



Interview with Gaelen Gibson and Carla Wiseman



1. *I've never had a treatment before, what would a treatment with each of you look like?*

Gaelen: In the first treatment both Carla and I start with a consultation. We need to know what you need help with and need to examine the symptoms accompanying the issue...I tend to use alignment techniques a lot in my work, so, I would then likely check the clients hip height, mobility, restriction and the like. Once we've assessed the client, we then leave the room so the client can disrobe and get on the table.

2. *Does acupuncture or massage hurt?*

Carla: My technique is very gentle and most people do

not find acupuncture painful.

Gaelen: There used to be a "no pain, no gain" mentality for massage, that "deeper is better" and "relaxation is only for sissies". Techniques that I use come from both sides of the continuum from very light to quite deep, I generally tend to think of myself as quite moderate.



Body cushions, adjustable and comfortable.

3. *What are the benefits of massage or acupuncture during pregnancy?*

Gaelen: General Swedish massage is useful for decreasing muscle strain brought

about by changes in body weight and center of gravity. Simple techniques increase circulation for Mum and through her to baby, better blood supply=better nutrients and oxygenation. Decreasing stress for Mum also decreases stress for baby, there have been some interesting studies that show that the more stressed Mum is the more likely the baby is to have some long term health issues, such as diabetes or heart disease! Relaxation is pivotal in providing a healthy pregnancy and baby!

Carla: Acupuncture is helpful in turning a breech presentation before the 33rd week; I use a heating herb and teach the client so it can be done at home on a daily basis. With morning sickness we say that the liver

**Ensure a healthy
and beautiful baby!**

attacks the spleen. To treat this we calm the liver and tonify the spleen easing nausea. There are old classical points that ensure a healthy and beautiful baby! Acupuncture is also great for treating constipation by nourishing the yin which in turn lubricates the large intestine to promote movement.

5. *Is it possible to have both acupuncture and massage during pregnancy?*

Carla: Absolutely, Gaelen and I often see the same clients.

6. *How would you treat a sore low back?*

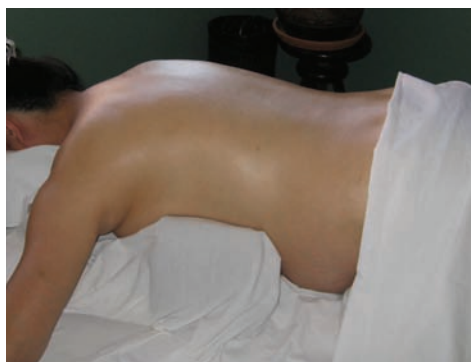
Carla: Low back represents the kidneys and our genetic foundation in traditional Chinese medicine. With needles, moxa and massage we build up the kidney qi to help support the low back, Mum's energy and in turn the baby.

Gaelen: Well, it depends on the reason for the low back... is it postural related and if so from weight gain? from muscular or fascia restriction? or even joint restriction? Once you know the reason, resolution is possible.

7. *How about carpal tunnel?*

Carla: Acupuncture reduces swelling and numbness in the wrist by aligning the small intestine and pericardium meridians.

Gaelen: Along with massage the client can contrast bathe her forearms for homecare. (Two sinks of water, one



Our model is 38 weeks pregnant!

warm to hot but not scalding and the other cold. Rest your arms in the hot sink for 3 minutes and switch to the cold sink for 30 seconds. Repeat each dunk 3 times. Its best if you contrast bathe twice a day.)

8. *How often should I come?*

Gaelen: Both Carla and I agree that initially every 2 - 3 weeks, depending on the presenting conditions. As Mum gets closer to the end of the

pregnancy the visits should be closer together, say every 1 or at most 2 weeks.

9. *Can you have treatment post pregnancy?*

Carla: Acupuncture facilitates recovery time and helps build blood qi. It also helps build up the kidney, body qi and jing which become depleted during pregnancy.... It can also increase milk flow and alleviate mastitis and upper back discomfort from nursing.

Gaelen: Absolutely! Mum's often forget to take care of themselves after birth...they are usually so busy figuring out how to parent a new child and how to integrate that child into the family unit. Mum's breastfeeding posture as well as baby carrying creates back strain. As well pregnancy has created lots of change in the abdominal cavity, occasionally the organs need some help relocating.

10. *How do I lie down on the table when I am pregnant?*

Carla: We use special pregnancy pillows that allow the client to lie face down even up to and beyond the 40th week!

In the event that the face down position becomes uncomfort-

Interview continued...

able we are able to pillow the client in a side lying position so she is able to relax.

11. *What are you doing for future education?*

Carla: I have completed the Master's Level in Neurolink. This system is excel-

lent for helping the brain recognize when something is out of balance and helps to bring the system back on track. More information can be found at: neurolinkglobal.com

Gaelen: Well, I want to deepen my understanding of the pelvis and the factors that

Nutritional Support for P

During a woman's monthly cycle she has 2 major hormonal shifts. The first part occurring during days 1—14 an estrogen heavy cycle and the 2nd; days 14—28, where more progester-

one is released. Generally we need progesterone to be stronger during the second half because it is one of the hormones responsible for maintaining pregnancy.

Therapists at AAMTC

Currently we are 5 therapists.

The owner **Carla Wiseman, RMT**, and Remy (the other dog). **Gaelen** and Penny (the dog). **Sheryl H** Simon and Bodhi (the dog). **Lynds** (neither of whom have dogs).

Interview continued...

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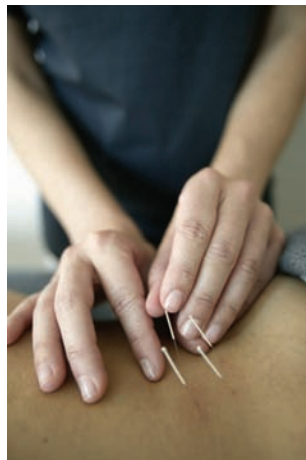
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Gaelen: Well, I want to deepen my understanding of the pelvis and the factors that

govern our core. So, I am taking courses in visceral manipulation. This system looks at abdominal organs, fascia and ligaments and how being stuck can limit us in many ways.

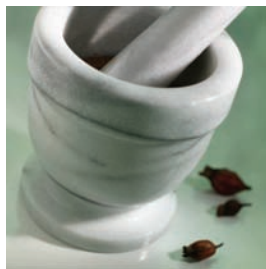


Acupuncture facilitates recovery time.

Nutritional Support for Pregnancy

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one is released. Generally we need progesterone to be stronger during the second half because it is one of the hormones responsible for maintaining pregnancy.



You can also use a coffee grinder

Using 1 tsp. of sesame seeds and 1 tsp. of sunflower ground up in a smoothie or on oatmeal will help support the progesterone cycle.

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The owner **Carla Wiseman**, RMT, DTCM. Proud mother of Zac (the dog) and Remy (the other dog). **Gaelen Gibson**, RMT proud mother of Haley, Seamus and Penny (the dog). **Sheryl Hamilton**, RMT proud mother of Max, Simon and Bodhi (the dog). **Lyndsay Sayers**, RMT and **Yvonne Poulin**, RMT (neither of whom have dogs).

Arbutus Acupuncture & Massage
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At Arbutus Acupuncture and Massage Therapy we work together to create a community in our clinic which reflects our integrity, values and supportive nature. We wish to promote an inclusive, healthy, holistic approach to client care, realizing that treating one member of a family or community treats, in part, the whole.

Gaelen's Gingersnaps (without the snap)

I always have fresh ginger but never dry so I had to adapt a recipe. These cookies are the result, very soothing for the stomach, which is as good a reason, as any, to nibble!

- 2 c. butter, at room temperature
- 2 c. packed dark brown sugar
- 3 eggs
- $\frac{3}{4}$ c. molasses
- 5 c. unbleached flour
- $\frac{3}{4}$ c. fresh grated ginger
- 1 $\frac{1}{2}$ tsp. ground cinnamon
- 1 $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{2}$ tsp. salt



Fresh ginger is very soothing for upset tummies at any age.

1. In a large bowl cream butter and sugar together. Beat in eggs and then molasses and ginger.
2. Sift dry ingredients and add to wet. Stir, stir, stir.
3. Refrigerate for 30 min. At this point you can freeze for later use.
4. Preheat oven to 325F.
5. Use a spoon drop dough onto cookie sheet.
6. Bake for 10 – 13 minutes.

Let cool and enjoy!