in a low dose to ward off potential viral infection. Several practitioners here do just that. Beta glucans is a supplement derived from a yeast. Taking it stimulates the white cells known as macrophages (literally "big eaters"). These guys have an insatiable appetite for invaders, and beta glucans puts them into high gear, working round the clock to snap up the unfriendlies. Elderberry extract (*Sambucus nigra*) is another supplement that works very well against a range of viruses, including, as shown in a recent study, H5N1 (bird flu). Taking this in water several times a day can knock out a cold pronto.

If it's the flu that's got you, Chinese herbal formulas like Yin Chiao and Gan Mao Ling can be very effective in shortening your discomfort. Each formula has herbs in it that have been shown to have potent antiviral and antibacterial action. Finally, from the world of homeopathy comes oscillococinum (ah-sill-oh-cox-see-num). This has been used for nearly a century with success to shorten the duration of flu and flu-like illnesses. For best results, it should be started early in the illness.

During November, all cold and flu remedies at Eastwind Healing Center are 10% off.

[Return to top](#)

Colds and Flu



The common cold has vexed humanity forever. We've all experienced the runny nose, sneezing, scratchy throat, coughing, stuffiness, etc. that characterize it. We earn our stripes early, for children average about six colds a year. As we build up our resistance to the viruses that cause it, and adopt, shall we say, the more finicky hygiene habits of adults, we become less frequently afflicted. More than 200 viruses can cause a cold, and the fact that we aren't constantly ill is a glowing recommendation for our immune systems. Anything that interferes with immune function, either decreasing or causing an over-reaction, seems to pre-dispose us to catching a cold. The symptoms associated with colds are the body's response to the invader and its strategy of hijacking our cells to make more of its own kind.

The flu is another example of a virus looking to make your life miserable. It tends to be a more severe illness, often with a higher fever and all-over body achiness, and can last longer than a cold. Its tendency to mutate makes it a more difficult threat for the immune system to handle. It can even lead to secondary problems like pneumonia. Here again, though, a well functioning immune system can quickly adapt and thwart a serious incursion.

Obviously, prevention is better than treatment. Therefore, keeping the immune system functioning at its most efficient is a great way of preventing colds and flu. Proper diet and exercise are very beneficial to immune functioning. Refined sugar (this includes that most evil of substances: high fructose corn syrup) interferes with immune response by impairing phagocytosis ("cell eating" - it's what the macrophages do). With fewer invaders eaten, more can do their dirtywork. Stress is another culprit in the impairment of the immune response. This is one reason why stress-reduction strategies such as relaxation skills and sensible exercise are so important. Some herbal boosters of immune function are the so-called adaptogenic herbs. These herbs help the body cope with stress. Astragalus, eleuthero (also called Siberian ginseng), and reishi mushroom are common adaptogens. Echinacea is often touted as an immune system enhancer, but there are considerations when using it. For best results, it must be taken early in the process of infection, as its effects tend to be uneven and the body stops its reaction to it if echinacea

is used too often. Also, research has shown that *E. purpurea* seems to work better than *E. angustifolia*. Remember, echinacea does not prevent or cure a cold, but it may help the body rev up to fight one. On the other hand, adaptogenics can be taken daily and are very safe. They should be stopped, however, during the height of a cold or flu. (There's an involved Chinese medicine explanation for this, which we won't get into here. Suffice it to say, it's good advice.)

Vitamin C and zinc are known to aid the process of phagocytosis. Dosages of 1000mg of vitamin C and 30mg of zinc taken daily seem to be optimal doses for this. Coconut oil is another great supplement to counter infection. Most people would be surprised to find coconut oil listed in this article, but here are a few facts for you. Coconut oil has undeservedly developed a bad reputation, partly due to successful marketing campaigns by liquid vegetable oil producers. It contains Medium Chain Triglycerides (MCT's) which are special fats the body uses for energy and not for fat storage. These are some of the only fats that will actually increase your metabolism and cause you to burn fat faster! Also, coconut oil contains lauric acid, a protective fat that helps to fight all kinds of infections. Incidentally, lauric acid is also found in human breast milk, which is appropriate since a newborn's immune system is not fully developed. As a preventive aid during cold and flu season, include 1 to 3 tablespoons daily of coconut oil taken in food or dissolved in warm water or herb tea. for more information about coconut oil, see *Eat Fat, Lose Fat* by Mary Enig and Sally Fallon and *The Coconut Oil Miracle* by Bruce Fife.

Chinese medicine offers an effective approach to treating the common cold by reducing its duration and severity, and as a preventive medicine. According to Chinese medical theory, illness occurs when certain organ systems are weak and out of balance. Chinese medicine also uses the theory of "wei qi" (way chee), a similar idea to the Western concept of the immune system. Wei qi functions as a barrier that protects and defends the body against foreign substances or pathogens that cause disease. Acupuncture and herbal therapy support and strengthen the organ systems involved in wei qi, thus helping rebalance and support the immune system. When wei qi is built and can flow freely throughout the body, the organ and meridian systems become strong, therefore enhancing their ability to fight off illness and disease effectively.

You see, the Chinese medical system does not consider things like viruses. Instead, it uses the concept of "pernicious influences" to account for such things as colds and flu, which it considers to be invasions of inimical climatic factors like Cold, Heat, and Wind. Interventions such as acupuncture and herbs are used to drive these "evils" from the body, in part by strengthening or assisting the wei qi.

From the perspective of Chinese medicine, colds and flu are looked at as different entities. A cold is considered a Wind Cold invasion, while flu is seen as Wind Heat. In essence, the interventions create an inhospitable environment for the invading influences, forcing them from the body. Like Western medicine, Chinese medicine is an allopathic system and strives to "add the opposite" to neutralize the pernicious influences. For example, an herbal formula for Wind Cold would be slightly warming (fresh ginger often

figures into these formulas) to neutralize the Cold. Likewise, for the Wind Heat of the flu, a cooling herbal formula is used (with something like peppermint to cool the surface of the body). By the way, the "coldest" herbs frequently have antiviral and antibacterial properties when they have been analyzed in a lab, so the Chinese were using substances with similar effects as antibiotics for quite some time before penicillin came along.

Finally, here's a good tip for avoiding colds and flu from Chinese tradition: Keep the neck covered during times of high susceptibility. Traditionally, Cold is said to enter through the back of the neck, while Heat enters through the front. So, keep the collar up and don't forget your scarf. Additionally, after a bath or shower, dry the neck first. This prevents the evils from taking advantage of you.

Also, remember that something as simple as frequent hand washing can help prevent the spread of infection (Was Lady Macbeth just trying to keep from getting a cold?) There are many ways to cope with the cold and flu season of the year. Feel free to call Eastwind Healing Center if you have any questions about these approaches.