



Points To Ponder

Healing, Health, & Well-being Through Acupuncture

Summer Time 2012

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



Shannon Considine
Licensed Acupuncturist

SUMMER IS HERE!

*Is Your Body in Balance
for the Sultry Days of Summer?*

Traditional Chinese Medicine (TCM) acknowledges that body organs are more than physical structures that perform specific physical tasks. Rather, they are “complex systems” that affect mind, body, spirit. Each organ impacts the body’s qi or energy flow and in reverse, the organs are impacted by the body’s qi. Logically, therefore, if a body’s qi is affected by blockages in the energy meridians, the result is often illness or pain, which can be emotional as well.

According to the teachings of Traditional Chinese Medicine (TCM), we all experience very natural seasonal changes in our bodies that correspond to changing seasons. In the season of summer, the heart is the predominant organ (“official” in TCM terms), and the small intestine is the other official of the season.



Consider that we tend to have more energy in the summer and are usually in better moods. We have a zest for living that may seem weaker in the winter months when our bodies typically are in a more dormant, restful stage. This is no accident but TCM at work without us even thinking about it...until we don’t feel more energized or in higher spirits.

In Western medicine, most doctors treat the pain or illness, but seldom get to the root of the

Cont’d on Back

Towson Wellness Center News

As you may know, I have now owned the Towson Wellness Center since 2005 and my office is deliberately located in the Towson Wellness Center, a professional center that provides a holistic, multi-disciplinary offering to clients. There are several fine practitioners in the Center who I’d like to introduce you to.

Lorena Lues is a health coach practitioner. Her health coaching training comes from the Institute for Integrative Nutrition in New York where she has been trained in over 100 dietary theories and wellness approaches. She works with individuals who have been diagnosed with chronic health conditions, and those who wish to focus on prevention. *Call for a 50-minute complimentary wellness consult to discuss your goals.*

Other practitioners in TWC are: **Mary Garland Considine** (Executive Coach/Motivational Counseling); **Terry Pearce** (Massage & CranioSacral Therapy); **Chip Pierce** (Professional Coaching/Counseling); **Rebecca Winch** (Massage/Sports Medicine); **Amanda Grant** (Licensed Massage Therapist/Cranial Sacral); **Kelly Vahey** (Psychotherapist); **Rob Depetris** (Acupuncturist/Herbs).

To learn more about these practitioners and get their contact information, please visit TowsonWellnessCenter.com!

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Acupuncturist, Owner & Operator

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FYI

THERMOGRAPHY — I'm excited to announce that we now offer Thermography at the Towson Wellness Center! **Terry Pearce**, a practitioner at our Center, is offering thermography—a non-invasive, radiation-free imaging procedure to identify heat patterns in the body. Such imaging helps pinpoint where inflammation is in the body and with early detection can help to make changes in your lifestyle or other recommendations to improve your chances for longevity and good health. **Call Terry today for a consultation 410-458-2215.**

INSURANCE UPDATE — Now accepting Cigna, Johns Hopkins EHP, and Blue Cross/Blue Shield.

REFER-A-FRIEND — The ultimate compliment to any professional is the referral of a friend or family member. I appreciate your referrals and wish to thank you with a complimentary \$10 off your visit for each person you refer for a treatment by August 15.

THANK YOU!

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problem—clear the qi. That's where acupuncture comes in.

If you don't believe it, just look at kids playing outdoors and take a lesson—to the heart, from the heart, literally. They look at clover. They run barefoot in green grass. They splash carefree in sprinklers or pools. They laugh. They live in the present, cherishing the sunlight and brightness of the season.

Do you?

If you're heading into summer and don't feel like you're on top of your world, consider an acupuncture treatment to re-balance your body, help it through the seasonal change, and open the paths to foster natural healing—letting the body do what it knows how to do when interference from all we do to it is minimized.

WELLNESS TIP

Breathe Deep! Deep breathing is proven to reduce stress and provide oxygen to the brain. Inhale and count to 5; exhale and count to 5. Repeat 3 times.

BONUS: While doing this exercise, envision something you really like or a place that gives you peace. You'll be amazed at the calming results.

Herb Corner

Herbs offer a natural way to address some of the challenges of the season. For example:

Got allergies? Bi Yan Pian is great for runny noses, post-nasal drip, and nasal congestion.

Summer cold? Yin Qiao relieves sore throats, achiness, and other symptoms of a cold and lessens the duration of the cold.

Sunburn? While it's best to prevent this with a sunblock, if you get a burn, Solar Recovery is great. And, a great moisturizer too!

Call today if you are interested in any of these herbs available at my office!