



Breast Cancer Awareness NJ Events



- ❖ 10/5/13- Sisters Network of Central NJ 5k Breast Cancer Race/ Walk 4 Life - Franklin High school
- ❖ 10/6/13- Susan G. Komen 5k Race for the Cure- Jackson, NJ
- ❖ 10/10/13- Free Mammograms- Newton, NJ
- ❖ 10/17/13- Breast Cancer Symposium: "Are you at Risk?"- Teaneck , NJ
- ❖ 10/20/13- Making Strides Breast Cancer Walk- Various NJ locations

For more information on these events, or additional Breast Cancer Awareness NJ events or donations, visit the links below:

www.nationalbreastcancer.org

www.avonwalk.org

www.makingstrides.acsevents.org

October is National Breast Cancer Awareness Month



Acupuncture can help with

Breast Cancer too! 

Studies have shown that acupuncture can help cancer patients by alleviating symptoms such as nausea, vomiting, pain, breathlessness, hot flashes, and post-chemo side effects.

"In a new study at the University of Manchester in England, researchers found that acupuncture reduced fatigue in breast cancer patients. In this study approximately 227 women with breast cancer were chosen to undergo 6 weeks of monthly acupuncture sessions in addition to their normal cancer treatments. 75 women continued with their regular treatments but didn't have acupuncture. All women were given a booklet about managing their fatigue. By the end of the 6 weeks, the women who had received acupuncture treatments reported feeling much better in their overall fatigue, physical fatigue, and mental fatigue. They also reported improvements in their anxiety and depression, well-being, and overall quality of life." (Courtesy of www.acupuncturefeelsgood.com)

Although acupuncture can help with symptoms of cancer, it is always strongly recommended to discuss this alternative medicine with your doctor.

Interview with Eastern School of Acupuncture's CEO



AIDA



MORALES-ALMANZAR

What is the history behind the Eastern School of Acupuncture? The Eastern School of Acupuncture and Traditional Medicine was founded by my mother, Julie Poretz in 1997. Her background was in education completing her Master Degree from Columbia University. While teaching in the NYC public school system, she was diagnosed with chronic syndrome in the 1990s. While making attempts to be cured through traditional medicine, the only medicine that cured her suffering was Acupuncture and Oriental Medicine. She then decided to change her career and become an acupuncturist to help others with their individual pain and suffering, to spread the word of acupuncture and the benefits of receiving treatment. She attended Tri-State College of Acupuncture and the Swedish Institute's herbal program. During this time, there were no acupuncture schools in New Jersey, and being born and raised in New Jersey, she was concerned why there wasn't an acupuncture School in her home State. With her background in education and acupuncture, she decided to build an Acupuncture School. Once I graduated with my BS in 2006, she asked me to join the administrative team here at Eastern School to continue her mission. In 2007, she lost her 4 year battle to breast cancer.

What is the mission of the Eastern school? "The purpose of the Eastern School of Acupuncture and Traditional Medicine is to offer professional training, education and services in acupuncture, Oriental Medicine, and traditional healing modalities that enhance the health and well being of the greater community." What that means is we are trying to change the lifestyles of our students in order to enhance their individual health and well being, and to do it on a greater level to the community at large. We encourage students to embrace speaking events to the community so the community understands what acupuncture is and the major affects it can have on an individual's life. Some still view acupuncture as an "alternative" medicine, however, it's becoming more main stream where acupuncture is becoming the first choice of medicine and not the "alternative" choice, which really is exciting to see.

Why should people include Acupuncture in their health lifestyle? What are some common ailments that Acupuncture can treat? Because Acupuncture treatments work! It's that simple. There are lists of common treated ailments, such as anxiety/stress, pain management, cold/flu, infertility, PMS, constipation/diarrhea/indigestion, just to name a few. The questions should be why wouldn't someone try using acupuncture to cure their symptoms?

Have you ever had acupuncture done? & if so, explain how it has improved your health? One of the great benefits of working at an acupuncture school is receiving acupuncture treatments on a regular basis. I am personally in our onsite campus intern clinic once a week being treated by our 3rd year interns. I believe it is important to not only talk about acupuncture and its benefits, but to also witness the amazing affects first hand. With my busy lifestyle and raising a 4 year old, there are a number of areas acupuncture has improved my health. This week, my main complaint is exhaustion and stress.

What is it that you want students to gain from their experience at the School? Being such a small School has great benefits where the students are able to truly learn on an almost individual basis with our amazing experienced faculty. They grow to have great mentors and are able to rely on them for questions/advice in the future if they have obstacles they come across in their private practices. With each individual cohort being together for 3 years, they also are able to grow like a family and can also rely on each other during their School experience and thereafter. It is very important to have a great support group and with our educational environment, it is essential to have that available to our students.

What advice would you give to current students, alumni, and prospective students interested in the acupuncture field? This is a field that is continuously learning and evolving. As students, it is important to understand the foundation of the medicine and the reasons why you are treating a patient. You will then truly learn the most from your patients in the intern clinic. Each patient is an individual, their main complaints are individual, as well as your treatment approach will be individual. What is great about this field is that your education never ends. When you graduate, as alumni, you continue your education through continuing education seminars

(CEU's), if you become a teacher you learn from your students, and as practitioners, you learn from your patients. I think the only advice I can give is to never stop learning and educating yourself.

(Courtesy of Aida Morales-Almanzar)

Alumni Spotlight

Aleksandra Mihajlovic



Above is a photo of Aleksandra Mihajlovic

I have always had a fascination with nature and the intricacies of living things which led me to study Molecular Biology and Physiology during my undergraduate studies. Parallel to that I was interested in botanical medicine and nutrition since High School and always gravitated to self-healing modalities. I was familiar with acupuncture while living in Serbia, but it was not until I moved to Toronto, Canada that I was able to experience its healing powers. A decade later, I was living in Montclair, NJ that serendipitously was a home to Eastern School of Acupuncture and Traditional Medicine (ESATM). As many would attest, becoming a parent changes priorities in life and I realized that my true passion and work lies in helping people live better, healthier and happier lives.

No other system of medicine has been around longer than Oriental Medicine and I was ready to begin the quest for knowledge and understanding when I enrolled in the ESATM acupuncture program. I was fortunate to have many great teachers and to learn 3 styles of acupuncture which greatly helps me in my practice. Continuing my studies in the Herbal program was a natural extension and gave me the opportunity to learn another modality which allows me to help more people. Herbal studies also deepened my knowledge of many theoretical concepts of Chinese medicine.

My practice in Montclair, NJ is a family practice where I treat patients from newborns to seniors. I am especially passionate about treating children and offering alternative treatments to pharmaceutical drugs. I also enjoy treating dermatology patients and doing facial rejuvenation. I enjoy the challenge and never stop to marvel when acupuncture provides relief when everything else has failed. A majority of my patients also use herbal remedies from time to time.

The biggest challenge for me is deciding which Continuing Education classes to take – there are so many that interest me, I could be in school full time again!

One of my favorite quotes is “ Live life as if you were to die tomorrow, learn as if you were to live forever”

(Courtesy of Aleksandra Mihajlovic)

Eastern School Events

Brookdale Park Health & Wellness Fair



On Saturday, September 14th, 2013, Eastern School was one of the 150 vendors at Brookdale Park's Health and Wellness Fair. At this fair, attendees were able to enjoy free health screenings, fitness classes, music, activities for kids, and healthy snacks and treats. The Eastern School had the opportunity to network with other vendors and give 200+ free clinic treatments! We also had the chance to see our alumni member Aleksandra Mihajlovic and Valerie Paik from the North Essex Chamber of Commerce enjoying this community event as well.

Eastern School would like to thank Kelly Williams for coordinating this event. A thank you to our Academic Dean, Jeff Ariola, Office Manager, Erika Burgos, and Faculty Member, Patricia Barron, for attending and helping with the health fair. You all did such a great job representing the Eastern School of Acupuncture.

(Courtesy of Erika Burgos)

Upcoming Events



Eastern School

Upcoming Events

❖ *Back to Health Essex County Chamber of Commerce Event*

Thursday, October 17, 2013

6pm-8pm, Eastern School 2nd fl.

Join Us!

Enjoy light refreshments, live music, healthy lifestyle demonstrations, networking, general health information, and our raffle contest.



❖ *Acupuncture and Oriental Medicine (AOM) Day Event*

Thursday, October 24, 2013, 8:30am-8pm

Eastern School Clinic, Suite 306

Celebrate with us on AOM day! Free acupuncture treatments, first come first serve.

Book your appointment now!

(973)746-2848



Local Community Health Events

10/2/13- *Vegetarian Meals, Hamburg NJ*

10/5/13- *Total Brain Health Fair, Princeton NJ*

10/6/13- *Live Well, Sports and Health Event, Berkeley Heights, NJ*



Fall Seasonal Events

10/5/13- Essex County Environmental Center OctoberFest, Roseland NJ

10/5/13-10/6/13- Pumpkin Patch Fest, Jersey City NJ

10/5/13- 10/6/13- Holmdel Harvest Festival, Holmdel NJ

10/12/13- Seasonal Scavenger Hunt, Tenafly NJ

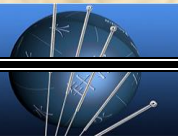
10/19/13- Montclair Center Children's Pumpkin Contest, Montclair NJ

10/19/13-10/20/13- Fall Fine Art & Crafts, Brookdale Park, Bloomfield NJ

10/20/13- October Trails, Verona NJ

Every Sunday- Apple Cider Making, Tenafly NJ

Visit www.njfamily.com for more information on these events and additional events.



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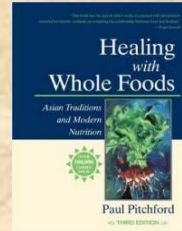
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involved in our newsletter, please
contact the Office Manager, Erika
Burgos at
newsletter@easternschool.com

Book Recommendation of the Month



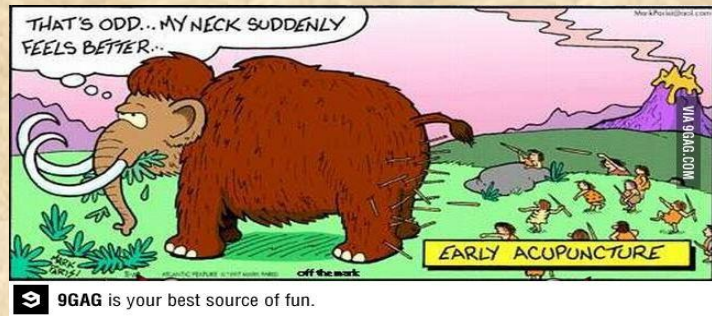
Healing with Whole Foods

By: Paul Pitchford



Acupuncture

pokes a funny bone!!!



(Courtesy of lolshelf.com)

Come Create...

at Thought in Motion™

Monday Night Class

At 7:00 pm

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@127 Valley Road, Montclair, NJ 07042 \$20.00 for ESATM students

Please visit us at: www.ThoughtinMotion.net

973-826-0367

(Courtesy of Thought in motion)