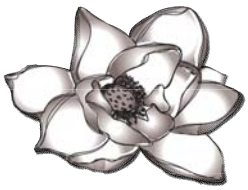

POINTS OF INTEREST

SPRING GREETINGS!

As we come into this new season, we thought it time to put together a newsletter for our friends and patients. This is one way we can share news about our practice and clinic as well as pass on some of the tidbits of information, from traditional and health promoting seasonal recipes to some of the information that we glean about health and healing. Of course, we cannot diagnose or treat anything in a newsletter, so please use this information to self-educate, not self-treat!

MOVING OFFICE QI

We have a new office in Fort Bragg! It has been quite a journey for us and our healing practice. We are so grateful for the nearly eight years that we spent working in the lovely Caspar Gardens, and so appreciate the owner of that place, Sunshine Taylor, for the beauty she helps to manifest as well as the kindness and thoughtfulness shown to us. We are also so thankful to have finally found our new larger space, and to the people who helped make it the beautiful place it now is. Thanks LeeAnn, Anne, JB, Shiloh, Wendi, Dave, Daniel, Mariah and Bridget.

Our bodies are our gardens - our wills are our gardeners. ~William Shakespeare

ELEMENT: WOOD - LIVER AND GALL BLADDER

In the Chinese tradition, Spring is associated with the element of wood and the season of wind; and the organs of liver and gall bladder. Around the world this time of year is associated with rebirth, renewal, fertility and cleansing and so it can be a wonderful time to focus and refresh body, mind and spirit connections.

The Qi of Spring makes it an optimal time to examine what is nourishing, work towards new goals, and plan your life just as you might plan (and plant) a garden. In addition, it is an opportunity to identify what is draining and negative, and if possible pull these weeds of negativity from your life. Imbalanced emotional elements of wood manifest through the stagnating emotions of anger, resentment, frustration, and depression. Planning for a healthy functioning liver will also help you move forward and plan your life - as the liver and gall bladder are associated with making plans and decisions.

Acupuncture can help by matching your energy to the energies of the season and by providing your liver and gall bladder with the support they need, so that you can plan and actualize your growth.

May your garden of life flourish and nourish you and those around you.

SPRING Garden RECIPE from Andrea

Cooking with Awareness

Before you begin cooking, set an intention or write down a plan that you have been working with. As you prepare your food, bring it to mind so that your food will be infused with the power of your thoughts.

Ingredients:

1-2 Tbs coconut or olive oil
3/4# asparagus, 1-2 inch pieces
3/4# snow peas
bunch of spring onions (can substitute 4-5 scallions), chopped
1 Tbs vinegar (raspberry, rice, or apple cider) [use fresh lemon juice for gluten-free alternative.]
2 Tbs fresh mint, chopped
2 Tbs chives, chopped fine
Fresh herb sprigs to garnish

Cooking Instructions:

Heat large, deep frying pan or wok, add oil, then add asparagus and snow peas. Stir while frying (stirfry) for 2 minutes. Add spring onions and fry for 2 -5 more minutes. Remove from heat, add all else but garnish and mix well. Serve immediately, garnishing each serving with herb sprigs.

KIDS SNACK CORNER:

Save a few snap peas for a fresh cool treat for you kids! Sweet and good4U!

NEW

Multiple Session OFFERINGS INCLUDE

Spring Tune-Ups and Tune-Ins
Individualized Nutritional Plans
Supervised Cleanse and Breast Health
Workshops for Women with Andrea
Smoking Cessation Sessions w/ Michael
Call for an appointment:
707-964-1111

Flower Illustrations By Michelle Noe and Newsletter Design by Shiloh McCloud www.wisdomhousecatalog.com

COMMUNITY ROOM ACUPUNCTURE

One of the most inspiring developments in contemporary healthcare is the spread of Community Acupuncture in this country. Community style acupuncture allows clinics to offer treatment that is affordable to most people in our community. This is accomplished by treating different clients together in the same room, keeping the interview extremely short, and using styles of acupuncture that use the powerful distal points, which are generally found below the knees and elbows, eliminating the need for clients to remove clothing.

Community Room – In China, it is very common for Doctors of Chinese Medicine to treat many people at one time in the same room, moving from table to chair to interview desk. Community style acupuncture uses this principle, allowing the acupuncturist to work with ease and productivity. Since acupuncturists, like all workers, are paid for their time, treating several people at once allows us to charge less per treatment and still cover costs. Many clients find treatments in a group atmosphere to be especially powerful.

Distal Treatment – One mysterious element of acupuncture is how stimulating a place below the knee can, for example, improve overall energy, or treating a place on the wrist could help with asthma. The Chinese medical system believes that our vital energy (Qi) is much closer to the surface in the areas below the elbows and knees, and that because of this treating these areas can have a profound positive impact on the health of the body as a whole. Many conditions can be effectively treated using only these acupuncture points.

We are so excited to be able to work around economic barriers that keep people from getting the care that they need and deserve. Patients pay between $20-$45 for Community Room treatments, depending on what they feel they can afford at the time.

To come in for a session please call to reserve your space. For more information on treatments go to: www.coastfamilyacupuncture.com

Join Us On Monday, April 21, 5:30 pm

for a free evening learning circle, optional "mini-treatment" and tea in the community room

Please call 964-1111 to reserve your space

Diet Soda Good for for Obesity (causing it that is)

by Michael Booie Volk

If you are drinking diet soda to lose weight and support a healthy lifestyle, you may want to reconsider. Recent research has shown (unexpectedly) that drinking only one diet soda per day will cause one in three people to develop what has come to be known as "metabolic syndrome" (Syndrome X), a dangerous constellation of symptoms including heart disease, elevated cholesterol (especially LDL or "bad" cholesterol), and weight gain around the abdomen (belly fat). This is likely not the outcome most folks are looking for when they reach for a diet soda! While researchers are not sure why such a small amount of diet soda could have such a large negative impact, you may want to avoid this type of beverage. None of us need more belly fat, bad cholesterol or are seeking to reach a pre-diabetic state!

Lutsey, PI et al, Dietary Intake and the Development of Metabolic Syndrome, Circulation,2008, Feb 12

60 Second Gratitude Meditation

by Shiloh Sophia McCloud

Sit outside or by a picture window where you can see some of the bounty of Spring. Focus on a petal, a blooming branch, a crested wave, a robin - close your eyes and relax your brow. Allow the image you chose to fill your mind so that it is all you see. Breathe and smile gently to yourself, allowing the beauty, wisdom and energy of the image to transport you into a peaceful moment. Bring to mind things you are grateful for!

Healing is a matter of time, but it is sometimes also a matter of opportunity. Hippocrates

POINTS OF INTEREST

SPRING 08 NEWSLETTER

Coast Family Acupuncture

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Regular OFFICE HOURS:

Monday - Friday 8:30-5:00

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