

## A PARTNER IN PROSPEROUS HEALTH

FirstHealth of Andover was created to bring together accomplished practitioners of complementary/ alternative medicine to guide, teach, and assist the members of our community with their health concerns. Motivating patients' interest and revitalizing their ability to heal are at the center of our shared philosophy.

## CONSISTENT AND CONVENIENT

The range of services that FirstHealth of Andover can deliver on-site include:

- **Facial Rejuvenation Acupuncture.**
  - Reduces fine lines while diminishing larger wrinkles
  - Increases collagen production
  - Helps to eliminate puffiness and reduce bags under the eyes
  - Encourages muscle tone and elasticity
  - Moisturizes the skin by increasing local circulation of blood and lymph
  - Helps to lift drooping eyelids
  - Improves hormonal balance thereby benefiting those with hormonal acne
  - Enhances facial color
  - Tightens the pores
  - Minimizes double chins
  - Reduces stress lines in the face
  - Promotes overall health and well being
  - Stress release and relaxation
- **Personal Training—Injured Athletes Rehabilitation.** Are you afraid to go for the workout you desire because of chronic pain or an old nagging sports injury? Let our staff of practitioners and trainers help you regain your confidence. We specialize in assisting motivated individuals end the cycles of pain and re-injury by getting back into shape and staying there. Our roll is to do our best to help you experience the freedom from pain, while instructing you in the latest therapeutic exercises to stay in the best shape possible. Achieve the results in physical fitness you know can be yours with safe and effective guidance from our skilled trainers and

therapists. Learn how to take care of yourself for a lifetime of optimal health.

- **OSHA Evaluation and Recommendations.** Assessments may include, but are not limited to, evaluation of monitor and keyboard positioning, chair ergonomics, postural awareness, repetitive strain injury management education, and environmental factors.
- **Stress-Busting Breaks.** Using easy-to-do Oriental breathing exercises called Qigong, participants can learn to leave the stress behind while melting away tense muscles. They return to their job physically and mentally refreshed. Breaks can be scheduled for one-half to one-hour slots. Group size is dependent on the physical space. Average cost for a group of 10 participating in a half-hour program is \$15 per participant.
- **CranioSacral Therapy.** CranioSacral Therapy is performed on a fully-clothed person. Using a light touch – generally no more than the weight of a nickel – the practitioner monitors the rhythm of the craniosacral system to detect potential restrictions and imbalances. The therapist then uses delicate manual techniques to help alleviate a range of illness, pain, and dysfunction including but not limited to:
  - Migraines and headaches
  - Stress and tension-related problems
  - Temporomandibular joint syndrome (TMJ)
  - Learning disabilities

## LECTURES AND DEMONSTRATIONS

The acupuncture staff has an active schedule of presentations with local organizations and clubs. They welcome the opportunity to interact with your group on clarifying the emerging field of complementary medicine and enhancing your knowledge of this beneficial health process.

*Learn more about all our services and the dynamic practitioners by visiting our website at*

[www.FirstHealthofAndover.com](http://www.FirstHealthofAndover.com)

# H i g h B l o o d P r e s s u r e

## Hoping to Bring Down Your Blood Pressure?

*3,000 years  
of medical  
experience may  
offer a solution*



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**Celebrating Hope, Health,  
and Wellness**

## THE CHALLENGES OF HIGH BLOOD PRESSURE

High blood pressure or hypertension (systolic BP equal to or greater than 140mm Hg and/or diastolic 90 mm Hg) is a major risk factor for heart attack and stroke. An untreated hypertensive patient is at great risk of disabling or fatal left-ventricle failure, myocardial infarction, cerebral hemorrhage or infarction, or renal failure at an early age. According to a report in the Journal of the American Medical Association, middle-aged Americans face a staggering 90 percent chance of developing this condition.

- Estimated 50 million people suffer from hypertension in the U.S.
- Prevalence of isolated systolic hypertension (ISH) increases with age until at least age 80.
- Hypertension is one of three risk factors, along with cigarette smoking and high cholesterol, predisposing to coronary heart disease.
- Primary hypertension has no cure.
- Medications used to treat it must be taken daily, usually for a lifetime.
- Side effects from HBP medications can include fatigue, depression, dizziness, ankle swelling, and sexual dysfunction.

## ACUPUNCTURE SOLUTIONS FOR HIGH BLOOD PRESSURE

**Background:** Massachusetts General Hospital (MGH) and the New England Research Institute received a five-year cooperative agreement from the National Institutes of Health's National Center for Complementary and Alternative Medicine to study the efficacy of acupuncture in treating high blood pressure.

**Treatment:** Patients are treated with acupuncture twice a week for six weeks.

**Progress:** The study is not yet complete, but the results are encouraging. Dr. Randall Zusman, MD is director of Hypertension and Vascular Medicine at MGH.

As quoted on the MGH website, Dr. Zusman stated, "A substantial number of patients have responded with significant reductions in blood pressure. The implication is that 12 acupuncture treatments over a six-week period will produce a cure." A cure is defined by this study as maintaining normal blood pressure for one year without medication.



**Mechanism:** American researchers have shown that the gentle insertion of acupuncture needles into specific points can stimulate the nerves that reach up into the brain and into the cells that control blood pressure. Dr. John Longhurst professor of medicine at the University of California, Irvine stated, "There is evidence from our laboratory and many other laboratories to suggest that cells quiet down after acupuncture."

## HEALTHFUL OPTIONS AT FIRSTHEALTH OF ANDOVER

### HOW ACUPUNCTURE WORKS

As more studies are funded, our understanding of the mechanisms of acupuncture continuously evolves. The latest discoveries suggest relationships of cause and effect between several reoccurring events.

*Conduction of electromagnetic signals.* Scientists have found evidence that acupuncture points are strategic conductors of electromagnetic signals.

*Activation of opioid systems.* Research has found that several types of opioids may be released into the central nervous system during acupuncture treatment.

*Changes in brain chemistry, sensation, and involuntary body functions.* Studies have shown that acupuncture may alter brain chemistry by changing the release of neurotransmitters and neurohormones.

## NO PAIN WITH LOTS OF GAIN

Acupuncture needles are so thin that most first-time patients hardly notice when they've been inserted. The relaxation and pain relief achieved through using these fine, flexible needles continue to pleasantly surprise our patients.

## SAFETY IS FIRST

Evidence clearly shows that acupuncture is very safe when performed by a well-trained practitioner. Practitioners at FirstHealth of Andover have passed state and national boards, practice universal precautions, and use only stainless steel, disposable needles.

## CLINIC SERVICES OFFERED AT FIRSTHEALTH OF ANDOVER INCLUDE:

- Acupuncture
- Facial Rejuvenation Acupuncture Program
- Injured Athlete's Rehabilitation
- Herbal Medicine Consultations
- Homeopathic Consultations
- Massage (sports, relaxation, Swedish, deep tissue and many more!)
- Chiropractic Rehabilitation
- Personal Training and Physical Fitness Programs
- Nutritional Consultations
- Individual and group Meditation and Qigong Healing Sessions
- Trager Therapy
- Craniosacral Therapy
- Ashiatsu massage