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Diminish Your Stress With Dr. Dai

By Frances O'Brien on June 10th, 2009 🗨️ No Comments 🖨️ Printer-Friendly

These days, everyone is feeling more pressure. The economy has taken a dive. People are worried about losing their jobs. The housing market is way down. Just when we thought we'd heard enough bad news, the swine flu dropped by for a visit. Unfortunately, emotional strain is often soon accompanied by illness. No one wants to be sick on top of being worried. We all need a way to relieve the stress that surrounds us, but where, exactly, do we go to do it? That's the easy part. Valley Acupuncture & Herb Center is where Dr. Mindy Dai will efficiently decrease your tension, help to ease your symptoms and work with you to make sure you get to a better place.

"Stress can make the body's immunity lower," explains Dr. Dai. "Then people get infections easily. They might feel a tight muscle here, pain there; it can all affect the body." But illness isn't the only concern we should have. The tension can also affect our behavior.

"Some people eat more because of stress. They are not actually hungry, but when they eat, they feel better, so they keep eating. I try to help them by making them relax."

In addition, when we find ourselves overeating because of anxiety, we're usually not eating the healthiest of foods. That can lead to a very unfortunate outcome.

"For some people, stress affects the digestive system, and they get irritable bowel syndrome. I can help them. With IBS, people are sometimes constipated, sometimes they have diarrhea, and sometimes they experience cram-ping. Acupuncture is very helpful for that. It helps with the digestive system because it makes them more relaxed.

Acupuncture can have other benefits, as well, which also helps us to remain healthier.

"Acupuncture can help to suppress the appetite," Dr. Dai says. "It's not that with acupuncture they'll stop thinking about eating, but it can reduce it some."

You'll still have to exercise and eat right, but Dr. Dai can help lessen your strain in order to get your body back to a state of balance.

If you're truly ready to quit smoking but haven't been able to do it on your own, she can help with that, too.

"When you quit smoking, you have a lot of symptoms," says Dr. Dai. "Some people get agitated, or they have headaches, stomach problems or cravings.

I can help you go through it smoothly. Acupuncture helps you feel comfortable. But you have to really want to quit. We have to work together."

Dr. Mindy Dai is located at 2031 W. Alameda Ave., Suite 206 in Burbank. For more information or to schedule an appointment, please call (818) 843-1558 or visit www.drmindydai.com.

Frances O'Brien is a contributing writer for "The Toluca Times."



Dr. Mindy Dai.