

# Acupuncture Plus



Acupuncture & Traditional Chinese Medicine

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## Summer ~ Fire Element

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News and Views

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Summer heralds the return of the *fire element*, the most yang of the five elements. Fire represents warmth, energy, spark, the color red, activity, light and movement. The organs associated with the fire element are the heart and the small intestines. In this article I will concentrate on the Chinese view of the heart organ system. The heart in addition to monitoring the movement of blood and the functioning of the heart also has a psycho-spiritual function in traditional Chinese medicine (TCM). This role is to store the shen. Shen is the mind or consciousness. It can be seen as a person's spirit which is reflected through their eyes. Perhaps you have experienced someone with no spirit in their eyes or someone with a twinkle in their eye. When the shen is strong and the heart energy balanced you feel calm, peaceful, you sleep well and you're happy. You move with equanimity. If you encounter an obstacle along your path you deal with it in a calm, creative fashion and then move on.

For the person who has a disturbed shen you may feel easily stressed, nervous, overly anxious, and reactive. You may have difficulty falling asleep or wake up frequently during the night, experience palpitations or panic attacks.

From my many years of practice I have seen a steady increase in these symptoms. Tagging along with these come a whole other range of physical disorders including headache, backache, jaw pain, etc. Numerous studies have shown acupuncture to be effective in treating all of these dysfunctions.

A Swedish study showed that acupuncture, performed on healthy people, can affect the parasympathetic nervous system, or that part of your central nervous system that relaxes you, "rest and digest" instead of "fight or flight." It can be challenging for some people to relax. How can you relax when you've never been there, or it's been so long that you don't recognize the path to get there. Acupuncture can teach you to relax. I often see this with acupuncture patients; they quickly fall asleep on the table after the needles have been inserted and wake up feeling very relaxed when the needles are taken out. A common response after an acupuncture treatment is "I don't remember feeling this relaxed before."

If you hear yourself saying; I feel so stressed, overwhelmed, nervous or anxious, consider having a series of acupuncture treatments. Remember relaxation fosters health, stress creates illness.



# The Theory of Five Elements or Five Phases

To the Chinese the theory of five elements or five phases is an ancient philosophical concept used to explain the cyclical changes of the world around them. The five elements or phases are: fire, earth, water, metal and wood. The elements are also seen in Japan as well as ancient Greece, in Buddhism and Hinduism.

Each one of these elements corresponds to a particular season, yin and yang organ system, time of the day, color, etc. Each element creates the next. For example, fire creates earth by burning; earth creates water by containing it, water creates wood by nourishing it, etc.

In traditional Chinese medicine you look at a patient's signs and symptoms through the paradigm of the five elements. For example if someone comes in with heart palpitations and anxiety that are worse during the summer you might deduce that the fire element is out of balance. You would then treat acupuncture points along the heart energetic pathway because the heart is the yin organ of the element fire. While the five element theory is much more complicated than this, you can get a good idea how it works within the system of TCM.

Here is a diagram of how the elements interconnect with each other. On the following page is a table of some of the elemental correspondences.

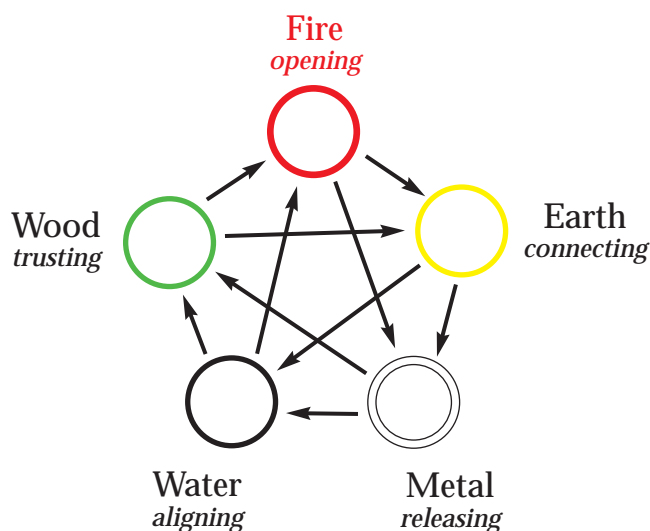


Diagram from [www.geocities.com](http://www.geocities.com)



“The best and most beautiful things in the world cannot be seen or even touched. They must be felt within the heart.”

—Helen Keller



# Correspondences of the Five Elements

The following table shows a list of characteristics according to the five elements

Elements	WOOD	FIRE	EARTH	METAL	WATER
Season	spring	summer	Indian summer	autumn	winter
Yin organ	liver	heart	spleen	lung	kidney
Yang organ	gall bladder	small intestine	stomach	large intestine	urinary
Senses	eye	tongue	mouth	nose	ear
Tissue	tendon	vessel	muscle	hair/skin	bone
Directions	east	south	center	west	north
Changes	germinate	grow	transform	reap	store
Color	green	red	yellow	white	black
Emotion	anger	joy	worry	sadness	fear

## *Tips for the summer~*

1. Get out in the sun, early morning or late afternoon and soak in the yang energy.
2. Drink warm tea to cool you down, I learned this in Asia. A warm drink is much better than an iced drink; it makes you perspire which cools you down.
3. Eat many colorful, fresh, locally grown, organic fruits and veggies.
4. Drink lots of clean water.
5. Practice letting go. If you begin to obsess about something ask yourself this question. Can I let this go? When? (This is from Lester Levinson.)
6. Do something active like biking, brisk walking, vigorous yoga or dancing a few times a week.
7. Be grateful for all that you have.
8. Let everything that happens BE OK, this is from Bill Harris and the holosync system.



“The body is a sacred garment.”  
—Martha Graham

# Summer Oats

—Sandra Peck, Ed.M., R.D.  
*inBalance Nutrition*

Over the past eight years, I have helped many of my clients either stay off statin drugs or lower their dose substantially through the use of diet. Lifestyle change is a safe, effective way to improve your cholesterol level. There are a number of dietary factors which can improve blood cholesterol levels, but one of the key components is soluble fiber. Soluble fiber is different from insoluble fiber (found in wheat bran) in that it acts like a sponge in the GI tract, soaking up excess bile acids which contain excess cholesterol from the liver and excreting it.

One of the main sources of soluble fiber in our food supply is oats. Oats can be found in many forms: oatmeal, cheerios, oatmeal bread, oatbran, steel cut oats, etc. While oatmeal is wonderfully warming on a cold winter morning, it is not always what I want to eat in the summer. I developed the following recipe, which I call “Summer Oats,” as an alternative to hot oatmeal in the warm weather. It is one of my very favorite (and satisfying) breakfasts! I hope you will try it and find it yummy also!

## Summer Oats

1/3 cup quick rolled oats

1 Tbsp raisins

3/4 cup skim milk (or soymilk)

1/2 apple, chopped

1/2 small banana, sliced or berries

1 Tbsp chopped walnuts or almonds

Place oats and fruit and nuts in cereal bowl.

Pour milk (or soymilk) over it and let sit 1-2 minutes.

Stir and eat!

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“A happy life consists in tranquility of mind.”  
—Cicero

News & Views From  
481 Great Road



Wheel Chair  
Accessibility



I'm happy to report that  
we are now wheel chair  
accessible. We have a lift.

## Bryn's Hours

Monday	8:00–2:00
Tuesday	11:00–7:00
Wednesday	9:00–5:00
Thursday	11:00–7:00
Friday	8:00–2:00

## Credits

Red Flower

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精力

