

ENDING THE WAR WITH YOUR BODY – TAKING BACK CHARGE

5 Ways to Become Your Very Own Expert

There are doctors, chiropractors, naturopaths, kinesiologist, aromatherapist, hypnotherapists and dieticians, but what if you were able to fix your own body. Would you be willing to stop trying to give your health and body over to someone else to fix? Would you be willing to learn to communicate with your body? What if you're the only one that knows what your body requires? Are you willing to stop and listen?



"Whilst it is great to work with all different health experts, try listening to your own body and begin to see the warning signs it's giving you." Transformational coach Blossom Benedict said.

Benedict shares her top five ways that she got her health back on track and now is assisting hundreds of other Americans to take charge and empower them to "know what they know".

1) Start Asking Your Body Questions: Think of your body like a friend. Before you eat something ask "body do you desire this?" Before you exercise "Body how would you like to move today?" You may not get answers back right away, however just getting in the habit of considering your body may have its own point of view.

2) Stop Forcing Change: How many diets have you been on where your body wants to spit out the food? If you are going to increase the communion between you and your body you will have to stop forcing it to do things it doesn't wish to do.

3) Give up the "Healthy" Game: We have complied so many points of view about what is healthy and not healthy that we

start judging food before we get a chance to see if our body might like it or not. Kale is healthy right? Well not if you have low thyroid. Tomatoes are healthy right? Not if you have acid reflux. Ask yourself in each moment what your body desires.

4) Stop the Judgment: How many judgments do you impel on your body everyday? If you treated your dog the way most people treat their body it would run away! Is it any surprise body is not working with you with ease?

5) Ramp Up the Gratitude: Rather than dwelling on the things you would like to change, start being grateful for the things that ARE working.

Blossom Benedict is an international speaker, facilitator and transformation coach who has facilitated workshops in 12 different countries and touched thousands of lives with her dynamic presentation of life changing tools on how to end the war with your body. Blossom has struggled with her own health from a young age. After seeing every specialist available and not getting answers, she decided to take back her own health and ask her body what it needed. Blossom has a regular radio show called Lightness of Change on the Puja Network across America, has been featured on MariaShriver.com, Askmen.com, Sunshine Coast Daily, ABC radio and Channel 7's The Morning Show.

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Acupuncture and Acid Reflux

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We have all been afflicted at one time or another with that nagging misery of acid reflux. Burning and burping and just can't get rid of it, anything you eat makes you feel miserable. When a person has acid reflux the stomach acid rises into the esophagus because that muscle is weak. Often times people call it heartburn. Heartburn is the burning pain that can come with acid reflux. Keep in mind though you can have acid reflux without heartburn.

Other than heartburn, other symptoms include sour regurgitation causing a bitter taste. Also, dyspepsia, this is the scientific name for a stomach ache, it comes accompanied by burping, nausea after eating, bloating or feeling full in the stomach and discomfort in the upper abdominal region.

Acupuncture has been clinically tested compared to use of typical medications, with the results that it is efficient and safe for the treatment of acid reflux. (see

www.ncbi.nlm.nih.gov/pubmed/20697939) In the referenced study 60 patients were confirmed with a diagnosis of Gastroesophageal Reflux. Thirty patients were treated with acupuncture. The other thirty were treated with medications.

The treatments were six weeks in duration. The patients were tested and monitored at three specific times, with an established grading system. The first time was before the treatment, the second time was immediately after the treatment course ended and the third was four weeks after the treatment course ended. And adverse reactions were also observed.

The results indicated that all responded well to their treatments, indicated at the second testing and monitoring period. But in the third and final test, the control group showed a strong reversion back to the initial condition, but the acupuncture group indicated continuation of the positive condition resulting from the treatment. Also there were no adverse reactions to the acupuncture.

Although there is an admission that there should be more study in this area, the University of Adelaide demonstrated that acupuncture applied to specific points on the wrist reduces the number of times the esophageal sphincter relaxes (the relaxation which causes the reflux). (see

www.adelaide.edu.au/news/news7081.html

Acupuncture can also benefit reflux patients who have symptoms relating to stress, anxiety and other emotional issues.

Acupuncture can calm the nerves and induce a state of relaxation which discourages the increased inner activity that causes the sphincter valve to open and create the reflux.

Bergen County Acupuncture is committed to helping to education patients and providing natural options for health and wellness. If you experience acid reflux, come in for a treatment to potentially avoid the need for medication.

Rachel is certified as a Diplomate in Acupuncture by the National

Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). Rachel attended the Eastern School of Acupuncture and Traditional Chinese Medicine in Montclair, New Jersey. Rachel specializes in chronic pain, infertility, stress and depression. Get your questions answered at www.bergencountyacupuncture.com or call 201.665.4039