



Points To Ponder

Healing, Health, & Well-being Through Acupuncture



Winter 2008



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



Shannon Considine
Licensed Acupuncturist

Make Winter a time of healing, not sadness

Some people say they feel sad or depressed this time of year, describing their “funk” as the “winter blues.” Compound this lack of emotional get-up-and-go with cold-related aches and pains, especially for arthritis sufferers, and winter is a season that many dread. Others complain that the season of “rest” is really the season of “shop, cook, clean, and socialize”—seeing winter as anything but a time of rest.

It doesn't have to be that way, however, if individuals are armed with the proper information about the season and some wellness care.

According to Traditional Chinese Medicine (and Mother Nature), winter should be a season of peace and reflection—a season of “down time”... a period of time that we all need to store energy for the coming spring.

Specifically, the season marked by grayness and short days of sunlight should provide you with much-needed relief from the fast pace of spring, summer, and the hustle of ‘before-winter’ chores associated with fall.

If you are not taking advantage of this down-time to restore and recuperate, you will not be at your peak to embrace the more



demanding seasons of spring and summer. For those who don't recognize this call of nature to relax or continue to over-ride it by going, going, going, you may feel zapped and fatigued by the time spring gets here.

The Season of Water

There is probably little coincidence to the fact that blue is the color of the season, and water is the season's dominant element according to Traditional Chinese Medicine. For those who feel sad during the winter, try an acupuncture treatment specifically to re-balance your water element and realign energy flow to the kidneys and bladder, the officials of the season.

An imbalance in the kidneys or bladder may not only result in symptoms of sadness or fear, but when the kidney Qi is weak, people may experience issues with metabolism (it slows down), urination, sexuality, fertility, puffiness under the eyes (or dark circles). Because the kidney Qi declines

with age, we see more depression and sadness with older people, so pay special attention to the older loved ones in your life (and suggest a treatment for them, too).

When a person is in balance, winter should feel like a welcome period of rest and recuperation in preparation for the coming spring and summer which require huge amounts of energy—just as the little plant stays dormant in the winter to restore energy below the ground's surface in order to be beautiful and vibrant in the spring.

Other suggestions to help cope with the winter blues and the seasonal aches and pains, include:

- participate in regular exercise (keep those muscles and joints moving to avoid stiffness),

- eat fresh vegetables (antioxidants help the body restore itself and reduce inflammation);
- take vitamins;
- drink plenty of water (to combat the cold and dryness of the season); and
- simplify your holiday-related hustle and de-stress your approach to the season's celebrations.

All of these suggestions affect brain chemicals, especially increasing the production of serotonin, which can give a greater sense of peace and pleasure.

Call Shannon today to schedule your pre-holiday treatment so you can enjoy the season before us, rather than dreading it or struggling to make it through.

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Hours: Mon-Thurs: 10am-6pm • Fri: 10am-3pm

Massage Is Here



We are pleased to announce that licensed massage therapist, **Betsy Gilbert**, will be seeing clients at our office on Mondays, Thursdays, and every other Friday and Saturday. Call 410-321-5906 for an appointment.

With 10 years' experience, Betsy specializes in deep tissue massage and craniosacral therapy. She works with people of all ages, newborn to elderly helping to heal trauma, and chronic pain. Infants and children come for many reasons, failure to thrive, colic, ear infections, autism to name a few. Adults come for rejuvenation, stress relief, chronic pain, headaches and TMJ.

*Winter is a time of rest,
if we only take our
cue from nature by
resting and re-balancing.*



Cancer Patients Find Relief With Acupuncture

We have all heard that patients with cancer often go to great lengths to research as many treatment options as possible—treatments for their cancer, and relief from side-effects related to the cancer treatments offered by western medicine, especially chemotherapy and radiation therapy.

In their search, more individuals are discovering Traditional Chinese Medicine and the studies that have been conducted in China and other parts of the world, which indicate that acupuncture has positive effects in the treatment of cancer patients. Fortunately, many western physicians are recognizing the complementary nature of this ancient treatment modality as well, as they look for a holistic approach to help their patients live longer, minimize side effects, and improve their quality of life.

As a matter of fact, Memorial Sloan-Kettering Cancer Center in New York, has acupuncturists on staff to provide in-patient and

out-patient treatments to cancer patients.

Specifically, studies and anecdotal evidence indicate that acupuncture has helped many cancer patients by reducing pain, reducing nausea and vomiting, improving or stabilizing t-cells counts (impact on immunity), and/or enhancing weight gain. At Sloan-Kettering, they note that patients who receive acupuncture within 24 hours of their chemotherapy treatments and 24 hours after the treatment exhibit fewer side effects related to the chemo.

Kenneth Conklin, MD, Ph.D., an anesthesiologist at UCLA, said that studies related to acupuncture and cancer patients “report gratifying results utilizing nutrition and supplements combined with energetic acupuncture.”

If you know someone with cancer, contact Shannon today, to complement his or her treatment plan.