

# HEALTH, MIND & SPIRIT

A Supplement To The East Penn Valley & Northern Berks Merchandisers February 5, 2020

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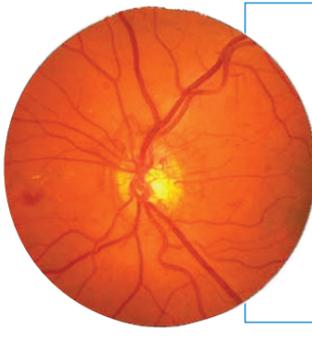
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**Trigger-Point Therapy and Myofascial Release...**

Trigger-Point therapy and Myofascial release are my specialties. To explain...every time your body goes through a trauma, whether a fall, a bump on the head or multiple injuries such as in auto accidents, your brain stores this information and immediately responds to it with two goals in mind. To heal the injured areas of course, but the primary goal is to keep the spinal cord as open as possible. The nerve system is the energy lifeline to all functions. In other words, the electrical wiring of the body. Issac Newton said: "For every action there is an equal and opposite reaction." When the body suffers trauma, it must respond in equal and opposite form. Consider what happens when you hit the "funny bone" in your elbow. What is the first thing you do? You rub it!!! Physiologically, what happens is called a NERVE SPIKE. When you rub it, you overstimulate the nerve & release the spike.

In trauma situations, no matter how seemingly small, if these spikes aren't released, there will be a ripple effect throughout the body, as it responds in equal & opposite fashion. These trauma responses can produce ripple patterns & symptoms even years later. My training is in the area of releasing these patterns & thereby relieving the symptoms. Questions? Feel free to call Dr. Terry R. Persons, Chiropractor, 17 Spitzenberg Lane, Kempton, PA 19529, 610.462.6999.

**Ask The Acupuncturist...**

Q: I've been hearing about this new virus from China which has now traveled to a few U.S. cities and am wondering if there is any Chinese Medicine or Acupuncture to cure it.

A.: At the present time, since it is so new, there is no known cure or vaccine for the Wuhan Coronavirus, although scientists are working on them. However, there are some herbal formulas being used in China to help prevent people from getting the virus, as well as Acupuncture protocols to improve one's general immunity. During cold and flu season I usually include the immunity boost protocol for many of my patients, whether or not they have opted for the regular flu vaccine. In China, this virus could not have emerged at a worse time as so many people usually travel back home from wherever their workplace is for the Lunar New Year holidays. Imagine our Christmas season. China is addressing the spread of this virus much more aggressively than it did with the SARS virus and has several cities in virtual lockdown with the compulsory closure of some companies to prevent travel and contain the spread. We now know that this virus can be transmitted from person to person before obvious symptoms such as fever are present. I believe we all have a responsibility to protect ourselves and others as best we can by adapting simple measures such as frequent hand washing, supplemented with hand sanitizer, and covering our faces when sneezing or coughing. Teach kids these basic procedures. Wipe down with a disinfectant any door handles, phones and other hard surfaces that are frequently touched, and keep your hands away from your face to prevent any germs from entering the eyes, nose or mouth. We also know that a strong immune system depends on adequate sleep, about 8 hours for most people, and a healthy diet which includes lots of vegetables and fruits. These tips will help you avoid many pathogens. Today there are relatively few cases of the Wuhan Coronavirus in the United States, but we cannot predict exactly how rampant it will become here, and it is a concern as fatalities have occurred. Check with your Acupuncturist for more information on herbal formulas and protocols to keep your immune system as strong as possible. Veronica Cavella Pedersen, L.Ac. practices Acupuncture and Traditional Chinese Medicine for adults and children at 154 Deysher Road, Fleetwood, PA 19522 (Rockland Township), and at The Inner Peace and Wellness Center's new location at 1073 Pottsville Pike, Shoemakersville, PA. 610.987.0489.

- by Veronica Cavella Pedersen, L.Ac.

**Eye Exams For Diabetics**

Drs. John and Lori Smith provide comprehensive yearly diabetic eye health exams for the residents of Hamburg, northern Berks, and southern Schuylkill counties. Diabetics are at risk for vision loss because of damage to the tiny blood vessels that nourish the retina. Often there are no visual symptoms of this damage in the early stages. To help prevent eye damage, it is important that diabetics take their prescribed medication, stick to their diet, exercise regularly, control high blood pressure and avoid alcohol and smoking. Diabetic dilated eye exams are encouraged yearly, so that any potential damage can be treated as soon as possible to prevent significant vision loss. Symptoms of diabetic retinopathy include: seeing spots or floaters in your field of vision, blurred vision, having a dark or empty spot in the center of your vision, and difficulty seeing well at night. If left untreated, diabetic retinopathy can cause blindness. Hamburg Family Eye Care offers comprehensive eye exams for all ages. Many eye problems, such as cataracts, glaucoma, red eyes, eye infections, dry eye, and eye injuries can be monitored or treated in the office with advanced diagnostic equipment. The doctors provide comprehensive contact lens services, including specialty bifocal contact lenses. Infants under the age of one are examined at no cost through our Infant SEE® program. Doctors John and Lori Smith are long-time members of the American and Pennsylvania Optometric Associations and the Berks County Optometric Society. The office has convenient evening hours on Tuesdays and Wednesdays. Plenty of parking is available behind the building. More information about Hamburg Family Eye Care can be found online at Facebook, at www.hamburgfamilyeyecare.com or by calling 610.562.4548.

- Get Eye Exams for Diabetics at Hamburg Family Eye Care



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### What Are Alternative Therapies?

Alternative medicine is any practice that is put forward as having the healing effects of medicine, but is not founded on evidence gathered using the scientific method. It consists of a wide range of health care practices, products and therapies. Examples include new and traditional medicine practices such as homeopathy, naturopathy, chiropractic, energy medicine, various forms of acupuncture, traditional Chinese medicine, Ayurvedic medicine, and Christian faith healing. The treatments are those that are not part of the conventional healthcare system. Complementary medicine is alternative medicine used together with conventional medical treatment in a belief that it "complements" the treatment such as massage, Shiatsu, lymphatic drainage, Cranial Sacral and so many more. CAM is the abbreviation for complementary and alternative medicine. Integrative medicine (or integrative health) is the combination of the practices and methods of alternative medicine with conventional medicine. Many of these therapies have been used for generations with great success. For example acupuncture has been used for over 4000 years. Herbalism is very ancient and used by nearly everyone. In the wonderful Pennsylvania Dutch area that we live in, we have Braucher or "Powwowing". When considering alternative and complimentary therapies find out what feels right for you. Do your research on the therapies and also the practitioners. There are many excellent practitioners in this area. Ask your doctor if they recommend any alternative therapies including herbs, vitamins and now CBD. There are many great therapies to choose from. Feel free to call and talk with the practitioner you are considering. There is no cost or obligation to ask ques-

tions and everyone is happy to explain their therapy. Pinnacle Hypnosis & Therapies offers full range of hypnosis for all ages, reiki & foot reflexology sessions and classes. Every Wednesday 12:30 to 4:30, walk-ins are welcome for Detox Wednesdays. Join Debi Fegley for a 30 minute Aqua Detox and/or Lori Kleinsmith for a 30 minute foot reflexology session. Why not get both! Have a look at our ad in this guide to see more information about all our fine practitioners. For more information call Lori Kleinsmith, Certified Hypnotist and owner of Pinnacle Hypnosis & Therapies, 400B South Fourth St., Hamburg, PA 19526, 610-823-4160. www.pinnaclehypnosis.com. Hours by appointment except OPEN Wednesday 9 to 5 and NEW! Saturday 11 to 2 (except for Feb. 8 closed for level 2 reiki class).

-by Lori Kleinsmith, RM, NLP, Certified Hypnotist

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### Consultations



**Nicholas Kleinsmith**  
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For individuals and whole families, Nick believes in taking his time with each client; keeping things simple to understand and easy to implement, with the knowledge that everyone is unique. Taking a look at the whole body & mind, Nicholas will help you tailor your own path to ultimate health and healing.

### Lymphatic Drainage



**Cassie Eshelman**  
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### Shiatsu



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