

Chinese Medicine

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BONE FRACTURES

In Chinese Medicine, bone has to do with the kidney meridian. The matrix of bones, bone marrow, brain and spinal cord are all generated by the kidney essence. The marrow is the basis for the formation of bone marrow, which nourishes the bones. Thus the kidneys also govern bone marrow and bones. If the kidney essence is strong, bones will be strong, and teeth will be firm. If the kidney essence is weak, bones will be brittle and teeth loose.

The Kidney-Essence has also an important influence on vitality and mental vigor. This means that Kidneys determine both physical and mental strength. They also determine our will power.

This article is very personal for me because in the beginning of December I fell at a local grocery store and fractured my right hand, specifically the long bone on my pinky and the attachment to the fourth finger. The fall was so bad that my tissue damage was severe and the pain was excruciating due to the fact that the long bone continued to move for more than two weeks.

There are so many components to being injured: physical pain, feeling emotionally scattered, as well as the psychological implications feeling vulnerable. The immediate pain and swelling is followed by the physical body almost "turning off" to protect itself. It is a very important time to not only see a medical doctor to confirm fractures or injury, but is also a time to get the body's Qi functioning again.

It helps to get an acupuncture treatment just to reestablish balance and to also get things moving. Herbs are also very important at this time since they can help with inflammation responses, bruising and also pain. I am not an advocate of western pain medication since I feel that there are so many alternatives that work and are beneficial.

To suffer a severe injury is very difficult. You need plenty of rest, a healthy diet that is filled with vital foods, and to honor the process of truly healing. There is a very old remedy for swelling and pain that entails using hot water, not more than 98 degrees and cold water and alternating these two for five minutes at a time so that the body begins to pump blood and begins to move a bit more. It can also help with remaining swelling that won't go down.

Aside from acupuncture, if you are sensitive, there is an electro-stim machine, which can be used with adhesive patches to help the healing process instead of needles. This healing process is important to occur fully or it can develop into degenerative joint disease, arthritis, or even carpal tunnel syndrome. In the case of a finger, it is



called ulnar compression, which can not only lead to arthritis, but also can also shorten the length of the finger and cause it to not close properly on the hand.

Hands are one of our most important mechanisms of human expression. In the hand-foot pair, the hand represents the yang aspect, which enables us to act on the world, to transform it, to seize it, but also to protect us from it. The hand expresses ideas in action, as well as power and domination, strength and authority. Square in shape, it is centered on the point Heart 8 and symbolizes creation and potential.

In every tradition, the hand is always linked to experimental knowledge while the heart is linked to intuitive knowledge. It is interesting to note that the word hand in Latin means manifestation. Hands are an expression of the Heart as we can see in fine paintings. The hand is also linked to an energetic micro system. Through the hand we exchange between the human Qi and the outside world.

In Chinese Medicine it can again be broken down into Yin, Yang, Deficiency, Excess, Cold and Heat in order to form a correct diagnosis. There are acupuncture points which do not have to be applied at the site but can be used as distal points in order to heal. There are formulas for fractures as well as healing kidney energy and mending bones so that they heal strong and don't cause problems down the line. In Chinese Medicine, even if someone has an old injury, they can be built up and strengthened over time.

It is very important to handle our bodies gracefully and take the time and energy to heal properly. My own healing has not only been profound but has also enabled me to heal many personal things on a deep level given the opportunity of truly see things in a different light. Please honor yourself and your body by making sure it gets the right treatments, herbs and nutrition during such an important time.

Marcy Basel has been studying acupuncture for over sixteen years and has been in private practice for eleven years. She is also trained in cranial sacral therapy, nutrition, color healing and energy work. To set up an appointment or to ask any questions, please call 707-824-8747. Her address is 435 Petaluma Ave. Suite 120 Sebastopol, Ca. 95472.

Senior Advocate

By Raynetta James



I was fortunate this past November to be the volunteer representative for the Sonoma County Area Agency on Aging Advisory Council to the 2007 C4a Conference in Los Angeles (California Association of Area Agencies on Aging Allied Conference.) It was about all things California seniors.

One of the educational workshops I attended was entitled: "LGBT Seniors in Your Area Planning. AB2920, the Older Californian Equality and Protection Act." This workshop discussed the hidden, isolated and underserved Lesbian, Gay, Bisexual and Transgender seniors and the new California law Assembly Bill 2920 affecting them. It requires that California's Area Agencies on Aging include the needs of lesbian, gay, bisexual and transgender seniors in planning and programming.

For all you legal beagles, AB2920, Welfare Code and Institutions Code Section 9103-9103.1 states that: 9103. The legislature finds and declares all of the following: (a) recent studies have shown that lifelong experiences of marginalization place lesbian, gay, bisexual, and transgender (LGBT) seniors at high risk for isolation, poverty, homelessness, and premature institutionalization.

Moreover, many LGBT seniors are members of unrepresented groups, and as a result, are doubly marginalized. Due to these factors, many LGBT seniors avoid accessing elder programs and services, even when their health, safety, and security depend on it. (b) LGBT seniors often lack social and family support networks available to non-LGBT seniors. They may face particular health risks, as disease prevention strategies often ignore LGBT seniors, and HIV and AIDS drug trials generally do not include older participants. (c) LGBT seniors are denied many vital financial benefits provided to heterosexual married couples.

For example, surviving same-sex partners are denied the social security benefits that married couples are provided, and may face heavy taxes on the transfer of assets upon the death of a partner. Moreover, even under California law, LGBT seniors are denied equal long-term care insurance protections. This costs LGBT seniors hundreds of millions of dollars each year in lost benefits. (d) The number of people 65 years of age and older in California is estimated to double to 6.5 million by the year 2020, thereby increasing the number of LGBT seniors who are receiving inadequate services. (e)

Ensuring that the needs of LGBT seniors as well as other underrepresented groups are adequately assessed during the planning and development of programs and services will increase access to the programs administered by the California Department of Aging and

the area agencies on aging. (f) California leads the nation in protections it affords to LGBT persons. As failure to meet the needs of LGBT seniors is a problem of national scope, including LGBT seniors and other underrepresented groups in need of assessment and area plan process will help the state to be a model for change in other states and at the federal level.

9103.1 (a). (a) the department shall ensure all older adults have equal access to programs and services provided through the Older Americans Act and under this division in each planning and service area, regardless of physical or mental disabilities, language barriers, cultural or social isolation, including that caused by actual or perceived racial and ethnic status, including, but not limited to, African-American, Hispanic, American Indian, and Asian American, ancestry, national origin, religion, sex, gender identity, marital status, sexual orientation, or any other basis set forth in Section 12921 of the Government Code, or by association with a person or persons with one or more of these actual or perceived characteristics, that restrict an individual's ability to perform normal daily tasks or that threaten his or her capacity to live independently. (b) This section is not intended to increase General Fund obligations for programs administered by area agencies on aging. (c) The department shall require that each area agency on aging include the needs of lesbian, gay, bisexual, and transgender seniors in their needs assessment and area plans. (d) The department shall provide technical assistance to the area agencies on aging regarding the unique needs of the lesbian, gay, bisexual and transgender seniors. (e) The department may adopt regulations to implement this section. If the department determines that adopting regulations is necessary, it shall do so only after consultation with the area agencies on aging and the California Association of Area Agencies on Aging.

I am concerned about all seniors and hope that this article will provide some important information to help this particular group of seniors access their entitled services.

If you have comments about this topic, please email me at raynettajames@cs.com.