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Qi-Stir

By Melissa Snyder



Changing Seasons Again...

Hello Everyone. Thanks for staying tuned into *Qi-Stir*! I hope that everyone had a healthy and happy summer season, and didn't get bothered by all the cold weather. If you can believe it fall is right around the corner, so be cautious of the "common-cold" that is bound to go around schools and offices. Keep reading to find out how Acupuncture and Chinese Medicine can help keep you healthy throughout the year. Please feel free to email me with any questions or recommendations.

Thanks Again!

In This Newsletter...

- TCM Nutrition
- Autumn and Chinese Medicine
- *Stir It Up!*
- Case Study

About the Author

As a Grad student in Chinese Medicine I am blessed with experiencing all realms of medicine. As I treat patients in the community clinic I find innovative ways to help each individual. The most amazing part of TCM is that although two separate individuals may have the same Western diagnosis, their TCM diagnosis will no doubt be different. TCM accounts for everything from lifestyle to your daily temperature. Please read on to hear more about TCM and my experience with it.





TCM Nutrition

On the most basic level, Chinese Medicine has a slightly different look on Nutrition. Like western medicine TCM believes in a good breakfast. Having protein and cholesterol in the morning is an excellent way to start the day. Since I know that a lot of us don't have a lot of time in the morning to make a hearty breakfast I have found that my patients do really well with hard-boiled eggs. They are easy to make at the beginning of the week and they are also very easy take with you on the go! When consumed in the morning protein and cholesterol have all day to be burned off, contrary to eating it in the evening. Carbohydrates and cooked veggies are better off eaten in the evening because the body can digest them easily while you are sleeping.

The Myth about Raw Foods...

Most Americans consider raw leafy greens to be one of the more health "dieting" strategies. However, TCM looks at the properties of raw foods differently. Raw foods are considered to have a cold temperature and in return they create a cold internal environment. Thus, it takes more energy and processing for your spleen and stomach. As a result of this, it may cause loose stool, cramping, vomiting, digestive problems and more. However, pairing your "cold" foods with something warm, like a piece of warm chicken, it counterbalances the coldness of the veggies and creates a balanced atmosphere for your body to digest. Pairing your daily salad with soup or warm toppings is a fabulous way to continue to enjoy those leafy greens, or try a BBQ'd head of romaine...





Autumn and Chinese Medicine

In Chinese Medicine, fall is considered to be the Metal element. Each individual is born with a constitutional elemental type. An individual who exemplifies a “Metal” constitution typically has a “Type A” personality. They are usually very organized, schedule oriented, work as office managers, have their own business, or work in high stress, demanding jobs. The nature of metal tends towards extremes, reflecting as major grief or excessive gain. As Metal goes out of balance individuals may get caught up in material gain or excessive grief and lose themselves in their imbalances. In terms of health the Metal element gives strength to our bones and tissues. A metal type person who is out of balance may suffer from dry skin,

asthma and lung problems because Metal is associated with autumn, lung, large intestine, skin, nose, sadness, bones and tissues, and a spicy taste. It is the Metal element that is responsible for keeping the above systems in equilibrium with all the other elements and their functions. It is this behavior that the Metal type person needs to overcome in order to stay balanced. 5-Element Acupuncture treats the constitutional type and uses specific points to rebalance each individual. Ask your acupuncturist about trying this type of treatment. I find it very useful especially in times of contemplation and stress.



Stir It Up!

Basic formula for building up immunity:

Yu Ping Feng San or Jade Windscreen Powder

Ingredients: Huang Qi, Bai Zhu, Fang Feng

Signs and Symptoms: Aversion to drafts, spontaneous sweating, recurrent colds, a shiny, pale complexion.

Ask your Acupuncturist if the *Yu Ping Feng San* Tincture is right for you! Stay healthy and keep reading!

A Closer Look into Acupuncture...

Case: 20-year old male suffering from “stomach migraines”, as his western doctors diagnosed. Over the course of three years this patient has found no relief using current western medicine and has looked for help from every possible medical genre. This is how he ended up at our clinic. On average this patient experiences nausea and vomiting before 11am.

Additionally, the patient suffers from stress, anxiety, emotional strain and insomnia. The patient tries to go to sleep between 11pm-1am, but finds it hard to fall asleep most of the time. Lots of times the patient eats late at night and not at all in the morning. The patient has not had a regular exercise routine for some time and feels that he is 20lbs overweight. The patient has red cheeks, fidgets a lot, wiry rapid pulse, white tongue coat with a red body.

Diagnosis: Liver overacting on the Spleen, Spleen/Stomach Disharmony, and Shen disturbance.

Treatment Principle: Regulate Liver, Tonify Spleen/Stomach and Calm Shen

Treatment: Three treatment sessions were administered and one herbal formula was prescribed (and refilled). The treatments took place over the course of one month. The patient was advised to change his diet, exercise and daily living. Specific instructions were given

and they are outlined below:

Results: The patient returned to the clinic at the end of the month having only had one week of nausea and one morning of slight vomiting. The patient still has some residual signs of anxiety, slight insomnia and nausea, but the vomiting has stopped all together. This patient was very diligent about changing his diet and exercise routine and with the acupuncture, Chinese herbs and the will to get better, we were able to begin the process of balancing his body. The patient is currently exercising daily, eating a healthy breakfast of protein, a lighter dinner and not eating late at night. If he feels the need to eat something later in the evening warm milk or some complex carbohydrates usually do the trick. Each day is still a struggle, but the finding a routine is the key ingredient to his success. The next step for him will be to continue his routine when he gets back to school and to remember his healthy patterns rather than the latter. Although, the uphill battle has only begun we were able to set a good foundation for what is ahead.

Thanks for reading and stay tuned for more *Qi – Stir!*