

Video/Audio 1

Directions: Watch the video clip twice, and put down your notes according to the information you get.

1. A better understanding of the mechanism of acupuncture from the thought of human body as having
 - an _____ component
 - an _____ component
2. Based on Chinese medicine, a human-being has
 - 12 _____ along which runs the energy
 - _____ acupuncture points that govern body functions
3. By dealing with pathways on body surface and working with the energy of the system, physicians are able to
 - _____
 - optimize how the organs are working
 - _____
4. Responsibilities of the acupuncture points
 - functions that relates to the glands, nervous system
 - _____
 - _____
5. Fundamental belief in Chinese medicine
 - _____

Script

Meridian System in Oriental Medicine

Let's talk a little bit about the meridian system of the body. The energy in the body flows through pathways. If you think of your body as having an internal and external component, then you'll have a better understanding of how the acupuncture in Chinese medicine works. Although, even in ancient China, they understood that you have 12 organs that you work with, these are internal components, your liver, your lungs, your heart and so on. But these organs have an external component as well. The pathways that flow along the body's surface are the external manifestation of these internal organs. And so it's the work with the energy of the system to improve the circulation of the system, to optimize how the organs are working and to help resolve imbalances that may occur. We're dealing with the meridian system of pathways that flow along the surface. The acupuncture points are located on these pathways. There are more than 2000 points that exist in this meridian system. There are points that govern all of the organs functions. Functions that relates to the glands, nervous system, but also points that govern our emotions, our mind set, our relationships and how we connect to our higher frequencies or our spiritual perspectives in life. These pathways can be worked with acupuncture but acupressure as well. By doing certain exercises, we can move the energy in our body and relate to how these pathways are manifesting in terms of carrying energy from our environment to our organs, and helping to maintain balance and harmony, which is the name of the game when it comes to Chinese medicine, from our system to the environment. In summary, it's important to understand that the meridian system is an interconnecting grab of energy that connects your body to the environment to maintain harmony.

Video/Audio 2

Hi, I'm Jes Shuford, a licensed massage therapist here for About.com. And, today I'm going to show you what it's like to be a massage therapist.

I first became interested in becoming a massage therapist because I was a professional dancer, actually. Coming from an environment where I was working with my body a lot. And I got interested in how it worked, how it functioned, how injury happened. How the body heals and recovers from that. A massage therapist really needs to like people a lot.

You need to have a deep respect and fascination with the human body. Every person's body is a whole different story and sort of a new book that you're opening and there's always something to learn with each client that you have. You need really good listening skills and sensitivity. You need to be kind of a self starter. It's a profession where you're not going to have as much as others. You need to be self motivated. You need to be able to guide yourself and steer yourself.

Each state has different requirements for the amount of education that's necessary to become a massage therapist. New York requires a thousand hours of education, which usually ends up being about 2 years of school. In that time you will study anatomy, physiology, kinesthesiology, all of those sciences, as well as massage technique and business and ethics and those things. And, then there's a lot of practice time, practice clinics involved in there. So, you're actually getting your hands involved on the public people.

And then, in New York, after you've completed the education, you apply to take the licensing exam, but it does vary from state to state. I've been a massage therapist for seven years. I really love my job. I really love what I do. It's been really an honor to work so intimately with people and their bodies and help people feel better.

A massage therapist can work for themselves and be in private practice or you can be an employee or an independent contractor and work in a variety of different environments. There's spas, hospitals, health clubs, hotels, maternity centers, chiropractors offices, so, there's a wide range of a lot of different environments that you can be in and each of those environments is going to bring you a sort of different clientele. A different kind of people that you're working with. And, a lot of massage therapists work in more than one environment just for a little variety. So, that you're not always doing the same kind of work on the same population that you've got.

So, I do the vast majority of my work as an independent contractor at a spa in Manhattan. And also see occasional private clients in my home office and occasionally do their homes.

The table is portable and it folds up and I pack it all up in a bag with my sheets and linens and oils and music and clock and all of the things that I need to cart on over and set up in their home.

You get out of it, what you put into it. So there are some massage therapists who work part time and minimally and there are others who pour a lot of energy into private practice. You can definitely make a respectable living and the more you self promote, the more that you develop what it is that you specifically do. Obviously the greater your income potential.

I'll begin my day by checking voice mail and e-mail and doing any scheduling I need to do with private clients. Frequently then, I'll leave for the spa where I'll spend the bulk of my day.

Sometimes I work afternoon and evenings there, sometimes I work morning and afternoon. If there's time on either end of that schedule I may see a client privately.

Video/Audio 3

Raena Morgan: Hello, I am visiting with Frank Murray, the author of Natural Supplements for Diabetes, we are talking about supplements?

Frank Murray: Yes.

Raena Morgan: You have a chapter devoted to the supplements that diabetic should take. Could you elaborate on that?

Frank Murray: Yes, well in the book, I discussed a large number of vitamins, minerals, herbs and other constituents like alpha-lipoic acid is the number one treatment for diabetes in Germany. As you know, it is not specifically a vitamin it's a nutrient that is needed for various problems. It is an antioxidant and it destroys those free radicals that are dangerous and it is very little in the diet, a small amount in meat and a few other things. So you need to take a supplement, but Dr. Bergenstal is an authority in this area and he recommends alpha-lipoic acid for all of his diabetics and it is useful for treating the various complications of diabetes. I have chapters in the book on a lot of vitamins and minerals and herbs. Vitamin C is very important.

Raena Morgan: Vitamin C

Frank Murray: Yes. It strengthens collagen as we know. It is good for preventing cataracts, which are problems with diabetics. Vitamin A is another constituent that is good for the eyes. Diabetic should take chromium. It is a very important mineral for stabilizing blood sugar levels.

Raena Morgan: Okay.

Frank Murray: I have mentioned an ampelion, which is an herb, that's good for lowering blood sugar. With this long list, the fleabanes are so important. The carotinoids as we know those are the yellow -- vitamin A and other vegetables and a pie and the other things. Those are good for strengthening the eyes again and improving your health in various ways. Chromium zinc is important.

Raena Morgan: Zinc, okay.

Frank Murray: Very important. This long list of -- is mentioned here.

Raena Morgan: Well, like B vitamins?

Frank Murray: Absolutely, they are 8 B vitamins and 3 vitamin B cousins and those are very important. B1, B2, B3, B12, pyridoxine, biotin, folic acid, did I mention that? Anyway the B vitamins all play a significant part. They work together and also separately in dealing with various complications of diabetes, the circulatory system protecting against heart disease and that sort of thing. So we need a full complex of vitamins and minerals to avoid that is to deal with diabetes.

Raena Morgan: These are all natural supplements?

Frank Murray: Absolutely, also fibers are very important in dealing with diabetes. Dr. Anderson at the University of Kentucky has taken type 2 diabetic as half of the insulin with psyllium, and at oat bran and wheat bran and as we know, fiber is good for digestion. So, that helps the whole body too. So, the numerous nutrients that are very important.

Raena Morgan: And, we can read about those in your book?

Frank Murray: Yes. I detailed all of these in the book and I hope that diabetics will benefit particularly from the chapters how to take care of your eyes and your feet and your kidneys and so far.

Raena Morgan: Well thank you for that information.

Frank Murray: Thank you.