



Points to Ponder

Healing, Health, & Well-being Through Acupuncture



Shannon Considine
Licensed Acupuncturist

Ugh! I'm feeling so tired lately!

Recently, quite a few patients have walked through my door with this complaint. Are you feeling this way too?



After asking for a little more detail to describe what's going on, I'm finding myself reminding patients of the season we are in.

Winter...the light is changing and we are in the most yin time of year.

Being a bit more tired and needing a little more rest is exactly what your body is craving. During this time of the year we need more rest in order to gather and store energy for the emerging spring days ahead. This is a more quiet time of year and our bodies crave rest, quietness, and rejuvenation. This is a natural cycle, and even though we experience the external demands of the holidays, our workloads and other pressures of life, we are still a part of nature and need to take care of ourselves. Approach Winter differently this year. Learn to use the word "no", slow down, get rest, and exercise. Drink plenty of water and eat fresh, healthy food. And definitely consider an acupuncture treatment! It will help to unlock stuck energy and you will feel more energized in the process!

Winter Is Here

Winter, with its cold and dampness, can aggravate both joints and back problems. The coldness causes Qi to get stuck—we call this 'stagnation.' This can result in stiffness, aches, and pains. Acupuncture will release your Qi so it can begin to move freely. Rubbing the inside of your ankles, up the inside of your legs and the back of your legs, also helps to move Qi.

Change can be difficult and yet, change doesn't need to be a threat...it's a fact of life. We enter journeys that can bring us to the end of ourselves. We often feel out of control. Yet if we embrace the change, we may find ourselves on the ride of our lives.

Call to Schedule Your Acupuncture Treatment

(410) 598-9836

Gift Certificates Available!

Please visit my website to shop locally, and give the gift of healing this year! Acupuncture helps back pain, knee pain, arthritic joints, as well as emotional balance to relieve anxiety.



AcupunctureByShannon.com

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

Treat Yourself Right This Winter!

Grab a cup of warm tea and snuggle up in your favorite chair as we explore the season of Winter.

Winter is an anticipated season for some — Winter sports lovers excitedly waiting for a nice base of snow, and children dreaming of sleigh riding, building snowmen, and a welcomed break from school.

In Chinese medicine, the Winter season relates to the water element as well as the kidneys and bladder. These organs help to balance water, minerals and acid balances within our bodies by filtering blood, making urine, and eliminating unneeded substances. Drinking plenty of liquids, especially water, is key to blood and lymphatic circulation and is essential for cleansing the body through the kidneys and bladder.

The emotions associated with the water element are fear and anxiety. When the water element is out of balance we may experience fear that shows up in different aspects of our lives: relationships, career, finances, and personal growth. Winter is looked upon as a depressing or sad time of the year by a lot of people. Long stretches of gray, dreary, lightless days are ahead of us. Please check in with anyone you know who might be sadder than usual in the Winter or are experiencing more anxiety. We often think of this as the 'winter blues,' yet for some it's a heaviness that is very hard to handle. Encourage anyone with depression or seasonal depression to get help. Acupuncture is a great way of helping to balance the emotions!

Diet, exercise, proper rest and drinking plenty of water are all essential to overall health this season. Try to eat a variety of foods each day. More protein, lots of steamed or baked vegetables; soybeans, nuts and seeds are recommended. Soups are especially good, as well as fresh fish and seaweeds.

A daily walk or jog outside is wonderful for both body and mind. Indoors, yoga, Tai Chi and breathing relaxation techniques are great choices. Sleep and relaxation in our busy, highly technological society are often pushed aside, and yet both are so important to physical and emotional health. Treat yourself right this Winter! Take time to dream, relax and prepare for the budding of spring.

A lot of people have been getting sick this year. Get an acupuncture treatment or herbs to help boost your immune system.



During the brutal months of winter, **R.C. essential oil** helps relief colds, coughs, sore throats, etc.

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Shannon Considine
acupuncturist

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Call to Schedule an Appointment
410-598-9836

"My doctor told me I needed a hip replacement. I have yet to get one and I attribute it to getting acupuncture weekly. It's the only thing I have done consistently."

- David

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