



## How does acupuncture work?

Dr. Anita Ming Lee

Many people ask me this question throughout my day. It seems as if the idea of sticking needles into various parts of the body to allow the body to heal and balance itself out may actually be a strange and baffling concept to some! In all seriousness, I feel it very important to address this question. The general public wants to know how does acupuncture work?

To begin with, there are 14 meridians that run throughout your body — some run from your toes to your head, and some from your arms to your chest and stomach. There are two however that run up and down your body, front and backside. Except for the two that run directly up and down your body, all the rest connect to a specific organ. These twelve organs are the five major zang organs — the spleen, heart, lungs, kidneys and liver. The pericardium also has a meridian that runs to it. Then there are the six minor fu organs — the triple burner, stomach, small intestine, large intestine, gall bladder and urinary bladder. There are specific acupoints that are located on each of these meridians. When stimulated, these acupoints are then able to promote the movement of qi, tonify or sedate the organ that the meridian pertains to, and increase the flow of blood throughout that meridian. It is all a very fine dance of balance. Balance between qi and blood, balance between the function of each organ and balance between the yin and the yang of the body, the specific meridian and the organ. And because all health and wellness is about balance, once we are able to attain balance within the body — optimal health and wellness can be achieved. This means that whatever symptom(s) that a patient comes in with, once balance is attained — those symptoms no longer exist. What does this mean? This means not only *feeling great*, but *functioning great!*

So how does the acupuncturist decide where to put these needles? Through a delicate analysis called TCM Diagnosis. Diagnostic methods in TCM (Traditional Chinese Medicine) include four basic methods: inspection, auscultation, olfaction and inquiry/palpation. The case history, symptoms and signs gained through these four diagnostic methods are analyzed and generalized to find the causes, nature, and interrelations of the disease, and to provide evidence for the further differentiation of syndromes. The four diagnostic methods are therefore indispensable and important steps in the differentiation and treatment of syndromes. There are many different ways to diagnose what is going on with one patient. This is because in TCM, we look at the body as a whole. Therapeutic principles are the basis for guiding clinical practice. They include biao (branch) and ben (root), that is, the principle of treating a disease by analyzing both its root cause and symptoms. Thus, factors such as climatic and seasonal conditions, geographic localities, and the patient's personal conditions must be considered in treatment, along with strengthening the zheng qi (the patient's body resistance or anti-pathogenic factors) and dispelling the xie qi (pathogenic factors). Therefore, diagnosis in TCM takes into account everything from what you eat, what type of body you have, what season it is, what climate you live in, how your emotional state is, and even how your spiritual state is! It is an all-encompassing diagnosis which results in a natural, holistic method of allowing your body to heal itself. TCM theory, as a product of traditional Chinese culture, reflects an extraordinary sensitivity towards nature and healing. Throughout the world, traditional Chinese medicine is praised for its holistic attitude in the understanding and healing of disease.

Dr. Anita Ming Lee practices acupuncture locally at Awake Acupuncture in Solana Beach on the 101 at 261 S. Hwy 101. For more information, please call 858-793-1309 or visit her Web site at [www.awaketoday.info](http://www.awaketoday.info).



Dr. Anita Ming Lee

## Willis Allen 'Taste of Home' Cookbook & Reusable Grocery Tote — Perfect Gifts for the Hard-to-Buy-For

The holiday shopping season is upon us, ready or not! We all have that certain someone on our list that just seems to have everything. This year Willis Allen Real Estate offers the perfect solution: give them the Willis Allen-produced "Taste of Home" cookbook and a reusable Willis Allen grocery tote.

The hard-cover, keepsake quality cookbook includes nearly 100 tried-and-true recipe favorites submitted by agents and staff in each of Willis Allen's eight branch offices. According to Willis Allen Real Estate's Marketing Director Peyton Cabano, a portion of the proceeds of the cookbook sales are being donated to a longtime Willis Allen-supported charity, Meals on Wheels.

"This is really a great way to give a gift that keeps on giving!" Cabano notes. "Our cookbook program is just one more example of Willis Allen's commitment to the community and to giving back. We look forward to expanding our reach with this endeavor by opening up the cookbook sales outside of the company."

The reusable totes are made from a strong and reliable non-woven polypropylene and are made from 100 percent recyclable materials. The totes are currently being used by Willis Allen agents as part of a gift at closing.

Many of the agents place the cookbook inside the bag, along with other kitchen-related goodies and gift cards to complete the present for their clients, an idea Cabano says is something holiday shoppers could consider, as well.

The reusable grocery tote costs \$5 and the Taste of Home Cookbook is \$34.95, plus shipping and tax. To order send an email to [marketing@willisallen.com](mailto:marketing@willisallen.com).

## Realtor Lisa LaRue joins Willis Allen Real Estate's RSF Branch

Willis Allen Real Estate's successful Rancho Santa Fe branch has added another talented Realtor to its roster — Lisa LaRue. LaRue joins the company with several years of experience in the luxury real estate marketplace. Branch Manager Gary Wheeler says her positive attitude and caring spirit are hallmarks of LaRue's client service.

"Lisa is incredibly smart and brings to the table a hardworking and loyal attitude that makes her a trustworthy real estate advocate. She is relentless in achieving her client's real estate investment goals — all the while keeping a smile on her face and finding joy in the situation at hand. We are happy to call her a member of our team."

LaRue says the first time she walked through the door at Willis Allen Real Estate it was if she'd come home. "I feel so comfortable here at Willis Allen," says LaRue. "The company is extremely well organized and managed and has an exceptional reputation in the community. I'm thrilled to be able to align myself with such a professional group of individuals and with a company as established as this one."

LaRue, who is currently working to obtain her broker's license, says she has experience with short sales and represents buyers and sellers at all levels.

Her previous experience as a sales executive in the fashion industry gives her a keen sense of style and has honed her ability to see the aesthetic potential in a property that others may miss.

LaRue is as dedicated in her personal life as she is in her professional one. She recently completed her eighth triathlon. LaRue is also a member of a master's swim team and has ambitions to take up mountain climbing.

To learn more about Realtor Lisa LaRue contact her at 760-419-2212 or [lisaLaRue@willisallen.com](mailto:lisaLaRue@willisallen.com). — Advertising submission



Lisa LaRue

## Your State Farm Insurance Agency (Jim Coleman) in Del Mar is official drop-off station for the U.S. Marine Corps Reserve's "Toys for Tots" campaign

For the 10th holiday season in a row, Your State Farm Insurance Agency (Jim Coleman) in Del Mar is proud to be an official drop-off station for the U.S. Marine Corps Reserve's "Toys for Tots" campaign.

So please help make the holidays brighter for San Diego-area families by dropping off a new, unwrapped children's toy at the Your State Farm Insurance Agency office (Jim Coleman and staff) at 1011 Camino Del Mar, in downtown Del Mar (8:30 a.m.-5 p.m., Monday-Friday).

Questions? Call (858) 755-6794.

## Find a unique holiday gift at Chapmans Dec. 6, 7

In need of a unique holiday gift? The Chapmans will have their annual art studio open house on Saturday & Sunday, Dec. 6 and 7 from 10 a.m.-5 p.m. in Solana Beach. Come see beautiful "art to wear," unique garden sculptures, hanging bird houses, art dolls and exquisite jewelry. The address is 353 Glenmont Drive at Cliff Street in Solana Beach. For more information, please call 858-755-4451.

## Janet Christ of Coldwell Banker supports the arts

The Rancho Santa Fe Art Guild is delighted to announce that another display venue has been offered from one of the most outstanding businesses in the village. Coldwell Banker, led by real estate agent Janet Christ, has not only sponsored recent Guild events but has offered to lend their walls to showcase original art by the Art Guild.

"Janet Christ has recently become a member of the Art Guild and already serves as chair of the off-site venue committee. We couldn't be more fortunate to have Janet as a member. Not only is she a leader in our community but she is an accomplished artist and has already contributed so much to the Guild. She has underwritten publicity materials out of her own pocket and contributed along with her brokerage, Coldwell Banker, for one of the 'Artero' art preview events," commented Dr. Tim Lueker, president of the RSF Art Guild.

"We are proud to feature one of the Guild's most accomplished artists, Connie McCoy, as the first artist to display her work at Coldwell Banker, and she has already received rave reviews," he added.

Janet Christ holds Coldwell Banker's Residential International President's Elite title. As real estate agents go, Janet Christ with Coldwell Banker Previews International is in a league of her own. Christ truly "lives" the Rancho Santa Fe real estate experience. As a Rancho Santa Fe Covenant resident, she promotes genuine relationships, top-class client service, and enthusiastic involvement in the community, its philanthropic causes and culture.

Christ has been working in the real estate industry since the early 1980s. For nearly 20 years she owned and operated an award-winning firm that serviced the marketing needs of new homes builders throughout San Diego, Arizona and Las Vegas. In the 1990s, as a single mother of three, she realized that her travel schedule was not in the best interests of her children. With a solid base of real estate experience (... and a strong dose of courage) she made the "leap of faith" to close her company and redirect her attention to high end North San Diego County real estate sales.

Christ's area of expertise expands far beyond traditional and residential sales. She is proud of her success representing both buyers and sellers of luxury real estate. Always thinking outside the "box" of conventional marketing, she and her team implement innovative, effective, and customized marketing emphasis in all endeavors.

"Quite simply my team and I are dedicated to creating exceptional real estate experiences for our clients," notes Christ. "We truly want what is best for the client. We want to ensure that every challenge is managed well and that every possible rough edge is handled."

With a penchant for art and a special interest in supporting and promoting the Rancho Santa Fe Art Guild and the Rancho Santa Fe Women's Fund, Christ lives every day by the philosophy that "A person's work is a portrait of themselves." In the eyes of this Realtor, it is a portrait that she passionately wants to become a masterpiece.

## Flu virus often spreads during Holidays; County offers prevention tips

Don't let the flu spoil your holiday season, says the County of San Diego Health and Human Services Agency (HHS).

The flu virus can flourish at various holiday gatherings, unless people are aware of the many ways they can stop the flu in its tracks.

"Getting a flu vaccination is the single most effective way to prevent the flu," said Wilma Wooten, M.D., M.P.H., County of San Diego Public Health Officer. "Since symptoms may not appear for up to five days after exposure, you might not know you're sick, and may infect others. Flu cases often go up during the holidays, peaking in January. Get vaccinated now to improve your chances of having healthy holidays."

For information on getting a flu vaccination, call 1-877-358-0202, or go to [www.sdiz.org](http://www.sdiz.org).

Flu passes from person to person when someone who has the flu sneezes, coughs or speaks. If you're in close proximity to that person and haven't been vaccinated, you may be at risk. But even if you don't get sick from person-to-person contact, the flu virus can survive on objects — doorknobs, telephones, stair railings. You might unwittingly pass the virus to others.

Help prevent the spread of the flu, and other respiratory illnesses, during the holidays and year-round by following these easy tips:

- Wash your hands — use warm soapy water and wash hands for 20 seconds ("Happy Birthday" sung twice is approximately 20 seconds). Wash both sides of hands, and scrub nails and in between fingers.

- Cover your cough with a tissue or your sleeve.

- Stay home when you're sick, or you could pass the illness on to others.

This season, the Centers for Disease Control and Prevention (CDC) recommend that all children 6 months through 18 years get vaccinated. Other specific groups that should receive flu vaccine include pregnant women, persons who are 50 and older, people of any age with serious chronic health conditions, those who live in nursing homes and long-term care facilities, health care professionals, caregivers of those at high risk for flu-related complications, and anyone who wants to reduce their risk of getting the flu.