

Acupuncture for work-related injuries

BY JORDAN SCHREIBER

Fall is time to reap the benefits of the sweat equity and mental energy you've invested over the past year. Some of this work and planning may date back many seasons, possibly years, and is now being harvested. For that, congratulations. It's a rewarding process to witness our initial thoughts turn into ideas, dreams, plans, and eventually, if we are driven and inspired enough, actionable steps producing desirable results. Even our failed attempts can be fruitful if we're able to look at our unsuccessful efforts with an open, analytical, and less egocentric viewpoint.

Needless to say, all this laboring can be taxing, especially alongside recent societal stressors. At times our workload can become too much for our minds and bodies to bear—as illustrated by recent champion athletes who have pulled out of their top-level tournaments. In addition to needing a break from the limelight and the intense scrutiny they must endure, perhaps these athletes were also trying to avoid injury, were taking care of ongoing injuries and/or were unwilling to compete below their accustomed levels of excellence.

If your workload has left you or your employees injured, run-down, or feeling exhausted, acupuncture is a safe, effective, relatively painless and economical approach to addressing many of these issues. Acupuncture is so widely accepted that the State of Oregon has approved it as a covered therapy within the state-run workers' compensation (WC) program. By increasing circulation, acupuncture reduces pain, inflammation, and swelling—a key move to overcoming acute, work-related injuries quickly.

If you already have an active WC claim, ask your treating provider to request approval for acupuncture from the insurance company. Upon authorization, you can receive covered acupuncture treatment. For new WC claims, acupuncture services are *automatically* covered within the first 30 days from the date of injury. During this time you can receive up to 12 acupuncture visits without physician request or insurance authorization. For employers, that means any injured employee can go straight to an acupuncturist immediately following an injury and receive treatment right away—getting injured workers over the

hump, into recovery, and back in the game as quickly as possible.

While other types of manual therapies also treat acute injuries, they tend to work locally or directly on or near the injury. This can be extremely painful because we are typically guarded around injuries and don't want to be touched there. Acupuncture is unique in that it can be used distally (away from the site of pain) or locally.

With distal treatments acupuncture works on uninjured, unaffected part(s) of the body to alleviate pain and inflammation and increase range of motion in the injured area without even touching it. This reduces aggravation of the injury and allows for speedy recovery. Typically the sooner one starts acupuncture, the faster and more lasting recovery will be. Not having to jump through WC hoops in the first 30 days allows for timely, effective treatment so injured employees can get on with their lives and return to work. This is obviously a great benefit to both injured employees *and* their employers, who suffer holes in their workforce and reduced productivity when their employees are injured.

Chinese medicine is another good method of relieving pain. Chinese herbal medicine has been studied, documented, and practiced for over 2,500 years. Many of its trauma formulas have been proven and refined by centuries of use in martial arts and combat warfare. These remedies are a synergistic combination of at least five herbal ingredients that have explicit actions, are thermally and energetically balanced, and are targeted to address precise injuries and body parts. Typically, internal and external formulas are used depending on the severity, location, and onset of injury. While WC doesn't cover the cost of herbal medicinals, they can be a highly effective, affordable, and virtually side-effect-free option compared to pharmaceuticals. When paired with acupuncture, results can be outstanding.

So, with this option in your back pocket, keep on going, and may you reap the full benefits of your fall harvest.

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••• BIZBITS •••

Born Again, an antique, thrift, and resale-clothing store in the Ruch Sunshine Plaza, marks its sixth anniversary September 15. Owner Debbie Shepherd started her business from a hobby of rummaging for and refurbishing furniture that was being thrown out and from having too many clothes! She has lived in Ruch for 11 years and is known for her community and philanthropic spirit, such as putting free clothes racks outside her business and giving away toys and other items at holidays. She organized a Ruch community garage sale in July. So many people asked her to do it again that she is now organizing a second sale for September 24-25. Debbie says, "Ruch is a small community, and we all need to help each other. Seeing the smiles on people's faces and how excited they get makes me feel that this is why I am here. Antiques, knick-knacks, kitchen goods, clothes, purses, shoes—a little bit for everyone. Come by and take a look!"

Open 11 am-4 pm, Tuesday-Saturday (closed Sunday and Monday) • 7382 Highway 238, Ruch • 541-951-8573, bornagainoregon@gmail.com • [facebook.com/BornAgainAntiquesandThriftShop](https://www.facebook.com/BornAgainAntiquesandThriftShop)



The Honeysuckle Café has reopened in Jacksonville in the Gogi's restaurant building for Sunday brunch only. Co-owners Colin Cox and Monique Cordova operated the Honeysuckle Cafe in Ruch Plaza from 2015 to 2019, then moved their cafe to Medford, only to face the pandemic shutdown. The couple met while working at a restaurant in Jacksonville, moved to Idaho for 15 years, and returned to buy the cafe in Ruch. Colin is a classically trained chef who studied at the California Culinary Institute in San Francisco. From his extensive travels, he has picked up influences of French, Latin, and Asian cuisines, which he brings to his cooking. He and Monique partner with farms in the area to offer locally sourced food and from-scratch cooking. Monique is a lifelong lover of art and baking and has brought both interests into their restaurants. You can make reservations by calling 541-973-3201 (let it ring six times) or visit their website.

235 W Main Street, Jacksonville • monique@thehoneysucklecafe.com • [thehoneysucklecafe.com](https://www.facebook.com/Honeysuckle-Sunday-Brunch-646255768840407) • [facebook.com/Honeysuckle-Sunday-Brunch-646255768840407](https://www.facebook.com/Honeysuckle-Sunday-Brunch-646255768840407)

Lavender Fields Forever's new owners are Rob and Marcy Rustad. They invite you to experience the beauty and serenity of their working lavender farm in the Applegate Valley, where they cultivate seven exceptional varieties of white, pink, and blue-purple lavender for culinary use, crafting, and essential-oil production. "We fell in love with the property in Ruch, and the lavender farming opportunity seemed like a great opportunity," Marcy said. "We have been lucky to have the support of the former property owners, who are happy that we are carrying the legacy of the lavender farm forward, and we are grateful for their continued participation and encouragement." Marcy grew up as a small-town girl in a farming community of rural Nebraska. Her career took her to California and the business world, but she never lost her deep attraction to nature, rural settings, beautiful barns, and the rhythm of an agricultural community. Rob always had the passion to grow things and dabbled with landscaping and growing flowers, shrubs, and house plants. Lavender takes growing things to a whole new level that includes sharing the wonders of lavender through classes, products, and events.



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Red Dog Pet Supply opened in Jacksonville on June 19, when owners Tim and Sara Shreeve held a ribbon-cutting ceremony. Attendees included Jacksonville Mayor Donna Bowen; Jacksonville Chamber of Commerce President Robert Roos; and Red Dog Pet Supply employees, local animal rescue workers, national pet food vendors, and members of the area chambers of commerce, as well as community members. "Our family-owned and -operated business is blessed with three locations to serve southern Oregon (Jacksonville, Rogue River, and Eagle Point). We are here to provide quality pet food, supplies, service, education, training, and more to the Rogue Valley," Sara explains. "My mission is to provide my customers with a selection of high-quality pet foods and pet products that I would give to my own pets!"

810 N Fifth Street, Jacksonville • Open 10 am-6 pm Monday-Saturday, 10 am-5 pm Sunday • 541-916-6871, timshreeve@gmail.com • [facebook.com/reddogpet](https://www.facebook.com/reddogpet)

Jeanette LeTourneux • jetlet10@gmail.com

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