

Need|eworks a quarterly info letter



Acupuncture Healing Center

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www.acupuncturehealingcenter.org 919.933.4151

the spirit of Spring

THE SPRING within each of us is begging to be born, to be sprung from the long, cold, slumber of winter. Bulbs buried deep within the earth now explode up toward the nurturing source of the sun. Tree sap, long stored in the roots, reverses its flow and begins running up to ignite the growth cycle once again.

According to Traditional Chinese Medicine, Spring is the time of the Liver and Gallbladder. The emotion most closely tied to the liver and quality of Spring is the explosive nature of Anger. You may find yourself becoming easily angered over trivial matters. Anger is the most yang of the emotions and therefore congruent with the spring. By comparison, the emotion fear is associated with winter and has a constrictive quality. Just as the sap of a tree reverses its directional flow upwards, our emotions also find ways to the surface and may explode forth more easily in the Spring than at any other time of year. Other emotional difficulties related to anger that may bubble up are impatience, frustration, resentment, rudeness, arrogance and aggression.

Rather than beating yourself up and everyone else with whom you come in contact, you may want to consider eating foods that will help relieve the liver.



Wood

"Spring is the time of the beginning of the creation of all living things; therefore their breath is still flowing softly and weakly, their pulse is slow and slippery, but they keep themselves upright and straight and are in the process of growing, and therefore one compares them to the strings of a lute. When the condition is opposite then they are sick."

~ Nei Ching: The Yellow Emperor's Classic of Internal Medicine

Chinese medicine teaches that the liver is the organ that is most susceptible to congestion and when congested throws the body into disharmony. This disharmony may be the root cause of the pent up emotions that may be bursting forth.

The first bit of advice to relieve the liver is to eat less. Limit your intake of highly processed foods and increase your intake of lightly steamed vegetables and whole grains.

How To Take Action for a Healthy Liver

1. **Upon rising:** Squeeze half of a fresh lemon into 1 cup of warm water. Drink.
2. **Before every meal:** Mix 1 cup of water with 1/4 cup unsweetened cranberry juice. Drink.
3. **With breakfast:** Take 2 Flax Oil capsules and 1 GLA Primrose Oil capsule.



Eating these suggested foods will help decongest your liver and help bring your body into harmony with the season. To help bring the rest of you into harmony with the season, take short breaks during the day and go outside. Walk around the block and observe what's popping up in the flowerbeds. Listen to the sounds of spring as birds busily fly overhead foraging for nest material. Remember you are part of nature and spring is the time to be out to celebrate the new life around you and to be infused with the vital Ch'i Energy of this flourishing season. 🌸

the element **Wood** is associated with Spring

Correspondences and associations with the Body:	Sense Organ EYES	External Manifestations NAILS, HANDS & FEET	Voice Sound SHOUTING	Life Aspect SPIRITUAL FACULTIES
Solid Organ (Yin) LIVER	Sense SIGHT	Emotion ANGER & IMPATIENCE	Fluid Emitted TEARS	Paramita (way to balance) PATIENCE
Hollow Organ (Yang) GALLBLADDER	Tissue MUSCLES & SINEWS		Smell RANCID	

the spirit of Community

WHAT IS COMMUNITY ACUPUNCTURE?

Our community acupuncture clinic is a way of making the wonderful benefits of acupuncture available to those who would find such expenses out of their reach. It provides the option of acupuncture treatments in a room with up to 3 other patients, all on their own healing journey, in a quiet setting with soft music.

WHAT KIND OF COMMITMENT IS REQUIRED?

By offering rates easily affordable, we encourage people to make a commitment to building a strong foundation of health over a period of time. This is a preventive medicine, helping people overcome pain, addictions, digestive symptoms, and many other conditions interfering with quality of life. Regular treatments help relieve symptoms and maintain your clinical results over time.

HOW MUCH ARE TREATMENTS?

The initial consultation is done as a private session, and the cost is \$90. Subsequent treatments are \$25-35, all on the "honor system." We strive to make acupuncture affordable for all our patients and ask them to take that into consideration when evaluating where they would like to fall in the sliding scale structure. We also offer herbal support for various ailments. As a general rule, these vary in price from \$9-25, usually lasting 2-4 weeks.

Community Clinic: Wednesday 10am - 6pm,
Thursday 9am - 6pm, Saturday 9am - 6pm

Broccoli Soup, makes 6 servings

1 cup of soup is great as a snack or part of a meal.

1 head of broccoli	5 cups organic veg. or chicken broth
3 Tbls. extra virgin olive oil	1/4 Tsp. freshly grated nutmeg
1/4 cup thinly sliced leek	Sea salt and freshly ground pepper to taste
2 Tbls. spelt flour (if avoiding gluten: replace with 1 small baking potato, peeled and diced)	

1. Cut off ends of broccoli stems. Cut florets off the stems and into small pieces. Peel the stems, cut into 1/2 inch pieces.
2. In a large saucepan, heat oil over medium heat. Add the leek and cook for 3 mins., covered. If using spelt flour, uncover and add now, stirring for 1-2 minutes without allowing it to color.
3. Add 1 cup of broth and bring to a boil, whisk until smooth and thickened if you used flour. Add the rest of the broth, whisk. Add broccoli stems, potato (if you did not use flour) and nutmeg and bring to a boil. Reduce heat slightly and cook, partially covered, for 10 minutes.
4. Add broccoli florets and cook for 3 minutes. Remove from heat.
5. Puree in the pot with an immersion blender, or in batches in a blender or food processor.
6. Season with sea salt and freshly ground pepper to taste.

OUR PRACTITIONERS

Carmela Mager, MS, L.Ac., Dipl. Ac., Dipl. C.H.
Specialties: NAET (allergies), EFT (energy psychology), Alexander Technique

Andrew Nowosad, MS, L.Ac., Dipl. Ac, Dipl. C.H.

Martha Delafield, LCSW
Specialties: Energy Psychotherapy, Neurofeedback, Peak Performance

Hours: Monday - Friday 8:00 am - 5:30 pm

SHOW A FRIEND
HOW MUCH YOU LOVE THEM!

**\$25 off their first visit to the
Acupuncture Healing Center**

the element Wood is associated with Spring

Correspondences
and associations
with Nature:

Climate
WIND

Development
BIRTH

Power
Granted
**CAPACITY
FOR
CONTROL**

Color
GREEN

Taste
SOUR

Orientation
EAST

Grain
WHEAT, OATS

Fruit
PEACH

Animal
**CHICKEN
OR FOWL**

Vegetable
MARROW

Number
8

Musical Note
CHIO