

- family medicine
- chiropractic/active release technique
- nutrition consulting
- physiotherapy
- acupuncture
- registered massage therapy
- naturopath
- laser hair removal
- orthotics

Sinus Headaches

by Dr. Jummy Kim, Acupuncturist/TCM Doctor

Sinus headaches are caused by the inflammation of the mucous membrane of the sinus cavities in the face. It is characterized by a deep, dull pain in front of one's head or face (at specific points such as behind the eyes or side of the nose) and the pain usually sharpens during the physical movements of the head, especially while bending down or leaning over.

The sinus headache will be at its peak during the morning hours after waking up and it generally subsides by afternoon. Quite often, the pain starts when the person concerned is suffering from a bad cold or just after it. The treatment for sinus headaches by conventional medicine focuses on controlling the sinus inflammation and it involves antibiotics and surgery in acute cases. The good news is that acupuncture can also be an effective complementary and alternative therapy for sinus headaches.

Acupuncture is the one of the oldest and widely used holistic medical practices in the world. It is part of Traditional Chinese Medicine. The term 'acupuncture' stands for a variety of procedures that involves stimulation of anatomical points on the body using different techniques. The technique involves inserting very fine sterile, virtually painless needles at the acupuncture points. The needles are solid and it involves injection of no drug or medical substance.

How does acupuncture relieve sinus headaches?

Modern science believes that acupuncture brings about biochemical changes in the blood serum to stabilize serotonin - a vital chemical that acts as a messenger between the spinal cord and brain - and stimulates the release of endorphins (human body's natural painkiller) to alleviate the pain. Further, it activates the parasympathetic nervous system to relieve stress, anxiety and muscle tension, and promotes cerebral circulation so that the affected region gets more oxygenated blood supply and nutrients. All this can be accomplished by using the right combination of acupuncture points along the channels of the body system.

Acupuncture treatments are usually prescribed based on a detailed diagnosis of a patient's medical condition. The acupuncture treatment prescriptions are based on each patient's individual body imbalances and therefore the treatment and its duration may vary from person to person. Sometimes a herbal remedy may be prescribed in addition to the acupuncture treatment based on the evaluation.

Please feel free to drop by the Adelaide Health Clinic for a complementary TCM evaluation.



Weight Loss with Polycystic Ovary Syndrome (PCOS): The Huge Payoff is Worth the Harder Work

by Mary Bamford, Registered Dietitian

What is Polycystic Ovary Syndrome (PCOS)?

Polycystic Ovary Syndrome (PCOS) is a hormone disorder where a woman's body produces too much male hormone. It affects 6-10% of women.

The hormone imbalance often prevents normal ovulation which causes periods to be irregular or stop altogether. It reduces fertility for women who want to become pregnant.

The cause of PCOS is unknown. Common symptoms include weight gain (especially around the waist), poor blood glucose and insulin control, high blood pressure and abnormal blood fats (cholesterol and triglycerides). Additional symptoms include hirsutism (excess body or facial hair) and acne.

Weight and PCOS

There is strong evidence to demonstrate that weight gain worsens the symptoms of PCOS while weight loss improves them.

Weight loss not only reduces the risks for Type 2 Diabetes and heart disease, it also improves menstrual regularity, fertility and the root problem of elevated male hormones including testosterone and sex-hormone binding globulin.

If you are overweight with PCOS, losing just 5-15% of your current body weight is enough to significantly improve your symptoms. A 200 pound woman with PCOS will feel much better and improve her overall health by losing 10 to 30 pounds and keeping them off--more than a woman without PCOS who loses the same amount of weight.

Weight Loss and PCOS

While the benefits of 5-15% weight loss are greater in women with PCOS than women without excess male hormone, the work is harder. Studies have shown that it is easier for women with PCOS to gain weight and harder to lose weight.

Women with PCOS tend to need fewer calories per day and they experience more hormone-related cravings. Without knowing this, weight loss efforts can be discouraging and many women give up in frustration.

Women with PCOS need to set lifestyle goals and plans that will be effective for them, not for women without PCOS.

Weight Loss Tips for Women with PCOS

1. **Learn your daily calorie needs to lose 0.5 to 2 pounds per week.** Make sure your plan hits the right target. If you lack patience to figure this out yourself with trial and error, get help from a Registered Dietitian. Most women need a consistent intake between 1200 to 1500 calories per day to lose weight. Never select a diet under 1000 calories per day without medical supervision.
2. **Eat a healthy diet following Canada's Food Guide to get the nutrients you need for optimal health.** Both quality and quantity of food are important for health and weight loss.
3. **Eat Breakfast...and lunch and supper.** And when meals are more than 4 hours apart, include a healthy snack like fruit, yogurt or a low-fat steamed milk in your coffee or tea.
4. **Be physically active at least 30 - 60 minutes every day.** Even better, exercise 60 to 90 minutes per day.
5. **Wake up hungry and rested.** Plan your activity and food portions in the evening so that you will wake up hungry and rested.
6. **Learn strategies to manage cravings and stress.** One strategy for cravings that helps many clients is to take deep diaphragmatic breaths for 2 minutes and wait an additional 15 minutes before giving in to a craving. Another strategy is to keep craved treats out of your home, car and work area.
7. **Give yourself permission to get help if you have difficulty succeeding on your own.** The benefits of experienced and expert help to make lifestyle changes may make the difference for you.



Cambridge Group of Clubs

adelaide health clinic
416-367-5200
info@adelaideclinic.com

www.adelaideclinic.com