

Newsletter

April/May 2009

Michelle Blum Acupuncturist/Chinese Medicine practitioner joins the team.

After a long search I am pleased to announce that Michelle Blum has joined the clinic. Michelle graduated from the Melbourne College of Natural Medicine in 2002 with a Bachelor of Health Science Acupuncture. Michelle has worked in several women's health and fertility clinics and is specialising in this area at KCFH.

Michelle also has a special interest in Japanese acupuncture techniques. Japanese techniques place extra emphasis on palpating acupuncture points to find the ideal points for treatment, and is based on the same Chinese medical model which we use in the clinic. This style of acupuncture is especially suitable for sensitive people. Michelle also provides care for general health and musculoskeletal complaints.

Biomesotherapy: (Acupuncture Saline Point Injection (ASPI))

70 million Biomesotherapy treatments take place in Europe every year, and this therapy is now available at KCFH. Like acupuncture fine needles are inserted into either acupuncture points or trigger points of the body. Unlike acupuncture a small quantity of saline solution is injected into these points. These micro-injections can release tight muscle and stimulate a cascade of responses in the body which regulates inflammation in the affected area and speeds up repair. Because very fine needles and only small quantities (often 0.1 ml) of solution are used the injections are typically painless or only mildly uncomfortable. In contrast with other types of injection therapy no drugs such as steroids or local anaesthetic are used, just saline. It seems so simple but that is the joy of stimulating the bodies own repair systems.

We have found APSI especially useful for some chronic neck and back pain, hip pain (including trochanter bursitis), ankle sprains and achilles tendon pain (Achilles tendonitis). Ian Murray and Stephen Janz are both qualified in this safe and effective technique.

Acupuncture for Fertility, Prenatal Care and IVF

Acupuncture, nutrition and herbal medicines have a major role in women's health and fertility. Acupuncture has been used for many years to treat conditions like premenstrual syndrome (PMS), period pain, endometriosis and polycystic ovary disease (PCOS).

Acupuncture balances the body's energy resulting in wellbeing, a feeling of vitality and balanced hormones. By regulating the hormone balance fertility is also enhanced. Acupuncture and herbal medicine also enhances male fertility, with increased sperm motility, count and morphology following

We are currently treating:

Hay fever
Sinus
Back Pain
Neck Pain
Irritable Bowel Syndrome
PMS
Weight management
Male & Female Fertility
Frozen Shoulder
Shoulder pain & problems
Plantar Fasciitis (heel pain)
Trochanter Bursitis
Anxiety
Stress
Depression
Insomnia
Menopause
Fatigue
Post-viral fatigue
Candida
Headaches
Arthritis
Poor Immunity
Growing Pains
Coughs and Colds
Stopping Smoking

HiCaps Now Available for most funds:

Most funds have now come on board for HiCaps, Claims can now be processed in the clinic at the time of payment

treatment. Chinese medicine has always recognised that the health of both parents before conception impacts on the health of the child, so it is important to remember the men as well.

It is noteworthy that acupuncture not only helps with natural conception, but leads to an increased pregnancy rate for women undergoing assisted reproductive technology (including IVF) as well. Research conducted both in Australia and overseas consistently shows that women who combine acupuncture with IVF can up to double the success rate of pregnancy. Acupuncture also helps with the stress and other side effects associated with the IVF process.

Acupuncture is beneficial at any time, however it is ideal to commence your antenatal treatment at least 3 months before attempting to conceive. This allows time to identify and treat any nutritional imbalances and treat any pre-existing complaints which might be more difficult to manage once pregnant. Acupuncture can also be used to treat a range of health issues during pregnancy including morning sickness, fluid retention, constipation, fatigue, sinus, haemorrhoids and back pain to name a few. Acupuncture can be used to safely turn a breech baby and can often help to induce a natural labour.

As Michelle Blum B Hs (Acu) has a special interest in women's health and fertility, Michelle should be your first point of contact at the clinic for this type of treatment.

Plantar Fasciitis (Painful Heel)

The Clinic has developed a unique and effective treatment for this common and debilitating condition. Sometimes mistakenly considered a "stone bruise" and overlapping with heel spurs, sufferers typically hobble upon getting out of bed in the morning and experience pain in the heel when they get up from sitting down for a while. The source of the pain is a tear in the plantar fascia (connective tissue under the foot). Conventional management includes using supportive footwear and a stretching programme. Massage to the calf and foot also helps. Some people find orthotics helpful; however none of these approaches typically resolves the complaint completely.

At the clinic we have found good results follow a holistic approach examining posture and low back pathology, combined with specific acupuncture treatment using acupuncture points developed by our clinic director Stephen Janz. This treatment is also effective in most cases of pain from a heel spur as well. Stephen was awarded the best paper on clinical practice at the World Federation of Acupuncture Societies (WFAS) in 2004 for his work on

plantar fasciitis, and has taught this approach at several seminars including the Australian Acupuncture and Chinese Medicine Annual Conference (Sydney) 2008.

Trochanter Bursitis (Hip Pain)

Another painful and debilitating condition, trochanter bursitis is typically noticed with disturbed sleep when lying on the side. Walking becomes too painful with pain in the hip often extending down the side of the leg and even to the knee. The greater trochanter area (hip joint) becomes excruciating when touched.

This condition is conventionally treated with stretching and steroid injections, with many sufferers left with chronic pain. After exploring a range of approaches to this complaint, the clinic has found very good results using Biomesotherapy and/or infrared laser therapy. Improvement is usually obvious by the third treatment. At the time of writing we have several clients with a history of long term pain who are no longer troubled by this condition. A number of early cases have been fully resolved. This same approach has also been helpful for the pain associated with mild to moderate osteoarthritis of the hip.

What is Dry Needling?

Dry needling is a term used by people who wish to use acupuncture but have not completed the full course of study. These short courses may be as little as 1 weekend. Typically physiotherapists and massage therapists use this term. These practitioners are not accredited by the Australian Acupuncture and Chinese Medicine Association (AACMA) to practice acupuncture. AACMA accredited acupuncturists are required to complete at least a 4 year full time degree in acupuncture and health science. Originally the term "dry needling" was used to differentiate inserting an acupuncture needle (dry needle) from injecting fluid (wet needle). If you have had "dry needling" please understand that this is not a reflection of a true acupuncture treatment.

Our Practitioners

Acupuncture & Chinese Medicine: Stephen Janz BAc RN BN Grad Cert CHM, Ian Murray B H Sc (Acu) Dip Rem Therapy, Michelle Blum B H Sc (Acu).

Massage Therapy: Uli Graf Cert IV Mas, Karen McGrath Dip Rem Therapy