

 **THE REDWOOD CLINIC** 

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BIOGRAPHICAL SKETCH OF JAY SORDEAN

Medical Background: Jay Sordean is a Licensed Acupuncturist (L.Ac.), Oriental Medical Doctor (O.M.D.), Certified Traditional Naturopath (C.T.N.), Qualified Medical Examiner (Q.M.E.), homeopath, and herbalist. Originally from Indiana, Dr. Sordean began his study of medicine at an early age; in 1971 he began his focus on Oriental Medical studies with the practice of Tai Qi Chuan, Shiatsu, and dedicated study of Japanese. His formal training in acupuncture and herbology began in 1973 during his first trip to Japan and has continued thereafter with study in Taiwan, Hong Kong, Japan, and other areas of Asia, Europe, the United States, and Canada. He was also a senior information analyst for the National Cancer Institute for five years, where he was responsible for translating documents on Western treatments of cancer from the Japanese medical literature. His training in Homeopathy began in the late 70's and includes residential clinical study in Calcutta, India and Practitioner of Classical Homeopathy status from the Dynamis School of Advanced Homeopathic Studies in England. Between July 2004 - February 2005, Dr. Sordean was the in-house acupuncturist for the Kaiser Occupational Health Department in Oakland, CA.

Consumer Advocacy: In supporting the wider acceptance of acupuncture in mainstream medicine, Dr. Sordean has served on the Board of Directors of the California Acupuncture Association. In addition, he represented the C.A.A. in legislative hearings and meetings with other leaders in the medical community. He also served as the California Regional Representative to the Oriental Medicine and Chiropractic Quality Management Committee of Landmark HealthCare, a leading acupuncture and chiropractic IPA and HMO which is working to get acupuncture integrated into all HMOs, PPOs, and other third party plans.

In addition, he was also a founding member of the Body-Mind Wellness Institute, promoting an integration of a variety of alternative approaches to health and healing. At the national level, Dr. Sordean has been active in making acupuncture practice safer and more accessible to the public. Furthermore, he is nationally certified by the National Commission for the Certification of Acupuncturists as a diplomate and a Diplomate of the National Board of Acupuncture Orthopedics. In 2005, he achieved a Medical Provider Certification in the First Line Therapy program, which puts patients on the path to optimal health and ideal body composition through a combination of balanced eating, exercise, reduction of stress, appropriate testing, and effective supplementation.

*Less than 1% of the acupuncturists in California have achieved
this level of advanced training.*

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Public Service: Dr. Jay Sordean has been a resident and active participant in Northern California affairs since his move here in 1983 from Philadelphia. He is a participating member of the Berkeley and Richmond Chambers of Commerce and has given educational lectures to Rotary, Kiwanis, Optimist, Soroptimist, Curves, YMCA, hospitals, yoga centers, senior citizens, police, and other service groups. *Should you want a special presentation for your group or workplace, please call the office.* In addition, he supports groups promoting health, peace, social justice, and meeting human needs, such as Physicians for Social Responsibility and the People's Life Fund. Having been fortunate enough to be able to travel to many countries around the world, Jay effectively uses his multicultural skills to promote health and understanding in this culturally diverse community.

Patient Satisfaction: Clients find that Dr. Sordean's warmth, sensitivity, and experience are valuable assets to help meet their individual needs, whether in treating acute illness, chronic disease, work or personal injury, infant and pediatric conditions, or for life-long health promotion and disease prevention. Clients also appreciate his ability to communicate effectively with their primary care physicians and his dedication to advocate a holistic and preventative approach treatment.

Breadth of Knowledge: As former Director of Programs for the Japanese-American Acupuncture Foundation, he was instrumental in bringing the top Japanese Acupuncture and Herbal Masters to California in the 1980s to help improve the level of acupuncture and herbal medicine practiced here. Because of his extensive studies and fluency in Japanese, he is in a unique position to treat patients by implementing the refined techniques which are taught and known to very few. Dr. Sordean represents a new type of family practitioner, as he is able to treat a diverse range of health-related issues. In addition, other acupuncturists refer patients to him because he is known to have specialty training in pediatrics, immunology, orthopedic and neurological acupuncture, homeopathy, as well as herbology.

Further information: Other questions you may have can be answered by calling Dr. Sordean at The Redwood Clinic at 510-849-1176. Comprehensive evaluation and treatment is available by appointment.

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Natural Solutions to Sleep Problems

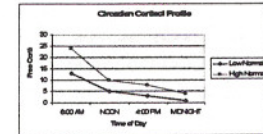
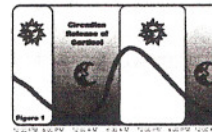
Jay Sordean, LAc, OMD, CTN

Guest Speaker: Foundation for Wellness Professionals

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Sleep Rhythm and Cortisol



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According to the National Institute of Neurological Disorders and Stroke, the most common sleep disorders include:

- Insomnia
- Sleep Apnea
- Restless Legs Syndrome
- Narcolepsy

Source: Brain Basics: Understanding Sleep: National Institute of Neurological Disorders and Stroke (NINDS).
http://www.ninds.nih.gov/disorders/brain_basics/understanding_sleep_pt.htm

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In fact, according to the National Institutes of Health, well-known sleep drugs such as Ambien® and Lunesta® are categorized as a “sedative-hypnotic” with side effects including: bloody or cloudy urine; chills; cold/flu-like symptoms; coughing or hoarseness; decreased interest in sexual intercourse; diarrhea; painful urination; discouragement; fear; feeling sad or empty; irritability; itching skin; lack of appetite; loss of sexual ability, desire, drive, or performance; loss of interest or pleasure; mood or mental changes; nerve pain; nervousness; pain, cramps, heavy bleeding (females); rash; seeing, hearing, or feeling things that are not there; swelling of the breasts or breast soreness (males); tiredness; trouble concentrating; trouble sleeping; vomiting. Other changes may be more unusual and extreme, such as: confusion, worsening of depression, hallucinations (seeing, hearing, or feeling things that are not there), suicidal thoughts, and unusual excitement, nervousness, or irritability... **These types of drugs taken with alcohol, antihistamines or antidepressants could lead to even more serious reactions.**

Source: National Institutes of Health, <http://www.nlm.nih.gov/medlineplus/print/4mginfo/uspd4500589.html>

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Stress, Acupuncture And Energetics

by Jay Sordean, C.A.

AS THE MOST ADVANCED CONCEPTS in science now recognize, the basis of life is the transformative interaction between matter and energy. For thousands of years, this has been a fundamental tenet of oriental medical diagnosis and treatment.

From this standpoint, stress is a product of the sources of a person's energy and physical substance — namely, the breath, nutrition from food, and stimuli of all kinds in one's inner and outer environment — and how they support or alter a person's fundamental constitution.

What does the fundamental constitution consist of? Looking at the everyday process of standing gives us some idea of the processes that make up a part of our constitution. The ability to stand is a function of the balanced coordination of muscle groups that act antagonistically. That is, in order to stand up, some muscles must contract while others relax and extend.

This is a process in which the alternation of relaxation and tension occurs in a balanced manner in each muscle group. Energetic messages coordinate the activity of these muscle groups acting in coordination and "opposition" to each other. It is only when there is too much contraction and/or too much relaxation that the process becomes disease. This is a condition in which the energy, and the physical substance, become locked in a pattern of distortion.

A certain amount of "stress" is an attribute of normal living. It can affect the way a person stands to some degree. If the stress is especially severe or

altered, and the distortion of the normal and healthy state of balanced change may result in muscle spasms, sensations of pain, digestive disorders, lack of emotional fluidity, difficulty in maintaining mental clarity, and a general sense of uneasiness.

IF A PERSON'S CONSTITUTION (PHYSICAL, mental, and emotional) is not weakened much, these symptoms of imbalance may disappear on their own in time, without "outside" intervention. However, if the distortion is not attended to in some manner, and soon enough, it can become an unconscious habit, a "permanent fixture," in their make-up. This sets the stage for more severe and chronic problems affecting the person's physical, mental, and emotional character and health.

Therefore, it is important for the person carrying the baggage of stress and distortion to give it attention and address the source of their stress. The oriental healing arts offer a wide variety of methods to address the source of imbalance which are safe, gentle, and effective. These methods include Tai Chi Chuan, Qi Gong, Yoga, and various other forms of meditation; energetic massage therapies such as Shiatsu, Jin Shin Do, and Seiki, and acupuncture and moxabustion.

The former methods address the longer-term issues of living a more balanced, energetic lifestyle by regular practice, while the latter methods can be used to promote more rapid change and break the patterns of energetic (physical, mental and emotional) distortion so the self-practiced methods can work more effectively. Acupuncture and moxabustion draw immediate attention to the energetic source of the imbalance which causes the symptoms of distress. They seek to stimulate the person's own natural healing powers towards greater balance and harmony.

Thus health, with its balanced change, and prevention of disease are promoted. The tension and distortion associated with the locking-in of patterns of stress are addressed at their sources, and the natural abilities of a person to respond constitutionally in a balanced way to stressful situations and environments are increased. The source of the imbalanced response is addressed so that it can be worked with consciously, and not driven down into deeper and more unconscious regions only to create greater chaos later.

Stress can be a positive and motivating force in one's life when responses are in keeping with the natural laws of energy flow. The high level of energy contained within a stressful situation can be transformed into creative purpose and activity when one is consciously attuned to the energetic dynamics of the situation. The oriental practices mentioned above are excellent means of enhancing one's inherent capabilities to be attentive to the natural, and widely acknowledged, energetic processes involved in a healthy and balanced lifestyle. □

Jay Sordean is an East Bay acupuncturist.

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persistent, the person may become either weary or "wired" as energy reserves required to meet the stress become depleted. As a result, an individual may slouch or stand very rigidly in response to the energetic and physical changes associated with stress. Their normal standing posture becomes

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HEALTH REPORT

VOLUME 9

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ISSUE 86

HAPPIER, HEALTHIER BABIES RESULT FROM ACUPUNCTURE TREATMENTS

When traditional treatments don't work, parents of babies as young as six weeks old are finding success using Acupuncture to improve conditions including colic, sleeping problems, eating problems, excessive crying, chicken pox, colds, flu and developmental disabilities such as autism.

Savannah is a three-year-old living in Sydney, Australia, who was diagnosed with autism. After ten weeks of Acupuncture, gentle massage and dietary changes her mother said, "We've really seen Savannah come back out of her shell. We're getting better eye contact and she's engaging more and initiating play. Both her speech therapist and occupational therapist, independently and unprompted, have told me they've noticed a wonderful increase in her interaction."

Her sister, one-year-old Ella, had a condition that caused her temperature to drop dramatically at night. Medical doctors could not figure out what caused it and tried several courses of antibiotics with no results.

Ella's mother said her daughter's temperature improved almost immediately after the first session with Acupuncture, homeopathy and a change in diet.

Maria Deligiannis, the acupuncturist treating Savannah and her sister, said that with more parents seeking treatment for the common problems of infancy, babies now make up almost a third of her practice.

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SOURCE: <http://www.smb.com.au/news/national/babies-acupuncture-and-the-secret-to-a-good-nights-sleep/2005/09/03/1125302782104.html?oneclick=true>

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HEALTH REPORT

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ISSUE 57

ACUPUNCTURE'S PAIN RELIEF EQUAL TO PAINKILLING DRUGS

A team of scientists from two British universities carried out brain scans on patients while they underwent Acupuncture treatment. The scans showed differences in the brain's response to acupuncture needles compared with tests using dummy needles that did not puncture the skin.

Doctors found that the part of the brain that manages pain and the nervous system showed pain relief levels of as much as 15 per cent.

Dr. George Lewith, from the University of Southampton's Complementary Medicine Research Unit, said the improvement is "exactly the same size of effect you would get from...real painkillers for chronic pain. The evidence we now have is that acupuncture works very well on pain."

The 14 patients in the study were put through three tests in random order, while 'brain maps' were created using sophisticated scans at University College London. In one test, researchers used blunt needles that pricked the skin, but which the brain registered as the sensation of touch. Dummy needles, where the tip was pushed back once it touched the skin, were then used, and in the third test the patients underwent acupuncture treatment with real needles.

The acupuncture needles had two measurable effects on the patients' brains: as with the dummy needles, the brain released natural opiates in response to the expected effect of the needles.

But the scans showed that the real needles had an extra effect and stimulated another part of the brain called the ipsilateral insular. This improved pain relief of 10-15% was similar to the effect of taking conventional analgesic drugs.

SOURCE: http://www.nzherald.co.nz/index.cfm?c_id=5&ObjectID=10123440

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SLEEP DIARY

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Name _____

Complete in AM

Date	
Bed Time (of previous night)	
Rise Time	
Estimated time to fall asleep (previous night)	
Estimated amount of sleep obtained (during previous night)	
Naps (Time and duration)	
Alcoholic Drinks (Number & time)	
List physical or mental stresses today	
Rate how you felt today 1- Very tired/sleepy 2- Somewhat tired/sleepy 3- Fairly alert 4- Wide awake	
Irritability 1=Not at all / 5=very	
Medications	

Complete in AM

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STRESS SURVEY

PURPOSE: To determine if any health problems you may be having are due to stress.

Name _____ Age _____ Phone (Home) _____ (Work) _____

Address _____ City _____ State/Prov. _____ Zip/Postal _____

Occupation _____ # Hours per week currently working _____

Spouse Occupation _____ # Hours per week currently working _____

Email _____

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1 Check off any of the following symptoms you have experienced in the past 6 months:

- | | | | |
|--|--|---|--|
| <input type="checkbox"/> Headaches/Tension | <input type="checkbox"/> Low Back Pain | <input type="checkbox"/> Pain Between Shoulder Blades | <input type="checkbox"/> Allergies |
| <input type="checkbox"/> Fatigue, Tired | <input type="checkbox"/> Neck Pain | <input type="checkbox"/> Knee Pain | <input type="checkbox"/> Tension Across Top of Shoulders |
| <input type="checkbox"/> Pain Anywhere in Body | <input type="checkbox"/> Wrist/Hand Pain | <input type="checkbox"/> Ankle/Foot Pain | <input type="checkbox"/> Numbing / Tingling In Arms or Hands |
| <input type="checkbox"/> Digestive Disturbance | <input type="checkbox"/> Elbow Pain | <input type="checkbox"/> Ringing in Ears | <input type="checkbox"/> Numbing / Tingling in Legs or Feet |
| <input type="checkbox"/> Difficulty Breathing | <input type="checkbox"/> Shoulder Pain | <input type="checkbox"/> Nervous | <input type="checkbox"/> Weight Trouble |
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Hip Pain | <input type="checkbox"/> Dizziness | <input type="checkbox"/> Other _____ |

Which of the above bothers you the most? _____

How long have you been bothered by the condition? _____

Describe how it feels or affects you when it is at its worst. _____

2 Does this cause you to be: **3 Does this affect your work:** **4 Does this affect your life:**

- | | | |
|---|--|--|
| <input type="checkbox"/> Moody | <input type="checkbox"/> Decision Making | <input type="checkbox"/> Lose Patience with Spouse or Children |
| <input type="checkbox"/> Irritable | <input type="checkbox"/> Poor Attitude | <input type="checkbox"/> Restricted Household Duties |
| <input type="checkbox"/> Interrupt Sleep | <input type="checkbox"/> Decreased Productivity | <input type="checkbox"/> Hinders Ability to Exercise or Participate in Sports |
| <input type="checkbox"/> Restricted on Daily Activities | <input type="checkbox"/> Exhausted at End of Day | <input type="checkbox"/> Interferes with Ability to Participate in Hobbies or Other Desired Activities |
| <input type="checkbox"/> Unable to Work Long Hours | | |

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If you checked any of the above items, your organs are probably not functioning as well as they could, and your energy is probably not flowing as smoothly as it could be.

ACUPUNCTURE AND CHINESE HERBAL MEDICINE CAN HELP YOU because they gently and naturally treat the body to remove the stress and imbalance that CAUSE health problems.

WOULD YOU LIKE TO GET RID OF THE PROBLEM? YES NO

If your answer is Yes, there are several alternatives available to you. Please check the most appropriate for you:

- I would like to come to the Acupuncturist's office for an initial evaluation and consultation. There is NO CHARGE for this visit. This will allow me to find out if I can be helped by Acupuncture and Chinese Herbal Medicine without any financial barriers.
- I would like to come for further wellness classes. Email _____

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EXPAND PRODUCTS ITEM # 326-A

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