

# Points To Ponder

Healing, Health, & Well-being Through Acupuncture

## Spring 2010

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



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## Is Spring *Really* Here? Just Ask Your Body!

We have had such a crazy winter here! With two blizzards in two weeks, it's been crazy for many people. When it snows, we think of winter; yet, according to some who follow the calendar in Traditional Chinese Medicine, this timing of our snowstorms was really a transition time between winter and spring. While that is hard to believe with four-feet of snow on the ground, some people sensed the transition themselves.

Because of this incongruity with nature—we're seeing snow, but many people experienced unusual anxiety because their bodies were sensing the transition time even with snow on the ground. Instead of the usual excitement many people experience when immersed in a winter wonderland and given a day or two off from normal life, many people (including me) had a hard time relaxing or felt distracted—unable to focus or get anything productive done. Others were angry or frustrated. And, a lot of patients were experiencing dizziness and vertigo!

My point is that even though we had snow on the ground, I was starting to see buds on the trees and felt the incongruity, as well. One of my patients referred to this time as the "brown spring," with anticipation that the "real spring" or "green spring" would be coming soon. And, when you think about it, that's how it looks. Energetically, this snow fall seemed so different than in the dead of winter. It reminds us, therefore, to pay attention to the shifts in energy and to your own emotions or urges. Remember, what goes on in nature goes on in us, too. The more in harmony we are with nature, the more we will be able to create balance in our lives...and we all could use more balance, right!?!

### Associations With Spring

The element associated with spring is wood. This is the season of growth, activity, change, new beginnings...it's an exciting time of year! Just think about the growth you see around you with the buds on the trees and the shoots just popping up through the cold hard ground from winter. That takes a lot of energy!

If a person's wood element is not in balance, you might not have the energy to make the change or if you're feeling stagnant, you might lack the motivation. As a result, anger and frustration are the emotions associated with the wood element.

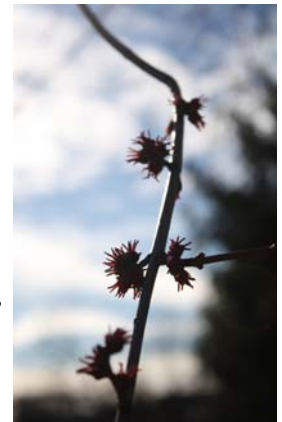
Anger is a useful emotion when it is in a state of healthy balance...too much or too little (none at all) is an imbalance. Sometimes people find themselves stuck in their lives, whether it be in their career, marriage, creativity...feeling lost. If the feeling of stuckness goes on for a period of time, this can lead to frustration, irritation -- life is stagnate and does not evolve in response to the individual's changing needs.

Also, not only is it important for us to have a state of healthy emotion inside, it's also just as important for those around us. We don't live on this earth alone (even though we might feel alone at times). How we treat/care for ourselves has an effect on those around us. We each need to be mindful of our emotional state and our actions/reactions. Create a bigger perspective to see more than one side of the story/situation.

Acupuncture is great in helping to assist in the balance of the wood element for the person to generate the changes that you desire.

And finally, the liver and gall bladder

are the officials associated with the wood element. These are not all of the associations but are a few. They, of course, are responsible for cleansing the system to start fresh—a parallel with the outside world and what we see in nature.



### The Parallels In Nature

With spring associated with the Wood element, see the parallel of your life with nature. Think of your life as a tree, with all the branches representing parts of your life--your relationships with those at work and family and friends; your interests, your spirit etc....

With spring here now, the branches may be budding or in bloom, but there may be some branches that are decaying and lifeless—in need of pruning or attention.

Now think about the roots of your tree. Are you well rooted or could you get easily blown over, walked over?

Do you stand up straight...stand up for yourself?

Again, don't be surprised if in this time of year you start to feel more excited to put forth ideas and plans you have been pondering. This is the time of year of planning and decision making. With that said, this could be a good time to evaluate what plan or vision you have or want for your life and future. Remember, the liver manifests in the eyes...that means literally eye sight/issues, but also your bigger vision for your future in the mind's eye.

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### *Time For Spring Cleaning*

Inside and out...this is a good time of year to do cleansings both internal and external. Ask Shannon for suggestions!

### Consider Acupuncture If You Have...

- Dizziness/Vertigo
- Back/Shoulder/Neck Pain (*Especially from shoveling!*)
- Lack of Motivation: *to exercise, spring clean, lose weight, get healthy*
- Unable to Plan Life or Carry Out Plans
- Feeling of 'Stuckness' Stagnation, Toxic Emotional State
- Stress
- Tendon/Ligament Problems
- Allergies, Stuffy Itchy, Watery Eyes, Headaches
- Difficult Time Making Decisions
- Excessive Anger/Frustration or None at All
- PMS (Pre-Menstrual Syndrome)
- And many more...

Healthy living is all about balance. If you are experiencing too much of one thing or not enough of something else, and the elements are out of balance, then an acupuncture treatment could help to bring you back into balance—giving you a greater sense of well being and perhaps relieving symptoms of illness or disease.

### *Why Alternative Health Care?*

I just heard a man on the news say, "I know when I am sick, I'm willing to pay anything to feel better." It was a segue into talking about all of the different medicines on the shelf and which ones are best for you when you are sick.

But, there is more to getting well than medication. With alternative medicine—from acupuncture to Reiki—the body is encouraged to heal itself. With acupuncture, in particular, you remove toxins from the system, put the body in optimal position to heal itself. Remember, medicines can help one problem, but can cause another, especially when they build-up as toxins in your system—taxing the liver, the main organ responsible for filtering any "drug" you take.

#### **Patient Inspiration**

"Acupuncture helps to calm your thoughts so your body can heal," said a patient to me the other day. And, it does. Acupuncture definitely helps to relax you, physically and mentally.



Just think about it—when your thoughts are anxious, obsessive, or fear-based, your body doesn't know the difference between good stress and bad stress. It just responds in the fight or flight way, and you end up feeling tense if your energy pathways are not open to flow freely and naturally; and as toxins build in the blocked-up system, you then experience symptoms of illness and disease, rather than healing.

With that said, get regular treatments, consider meditation, exercising, and exchanging negative thoughts for positive ones in between treatments so you can further this calming state. Basically—do what slows you down and calms your thoughts...and your body will start to heal itself!