



TRADITIONAL ACUPUNCTURE

Wellness for Body, Mind & Spirit

1417 East Market Street, York, PA 17403 • 717.887.4478 • www.traditionalacupuncture.org

Welcome Summer

The longest days of the year, temperatures soaring, gardens in full bloom. Summer is here.

Traditional Chinese Medicine notes that we humans are part of Nature and, as such, we thrive, when we act in accordance with the natural cycles of the seasons. In summer, says the ancient classic Huangdi Neijing Suwen, don't let yourself be overcome by the sun, but like summer energy, "go to the exterior" and "assist the beauty & strength" of the season. Taking this sage advice, remember to use sunscreen and drink lots of water. Let us also, go outside and awaken our senses to the fragrance of things in bloom. Take a walk, have a picnic, take in a ball game, eat a tomato right off the vine. And Summer is about connection, so let's shine the warmth of our attention on those we love. Do what brings us joy. Live big and rich and in full blossom, like Nature around us.

Enjoy the Summer.



Meet the Practitioner

Lillian Morgan made a mid-life career change, from law to acupuncture. "After 20+ years, I was tired of arguing," she says, "and wanted to focus my efforts on healing." She had experienced acupuncture treatment for back pain 15 years ago. "After 4 treatments my back pain was gone, and I felt so centered, grounded, whole and healthy after each treatment, it was amazing. I was intrigued."

Lil holds a masters degree in acupuncture from the Traditional Acupuncture Institute in Laurel Maryland, where she now serves on the academic and clinical faculty. "I teach ethics and traditional diagnosis, and I supervise students who are treating patients in the acupuncture school's clinic."

When Summer comes, Lil likes to grow vegetables (York County tomatoes, yum!) and go camping. She's also looking forward to the Fourth of July fireworks.

Lil Morgan loves to talk about the wonders of acupuncture. If your group would like a presentation, call her at (717) 887-4478

Acupuncture: Natural Healing & The Natural Cycles of Women

On June 13 at 7:00 p.m., acupuncturist Lil Morgan, will be the speaker for the Southern York County Library's series of "Womens' Night Out." She'll be talking about how acupuncture can address women's issues, such as PMS, cramps, infertility and menopause by harmonizing the flow of the woman's vital energy (qi, pronounced "Chee"). The presentation is open to the public.

WHO Recognizes Effectiveness of Acupuncture

The World Health Organization, a United Nations agency, has formally recognized that acupuncture can treat many common disorders, including:

- **Gastrointestinal problems**, such as irritable bowel, ulcers, indigestion, gastritis;
- **Urinary & gynecological issues**, such as incontinence, fibroids, sexual dysfunction, irregular or painful menstruation, infertility, morning sickness;
- **Respiratory problems**, such as sinusitis, asthma, allergies, tinnitus;
- **Circulatory issues**, such as hypertension, angina, arteriosclerosis, varicose veins.
- **Psychological concerns**, such as anxiety, depression, trauma, stress;
- **Bones, Muscles, Joints & Nervous System issues**, such as insomnia, headache, arthritis, dizziness, back pain, neck pain, shoulder pain, sciatica, tendonitis, post-operative pain, fibromyalgia.

Do you know someone who could benefit from acupuncture? Your referrals are appreciated.

My Experience As an Acupuncture Patient

In the past, I had occasional treatment sessions with good results, but it wasn't until I progressed in a regular course of therapy that I started to experience fuller benefits from treatment.

After a treatment session, not only do I have an improvement in the physical symptoms that lead me to acupuncture, but my mind is different as well. This difference is apparent to my family, friends and co-workers.

Instead of frantic, almost panicky thoughts ("I'm too busy, I'm burning out, I'll never get done, life is too hectic, too much pressure"), I go about my business with focused attention ("Let's see: I'll do this now, and enjoy doing it, then I'll get around to

(continued on the back)

Lillian M. Morgan
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*Summer's strong sun reminds us to lighten up and enjoy
the warmth & abundance of life.*

the next task"). One of my colleagues sometimes comments that he can see I've had my chi re-aligned.

People often ask me if it hurts. Yes, there are moments of discomfort, which are tolerable, and variable. Sometimes I experience tingling or a rushing sensation in other parts of my body. Far more pronounced are the benefits of treatment, including a sense of relaxation and calm.

Although I'm educated as a scientist, I have given up trying to figure out how acupuncture works. It might be related to endorphine stimulation, or self-hypnosis; maybe my inner dragons are called up to fight for my well-being; who knows? I believe acupuncture is a valid modality on its own, or in conjunction with Western medical practices.

Rita Van Wyk, M.D.

Should Medicare Cover Acupuncture? Call Your Congressman.

The Federal Acupuncture Act, HR 818, has been introduced in the U.S. House of Representatives. The act, if passed, would provide coverage for acupuncture services under Medicare Part B (the part that covers physician services) and under the employee benefits plan for federal employees. If you would like to see this bill passed into law, please call or write your representative. If you are in the same area as our office, contact:

The Honorable Todd R. Platts
2209 East Market Street
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Phone: (717) 600-1919