

Points to Ponder

Healing, Health, & Well-being Through Acupuncture

Spring 2018

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



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'Tis The Season For Feeling Frustrated...

But, it doesn't have to be!

Feeling a little antsy...more easily aggravated than usual? It's okay and perfectly normal, based on the seasonal changes that are at the heart of Traditional Chinese Medicine.

Think about this—we're experiencing the awakening from winter's slumber and we're irritated. Just as the tender green shoots of spring bulbs struggle a bit this time of year to grow up and through the semi-frozen ground, we also may be struggling a bit as we enter the spring season. That explains why the Spring season is often associated with frustration and unrest.

The physical change our bodies experience this time of year is affected greatly by the "officials" of the season—the liver and the gall bladder. When the liver qi (energy flow) is stagnant and in need of rebalancing, people tend to feel angry, disappointed, and frustrated.

These emotions are further exacerbated if the gall bladder, the other official of the season, is also out of balance. The gall bladder is what gives us the urge to organize and clean this time of year, as well as the desire to make decisions, get closure, and to plan.

If both officials are stagnant and perceive life is out of order as we awaken from the more relaxing season of winter, the symptoms of anxiety and frustration are greater than normal.

Turning Frustration Into Positive Change

"So, what?" you may ask. The importance of knowing about these officials and the normalcy of such emotional change is that recognition can lead to change.

With the help of an acupuncture treatment and herbal remedies, you will be more equipped to turn this negative energy into an action plan.

My niece felt very disturbed by a situation at the hospital where she saw pediatric patients waiting for care with no timely communication to explain the care plan and what would happen next. When she inquired about the reason for the situation, the hospital said there were no child life specialist on staff or available to the patients.

Instead of being further frustrated, she decided to go to college to become a child life specialist and fill the void, so other families don't have to endure such an experience.

While many of us will not be so inspired or even able to pursue a career change when frustrated, this more extreme example is inspiration for us all to at least:

- acknowledge the emotion of the season;
- determine what is causing the stress; and

Tips for Liver Health

- Avoid toxins like household chemicals and replace them with healthier options such as Thieves cleaners; avoid alcohol and many prescription drugs.
- Minimize consumption of rich foods and increase your greens.
- Drink lots of fluid and use fresh lemon in water for cleansing.
- Bergamot essential oil is great for relaxing liver qi and releasing pent up feelings.
- Wear a scarf or hoodie to prevent wind attack (symptoms include common cold, headaches, itching, allergies...many points affected by wind are on the upper back, neck and head).
- Get acupuncture to help with liver qi stagnation.
- Exercise/sweat regularly for liver detox.



- channel the energy toward a positive change.

Be sure to get an acupuncture treatment too. The treatment will rebalance the liver and gall bladder to prevent prolonged stagnation, which can lead to poor health and depression.

A treatment (or a few) will give you a more positive outlook toward life... and summer is just around the corner.

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Spring Pick-You-Ups

Treat yourself to time outdoors, and you'll feel happier, calmer, and healthier, according to studies at the University of California at San Diego. Don't forget to take some deep breaths while you:

- take a walk;
- work in the garden or pot some plants;
- stare at the clouds for 5 minutes;
- inhale scents of spring—mowed grass, lavender, lemon balm; and
- stare at green grass for 3 minutes.

And, smile. Just 20 seconds of smiling will activate the brain's left cortex, which boosts your mood, even when you're angry. (If you can't muster a smile, hold a pen between your teeth, which simulates a smile for the same effect.)

Skyla and Hunter keep me smiling all of the time!

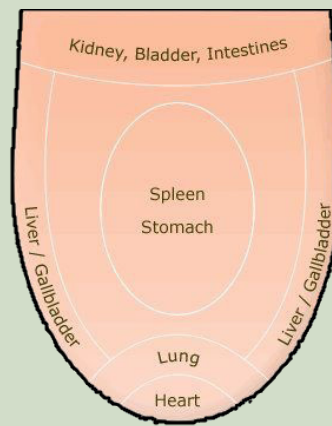


BI Yan Pian – Is the pollen getting to your sinuses? This is a great herbal formula for allergic rhinitis! Try this before OTC antihistamines—all the benefits without the side effects.

On The Tip Of Your Tongue...

The tongue often indicates if a person is sick, and is a primary diagnostic “tool” in Traditional Chinese Medicine.

When a doctor or acupuncturist checks the tongue, he/she is looking at color, texture, coating, cracks, lines, teeth marks, and moisture level. These observations provide valuable information about blood movement, qi (energy strength), and toxicity, among other conditions.



A pale tongue can indicate blood deficiency or anemia. But, a pale tongue with some red dots, thin white coating, and teeth marks on the edges can indicate a qi

deficiency. Yet, a person with a red tongue with cracks may have a yin deficiency and be experiencing insomnia, night sweats, and ringing in the ears.

Next time you get to a mirror, stick out your tongue and say, “ahh.” What you see may tell you more about your body than you'd ever believe. Ask me for more information. If your tongue provides symptoms, an acupuncture treatment and herbs will help restore health.

Acupuncture is one of many great services at Towson Wellness Center

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Thank you for allowing me the privilege to care for you...and for your referrals!

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