



Points To Ponder

Healing, Health, & Well-being Through Acupuncture

Spring time 2006



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Spring Tune-Up Helps Balance Emotions

Picture this: you're at work and a co-worker comes in the door, very concerned about this wild animal that is camped out on a pile of boxes. It seems to be breathing, but won't move. So, he grabs a broom and you accompany him outside. After a few nudges that do not arouse the creature, your friend pokes the possum a little harder. Startled from a deep winter sleep, the possum jumps up, screeches, and runs down the street agitated and out of his element.

Now you are probably wondering, what in the world does this story have to do with an acupuncturist's newsletter?

It reminds me of what we all experience at this time of year as we transition into spring. For some, this transition is an easy, smooth one...one that is exciting and energizing, as the days get longer, new life emerges, and our world fills with a palette of colors. For others, like this possum, the transition is a little rougher, however. As a matter of fact, spring, which is related to the wood element (according to Five Element Acupuncture), is associated with the emotion "anger" or "frustration."

The reason for this is that the liver qi helps you sense your needs and boundaries; if someone encroaches on those boundaries, you get angry. In the case of a child, however, the liver qi moves freely and they communicate from the heart, without editing as adults do (hence we bottle our anger because we don't express ourselves freely). Think of the saying in England—He is liverish. Now it makes sense.

So, if you see that other people are all excited about spring and you're feeling a bit "bah hum bug,"--quicker to "snap" or anger than usual-- a visit to the acupuncturist can help relieve the imbalance that contributes to such emotion.

During your visit, I will check your pulses to determine the location of the blocks in your meridians—channels of energy. During and after your treatment, I will re-check your pulses to ensure that the energy flow is stronger and flowing better. While you may not consciously notice a huge difference, after your treatment, you (and those around you) will notice that your mood improves, you feel more "in control," and you, too, are soon admiring the signs of spring with an open mind.

Remember, spring is a time to celebrate life. Make sure your body is in tune with nature (and if it's not, call me).

Tips To Embrace Spring & Feel It

1. Get plenty of rest (7-8 hours per night); consider naps if your schedule allows.
2. Increase your exercise to a regular routine and you will feel more energetic.
3. Eat mini meals throughout the day to maintain your blood sugar at a more consistent levels and avoid dips in glucose that can cause irritability.
4. Drink more water.
5. Commit to several sessions of deep breathing—even at your desk. Make sure you breathe from your diaphragm (2-3 very deep breaths, hold 5 seconds, and exhale through your nose).
6. Visualize/daydream about your most relaxing vacation and picture yourself there again.
7. Make "to do" lists so you relieve your brain from having to remember your responsibilities; and cross off those that are complete, and your feeling of accomplishment will make you feel better.
8. Enjoy nature by doing something you don't normally do—sit by a pond, stop on the side of a country road and watch horses playing in a field, go for a hike and really use your muscles that have been resting all winter long.
9. Do some spring cleaning; freeing yourself from clutter will make you feel lighter.
10. Watch a funny movie or DVD of comedies, such as I Love Lucy. Laughter is good for the soul!



Wellness Center

608 Bosley Ave
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Refer-A-Friend & Win A Free Treatment For The Month of June

As you know, I am building my practice one patient at a time. If you know someone who can benefit from acupuncture—either for a general body re-boot or to treat a specific symptom—please refer him or her for a treatment. When your family member or friend mentions your name at the time the appointment is scheduled, you will be entered into the monthly drawing for a free treatment.

Tid Bit: Symptoms as teachers.

If you notice some difference in yourself, note them and try to analyze what has changed that may have caused the symptom. For instance, if your ankle hurts, you may remember twisting it when you got out of the car last week—cause and effect. If, however, you notice pain in your ankle and cannot attribute it to any event, talk to me. In treating the symptom, I will treat multiple spots, hoping to get at the cause of the pain as well.

For less specific symptoms, such as a feeling or sense (think about that back-to-school pit in your stomach that we all remember from our elementary school days), we will do a general tune-up to rebalance your energy flow.

Again, if you tune in to your body and spirit so you can detect even the slightest changes, together, we can tune up so you will be in optimal health and more in line with nature.

If You Ever Wondered...

Spring is a magical time, as we awaken from our winter doldrums and enjoy the beauty that surrounds us—assuming you take my advice and make the time to pause with your hectic pace long enough to do so. Spring is also a time to celebrate new life. This cute little horse, Angel, (one day old in this photo) was born on April 15 at 3:30am.



To witness such a birth—from helplessness to a romping "toddler" in such a short period of time—reminds us how fast we grow up, too, and that life is too short to not enjoy even the simplest of pleasures (like watching a baby horse nuzzle its mom even when you know you should be cooking dinner, chauffeuring kids, cleaning the house, and checking email that you ran out of time to do at the office).

All I can say is take the time to revel in spring's beauty and let nature work its magic!

Book Nook



Each issue, I like to recommend a good read. In keeping with reducing stress and embracing the energy of spring, you may enjoy "Acupuncture" by Peter Mole. It's a great easy-read book with lots of good information.

Inspirations: Get In Touch With The Seasons Within Yourself

"Earth, teach me to forget myself as melted snow forgets its life. Earth, teach me resignation as the leaves which die in the fall. Earth, teach me courage as the tree which stands all alone. Earth, teach me regeneration as the seed which rises in the spring."

William Alexander

Clients Asked...

All the time, I get asked the question: "Will acupuncture work if a person does not believe in it?"

Yes, it will work. I don't think a person has to believe in acupuncture for it to work. On the other hand, if the person really disbelieves, he or she may not be able to see the benefits as much as one who is open-minded.

Think about animals for your proof. A horse or dog doesn't just "will" getting better or being free of symptoms because he or she believes in acupuncture, but the owners see the difference and, assuming nothing else changed in that animal's life immediately pre and post-treatment, the proof is the proof without a cognitive element being responsible for the improvement.