



# Points To Ponder

Healing, Health, & Well-being Through Acupuncture

## Summer Time 2010

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



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## *Follow Your Heart to Embrace the Season of Summer*

Feeling more energized than a month or two ago? Excited to tackle new challenges? Eager to spend more time socializing with family and friends? If so, you're not alone.

With summer officially here, you are blooming, just like the flowers of the season.

With the heart and small intestine being two of the officials of the season, it is no wonder that you are feeling brighter and more energized, acknowledging naturally that this is the season of fire, which fuels creativity, intuition, and motion. If you're not experiencing this "feeling alive" perspective, you definitely should consider an acupuncture treatment to rebalance yourself so you not only feel better, but also ward off illness.

According to the author of "Staying Healthy With The Seasons" (great book!), "Tension happens when we resist this flow, and illness can occur when we resist our changes. Illness is



usually a process which makes us more receptive, more open to change; this is often its value."

In addition to utilizing acupuncture to ensure that your meridians are open and flowing so you can seize the season's energy, consider exercising and dietary changes that encourage the small intestine to absorb nutrients. Fruits and vegetables are ideal. Some seeds, nuts, and grains are advised, but avoid heavy foods. A good breakfast may be fruit, yogurt, and a few nuts, raisins and a touch of honey. Blending these in a shake may even aide in the digestion. Herbal teas and lots of water are recommended.

Avoid salt, refined sugar, and fatty foods, especially those high in cholesterol.

## *Let Nature Make You Healthier*

Take advantage of summer to get out and get healthy, with clinical research documenting the benefits of these recommendations.

1. Walking on an uneven surface, like a rocky path, will stimulate acupressure points on your feet and reduce aches by up to 42%.
2. Sit beneath a leafy tree for 10 minutes and your concentration will improve due to the low-frequency electromagnetic waves. The sun cancels these waves, so seek shade.
3. Expose yourself to sun, too (but wear sunblock). At least 15 minutes of afternoon sun increases your immunity and makes you feel good.
4. Stare at a large span of green for at least three minutes to reduce grumpiness, and looking at the sky clears the head from the afternoon slump.
5. Morning bird chirping improves the body's circadian rhythms to improve sleep quality.
6. Rub the perimeter of your ear, as well as the back of the bony part to feel calmer.

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*“The heart is the ruler over summer. The heart is the root of life and generates all changes in spirit. The condition of the heart may be read from a person’s complexion. The heart fills the blood vessels and feeds life to the pulses.”*

Chinese Folk Medicine

## Summer Love

In addition to being a season of energy, the prominence of the heart makes this the season of relationships. Remember when you were a teen and met the “love of your life” (or so you thought) during summer break? While the relationship probably didn’t last, you did experience the phenomenal spirit of the season—the spirit of connections.

Again, if you’re not feeling particularly connected and desiring to be around friends and family socializing more now than in the winter, you may really benefit from an acupuncture treatment...and some soul searching.

Ask yourself what makes a good friend, and then decide if you are a good friend.

### *From the mouths of babes*

It’s often amazing how children can be so wise without even knowing it. The other day, my four-year old niece was all excited when she was telling me about her friends. She ran through a list of names and identified each as her friend. As her list continued, to my surprise, she said, “Aunt Shannon is my friend.”

Little did she know that her timing was perfect, given the day I was having. Her willingness to share her heart with me made mine explode, and all I could do was reach down to give her a hug.



The moment, of course, reminded me of the fact that family members can be our friends, too.

Take a few minutes thinking about the friends in your life, how each one adds texture and value to your life, and then what you add to theirs. Give of your heart and the connections will give much more back to you. Remember, a stranger is just a friend you haven’t met yet!

## Antioxidants Are Critical For Good Health

It’s no secret that most of us do not get enough of all the vitamins, minerals, and antioxidants we should in a day. For that reason, I am pleased to recommend a great product line. I particularly like these products because of the way they are made (powder form that just requires you to add water). Different from supplements and vitamins in pill form that need to be broken down in the digestive process, these supplements in “isotonic” form are absorbed in greater quantity and faster. Two products in particular are loaded with antioxidants and great for fighting free radicals that cause disease. For more information on these and other supplement products to promote wellness, please contact me.



### **Isotonix OPC-3**

- Helps maintain cardiovascular and joint health
- Promotes normal blood vessel dilation
- Helps maintain healthy cholesterol and blood glucose levels
- Demonstrates anti-inflammatory activity



### **Isotonix Champion Blend**

- Increases energy
- Supports a healthy cardiovascular system
- Supports the immune system
- Helps maintain joint flexibility
- Promotes cognitive performance