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Happy New Year!

As another year comes to an end, a new one appears on the horizon. This is a time to reflect on the past and set new goals for the upcoming year!

If you are intent on improving your health this year, acupuncture may be the very thing you need to "stick" to those resolutions.

Don't let your New Year Resolution to get into shape be derailed by a sports injury.

Now that the New Year is here, gyms and fitness clubs across the country will be full of enthusiastic individuals giving it their all to make good on resolutions to get fit or drop a few pounds. Unfortunately, some of these new athletes, who try to do too much too quickly, can pay a painful price.



Recent studies show that acupuncture effectively treats sports injuries such as strains; sprains; neck, shoulder, elbow, wrist, hip, knee and ankle pain; swollen muscles and shin splints.

Treatment for a sports injury with acupuncture and Traditional Chinese Medicine has two objectives:

1. To reduce pain and inflammation of the injured area. - There is evidence that acupuncture can aid healing and resolution of injuries, including reducing pain, increasing local microcirculation and attracting white blood cells to the area, both of which speed the healing rate, and aid dispersal of swelling and bruising.
2. To prevent further injuries and enhance athletic performance. - By following the principles of traditional Chinese medicine, an acupuncture treatment can strengthen body function and restore internal harmony and balance. Professional sports teams and top athletes regularly have an acupuncturist on staff to treat injury and to keep them performing at their peak.

New Beginnings Stay Injury Free Acupuncture for Weight Loss? Ear Massage Words of Wisdom



Ear Massage is an extremely relaxing and effective therapy aimed at reducing stress, promoting wellbeing and addressing various health issues. It can be enjoyed by all and promotes a deep sense of peace and tranquillity.

Ancient Chinese medical literature states that "ear is the meeting point of all the meridians" and "vital energy of human body converges on the ear". Medical experts in ancient times regarded ear massage as a practice for health enhancement and disease prevention.

The best way to approach those resolutions without causing injury is not to dive in, but to take it slow and get the joints and muscles you haven't used in a while ready to be used again.

If you do suffer from a setback in your fitness routine, give us a call. We will be able to give you more information about treatment options to get you healthy and injury free!

Losing weight is the #1 most common New Years Resolution. Acupuncture and Oriental Medicine can help you reach your goal weight.

Acupuncture and Traditional Chinese medicine (TCM) promote better digestion, smooth emotions, reduce appetite, improve metabolism, and eliminate food cravings.



The Acupuncture Weight Loss Treatment

From a TCM perspective, the acupuncture points, foods and herbs that are chosen to assist with weight loss directly influence the Qi of the Spleen and Liver systems to treat the root imbalances that are causing the weight gain.

From a Western perspective, acupuncture and TCM have been shown to have an effect on the function of the nervous system, endocrine system, digestive system, food cravings, and metabolism. All of which can help to energize the body, maximize the absorption of nutrients, regulate elimination, control overeating, suppress the appetite, and reduce anxiety.

The beauty of acupuncture is that each treatment is catered to the needs of the individual patient. Acupuncture points on the body will be chosen for overall well being with the objective of increasing circulation of the blood and Qi (stimulating the metabolism) and calming the nervous system.

Acupuncture and traditional Chinese medicine are powerful tools for healthy weight loss, by itself or as a supportive treatment in conjunction with other weight management programs.

In the struggle to eat less and expend more energy, you may find that acupuncture is just what was needed to overcome cravings, boost energy, enhance your metabolism, and increase your willpower to succeed!

Ear massage triggers the release of the body's natural painkillers, endorphins. Studies have demonstrated that ear stimulation increases levels of endorphins in both the blood and cerebrospinal fluid.

Ear acupuncture is used throughout the world to reduce substance cravings (including food cravings), assist in the detoxification of addictive substances, manage pain and calm anxiety..

Here is a great ear massage that you can do for yourself or your loved ones:

1. To massage your ears, rub in small circular motions with your thumbs inside the widest upper part inside the ears, holding them from outside with the index and middle fingers.
2. Now use your index finger to massage inside the smaller crevices if your thumbs don't fit and along the front of your ear where it attaches to the head.
3. Lastly, massage the earlobes by gently pulling them down and also making circles with your thumb and index finger.

“Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.”

~ Carl Bard, Theologian and Writer
