



Points To Ponder

Healing, Health, & Well-being Through Acupuncture

Fall 2010

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



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Fall Into Wellness—Honor Your Body & Mother Nature

Autumn is the “season of the harvest, the fruition of all the growth of spring and summer...the season of gathering nature’s products before winter’s rest,” says Elson Haas, MD, author of Staying Healthy With The Seasons.

This season of harvest is observed in nature and within ourselves, but accepting it consciously will allow you to embrace the benefits of the seasonal change.

“Autumn also marks the beginning of a cycle of personal turning within,” says Haas. Beginning with the fall equinox on September 22, when we start to experience more darkness than light, this is the season when people become more focused on work, families and projects at home.

By focusing on work and home, many people do a fall cleaning of their surroundings; others benefit from a fall cleansing of their body, which can be as simple as learning to relax and letting go by practicing deep breathing.

Guided by the officials of the season—the lungs and large intestine, according to Traditional Chinese Medicine—the body is ready to let go and take in during this time of year.

As symbolized by the act of breathing, this is a time to inspire and expire. Take in a fresh perspective so you can relax, and let go of what is hanging on in your life.

For people who have difficulty letting go, whether they realize it or not, the physical effect is increased susceptibility to colds, coughing, and respiratory issues as the body works to expel mucus (a symptom of the imbalance in the Metal energy, according to Chinese Five Element theory).

In addition to coughing, people often look pale or “white” in the fall, as if they are not getting enough air to put brighten their complexion. A pale skin-tone can also be particularly noticeable in someone who has experienced a loss or great worry because they have not “let go.”

So, what can you do to take full advantage of the season as you commit to living a healthy life this fall?

Three Steps for a Healthier Autumn

1. Learn to listen to your body, and take a cue from nature that surrounds us. Now is the time to embrace the beauty of the softer colors of the autumn and to embrace this season of slowing down. See autumn not as a period of death, lamenting the ending of the lively pace of summer with all its green and vibrant colors, but as a calming period so the body and soul can rejuvenate.

According to Haas, “You can gloomily experience every breath or change in terms of what you’re losing, focusing on what you will no longer have. Or, you can be open and joyful, welcoming each breath and change in your life by looking toward the new experience and growth it will bring. When you dwell on the melancholy, you are prone to injury of the Metal element and, in turn, to colds, lung ailments, and digestive problems.”

2. Honor the large intestine. Whether you choose a cleansing diet or just commit to grains, nuts, and beans, avoid “body congestors,” such as potatoes, noodles, bread, cake or cookies which contain white flour and sugar. Baked squash or pumpkin stuffed with a combination of brown and wild rice, sliced almonds, and mushrooms, is a great autumn dish. And, don’t forget soups, especially those with root vegetables.
3. Call for your acupuncture appointment to ensure that you are as in balance, so your body can truly work in harmony with nature, as it is intended. You may also want to try the bio-mat, about which many clients and others around the world are raving.

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*“Let go of the old world
and the new one will
grow around you like a
skin.”*

—Das Energi Paul Williams

Towson Wellness Center Presents Wellness Seminars

Peggy Buresh RN, Health Coach

Eating for Energy

Monday, Sept 20th, 7:30- 9:00 pm

What would your life be like with an abundance of energy and vitality?

What foods are best to eat and increase your energy?

Come find out steps to get the energy you need to face what's on your plate!!

Sugar Blues: Beating the Sugar Addiction

Monday, Oct 11th, 7:30- 9:00 pm

Are you constantly craving sweets and want to understand why?

Do you want to gain control without deprivation?

Come have a fun evening and learn!

\$20.00 at the Door

(Bring A Friend—2 for the Price of 1)

— Seating is Limited —

RSVP: PeggyBuresh@gmail.com
or call 410-802-0311

“Through a daily discipline of inner attention and physical exercise, you can create a more open, resilient, and supple resistance to disease. Using your body in dancing, yoga, tai chi, or other exercises, and learning quiet breathing and relaxation will start your days in a more balanced, open state. Physical activity and exertion will help you relax more deeply and sleep more soundly.”

Rest Your Way To Better Health : FDA-Approved Scientific Breakthrough

In the interest of sharing wellness information with clients, this newsletter is providing a bit of information about a product now being used by many clients as a complement to their acupuncture treatments.

The Original Bio-Mat has a proven track record as a revolutionary healing tool for the treatment of pain and other musculo-skeletal problems.

Benefits include:

1. Improved Circulation and Cardiovascular Function
2. Improved Immune System Function
3. Pain relief
4. Weight loss

5. Reduced joint pain and stiffness
6. Reduced Stress and Fatigue
7. Improved Skin

Enhanced Detoxification of the Body

Ninety-five percent of people experience pain reduction, relaxation, rejuvenation, and mental and emotional ease in just 15 minutes. The Bio-Mat is an “FDA-registered medical device” made with 17 layers of Space Age materials--combining state-of-the-art far infrared (FIR) light and negative ion technology with the healing power of amethyst. It is covered by some insurance companies. Visit www.4balance.thebiomat.com or ask Shannon for details.

Mini Meditations — On The Path To Health

In the chaos of our fast-paced lives, we seldom take time to honor ourselves. Starting today, do this simple task at least once per day for five minutes, then ten minutes. Build up the time as you see the results it will give you.

Set aside a short period each day when you are alone in a quiet place, free from interruption. Focus on a single mental picture—maybe a candle flame or waves lapping a beach. Take deep breaths—in through the nose and out through the mouth. Repeat this for several minutes, building up to 10 minutes or more.



Try the Bio-Mat...

**\$30 for 30 minutes, and
you'll feel the difference.
Ask Shannon for Details.**