



We Hope You are Having
a Great Summer!

Women's Clothing Swap

Saturday, Sept. 19

To Benefit The
Acupuncture Association of
Missouri

Give your clothes new life!

SEPTEMBER 19, 2009
from 10:00am - 1:00pm
At 3966 HARTFORD ST, STL
MO 63116
(2 doors down from Hartford
Coffee Co)
Coffee, tea and snacks provided

Donate gently used clothing, hats
and handbags (clothing should be
washed & folded; without tears).
Donate these items and purchase
new ones. A dressing room is
available.

Items can be
donated at our clinic
until 9/1

If you have questions,
please contact us at
314-772-4325

Study Shows Acupuncture's Effectiveness in Treating Carpal Tunnel Syndrome



Acupuncture is as effective as the
corticosteroid, prednisone, for the
treatment of carpal tunnel syndrome
(CTS), according to a new study.

The randomized, controlled study,
which was published in the May 2009 issue
of *The Clinical Journal of Pain*,
investigated the efficacy of acupuncture
compared with steroid treatment in
patients with mild-to-moderate carpal
tunnel syndrome as measured by both
nerve conduction studies and symptom
assessment surveys.

Seventy-seven patients were randomly
divided into 2 groups. One group received
eight acupuncture treatments over four
weeks, and the other group received oral
doses of prednisone, daily, for four
weeks. The results showed that
acupuncture was just as effective as the
corticosteroid for pain, numbness, tingling
and weakness. For the symptoms of night
time awakening and motor function, the
acupuncture group had better results.

The researchers concluded that
acupuncture is a safe and effective
treatment option for carpal tunnel
syndrome.

Thanks to Diane Joswisk at Acufinder for
providing this article. The source for the
study is: *The Clinical Journal of Pain*.
25(4):327-333, May 2009.



Community Acupuncture Clients Receive One Free Initial Visit at Lionheart Fitness Center valued at \$65.

Lionheart Fitness offers personal training in a Private Studio. Their services include cardiovascular fitness, strength training, nutrition and weight loss.

Call Mike Aiello at 314-781-6600 and mention that you are from Community Acupuncture to receive your free visit. Appointments are required.

1039 S. Big Bend Blvd,
Richmond Heights, MO 63117
www.lionheartfitness.com



**Our Gift to you!
One Free
Acupuncture Treatment
during your
Birthday Month!**

By appointment only:

Call 314-772-4325

Mention the Birthday Special when you come or when you call

The St. Louis Byron
Katie Inquiry Circle

presents

"The Work" Retreat

August 28-30

facilitated by Bryan Wagner
at *Il Ritiro Retreat Center*
(about 40 minutes SW of St. Louis)

Prerequisite:

**Participants have had some
experience with "The Work"**

**Space is limited
so register now.**

**Workshop, meals and Double
room: \$145**

Single room: \$170

Register by Credit Card by calling
314-772-4325

or make payment to:

Community Acupuncture,
2006 S. 39th St.
St. Louis, MO 63110

Included are morning, afternoon
and evening sessions
of "The Work" of Byron Katie
supported by gentle yoga,
relaxing meditations and delicious
vegetarian meals.

Questions.... contact Bryan at 314-
265-9411.

For more information about the retreat
center visit www.il-ritiro.org

Sincerely,
John Schmieder & Bryan Wagner
Community Acupuncture of St
Louis
(314) 772-4325
www.acustl.com