



INFERTILITY: TRADITIONAL CHINESE MEDICINE VIEW POINT

Carla Wiseman, DTCM, RMT

I often hear from my clients and friends **"that my husband and I have been trying to conceive for years and the doctors say there is nothing the matter."**

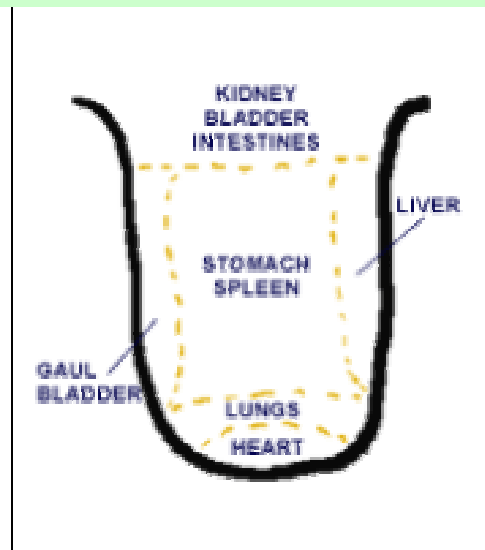
In Chinese Medicine we believe conception originates in the kidneys. The kidneys store our essence [genes from our parents], govern birth and reproduction and control the vessels, particularly the conception vessel which is the ruler of the fetus.

There are several ways in which infertility can occur. Anemia can lead to fatigue and hormonal imbalances. Signs of kidneys weakness for example, frequent urination, back and or knee pain as well as menstrual dysfunction are often associated with infertility as a cold condition. On the other hand, hot blood resulting in excess bleeding possibly with clots and a warmer body temperature overall is reflected in the other extreme. These are just a few reasons mainly seen in women.

Men however will often have weak kidney energy from an excessive lifestyle, poor nutrition leading to a low sperm count or poor motility.

When you see a Chinese Medicine practitioner a detailed case history is taken. We look at your complexion, eyes and take a pulse and tongue diagnosis. There are 6 distinct pulses on each arm which indicate a variety of imbalances and weaknesses as well as the general health of the body. The tongue will indicate hot or cold or damp problems or a blood weakness.

DIAGNOSTIC TOOL IN TCM: Areas of tongue relating to organs



Through acupuncture, herbs, food cures, meditation and relaxation techniques the kidneys, blood, energy and general health are restored and rejuvenated in both men and women.

Women, men and couples are always welcomed. For a private and confidential consultation please call me at 604-264-9921. Thanks Carla

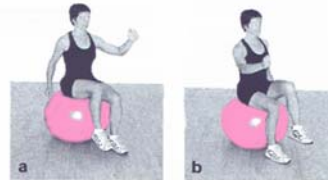


CORE STABILITY: GET ME SOME!

Pierre Patenaude, RMT

Undoubtedly the biggest fitness related buzzword so far this decade is “**core stability**”. So what is core stability and how do I get it? Core stability refers to the strength of the intrinsic muscles of the spine, notably the **Erector spinae** group which includes three long bands of muscle tissue which start on the sacrum at the base of the spine and end up in your neck and base of the skull. Also included in this group are tiny muscles embedded deep in the bony nooks and crannies of the spine, the intertransversarii, interspinalis and rotatores muscles which further help to keep you balanced. All these muscles acting together help keep your spine healthy and pain free. Dysfunction occurs when these muscles are weak or out of balance with muscles at the front of the spine such as the iliopsoas (aka hip flexors) and the ABS.

The **Body Ball** (aka Fit Ball, Swiss Ball, Physio Ball, Just Plain Big Old Ball) is arguably the simplest and most powerful piece of fitness equipment on the market today. Unfortunately, most people just buy it, roll on it two or three times and leave it in the corner to gather dust (or worse yet, just leave it deflated under the bed). As a **Registered Massage Therapist**, I use the ball with clients on a daily basis and have had opportunity to train with Physiotherapists using this wonderful device to rehabilitate various physical conditions. **So, get strong from the inside out!** Here are a few of my favorite ball exercises to **increase core strength and decrease back pain**.



Ball Marching: Keep your spine long and march it out, 5 minutes



Back roll out: Tuck your pelvis in and roll out, keep spine long, sets of 10



Wall Ball Squats: Tuck pelvis in, squat to 90 degrees, slowly is the key, sets of 10



Supine Butt Burns: Push up with your bum muscles, sets of 10

Arbutus Acupuncture and Massage Therapy Clinic would like to introduce: **HEIDI EZZAT, RMT!!!** Heidi was drawn to Massage Therapy from her desire to help others through hands-on therapy. She is interested in working on a wide range of people and is continually working to broaden her skills and knowledge. She has a special interest in Cranio-Sacral Therapy. Heidi believes strongly in the body’s ability to heal itself and is honored to assist in the healing process.

