

## [1]Points Newsletter

Welcome to the February 2012 issue of Acupuncture.com's Points Newsletter. We hope you enjoy this month's articles and features.

Also, don't forget to browse [2]Acupuncture.com store for all your health needs. Wishing you Good Health and Peace, Acupuncture.com.

## [3] Forecast for 2012, The Year of the Dragon

Forecast for 2012, The Year of the Dragon By Dr. Mao Shing Ni, Ph.D., D.O.M., L.Ac.

Welcome to the Year of the Dragon! For many years I have given forecasts about a new year based on the ancient Taoist science of the Five Elements Cycle, which predicts the global trends that affect each of us on a personal level. Many readers have shared that their experiences with these forecasts have better enabled them to minimize the negative tendencies, be it with health, relationships or finance, and accentuate the positives. You may find it useful for your life too. [4] More...

## [5] Water Energy Helps Creative Juices

Water Energy Helps Creative Juices By Jaseng Center for Alternative Medicine

Water is not simply the clear, colorless liquid comprising lakes, rivers and oceans. According to Oriental philosophy, it is also one of the "five elemental energies" that help explain all natural phenomena and humanity's interaction with the universe.

To get a better grasp of how "water energy" acts, imagine a ball being thrown straight up into the air. After the ball reaches its peak, it begins to fall back to the ground. It is here, as the ball is making its journey back to its origin, that water energy begins to make its presence felt. It is in full swing as the ball hits the ground. Simply stated, water energy is the power of unification and condensation. [6] More...

## [7] Living Strong & Healthy: With Autoimmune Disorders

Living Strong & Healthy: With Autoimmune Disorders By Kumiko Yamamoto, L.Ac., Dipl.O.M.

Approximately 22 million Americans are affected by autoimmune diseases, according to the Center for Disease Control, making them the third most common category of diseases in the US after cancer and heart disease. Autoimmune disorders are conditions where the immune system mistakenly

attacks healthy body tissue. Autoimmune diseases are often chronic, progressive, and debilitating. [8]More...

[9]Recent Research

[10] The Successful Treatment of Flat Warts with Auricular Acupuncture

[11] Fighting Fire with Fire: Poisonous Chinese Herbal Medicine for Cancer Therapy

[12] Effects of Radix Aconiti Lateralis Preparata and Rhizoma Zingiberis on Energy Metabolism and Expression of the Genes Related to Metabolism in Rats

[13] Ask The Doctor

Q: I suffer from sinus infections that are especially bad in the spring. What can I do to relieve the pressure in my head and sinuses? Right now I just take a lot of medication to mask the symptoms. Isn't there another way?

A: Recurrent sinus infection or sinusitis is commonly due to persistent allergies or seasonal hay fever. Treat the hay fever first and then once the allergies subside, the sinus condition will get a reprieve from the incessant inflammation from the allergic reactions and should improve. You may want to follow up with immune system strengthening tips to prevent infections. [14]More...

[15]Acupuncture.com Store

Please feel free to send any comments or suggestions to

[16][contact@acupuncture.com](mailto:contact@acupuncture.com).

## References

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