

It's Your Health: volume one, issue three

# Metis Clinics

Acupuncture & Chinese Medicine



## What patient's say

“I have been a patient of Anita's at Metis Clinic for 2 years and she has given me back my life. I have struggled with depression ever since I moved to Oregon from California over 20 years ago. I have tried several psychiatrists with no help and have been on & off medication for 15 years which has helped to some degree. Anita's method of helping me has been wonderful. Along with the acupuncture she has given me “tools” to help me get rid of the depression. Thank you, Anita, for giving me back my life.”

## Support for Seasonal Affective Disorder

As fall turns into winter, many people are prone to a mild form of depression that seems to lift in the warmer months of spring.

Along with a depressed mood, one can experience irritability, headaches, extreme fatigue and lethargy, increased appetite, carbohydrate cravings, an inability to concentrate, and decreased libido. These set of symptoms form a condition



commonly referred to as seasonal affective disorder (SAD).

SAD may be caused by a drop in melatonin levels in the brain caused by decreased exposure to sunlight during the winter, although modern medicine does not have an answer as to the exact cause.

Seasonal affective disorder affects over ten million people in the United States, two-thirds of which are female. It is very common in the Pacific Northwest, due to the number of days that are overcast.

Acupuncture treatments have a balancing effect on brain chemistry, boosting dopamine levels and restoring some of that “get up and go”.

Start your winter off right and regain your optimal wellness!

Metis Clinics  
7110 SW Fir Loop, Suite 210  
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## Meet Sheridan Horning

Sheridan has been working in the healing arts for over 10 years. She offers acupuncture, massage, and qi gong healing to her patients.



After acquiring her Masters degree in Acupuncture and Chinese Medicine Oregon College of Oriental Medicine, she completed her education at Nanjing Traditional Chinese Medicine University in China.

She has also studied for 3 years with the principal teachers of the Ling Gui International Healing Qigong School, the grandchildren of the doctor to the Last Emperor of China, who continue to carry an important piece of Chinese Medicine lineage.

Sheridan Horning, MAcOM, LAc, LMT, & Certified Qi Gong Instructor, AC01195 LMT #7823

## Acupuncture & Arthritis

It's been about 2,000 years in the making, but acupuncture may now be propelled into the mainstream. New research shows that the two most common forms of arthritis – rheumatoid arthritis and osteoarthritis – are among the conditions treated very effectively with acupuncture.

Acupuncture tells the body where the battle is. When you cut your hand, the body sends help to the injury site. Likewise, when a needle is inserted into



an acupuncture point, or parts of the body that reflect the area of pain, the body pays special attention to the area and emits healing factors.

Acupuncture also alters the perception of pain. Brain magnetic resonance imaging shows that deep needling of acupuncture points deactivates the part of the brain that deals with our perception of pain.

The ancient – and current – theory of acupuncture goes like this: An essential life energy called qi (pronounced “chee”) flows through the body along 20 invisible channels called meridians. When the flow of this energy is blocked or out of balance, illness or pain occurs.

More than 2,000 acupuncture points connect to the meridians. Stimulating those points with needles may correct the flow and alleviate pain.

It also helps regulate the body's nervous system, which can stimulate the release of natural pain-fighting endorphins.

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