

Illinois Valley's acupuncturist gets to the point

By CHRIS HILL
IVN Correspondent

At only 30 years of age, Illinois Valley resident Jo Anne Stone was stricken with fibromyalgia and severe joint pain that left her walking with a cane.

But that all changed after she visited an acupuncturist nearly 20 years ago.

After her initial consultation, Stone began improving her diet and taking herbal supplements. She also received treatments during which the acupuncturist would manipulate Stone's "chi" or internal energy by inserting needles into her body.

Through diet, supplements and needle treatments, acupuncture not only cured Stone of her ailments, but it opened the door to the pathway of Stone's career.

Fast-forward 20 years later to November 2005.

Stone, now an acupuncturist licensed under the Oregon State Medical Board, is busy either treating clients at her clinic, Illinois River Acupuncture, or making house calls.

"Acupuncture is popular in this country for its ability to treat pain, but it's much more than that," she said. "It's great for chronic conditions too.

"It's a different way to look at physiology. It's very rich. It can do a lot of things that Western medicine just can't treat. Western medicine is only 200 years old, whereas, acupuncture is Chinese medicine that has been studied for 2,000 years."

According to Stone, acupuncture is great for treating conditions such as hypertension, diabetes, phlebitis, gout and "things that

would send people to the hospital."

But perhaps the most remarkable aspect of acupuncture, Stone said, is its ability to prevent stroke and to help patients in stroke rehabilitation recover.

Stone has seen the traditional Chinese medicine work wonders time and time



JO ANNE STONE

again, she added.

"I had one patient who had irregular menstrual cycles and had tried for a very long time to get pregnant, but couldn't," she recalled. "I gave her one treatment, and soon after, she became pregnant," Stone explained.

Acupuncture, Stone added, is a vast medicine that has a lot to do with diet and lifestyle and not just poking needles into a body.

"The Chinese have been studying herbs for a very long time and know exactly which herbs are toxic and which herbs work on certain body systems," said Stone.

The diagnostic skills that Stone uses to determine what treatments are necessary are quite simple, too.

"A person's pulse and tongue tell me what's going on," she said. "By feeling pulses, you can access

what's going on in the person's body. The color, shape and coating of a person's tongue is a map of what's going on in the body.

"Different parts of the tongue correspond to parts in the body," Stone said.

Once Stone has diagnosed the problem, she determines what treatment is best for the person, depending on several factors, including genetic makeup.

First, when it comes to placing needles into bodies, Stone said, it's not just randomly selecting a spot, but rather an exact science as to where each needle is placed.

Secondly, the explanation for how the needle poking works is not an easy one, Stone added.

"There are 12 meridians in the body where certain type of energy or "chi" flows in channels," she noted. "Each channel has an internal and external component, and sometimes the chi will stop flowing when the person has a problem.

"I can manipulate their chi to start flowing again by placing the needles where I do," Stone said.

"Each point where I place a needle has a function, and it's the way that I choose the combination of points that makes the medicine," she said.

It's this medicine that has been aiding I.V. residents during the past six years.

Stone moved to the valley from California six years ago and spent four of them working in a small clinic in Kerby. During the past two years, she has been at her current location in Western Plaza.

Prior to becoming an

acupuncturist, Stone was a special education teacher.

"I love working with kids who have development and behavioral problems," she said. "I also treat a lot of children, especially for hyperactivity.

"Chinese medicine is very effective for hyperactivity. Most of the time, they can supplement with herbs. It's not so much acupuncture, but more dietary guidance," Stone said.

Stone graduated in 1995 from the American College of Traditional Chinese Medicine in San Francisco. Her graduating class, which was "very small," emerged from the four-year program with not just a knowledge of acupuncture, but an ability to speak enough Chinese to be conversant.

"All the instructors were Chinese and hardly spoke English, so learning enough Chinese to be conversant was requirement of the program," said Stone.

Language barriers have not stopped others from wanting to learn more about this form of Chinese medicine.

Stone said that the popularity of acupuncture has grown immensely, and that in only 10 years, the program went from teaching just a few students to a couple hundred students.

"Acupuncture is something that really works, and people are discovering that and are starting to demand that their insurance pays for it," Stone said.

For more information, phone Stone at 592-5041 or visit her clinic off the small passageway at Western Plaza at the north end of Cave Junction.

DAVID ANDERSON EXCAVATING

Licensed General Contractor

30 years experience in water, sewer & pipeline construction, brush clearing, septic installation & utility line trenching



READY TO DIG
& AIMING TO PLEASE
24 HOURS A DAY

1-(541) 597-4486
1-(800) 297-0335

CCB#159580

Give the Gift of Health

Gift Certificate Special
\$10 off
initial consult & treatment



Illinois River Acupuncture
& Chinese Herbs

592-5041

Jo Anne Stone, M.S., L.Ac.

Have you seen me?



Lost 10-7 \$ Reward \$
Please Call Mike Meidinger 592-4485

I can tell you that I'd rather be kissed by my dogs
than by some people I've known.

- Bob Barker -

PARC protects public from pesticides

Oregon's unique program known as PARC -- the Pesticide Analytical Response Center -- is back in business this fall thanks to restored funding by the 2005 Oregon Legislature.

The Oregon Dept. of Agriculture (ODA), along with seven other member state agencies, soon will begin to look into specific cases involving pesticides that may have produced

adverse effects on human health or the environment.

PARC essentially shut down when funding was removed in 2003 due to a statewide budget shortfall.

"We look forward to providing, once again, a program that brings together expertise on pesticide issues," said ODA Deputy Director Lisa Hanson.

"We believe the public is better protected because of PARC," she said.

Other agencies are said to be similarly eager to have funding restored to PARC.

"For many years, PARC has been an excellent example of interagency cooperation, helping the agencies involved in pesticide safety and protecting human health in Oregon work together more effectively," said Dr. Mel Kohn, state epidemiologist with the Oregon Dept. of Human Services-Health Services. "I'm

pleased the budget was fully funded by the Legislature."

When pesticide-related incidents result in suspected health or environmental effects, PARC is mandated by statute to perform the following activities:

*Mobilize expertise for investigations.

*Report results of investigations.

*Identify trends and patterns of problems.

*Make policy or other recommendations for action.

*Prepare activity reports for each legislative session.

PARC does not have regulatory authority. Its primary function is to coordinate investigations and to collect and analyze information about reported incidents of pesticide exposure.

PARC's member agencies conduct most of the investigations and then take the necessary enforcement actions.

Yeoman hits her stride at Pioneer run

Illinois Valley's McKenzie Yeoman, 14, made fast tracks at the Pioneer Road Run in Phoenix on Saturday, Nov. 12.

Yeoman, a freshman at I.V. High School, finished a tough 9-mile cross-country course in 1:04:24. She not only was the first woman runner across the finish line, but captured first place in the 18-&-younger division.

Plus, her time set a time record for that age group.

The young runner, who was tops in last year's Pear Blossom Run in Medford, opted for the 9-miler instead of the 5k.

Yeoman also ran in the recent Skyline Conference district meet at Lake Selmac, but was ill, noted her father, Bill Yeoman, cross country coach at IVHS. Even so, she placed 9th at 21:07, narrowly missing a trip to the state meet.

The Pioneer event is sponsored by Southern Oregon Sizzlers, a running club to which McKenzie and her dad belong.

As for "dad," he finished 4th in his age division at the Pioneer contest and had "no comment."

Sofas, Sofas, Sofas...



Lexington Sofa
\$568



Duraplush Sofa
\$628

Shop today
for
new arrivals!



Open 7 days

474-1060

891 NED Street • Grants Pass Shopping Center

Grand Opening Celebration

at

SIMPLY
CELLULAR

Saturday,
November 19
9 a.m. to
3 p.m.

328
Caves Hwy.

Hot Dogs
Popcorn
Soda
Balloons
Giveaways

carryover™

They're your minutes, keep them.



Sony Ericsson T290
Better than FREE!
\$19.99
-\$30.00 mail-in rebate
\$10.00 in your pocket
(2 yr service agreement required)

One Day Only!

With every 2-year service agreement get \$50
FREE accessories.

Prepay & get \$25 FREE accessories.

AUTHORIZED DEALER

edge WIRELESS®

Requires credit approval and 24 month service agreement. Early termination fee of \$25 per month remaining (not to exceed \$250) will apply. Early termination fee of \$25 per month remaining (not to exceed \$250) will apply. Unused Carryover Minutes expire after th 12th billing period, upon default or if you move between Local, Western and National Carryover plans or change to a non-carryover plan. Carryover minutes are not redeemable for cash or credit and are not transferable. One mail-in rebate per Device purchased between 11/1/05 - 11/30/05. See rebate form for complete details. Allow 8-10 weeks to receive rebate. Limited to product availability.

592-6464