



# Points To Ponder

Healing, Health, & Well-being Through Acupuncture

Fall 2009

*With the past, I have nothing to do; nor with the future.  
I live now. ~Ralph Waldo Emerson*



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## *Fall Into Healthy Living & Feel More Balanced*

Just take a look at your veggie garden or hanging baskets, and the vibrant green and bright colors of summer are looking a bit dull. Can you relate?

If you can, it's perfectly natural. When daylight lasts less than 12 hours, starting with the fall equinox, we often feel an urge to slow down the frenetic pace of summer. We tend to focus more on finishing projects we started with good intentions in the spring and summer, and we are inclined to take more time for ourselves and to use our brains in place of summer's physical activities.

Fall is a perfect time to de-clutter—mentally and physically. Just look at the trees—they are letting go of their leaves and proudly standing in preparation for the slower pace.

According to Traditional Chinese Medicine, autumn is the time for communicating and using the brain more so than the body. It is the time to take responsibility for your own happiness by caring for yourself and doing what makes you feel good. It is also the time to honor the element of the season, metal, and cut away the negativity.

### **Breathe Deeply and Let Go...**

Get in touch with your feelings and share them with others. It is the ideal time to "let go" of negative feelings by telling others how you feel and moving past the negative to re-group for a restful winter. If you do not express your feelings and unblock your creative energy, you may not only feel sluggish, sad, or even angry, but you may be more susceptible to disease, in particular colds and head congestion. The onset of sinus problems or even bronchitis is the body's way of forcing you to slow down and lie quietly to let your head clear (physically and emotionally).

Given that the officials of the season are the lungs and large intestine, it's no surprise that cold and flu season are here.

Not only should you honor the urge for introspective thinking this time of year, but you may also find it beneficial to clean the nose and sinuses, as well as the large intestine to remove waste and toxins.

Simply inhale a little water while you're in the shower, and then blow your nose. Cleaning out the intestine is also a recommendation for this season. Whether you use a colonic cleansing regimen or just eat a high-fiber, low-fat diet to help your intestine, it is your choice, but be sure to do something proactive.

## *Open Yourself To Change and Turn Lemons Into Lemonade*

With the unemployment rate at nearly 10 percent, and many individuals affected directly by the recent economic issues of our country, I encourage you to use the fall season to help you let go and move forward.

Embrace the change and channel your energy positively, rather than holding on to your negative feelings and issues.

If you lost your job, look at the positives. You now have the time to:

- create your own business;
- spend more time with your family and/or doing personal activities that you didn't have time to do but that bring you joy, or;
- at least, interview with enthusiasm and pride about your accomplishments—conveying a positive energy about a fresh start.

*"The prevention and cure for the common cold is to stay in tune with your life and to develop common-sense attention to your diet, your physical activity, your emotional state, and to rest and relaxation. Learning to relax mentally and to express your emotions is vital to keeping your energy flowing."*



*Staying Healthy With The Seasons*  
--Elson M. Haas, M.D.

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### *Interested In Expanding Your Mind? Growing As A Person?*

If you could make a change in your life which leads to a fuller and more content life, would you? To understand our lives, it is important to see how our strengths and gifts motivate us. As we understand these better and by thinking outside of the box, we can begin to discover how we can live a more purposeful life. Working with a Coach is a way of challenging ourselves to make some changes and live a life that we love.

If you would like more information, call:  
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***“Success is nothing more than a few simple disciplines practiced every day, while failure is simply a few errors in judgment, repeated every day. It is the accumulative weight of our disciplines and our judgments that leads us to either fortune or failure.”***

—Jim Rohn

### *Eat Well & Restore Health*

Hippocrates, the father of modern medicine claimed the intestine is key to health. Specifically, it is believed that accumulated waste in the colon releases toxins which inflame the nerves, producing a host of health issues, from sadness and hysteria to skin problems and headaches.

According to Elson Haas, MD, ***“Eating and living habits are crucial to your well-being and important for your growth. Health begins with becoming aware of your energy and its balance—what you take in and what you put out. What’s important is learning to listen to yourself from the inside so you do not have to become ill to change your life.”***

If you are experiencing indecision, confusion, overindulgence, constipation, sinus problems (a cold) or unusual fatigue this time of year, come in for a treatment and re-balance your body-mind-spirit.

By restoring balance, with a focus on the points along the meridians for the officials of the season, you will be better able to rid yourself

of waste and mental clutter, sadness, or emotional pain.

Just think about it physically—you practice deep breathing, and you relax. That’s the lungs at work, partly through the nose (the sense organ of this season)--helping you to physically let the tension go.



You may also want to add garlic to your diet and your first-aid kit. Not only does garlic have a proven track record as an expectorant and diuretic, believed to even fend-off colds, but it kills germs. In WWI, bandages were soaked in garlic and applied to wounds to prevent infection. To avoid blistering, however, mash garlic in some olive oil and apply to wounds.