

HEALTH

& FITNESS

Regaining and retaining your health

Traditional Chinese Medicine (TCM) is a form of health care that considers and treats the whole person. It can treat a wide variety of medical problems. A few techniques of TCM include: acupuncture, herbs, Tuina (Chinese massage), cupping and moxibustion (the burning of a healing herb(s) on acupuncture points). Acupuncture needles are extremely small, sterile, painless and used only one time.

The World Health Organization recognizes TCM and acupuncture's ability to treat over 43 common disorders. Some of these include chronic fatigue, migraines, pain, insomnia, women's issues, sinusitis, common cold and flu, depression, digestive and intestinal problems, asthma and sports injuries to name just a few.

TCM and acupuncture also function as preventative health care. Often a person does not consider TCM until they have been feeling ill or out of balance for a while or when other medicines are ineffective. Relief care is often a strong motivating factor as its main objective is to relieve the discomfort as quickly as possible. Once the initial discomfort has diminished, corrective care is important. The treatments now will focus on the body being strengthened and supported so it can begin to maintain a healthful state. To stop care at this stage means that a relapse could easily occur; so, it is important to continue with treatments. Wellness and maintenance care are also very important so that the person is able to maintain good health and further prevent illness. At this point, treat-

ments may only be needed monthly or even a few each season.

A common question asked is how many treatments will be needed. The number of treatments varies from person to person. The approach of TCM is to develop an individualized treatment plan. It is common to experience relief after a few treatments (although not everyone will) and along the path to symptom elimination residual effects can be seen such as, better and deeper sleep, fewer mood swings, and a deeper sense of well-being.

Your TCM practitioner can feel and see the changes in your pulse and tongue even if you are not noticing any changes yet. The effects of TCM are longer lasting because it addresses the core issues and not just symptoms. Many conditions may require between 8-10 sessions, sometimes more, sometimes less. Your acupuncturist will be happy to answer any questions you have

about your condition and how it relates to TCM. The aim of TCM is to not only provide relief from the symptoms of the discomfort, but to heal at a deeper level, taking a whole body approach so that core imbalances can be addressed and healed.

Good health is a precious gift. We welcome you to experience TCM and acupuncture and to tune into your own healing mechanisms and embrace your journey to health and well-being.

Guest Columnist



Catrina Mlanecki, Med, MS, LAc

Permaculture: what it means to me

Editor's note: The author is participating in an internship at the organic farm at Sunrise Ranch west of Loveland.

"We're doing all the things these city governments say they hope to accomplish. We're creating beautiful gardens, producing healthy food and abundant medicine — all at no cost to the city."

These words were spoken to me by a young man named Mike; the first permaculturist I ever met.

I had picked Mike up while hitchhiking in northern California — little did I know that my conversations with him would come to mark the moment of embarkation upon a new life mission.

As I carried on with my travels down into southern Africa I quickly became aware that I was not alone on this permaculture-based life mission. It seemed to be the case that most people who encountered the philosophies and ethical values of permaculture geared their lives toward fulfillment of very similar potentialities.

Rather than stating a definition or

attempting to explain what permaculture is, I would like to articulate a few of the potentialities that are being strived toward by people using permaculture.

Mike, for example, was traveling across the nation turning vacant plots of land, sections of public parks, even highway medians into areas of food production. He was introducing and planting various

Guest Columnist



Patrick William Padden

species of edible and medicinal perennial (persisting for several years) plants such as fruit and nut trees, berry bushes, etc.—arranged in such a way that over time would mature into a "food forest," as he referred to them. Mike's vision was that of abundant food growing all throughout our cities.

Permaculturists in South Africa are working toward the development of a "living pharmacy," an arrangement of fruit and nut trees, medicinal herbs and cacti, as well as veggies. The pur-

"For me, permaculture means a paradigm shift."

Through these three examples of permaculture implementation, one can begin to understand the essence of what permaculture can help to create.

For me, permaculture means a paradigm shift toward a belief that humans are indeed in a symbiotic relationship with Mother Nature; that we are thoughtful and responsible beings, capable of contributing protection, propagation and love into this marvelous system.

Seven ways to prevent jet lag and muscle soreness

Are you one of the 36 million people who traveled through Denver International Airport this year? Have you experienced muscle soreness and jet lag while flying to your business or vacation destination? If so, read the following tips to help reduce your muscle soreness and jet lag.

Sit up straight: Sitting straight is an exercise in itself. When you sit up straight your body is in better alignment (this helps prevent future aches and pains), your trunk muscles are strengthened, and you become more aware of your sitting posture. To sit up straight; bend your knees, lift your chest, and gently pull your shoulders back.

Stretch your back and neck: Stiffness will creep into your back and neck the longer you sit in the same position. To stretch your back and neck: Stand up on the plane, place your hands on your hips, and look up as you arch your back. Hold for 15 seconds, and repeat at least three times.

Lengthen your legs: Sitting on the plane may cause the back of your legs to cramp up. While sitting, periodically lengthen or straighten your legs out in front of you. You can stretch the back

of your legs while seated. Sit up straight. Straighten one leg and keep opposite leg bent. Lean forward and place hands on bent knee. Pull toes up toward ceiling of plane. Hold stretch for 15 seconds. Repeat with opposite leg. Repeat three times on each leg.

Pump your ankles: Pumping your ankles helps reduce swelling in the ankle and calf region. While sitting in your chair on the plane, pump your ankles up and down. Alternate raising up onto your toes and then down onto your heels.

Walk: Walk up and down the aisles of the plane to increase circulation throughout your entire body. Once you arrive at your destination, walk around the hotel parking lot, or walk to dinner at a local restaurant. Walking, especially outside, helps regulate the body's internal clock and the ability to adapt to a different altitude.

Drink plenty of water: Fatigue is usually synonymous with jet lag and is a common symptom of dehydration. Drink one eight oz. glass of water for every hour you fly, or more frequently if you experience "dry mouth." Avoid beverages with alcohol and caffeine, both tend to cause dehydration and disrupt sleep.

Synchronize your watch: Set your watch to destination time. Eat and sleep (a minimum of eight hours) by local time to help you adjust to the time change more rapidly.

Have a great flight.

Grant applications now available

Non profit agencies that seek funding through the Community Foundation of Northern Colorado's annual competitive grant process are now invited to submit Letters of Inquiry online.

To apply for a grant, an organization must be a 501(c)(3) tax-exempt nonprofit organization that directly serves residents of Berthoud. The competitive grant program begins with the submission of a Letter of Inquiry, which must be submitted using the online application tool on the Community Foundation Web site. Applications may not be submitted by mail or fax. The deadline to submit a Letter of Inquiry is 5 p.m. on Friday, July 25.

The Berthoud Community Fund Committee will then review all Letters of Inquiry and notify the applicants of the action taken. Grant monies will be awarded in November.

Last year nine local non-profit agencies received grants averaging \$2,000.

To submit an application use the Community Foundation Web site, www.cfnco.org. Select the "Grants" option on the left side of the screen and then scroll down the page to choose the "Berthoud" option.

If you have questions about the grants or the application procedures, you may contact Tom Patterson at 532-3294 or Barbara Boyd at 532-3187.



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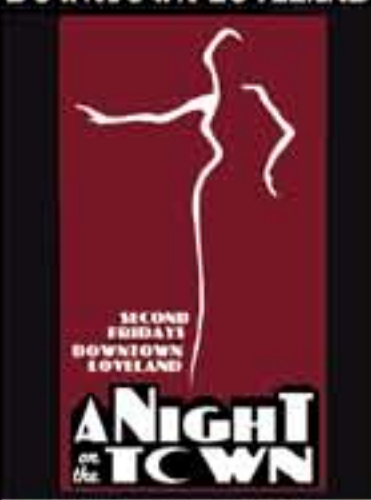
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