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Reflect on Your Health!

Reflection is the process in which an image or idea comes back to us, such as looking in a mirror, rethinking an event, or reviewing an idea. We have the opportunity to take a closer view and reconsider our original thinking.

The new year is a perfect opportunity to reflect and use that knowledge as a catalyst for change. Acupuncture and Oriental medicine can help achieve the change you seek as it assists in illness prevention, stress relief, minimizes aches and pains, improves energy, and puts yourself in better balance. This calm and clarity strengthens your resolve as you start the new year with renewed health.

Reflection has other connotations in acupuncture and Oriental medicine. Outer appearances reflect inner health, so a well-trained practitioner of acupuncture and Oriental medicine will observe very different aspects of your appearance than you typically study when you look in the mirror. In acupuncture and Oriental medicine, bodily observation includes looking at the face, eyes, body type, demeanor, and tongue. Two thousand years ago, when acupuncture and Oriental medicine was in its infancy, there were no X-ray machines or the very sophisticated magnetic imaging of today. These healers and diagnosticians depended on their finely tuned observational skills in order to assess their patients. Some of those early ideas seem simplistic today, but many elements of diagnosis persist because outer appearances do provide clues to a person's health.

Seasonal acupuncture treatments serve to nurture and nourish your kidney Qi, which can greatly enhance the body's ability to thrive in times of stress and aid in healing, preventing illness, and increasing vitality.

Strengthen Your Resolve

This period of reflection and renewed resolve may be challenging, but it can also be productive and rewarding. Acupuncture and Oriental medicine can help achieve the changes you seek as it assists in preventing illness, relieving stress, minimizing aches and pains, improving energy, nurturing balance, and taking the next step in achieving your goals.

Here are a few ways that acupuncture can help you achieve your goals:

Manage Stress

Stress reduction is always on the top 10 list for ways to improve your health and for a good reason – stress often causes illness and breakdown in good health. Numerous studies have demonstrated the substantial benefits of acupuncture in the treatment of stress, anxiety, and lowering blood pressure. In addition to



In This Issue

**Reflect on Your Health!
Strengthen Your Resolve
Stick Out Your Tongue
Energy Renewing Ear Massage**

Stick Out Your Tongue

Oriental medicine has used tongue diagnosis for thousands of years. An experienced practitioner can look at your tongue and begin to understand your internal problems, but you can also be aware of information that your tongue provides.

Look for changes in the color of your tongue, teeth marks, shape, and coating. These changes may indicate that something is amiss. A healthy tongue is naturally the same pink-red color as your lips. Note any changes in the shape of your tongue. If it's too pale, puffy or red, it may indicate an imbalance.

Healthy tongues have a thin white coating. If you see a thicker coating developing, you may be catching a cold or the flu.

**So if you see changes take precautions, rest, sleep more, keep warm and call us!
Energy Renewing Ear Massage**

acupuncture, Oriental medicine offers a whole range of tools that can be integrated into your life to keep stress in check.

Improved Quality of Life

If pain is keeping you from living life to the fullest, acupuncture can help relieve all types of pain, regardless of the cause or where it is located. Increasingly, people are looking for more natural approaches to help relieve painful conditions instead of relying on medication. In addition to reducing pain, acupuncture also speeds up the healing process by increasing circulation and attracting white blood cells to an injured area.

Get in Shape

Renewed enthusiasm to exercise in order to enhance fitness levels, train for a competition, or lose weight can come at a painful price for those who try to do too much too quickly. Recent studies show that acupuncture effectively treats sports injuries such as strains, sprains, musculoskeletal pain, swollen muscles, and shin splints.

Lose Weight

Losing weight is the most common New Year's resolution. Acupuncture and Oriental medicine can help you reach your goal weight and maintain it by promoting better digestion, smoothing emotions, reducing appetite, improving metabolism, and eliminating food cravings--all of which can help energize the body, maximize absorption of nutrients, regulate elimination, control overeating, and reduce anxiety.

Ear massage is an extremely relaxing and effective therapy aimed at reducing stress, promoting wellbeing, and addressing various health issues.

Here is a great ear massage that you can do for yourself or your loved ones:

1. Rub, in small circular motions with your thumbs, inside the widest upper part of the ears, holding them from outside with the index and middle fingers.
 2. Use your index finger to massage inside the smaller crevices if your thumbs don't fit and along the front of your ear where it attaches to the head.
 3. Lastly, massage the earlobes by gently pulling them down and also making circles with your thumb and index finger.
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