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This month in the news..

Welcome to the June Issue of the Acupuncture.com.au monthly newsletter.

If you wish to contribute a story or article about Acupuncture or Traditional Chinese Medicine please contact the Acupuncture.com.au team through the web.

28/05/2011 - Changes in Blood Circulation of the Contralateral Achilles Tendon During and After Acupuncture and Heating.



The purpose of this study was to investigate the effects of acupuncture and heating (application of hot pack) treatments on blood circulation in the contralateral Achilles tendon.

During the treatments (10 min for acupuncture, 20 min for heating) and recovery period (40 min), the blood volume (THb) and oxygen saturation (StO₂) of the treated and the non-treated tendons were measured using red laser lights. During both treatments, THb and StO₂ of the treated tendon increased significantly from the resting level. The increased THb and StO₂ of the

treated tendon were maintained until the end of the recovery period after removal of the acupuncture needle, although these values decreased after removal of the hot pack.

Although THb of the non-treated sides did not change during both acupuncture and heating treatments, it increased gradually after removal of the acupuncture needle or the hot pack. For both treatments, the amount of increase in THb of the non-treated tendon was significantly correlated to that of the treated tendon during the last phase of recovery period.

These results obtained from the healthy subjects imply that blood circulation in the injured tendon in a plaster cast may be improved by applying

28/05/2011 - Changes in Blood Circulation of the Contralateral Achilles Tendon During and After Acupuncture and Heating.

acupuncture or heating treatments to the contralateral healthy limb.

Country: Japan / **Institute:** Life Science (Sports Sciences), University of Tokyo, Japan. / **Author(s):** Kubo K, Yajima H, Takayama M, Ikebukuro T, Mizoguchi H, Takakura N. / **Journal:** Int J Sports Med. 2011 May 26. © Georg Thieme Verlag KG Stuttgart · New York. / **Pubmed ID:** 21618161

Upcoming Events Calendar for June/July 2011

June 5 - Webinar - Balance Method: Treating Female Disorders

When: 9.00am, Pacific Time - 6.00pm, Pacific Time

Contact: Donna Chow on (866) 905-6887 or info@elotus.org

June 10 - Webinar - Overview: Live Case Studies

When: 5.30pm, Pacific Time - 6.30pm, Pacific Time

Contact: Donna Chow on (866) 905-6887 or info@elotus.org

June 18 - Sydney - Dragon Rises Seminars: Contemporary Chinese Pulse Diagnosis

When: 9.00am - 5.30pm, Where: CBD / Contact: Karen Bilton on 0416 458 477 or karen@lotushealingarts.com / This is a multi-day event ending on the 19/06

June 18 - Webinar - Key Elements to Anti-Aging and Longevity

When: 9.00am, Pacific Time - 6.00pm, Pacific Time / Contact: Donna Chow on (866) 905-6887 or info@elotus.org

June 19 - Webinar - Principles of Herbal Efficacy: A Complete Comparison

When: 9.00am, Pacific Time - 6.00pm, Pacific Time

Contact: Donna Chow on (866) 905-6887 or info@elotus.org

July 16 - Webinar - Safe and Effective Chinese Herbal Formulas for Pets

When: 9.00am, Pacific Time - 6.00pm, Pacific Time / Contact: Donna Chow on (866) 905-6887 or info@elotus.org

July 17 - Webinar - Principles of Herbal Efficacy, Part II

When: 9.00am, Pacific Time - 6.00pm, Pacific Time

Contact: Donna Chow on (866) 905-6887 or info@elotus.org