

# *Eastwind Healing Center Newsletter, Number 2*

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*Iowa's complete complementary and alternative medicine center*

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Welcome to this issue of the Eastwind Healing Center newsletter. This month, our featured practitioner is acupuncturist Daniela Webster (I know, we said it was going to be Dr. Candida Maurer, but Candida has decided to wait a bit for her profile).

At this time of year, getting out and about, playing sports, walking and jogging, working in the yard, etc. can remind (many of) us of our aging joints. That's why this month our featured product is [Sythovial Seven](#), a terrific hyaluronic acid supplement. Arthritis is our condition of the month: its treatment and prevention.

### Staff Announcements:

- Congratulations to Stephanie (Pollock) Moyer, one of our receptionists, on her recent marriage.
- Anna Evans, our other receptionist has recently received her license in massage therapy. Yay, Anna!
- Michael and Candida celebrated 20 years of marital happiness in June.

- Michael also wants to announce the addition of an exciting offering to his email and distance services. He is introducing a new, highly sophisticated method of Tarot reading, based on the [B.O.T.A.](#) system of interpretation. This reading method gives unparalleled detail and information on the question asked in areas of life such as career, relationships, health, future trends, etc. [Visit his webpage](#) for full details.

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!](#)

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## **Daniela Webster, L.Ac., Dipl.O.M., MSOM**



Daniela received a Master of Science in Oriental Medicine (MSOM) degree from Southwest Acupuncture College in Boulder, CO in 2004. She also studied abroad in Beijing, China during her graduate studies. In 2005, she was certified and designated a Diplomate in Oriental Medicine (Dipl. O.M.) by the National Certification Commission for Acupuncture & Oriental Medicine (NCCAOM) and became a Licensed Acupuncturist (L.Ac.) in the state of Iowa. In 2005 and 2006, she took Light Language, Energy Medicine and Reiki classes at Eastwind School.

The millennia-old system of Oriental Medicine approaches treatment by addressing the root of the problem, not just the symptom, thereby restoring balance and health within the body. Using this system, Daniela incorporates acupuncture, herbal therapy, oriental nutrition principles and other modalities such as [cupping](#) and moxibustion into her practice. She also enjoys uniquely combining Reiki and Energy Medicine techniques to further stimulate the body's natural healing ability. Daniela has additional interest in studying methods of Esoteric Acupuncture including the combination of Traditional Chinese Medicine theory, the chakra system, Sacred Geometry and Qabalistic Tree of Life patterns. For additional information regarding these methods, feel free to contact her by [email](#) or call Eastwind Healing Center.

Daniela has a general acupuncture practice and has been specially trained in facial rejuvenation therapy as well as a non-invasive pediatric method of treatment known as Shonishin, where acupuncture points are stimulated by tools that roll, brush and lightly tap over the body to restore health in the same manner as an adult. In her practice, Daniela commonly treats ailments including pain, musculoskeletal injuries, colds, sinus problems, gastrointestinal issues, gynecological issues, anxiety, stress, insomnia, etc.

Daniela's philosophy is one in which she views health as a reflection of balance, with disease or illness as an expression of imbalance. This imbalance doesn't necessarily stay on a physical level, as the mind and the body mutually affect one another. Daniela feels that successful healthcare is possible when the practitioner has a better understanding of the patient physically, mentally and emotionally. The ability to heal naturally is within each of us. The body wants to be healthy. Daniela utilizes methods that encourage the body to promote healing and improved function for a better quality of life.

If you have any questions regarding Daniela's services or would like to schedule an appointment, please call Eastwind Healing Center or [email](#) her. Her personal webpage at the [Healing Center's website](#) is coming soon!

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## Cupping



Cupping is an ancient and well traveled technique. Variations of it have been found among original peoples world-wide. In Chinese medicine, special glass cups (also called inspirators) are used, and they come in various sizes. Bamboo has also been in fashion for this process. In cupping, the air inside the cup is warmed with a flame for a few seconds, causing a vacuum. The cup is quickly placed on the skin (it's not hot, so there are no burns or permanent, circular tattoos), drawing the skin and underlying tissue upward slightly into the cup. This causes increased blood flow to the area, while also removing energetic stagnation. Cupping is very useful in cases of acute or chronic injury with residual pain, but it also finds use with conditions such as colds or asthma. Alternatively, cups can be applied by means of a suction pump, so there is no flame involved. However, most practitioners find that these pumps offer inferior suction to flame. (Besides, the pump is *so much* less dramatic than a flaming cotton wad held in a hemostat)

In some cases, the cup is gently moved along the surface of the skin, creating a region of treatment. This is quite useful when the problem area extends for a distance along the

body. It is also one reason why smooth glass cups are used instead of bamboo (ouch!). Results from cupping can be dramatic, with pain relief being instant. Often, however, it takes a day or two for the area to feel complete improvement. After the cup is removed (a simple, painless procedure), recipients can look like they've been on a date with an overly amorous octopus, as circular bruise-like markings can be left behind. These disappear in a few days and are painless, if a bit unusual looking. Several years ago, movie star Gwyneth Paltrow created something of a stir by appearing in public in a backless dress after having been cupped.

If you're interested in this procedure, get in touch with Daniela Webster, Dr. Michael Santangelo, or one of the massage therapists at Eastwind Healing Center. They can discuss it with you, and determine if it will help.

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## Synthovial Seven



Synthovial Seven, from the [hyalogic](#) company, is an oral hyaluronic acid (HA) supplement. HA is produced by our bodies naturally, and forms much of the substance of synovial fluid (which acts as a lubricant and cushion in joints) and the eye's vitreous humor (which occupies about 90% of the volume of the eye). It is most abundant in the skin, where it provides elasticity. We produce less HA as we age, making us creaky and wrinkled. Ah, the wonders of aging!

Synthovial Seven helps replace that lack of HA, relieving wear and tear on joints, easing movement, and smoothing skin. It is in a tasteless liquid form and is taken once per day, in water. Synthovial Seven is of an ideal molecular weight for maximum usability by the body. Hyalogic makes it through an extracellular bacterial process, so no animal sources

are used. There are no known side effects from its ingestion. Results can be noticed in less than a week, though it is recommended that it be taken daily for at least a month.

We are great believers in the efficacy of this product. To help you get introduced to Synthovial Seven, its usual price of \$44.95 per bottle will be reduced to only \$38 during July.

*From Candida:*

*Those of you who know me will know that there are very few times when I really respond to a particular product. Amazingly enough, Synthovial Seven is one of them!*

*I have had knee pain for over 25 years, and in fact, had knee surgery to correct a misalignment in 1991 because my knee pain had become so severe that I had problems walking.*

*Knee pain, and any kind of joint pain, is an interesting thing in that it has many potential causes. Though both my knees are somewhat misaligned, corrective surgery only helped with part of the problem. My knees have continued to hurt to the point that I have not been able to go upstairs without pain for several years.*

*Then, while I was surfing the internet for skincare products, I came across Synthovial Seven, and I thought I'd give it a try. I followed the directions and took 1 mg. daily, and didn't notice any change for about three weeks. Then, one day I was walking up the steps to work and noticed that my knees didn't hurt! I thought it may have been a fluke, but it wasn't. Although I still have some knee pain if I do a lot of bending or gardening, in general, I am pain free. What a blessing.*

*Synthovial Seven is literally the first product that I have recommended to others for joint pain, and we invite you to try it this month at a reduced price. If the problem in your joints is related to a lack of hyaluronic acid, this product will help. I'm hoping you'll have the same great results that I have experienced.*

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## Arthritis



Arthritis comes in two main forms: osteoarthritis and rheumatoid arthritis. This article will deal only with osteoarthritis, as rheumatoid is an article in itself. Osteoarthritis (OA) is one of the oldest diseases on record. Also known as degenerative joint disease, OA affects more than 20 million Americans and is more common in women than in men. The disease affects the cartilage (slippery tissue on the ends of bones that meet in a joint). Normally, cartilage helps bones glide over one another to make joint movements smooth. In an osteoarthritis patient, however, the cartilage is broken down and eventually wears away causing the joint surfaces to become irregular and roughened. As a result, instead of gliding, bones rub against each other, causing pain, swelling, and loss of motion. Sometimes, this loss of cartilage means that the joint doesn't have enough hyaluronan (that is, [hyaluronic acid](#)) to properly cushion the joint. Bone spurs may also develop as a result of the friction of bone-on-bone contact. Typical risk factors include family history of OA, being overweight, lack of exercise, and prior joint injuries.

OA is diagnosed through a combination of clinical history, patient examination, and x-rays. The signs of OA include:

- Steady or intermittent joint pain
- Joint stiffness after sitting, sleeping, or otherwise not moving for a long time
- Swelling or tenderness in the joints
- A crunching feeling or the sound of bones rubbing against each other.

If you experience any of these signs, consult your health care provider. While the diagnosis is relatively easy to make, it is often harder to establish whether or not OA causes the patient's symptoms. That's why the treating doctor needs to not only make the diagnosis, but also rule out other disorders and conditions that can make the symptoms worse. Timely diagnosis and treatment can help manage pain, improve function, and slow the degeneration.

OA has been with humanity, and other boney creatues, since pre-historic times. It is estimated that as much as 10% of the U.S. population suffers from symptomatic arthritis.

That's a lot of people. So, what can you do to prevent or minimize arthritis? One of the most important things that can be done is to maintain an ideal weight. Obesity puts an extra strain on the joints, causing premature breakdown. Exercise (see second paragraph below) can be helpful, as it increases mobility and flexibility, while building muscle tissue surrounding the affected joint. This allows for greater stability and support (while aiding in weight management). T'ai Chi and yoga are also excellent practices to assure joint health for people of all ages.

Treatment possibilities for OA offered at Eastwind Healing Center are many. Chiropractic adjustment can keep joints properly aligned and functioning, and a diagnostic session can determine whether complaints stem from OA or another cause. Dietary considerations are also important, especially for weight management. (Even knowing what not to do is informative. For example, high doses of vitamin C may worsen OA according to the June, 2004, issue of *Arthritis and Rheumatism*.) Massage can assist in pain management. Energy therapies can reduce pain and seem to reverse the condition in some cases. Acupuncture and Chinese medicine have specific treatments and herbal preparations for pain, swelling, and inflammation. Hypnotherapy and psychological counseling can help in coping with the symptoms of OA.

To reiterate, exercise is one of the best forms of OA treatment and prevention. It strengthens the muscular support around the joints and improves and maintains joint mobility and function. In addition, exercise helps control weight and improves the patient's mood and outlook, which are important factors influencing the severity of the symptoms. Anyone suffering from OA should consider the following exercise tips:

- Low-impact or non-weight-bearing activities, such as walking, stationary training, and light weight training work best for OA patients.
- Use strengthening exercises if the key muscle groups that relate to the function of the joints are weakened by the degeneration.
- If you are overweight, start exercising carefully, so as not to put too much stress on the knee and ankle joints.
- Stair climbing, water aerobics, resistance band workouts, and similar exercises will help to keep the joints mobile without straining them.
- Learn to read the body's signals and know when to stop, slow down, or rest.

OA is not a one-way journey toward a restricted life. Education, action, and treatment are key in keeping active and healthy. The practitioners at Eastwind Healing Center are happy to assist you.

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In the next issue, we'll provide another practitioner profile, as well as the monthly spotlight on therapy, disease, and a related product. Until then, we at Eastwind Healing center wish you good health and good fortune.