

NUTRITION



ACUPUNCTURE  
*Today*

## **Holistic Nutrition Your Patients Are Craving**

By Marlene Merritt, LAc

Most of your patients are taking a multivitamin. If they aren't, they know they probably should. They might be taking vitamin C for immunity, or vitamin E because they heard it has antioxidant actions. But is what they're taking making a difference? Could it be harming them? Is it enough to make up for poor eating habits?

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## **Death and the Clinic**

By Gregory Ross, LAc

Today, I cried. I sat down to write this piece, attempting to purge, but it will not leave. The grief is older than this one lifetime. I have read that Taoist practitioners were able to read "past life" imbalances in a pulse and how they affected the present life. About 15 years ago, I took a three-day pulse workshop with a Master in his late 80s who told us that in China, he was apprenticed at age eight to an elderly Master, who himself had been apprenticed as a child. He also stated that he was the repository of a lot of pre-communist, ancient knowledge. He had his own language for pulses and had talked about a rare pulse he called the sad pulse. He took everyone's pulse and shortly after placing his fingers on my wrist, stated, "This man has a sad pulse." He had seen my Vietnam Veterans Against the War button and could extrapolate that information. He asked about my parents. I replied they had both died recently, within the last two years. He nodded his head and asked me if the class could feel my pulse.

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## **Working as if Energy Matters**

By Nancy Post, MAc, PhD

I started by asking what my audience valued most about their work. Like corn popping, answers came from the audience of 35 professionals who had signed up for my seminar.

"Friendships with colleagues."

"Satisfaction with getting something done!"

"Making a difference in people's lives."

"Managing people."

"Excelling in my craft."

"Innovation."

"Paid vacation days."

"Getting my paycheck."

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## **Treatment and Prevention of H1N1 Swine Flu**

By Jake Paul Fratkin, OMD, LAc

As the H1N1 swine flu sweeps across the world, it is important to keep several things in mind. First of all, while all flu is deadly, this one appears milder in symptoms and duration than the common flu. What distinguishes H1N1 is that it is highly contagious, and those who are getting sick are children and young adults. It seems to be epidemic in the middle- and high-school age range. My experience is that this flu easily develops into a harsh-cough stage.

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