

# KELLY'S CORNER

by Jan Kelly

The full moon is the flower moon and waxes full on the 13th, luckily not a Friday. This is the week of the height of the warbler migration. This year it is slower because of all the rain and cold. That can be tough travelling for these tiny bits of fluff. The coastal fly way in spring can present any kind of weather, even snow. The eagerness to nest and breed will have these tiny creatures performing the most difficult flights to ensure the continuation of the species. The next time you think you are uncomfortable in any way, imagine yourself as a tiny warbler winging north during a nor'easter. They have my respect much like the salmon do for their life-giving voyage to procreate. If you are out full moon night and it is clear, watch the moon, you may see a flight of larger birds cross it. This is a particularly beautiful sight and one which birdwatchers are ever mindful of on nights of the full moon.

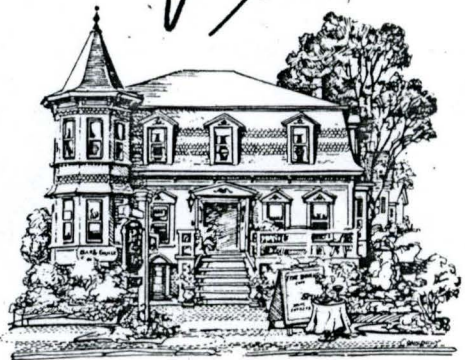
At least one animal was disturbed during its spring ritual. A garden snake was spotted by Keith Loughnane and would be held in princely captor for at least 24 hours. Keith filled an empty marshmallow fluff container with dirt, grass, a piece of driftwood, a daffodil, and the captive snake. What a beautiful home he arranged for Snakey, Spanky for short, he told me. Keith Loughnane and Autumn Steele were escorting Snakey from his permanent home at Shank Painter Pond to the Community Center, then to Keith's home to show to his cat. Keith told me his cat Lang, named for Jessica Lang, and called Tina for short, loves snakes, but can only look as she decapitates them. After a next day visit to school, Autumn and Keith would deliver Snakey, Spanky, for short, back to Shank Painter Pond.

Arthur Teubner is a registered acupuncturist. After working as a landscaper, studying marine biology, and working as a botanist at the New Alchemy Institute, Arthur found himself looking for another life interest. During this period he befriended an elderly woman of one hundred years who was living alone and in chronic pain. Arthur aided the woman by escorting her to neurologists, faith healers, a chiropractic, and finally to Ted Kaptchuk, an acupuncturist practicing at the Lemuel Shattock Hospital in Brookline.

That was Arthur's introduction to acupuncture as well as being of service to another human being. That was six years ago and the incident prompted Arthur into the study and practice of acupuncture. He began his studies in Boston and continued to Santa Fe to study with Sensei Masahilo Nakazono at the Kototama Institute. Nakazono founded this institute eighteen years ago and has been practicing there ever since. Nakazono's attitude to the study of acupuncture as a life's work is, "I teach you medicine so that you can make a living while you grow spiritually." Arthur told

Join us at  
Provincetown's  
newest  
most exciting  
restaurant!

Anna  
Anna  
Anna



at the Painted Lady Inn

## GRAND OPENING

Thursday, May 21

Dinner from 6 pm—10 pm

Reservations Suggested      closed Tues. & Wed.

## SUNDAY BRUNCH

10 am—2 pm

## THE GRILLE

open nightly from 5 pm

186 Commercial St. 487-1443



*Keith Loughnane and Autumn Steele with Snakey in his princely palace*



*Arthur Teubner, skilled acupuncturist*

me, indeed you do grow with each healing experience. You suffer along with your patients and that, as a practitioner, the process of developing your own capacity to be of service never stops. It is the practice of acupuncture is about. Arthur worries that health care is low on the list of priorities of the Provincetown population. The summer is such a hectic time that winter brings the need of bodily repair along with the snow. The sense of health and balance are too often skirted for the Commercial Street pressure.

Acupuncture is one method of cure and health maintenance which is possible to all. It is painless and may be administered universally. Acupuncture is only one part of oriental health care. Life style, diet, and emotional condition are all part of the whole. It is

preventative medical practice rather than repair shop. The body must use its own energy, Ki, to heal itself. When the Ki is so weak the body cannot do that, the body must be brought back into balance by use of non-painful needles, moxibustion, and hands-on treatment. The practitioner can determine the state of the body as a whole and each of its complementary parts and organs by feeling the six pulses on each wrist.

To a skilled practitioner, your body can be read like a graph through those six pulses. Any health problem can be dealt with through acupuncture. If the condition has deteriorated the body to the point that speedy recovery is necessary, the acupuncturist would refer the patient to a medical doctor. Acupuncture reverses the condition of the disease. If the disease is chronic and long-lived, the treatments will correspond. The cure in that case would be steady and slow, but permanent because of reversal and also because of the education of body awareness and health maintenance which is ongoing with the treatment.

With a willing and learning patient, the body will heal itself and will maintain its wellness. Heredity and lifestyle will give you a predisposition to ailments, but through awareness, diet changes, and adjusted life styles, health and a balanced flow of energy can result. Whether your problem is back pain, sinus, allergies, digestive problems, female disorders, or migraines, acupuncture can help you. Each case is individual; each treatment is tailored to the person receiving. Yoga may be suggested to one patient, an oxygenating exercise such as aerobics or tennis, for another.

Acupuncture does relieve pain, but in itself, is not painful. The acupuncture needle is as fine as a thick hair. It goes only beneath the surface of the skin and it does not hurt. An injection hurts because the needle is thicker, is hollow, and is forcing liquid into resisting tissues. The feeling of the two is not the same.

You can also use acupuncture for weight control and as an aid to quitting smoking. When the body is back in balance and energy flow corrected, the compulsion to overeat or to smoke is reduced.

The number of sessions depends on the problem. I personally was freed of tennis elbow in four sessions. A chronic illness would require a minimum of ten sessions. It is all done by the practitioner, the healing power of your body, and your own determination to be and to stay well. No drugs are involved.

If you thought you might like to try acupuncture, but have no specific complaint, go for a checkup, as you do to your medical doctor. The more knowledge of your body's workings, the better. Arthur Teubner will take your medical history, read your pulses, and through pulse diagnosis will tell if and where any imbalance may be within your system. You won't know until you try and you owe yourself a thorough and accurate knowledge of that wonderful framework which carries you through each day. The study and practice of acupuncture is 4000 years old. It has proved its worth and continues to do, on a worldwide basis.