

Staff

Ashley Hoyt, A.P.

Elsa Julian, A.P

Medical Director

Kris M. Bly, D.O

Massage Therapists

Sharon Hawkins

Hermin Joyeau

Amber Petro

Petra Ross

Bonnie Stoddard

Skin Care Specialist

Belinda Cabrerra

Administration

Barbara Smith

Lillian Mendez

Inside this issue:

A New Look At Holiday Traditions	1
5 Element Acupunc- ture—Treating the Whole Body	2
Ask the Doctor - Relief for Inflamma- tion & Pain	2
Meet The Staff - Amber Petro	2
From A Patient's Perspective: Low Back Pain	3
Healthy Holiday Recipe— Mediterranean	3
Reaching Out To The Community— Health Fair 2011	3

Wellness & Transformation

Your Source for Holistic Healing —Inside and Out—

Volume 1, Issue 2

Winter 2011

Welcome

Year after year, the holidays bring a time for reflection and an opportunity for gratitude.

I believe that health is not about just a relief of illness and symptoms but having a vitality of life.

In this issue we will discuss the ways in which The Law of 5 Element Acupuncture can restore and stimulate the acupuncture points in specific ways in your body to re-establish balance and free flowing circulation of Qi.

We also hope to inspire you to create some tasty new holiday recipes that will become part of family traditions in the coming years. Instead of a new cookie recipe (loaded with sugars), why not try making our delicious and healthy Mediterranean Squash recipe and then create your own family's favorite version.

Our section, From the Patient's Perspective was a big hit in the last issue. For an inspiring story of a person road back to health

using integrative medical practices, read Timothy Smith's story of healing in our Winter Edition.

Complementary and alternative medical treatments are gaining respect and influence in the established world of western health care so we are continuing our Reading Corner and we have added, "Did You Know?" as an opportunity for you to gain knowledge and insight into our book selections.

At the Clinic Of Alternative Medicine we honor and salute all of you that use complimentary and alternative medicine to heal the mind, body and soul. Our practice is expanding. We continue to offer individual care through acupuncture, massage, and skin care and in 2012 look for our health and wellness seminars.

With respect and gratitude,

Dr. Ashley Hoyt

Acupuncture Physician



Dr. Hoyt provided acupuncture and massage at the 2011 Health Fair in October .

"The process of everyday living may seem fragmented yet wholeness is found in our consistent behaviors and mindful exchanges."

A New Look At Holiday Traditions Around the Dinner Table

Submitted by: Barbara Smith

As our friends and family gather around the holiday table this year, it allows us to stay mindful about the effect that our diet has on our overall health and wellbeing.

The same diet recommended for the prevention of heart disease, stroke, diabetes, and other chronic illness is the same one recommended to reduce the risk of autoimmune disease and inflammation. A diet rich in

plants and low in animal fats, highly-processed foods and sugars has been shown to have a significant impact on the body's ability to protect itself against attacking bacteria and viruses. And as cold and flu season approaches, our bodies can use all the help we can give them!

The holidays give us the opportunity to honor traditional foods while introducing foods that are

rich in fruits, vegetables, herbs, spices, fish and nuts. Through creative adaptations of old recipes we can present meals that are rich in antioxidants, anti-inflammatory compounds and omega-3 fatty acids. We do not have to sacrifice taste to enjoy healthy eating. So this year start a new tradition and introduce healthy adaptations and after the big meal take a walk instead of curling up to watch the big game on TV.

The Law of 5 Element Acupuncture



5 Element Acupuncture was originally administered to ancient Chinese royalty because their illness weren't derived from being exposed to extreme weather patterns and illness but rather to the mental challenges of management and administration of leading their country. Stress was a factor even 3000 years ago!

That is why 5 element is so beneficial today because much of our illness and dis-ease is stress related.

The law of 5 element acupunc-

ture is a school of thought that address the body, mind and spirit and is a wonderful approach to heal stress related illnesses that are so prevalent in today's society.

Stress is not only the number one contributing factor to heart disease, it is a significant contributing factor to all disease.

Dr. Hoyt states, "I have patients who come in the clinic with multiple complains, however this is often due to only one underlying imbalance."

This underlying weak link which is the causative factor continues to put out several red flags in ones health until it get directly addressed.

5 element acupuncture is able to address that one underlying weak link so the body can heal all of the symptoms.

Therefore sometimes our greatest weakness can be our greatest strength by transforming the deficiency into a revitalized state of well being.

"I have low back pain and want to enjoy my retirement years. What can be done to improve my quality of life?"

Ask the Doctor—How Do Manage the Pain and Inflammation In My Back?

Question: I am 62 years old and have worked as a court recorder for over 20 years. Since I have retired and living in the Keys, I have low back pain that seems to be getting progressively worse. I walk about 3 miles a week at a slow pace and want to keep enjoying this keys lifestyle. Please help!

Christine

Dr. Hoyt:

Acupuncture and massage are

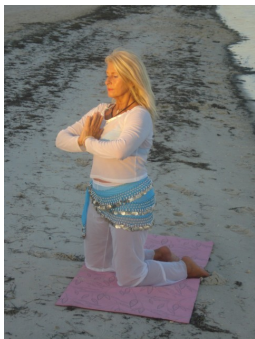
two modalities that work hand in hand to increase the QI and blood flow to the injured area to promote healing.

It also decreases pain and inflammation and strengthens the compromised area to prevent re-injury. Getting treated as close to the onset of a flair-up will decrease the healing time.

Repetitive motion or positioning can be the cause of chronic pain and can leave the injured

area susceptible to arthritis and inflammation. As you are making lifestyle choices in your retirement, options that you can choose on your own are regular exercise, stretching, yoga and tai chi.

Even though therapy can be a part of your maintenance routine, your lifestyle choices can make or break your health. Keep walking, breathing, and remember to live, love and laugh often!



Meet the staff: Massage Therapist, Amber Petro

Amber has a deep passion for helping others and restoring balance to their lives. She has been a vital part of our Key West community for over 10 years and spends some of her free time volunteering with the Key West Police Athletic League as a coach.

She is a Nationally and State Certified Massage Therapist and has specialty certifications in Lymphatic Drainage, Neuro-mechanical Therapy, and Prena-

As both a Yoga Instructor and a Fitness Instructor she has a multi-dimensional understanding of the body, incorporating many modalities that she is passionate about. Her belief in the healing touch enriches her work and is felt by every one of her patients.

Amber is very active in her community both professionally and individually-extending herself to help others-no matter what setting she is in. At the Clinic of Alternative

Medicine, Amber provides a massage incorporating her knowledge of aroma therapy, yoga, and the meridian system. Amber frequently donates her time, giving chair massages at schools, health fairs, the community college and local civic presentations.

She is an example of a practitioner who has found her passion and freely gives of herself to others every day of her life.

From The Patient's Perspective

Timothy Smith

How I eliminated my hip and back pain with acupuncture

Timothy Smith spent over 30 years as a heavy equipment operator before retiring in 1995 to live his retirement dream on Geiger Key. He was always very active and his body was just expected to "work" for him in his career. But after years of searching out various methods for relief from low back and hip pain, Timothy states, "I tried everything else and nothing worked so I tried acupuncture."

Timothy came to Dr. Hoyt in 2010 with extreme pain in his

hip and the pain extended down his right leg. He could barely walk and his grandson was getting married soon so he wanted to be able to attend the wedding.

After consulting with Dr. Hoyt, Timothy began a plan to relieve his hip pain. "It took awhile but the pain completely went away" says Timothy, "and I went to my grandson's wedding!" But as Timothy is quick to admit, "I didn't get this way overnight so I can't expect to have one treatment and have

all of the years pain go away instantly."

Timothy has enjoyed a wonderful life especially while living in the keys and is quick to say, "I found a place that was 35 feet from my bed to the boat. And it has been great!"

Acupuncture helped an active man move comfortably into a relaxed lifestyle after years of stress and strain to his physical body.



There are no ordinary moments...

Reaching Out To The Community

The Clinic of Alternative Medicine was invited to provide chair massages and acupuncture demonstrations to the students and staff at the Community College in September. The students were given tips on managing stress through nutrition, massage, breathing and exercise. Our team of massage therapists and acupuncture physicians are always available to provide healing seminars and educational presentations to



the community. We also provided mini services at the 2011 Health Fair sponsored by the Lower Keys Medical Center in October. We believe that experiencing the healing touch is an essential part of educational awareness and we are dedicated to sharing because we believe in a holistic approach to wellness and a fuller vitality in life. Look for us!

"Our lives are the sum of each moment and interaction. Because every effort, every moment matters in the development of a person... NOTHING IS REALLY ROUTINE."

Healthy Recipes

Mediterranean Squash

This side dish is a healthy accompaniment to fish or chicken. You can be as creative as you want and discover a new combination from the vegetables in your refrigerator.

This combination has a distinctive Italian flair!

- 2 Tbls Olive Oil
- 2 Zucchini, sliced
- 1 Cup Cherry Tomatoes, halved
- 1/2 Cup Baby Carrots, sliced lengthwise
- 1 Cup Shiitake Mushrooms sliced & de-stemmed
- 1 Cup Calamata Olives
- 1 Cup Feta Cheese
- 1/2 Cup Fresh Basil

Sauté fresh vegetables and olives in oil until lightly cooked. Sprinkle feta cheese and basil over the mixture. Do not stir. Cover for additional 5 minutes or until cheese has melted. Serve and enjoy!



The blend of the Italian spices and vegetables will make you think you are eating pizza without the crust!

CLINIC OF
ALTERNATIVE
MEDICINE

DR. ASHLEY HOYT

3420 Duck Avenue
Key West, FL 33045

Phone: 305 296-5358
Fax: 305 293-1146
E-mail: AcuAsh@att.net

Visit our web site:
www.KeyWestAcupuncture.com



“Be grateful for what
you have.”

Your Source for Holistic Healing –Inside and Out–

—Great Reading to feed your mind, body and soul—

***The Spectrum* by Dean Ornish, M.D.**

A scientifically proven program to feel better-live longer-lose weight-gain health. *The Spectrum* not only gives you a new path to health and well-being, it may also help reverse the worldwide epidemics of diabetes, high blood pressure, obesity, elevated cholesterol levels, and other chronic conditions.

***The Soul Truth* by Sheila and Marcus Gillette**

Reveals practical insights and techniques for readers to achieve deep, sustainable levels of inner peace. In this book we are taught to access the realms where miracles are created, inviting ordinary people to have extraordinary experiences.

Did You Know???

- It's not just the amount of fat in your diet that determines how it affects your heart. It's sugar, white flour, white rice and pasta that may actually worsen your risk of cardiovascular disease. *The Spectrum*
- Health is an awareness of the physical structure and what it needs. Healing is ultimately manifesting balance or wholeness through integrating body, mind, and spirit.” *The Soul Truth*



Gift Certificates Available

Call today: 305 296-5358

Acupuncture is a proven way to relieve pain, fatigue, inflammation and the effects of stress. At the Clinic of Alternative Medicine in Key West we have been recognized as a leader in the field of Chinese 5 Element Acupuncture. Through this balanced approach to health and wellness individuals that come to the clinic experience relief from a vast variety of pain management issues.

According to Chinese Medicine, as long as there is a free flowing circulation of Qi throughout the Meridian System, we are at our optimum health. Acupuncture points are

like little portals that allow us to influence the circulation of Qi with acupuncture needles. These meridians connect on to the next with internal pathways. Meridian are also connected to internal pathways that influence the function of the organs. There are 12 main meridians named after the organs and the organ functions. For example there is a heart, liver, stomach, spleen meridian and a meridian called the triple heater which is like an internal thermostat in the body. Acupuncture works without drugs or chemicals and it has no negative side effects. It is effective in treating addictions such as smoking, weight imbal-

ance, and chemical dependency.

Acupuncture and other therapies, like massage and yoga can clean up areas of stagnation of energy in the body and promote healing. Diet and nutrition are essential to keeping a healthy balance in the body.

The Clinic accepts most insurance, and through partnerships with other healthcare providers, we are able to offer a complete package that offers perspective patients the ability to manage and improve their quality of life.

Call or visit us at:
www.keywestacupuncture.com