

Free Acupuncture Clinics Offered to Louisville Veterans

The new Louisville Veterans' Community Clinic will be serviced by local certified acupuncturists in conjunction with Acupuncturists without Borders and the Kentucky State Acupuncture Association the first and third Wednesday of every month from 6 – 7:30 PM.

Free military stress clinics are forming all over the country to help veterans from any conflict, active-duty vets, vets in transition home and to their families and those who work in service to them.

These simple treatments can help reduce stress and feelings of emotional discomfort, can improve the quantity and quality of sleep, increase energy, elevate mood, help reduce pain, reduce nightmares and create a sense of well-being.

The effects of serving in conflicts are being recognized as causing stress in veterans and their families. From these Military Stress Relief Program (MSRP) clinics, veterans have experienced benefits such as a full night's sleep and fewer bad dreams, as well as improved mental clarity, less anxiety and a reduction in stress. Some have reported a temporary reduction in pain from headaches or sciatica.

Community-style acupuncture will consist of the following: Acupuncture needles used on the ears only, 30–45 minute treatments done in a group setting and prepackaged, sterile needles that are disposed of after use.

Location: 1813 Brownsboro Rd., Louisville. For more information, contact Martha at 502-489-1068 or martha@classicalacupunctureherbs.com or visit the Louisville Veterans Community Acupuncture Clinic page on Facebook.

A Bus Pass to Green Well-Being



There's a way to simultaneously help both Planet Earth and one's own health, report scientists from Imperial College London, in England. The researchers examined four years of data from the country's Department for Transport National Travel Survey beginning in 2005, the year before free bus passes were available for people ages 60 and older. The study team found that those with a pass were more likely to walk frequently and take more journeys by "active travel"—defined as walking, cycling or using public transport.

Staying physically active helps maintain mental well-being, mobility and muscle strength in older people and reduces their risk of cardiovascular disease, falls and fractures. Previous research by Taiwan's National Health Research Institutes published in *The Lancet* has shown that just 15 minutes of moderate daily exercise lowers the risk of death in people over 60 by 12 percent, and another study at Newcastle University found that 19 percent of Britain's adults achieve their recommended amount of physical activity through active travel alone.

Public health organizations in the UK believe that "incidental" exercise, such as walking to and from bus stops, may play a key role in helping seniors keep fit and reduce social exclusion.

Getting the Lead Out

The U.S. Centers for Disease Control and Prevention (CDC) recently redefined the "action level" for lead exposure in children. Youngsters are now considered at risk and qualify for careful medical monitoring if they have more than five micrograms per deciliter of lead in their blood—half the previous threshold. Lead poisoning can cause cognitive and behavioral problems, and the American Academy of Pediatrics recommends testing blood lead concentration levels at age 1 and again at 2, when concentrations peak.



Most lead poisoning cases occur in substandard housing units, especially those with window frames still coated with lead-based paint banned since 1978. Families in dwellings built before 1950 should also be vigilant about lead. The Consumer Products Safety Commission cautions that home lead test kits sold online and at hardware stores may not be reliable enough to identify and remove sources of exposure. Professional contractors offer more accurate results.

Children exhibiting blood lead levels above the new threshold are usually monitored, rather than treated with medications that carry serious risks. Once lead sources are removed, children's blood lead levels typically return to a more normal range within weeks.

The CDC confirms that rather than remedial treatment, the primary goal should be making sure children aren't exposed to lead in the first place. Fortunately, the levels of most of America's youngest children today are well below the revised action point, with average blood lead content of 1.8 micrograms, while school-age children, teenagers and adults face little risk.