



Healing Crohn's Disease PART 2

by Tim Keim



I have always been encouraged by others to “use my voice.” When I heard about a radio school nearby, I enrolled and began what would turn into an award-winning 30-year radio career that continues to this day at WUNC in Chapel Hill. Radio helped me express my creative potential and brought fulfillment to my life. I pursued this path with heart and purpose. Yoga calls this dharma or service aligned with one’s Divinely endowed talents.

I had a mild flair up of Crohn’s Disease in 2000 but used the ancient art of Ayurveda (the healing system of yoga) to quickly alleviate my symptoms. I was too thick-headed at the time to realize Ayurveda’s power to help me and had another hospitalization in 2001 and then another in 2006.

Chronic depression and antidepressant medications followed my move to North Carolina in 2002 and lost my livelihood. I melted into a crucible of circumstances that burned my life down to its foundation. I experienced what used to be called a “nervous breakdown.”

Fortunately, I had, and still enjoy, the love and grace of the finest woman I’ve ever known. This kind of love is the essence of salvation itself.

I struggled and succeeded in getting myself off these medications because of my innate suspicion of long-term pharmaceutical use. Research is now showing that anticholinergic medications, including antidepressants, have a strong association with the development of dementia.

However, I remained at square one with regard to my risk of another Crohn’s episode and depression. I knew I had to dig deep into my own inner resources, confront my essential questions and then have the guts to live with the answers I got.

I’d been a yoga practitioner since 1996 and certified instructor since 2004. Yoga helped me heal back pain and several physical injuries. I was also aware of the claims that it had much more to offer me while dealing with chronic mental and physical diseases. I put yoga to the test and in the bargain realized another aspect of my dharma as a health practitioner.

I devoted myself to regular yoga practice and the results were nothing short of amazing. Yoga offers the unique ability to manage stress and trauma by regulating the balance of the sympathetic nervous system; the fight, flight, and fear response and the parasympathetic nervous system which gives us access to

deep relaxation and healing both physically and mentally. This helped me diffuse my anger, anxiety and depression. Research shows exercise to be as effective as antidepressant intervention without its menacing potential.

I completed my training as a Yoga Therapist in 2013 and have just finished my Ayurvedic Health Counselor education. My study of Ayurveda continues this fall as I begin to launch my practice here in Pittsboro.

As my life’s purpose became clearer to me, I also discovered the other parts of healing that eventually led to cure Crohn’s Disease in myself.

I learned how to eat for my unique constitution. Ayurveda respects each of us as one-of-a-kind individuals. There is no one-size-fits-all popular dietary approach that will address your one and only make up. No matter what your constitutional type, there is a delicious, alchemical variety of healing foods and herbs that will delight and excite you.

I also learned to practice meditation. There is nothing spooky about meditation. It’s a part of every religious tradition known to the human family. It is simply cultivating stillness in conjunction with the breath, our most intimate physical connection to the Divine.

MRI (magnetic resonance imaging) research clearly demonstrates that meditation changes the physical structure of several parts of the brain to improve learning and memory, increase empathy and reduce fear. Watch Sara Lazar’s TED Talk for more on meditation.

Your path to healing may not look exactly like mine, but the essentials of proper food, physical culture, mental health, and a righteous life of purpose aligned with goodness will lead you to the pinnacle of your human potential.

If Crohn’s Disease afflicts you, I encourage you to find a quiet place. Ask yourself the fundamental questions about your life that bubble up for you, seek the answers to those questions with all your heart and knock on the doors of those who are equipped to help you. Without a doubt, you will find your answers and the doors of healing will be opened to you. Believe in your body’s capacity to heal itself because it’s always been there waiting for you.

Be patient. This is not the fairy dust of wishful thinking. This is a practical path to healing and your realization of your full human potential body, mind and spirit.

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Acupuncture for healthy skin and to reduce signs of aging

by Michelle Thelen



WHAT IS FACIAL OR COSMETIC ACUPUNCTURE, AND HOW DOES IT WORK?

Cosmetic acupuncture, also known as acupuncture facial rejuvenation, is a safe, non-toxic and holistic method of treating the skin. Numerous trainings are conducted across the U.S. to train acupuncturists in this technique, with the goal of helping women to reduce early to progressed signs of facial aging. These techniques don’t just limit themselves to one area of the face, and are applicable to eye areas, neck, décolletage, mouth, forehead, and jaw areas.

The method not only helps reduce signs of aging, but acupuncture as a modality offers many other health benefits such as improved mood, help with sleep and digestion, and has an overall balancing effect on the nervous system.



Acupuncture treatments are performed with the patient fully dressed while allowing access to the arms, legs, neck, and belly areas. Many points on the stomach, large intestine and spleen meridians are chosen to treat women because of their abilities to “raise the Qi” and “tonify blood.” There is a saying in traditional Chinese medicine that “women are ruled by blood and men are ruled by Qi.” Generally, women tend to deal more with issues of aging skin due to this phenomenon, since loss or problems with the menstrual cycle can lead to dryness and poor circulation. As a result, the face develops fine lines, sagging, and discoloration. This, incidentally, is also the reason that women tend to develop more issues with frozen shoulder and tendinitis (blood nourishes tendons and connective tissues).

WHY CHOOSE FACIAL REJUVENATION OVER OTHER MORE POPULAR COSMETIC PROCEDURES?

Many women I have worked with have had Botox, dermal fillers, and other cosmetic procedures and have found the results to be good, but temporary, or else they do not wish to “overdo” it with these treatments.

Other women simply want to try something more natural and beauty enhancing, rather than invasive and potentially harmful. Acupuncture needles used on the face are extremely fine— even thinner than the ones used on the body—and are specifically designed for facial skin, which is more than 70 percent thinner than body skin. The needles work by stimulating chemicals in the tissues surrounding the point, and thereby induce many healing processes including stimulating collagen and enhancing lymphatic exchange at the needle site.

WHAT ARE SOME OF THE COSMETIC BENEFITS?

The results of facial acupuncture treatments reflect not only a change in external appearance, but also an improvement in total body wellness. In terms of the face and skin, patients may notice the cosmetic acupuncture helps reduce:

- Wrinkling skin around the mouth
- Forehead furrows
- Frown lines
- Sagging neck lines
- Deep laugh lines
- Sagging skin
- Drooping jaw line
- Crows feet
- Drooping eye lids
- Eye puffiness
- Dark circles under the eyes
- Dark/age spots
- Redness or blotchy skin tone

AVOID THE POTENTIAL RISKS OF BOTOX AND DERMAL FILLERS

Another advantage to choosing acupuncture is that it does not damage the deeper layers of the skin or dermis, whereas collagen and dermal fillers can potentially deconstruct the basement membrane that underlies the epidermis and actually distort the template of the face. A study published in the Journal of Biomechanics showed that paralyzing muscles with Botox could lead to a breakdown of both the bone and muscle tissues, due to inhibiting the neurotransmitter acetylcholine. Another study in Bone showed that repeated Botox injections do reduce muscle mass, and also weaken the structural integrity of trabecular bone. Trabecular bone is important for the tensile strength of bone to sustain compressive forces, and is a component of the spongy, inner part of bone such as found in the spine, jaw, and limbs. The frontal and orbital bones around the eyes also contain directional trabecular bone, and this is the most popular site for Botox injection to address furrowed eyebrows.

HOW CAN I DETERMINE IF I AM A GOOD CANDIDATE FOR FACIAL ACUPUNCTURE?

Unlike standard cosmetic procedures, the goal is not to “correct” skin damage but to reduce it and also to enhance those areas of natural beauty. At the initial interview, it is a good idea to identify one or two areas or issues (i.e., sagging jowls, mouth wrinkles, crows feet) for treatment. It may

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