



Points to Ponder

Healing, Health, & Well-being
Through Acupuncture



Shannon Considine
Licensed Acupuncturist

Spring: A Time to Rejuvenate

Nerves on edge? Feeling antsy? Tired of spending so much time indoors? Chances are you're more than ready to put the limitations associated with winter weather behind you and move to a better place. That better place is spring and, fortunately, it is upon us.

Traditional Chinese Medicine (TCM) has five seasons and five elements associated with it. The seasons in TCM, each of which has its own set of properties, are winter, spring, summer, late summer, and fall. The seasons and their elements create a balance within the body.

Spring not only brings a renewal of the land as seeds sprout and flowers bloom, but a renewal of our body, minds, and spirits as well. In TCM the season of spring is associated with the wood element which governs the liver and gallbladder. You may recall that in TCM there are two complementary forces—yin and yang—that complete a dynamic whole.



The liver is the yin organ and the gallbladder the yang organ. As the liver is an organ with a capacity for regeneration, it seems appropriate that it is linked with the season of the year when things are renewed. According to TCM, when the energy of the liver is out of balance you can experience irritability, depression, anger, frustration, nausea, and muscle stiffness. These symptoms can be worsened if the gallbladder also is out of balance. Acupuncture is an effective means of restoring the balance of the liver and gallbladder.

By the way, green is the color associated with spring in TCM. This is understandable when you consider that we begin to see plant growth in the spring. Eating fresh greens is useful and helps the liver in its function of removing wastes from the blood, so be sure to include them in your diet.

Call to Schedule Your
Acupuncture Treatment

(410) 598-9836



What is Acupuncture?

You most likely know that acupuncture involves treating conditions by placing needles at specific points in the body. But did you know there is quite a complex system behind it?

According to Traditional Chinese Medicine, a system that has been around about 3000 years upon which acupuncture is based, energy flows along the surface of the body and through body organs along paths called meridians. The meridians are named according to the organ they flow through (such as the liver). A blockage of the energy flow can cause illness.

With acupuncture treatments needles are strategically placed along specific points on the meridians to restore energy flow. Acupuncturists receive training as to how to identify which meridians are blocked based on a person's symptoms and where and how to place the needles to stimulate specific points. (Be sure you receive treatments only from a licensed acupuncturist!)

Research has shown acupuncture is effective for a variety of conditions, such as headache, stress, nausea, and pain. People have found it highly benefit as a means to control stress and boost motivation to address issues such as adhering to an exercise plan and getting their lives in order. Increasing numbers of health insurers are now paying for acupuncture treatments.

Time For Spring Cleaning – Inside and Out...

This is a good time of year to do cleansing both internal and external. Ask Shannon for suggestions!

National Center for Complementary and Integrative Health

There was a time when acupuncture, herbal medicine, and mind-body therapies were viewed as "alternative" forms of medicine that were in conflict with conventional medicine as we know it in the U.S. That thinking has changed. As a greater understanding of these therapies and scientific evidence supporting their effectiveness have grown, these therapies now are seen as beneficial partners to conventional medicine in treating a wide range of conditions.

The National Center for Complementary and Alternative Medicine has been formed to foster health promotion, disease prevention, and the improvement of hard-to-manage symptoms using therapies beyond the scope of conventional Western medicine. It studies various therapies to assure claims made are based on scientific evidence rather than unsubstantiated claims.

It is encouraging that in the 21st century we now accept that a variety of therapies can be used for healing and health promotion. Therapies such as acupuncture now are used in concert with medications, surgeries, and other conventional methods. As many of the complementary therapies carry a lower risk of adverse effects than conventional methods, they are having a growing presence in medical practice.

To learn more about the National Center for Complementary and Integrative Health visit their site: nccih.nih.gov

About Shannon Considine

Shannon Considine, L.Ac., a graduate of Towson University, is a licensed acupuncturist who earned her Master of Acupuncture degree from Maryland University of Integrative Health (formerly Tai Sophia Institute) in Laurel, Maryland. She is trained as a "five-element" acupuncturist, which honors the tradition of nature's cycles for seasons and life; the five elements are fire, wood, metal, earth, and water with each related to a different season of the year and a different stage of life.

She is a Board Certified Diplomate in Acupuncture through the National Certification Commission for Acupuncture and Oriental Medicine.

Shannon is also a Certified Acupuncture Detoxification Specialist, recognized by the National Acupuncture Detoxification Association.

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