

Life Begins With a Breath
The Chinese Medicine Guide to Health
Courtesy of The Acupuncture Center

Fall

Start paying attention to your emotions

Emotions can be used to both diagnose and predict a disease. Think about it: When you're frightened or nervous – it might be from having to speak in public or take a test or even because it's your wedding day – you develop symptoms such as nausea, vomiting, diarrhea, constipation, shortness of breath or light-headedness. That's from emotions creating an imbalance in the body that affects blood pressure, digestion or respiration. On the flip side, when you are tired or exhausted and feel weak, you might find yourself sad, afraid, apathetic or worried. The deficiency within your body is eliciting an emotion.

How emotions affect the body

First, it is important to say that emotions are a good thing. It is natural and important to experience them. It is, however, unhealthy to experience an emotion for long periods of time. Each emotion affects an organ in the body even as it acts on the entire body in general. The one organ most affected by all emotions is the liver. The liver harmonizes or balances the emotions. Your body will tell you if it needs a break, through symptoms such as headaches, neck and shoulder pain, irritability, poor digestion and red eyes.

How can you help yourself?

Breathe, breathe, and breathe some more. I am serious. Why do you think most people go for grueling one hour to two hour workouts? They do it to force themselves to breathe and break up the constrictions in their bodies brought on by emotions. The action of breathing helps blood flow and softens the emotions. Yoga masters, monks and priests did not make this up on a whim. They knew breathing, sitting still and moderating their emotions helped them live longer. When you take five minutes or just three minutes and breathe deeply, your thinking becomes clear, your body becomes relaxed and you feel good. When your body finally shows you the signs that it needs a break, it is already overdue and the cost may be great.

How can acupuncture and Oriental medicine help balance the emotions?

The Chinese have been studying the effects of emotions for more than 2,000 years. They have also identified the best methods to treat the imbalances that create emotional problems and to prevent imbalances if emotions run amuck. If you are suffering from depression, anxiety, panic attacks, irritability, resentment, lack of self control or mood swings there is probably an imbalance that may be treated without pharmaceutical medication. Acupuncture and Oriental medicine will aid in your recovery. Also, if you know you are under extreme stress and you know your body is paying a price, please call Selma Jones, L.Ac. @ 803.790.8000.

Autumn is here!

It is that time of year again. Fall is the time of harvest and gatherings. Autumn is

abundant yet contracting nature, The lungs need to be strengthened so your chances of catching the cold or flu will be reduced. Cook stews, root vegetables, and nuts. Cook with less water and lower heat. Check our web site under "what's new?" for more information on fall foods.

Ways to strengthen the lungs that you can do

Take a few minutes a day and just breathe and relax (You will love it.)

Eliminate the sugar during this month (Oh yes you can. I know it's hard, but the holidays are coming)

Dress with scarfs, hats, and layers.

Moderate exercise (Simply walk outside at a moderate pace. No need to over do it)

Get plenty of sleep (Sleep from 9 p.m. to 6 a.m. Those are yin hours and good for rest.)

Try it and you will feel better and your transition through the Fall will be healthier.

Ways to strengthen the lungs I can do for you

Two acupuncture treatments (It is a good time to stimulate your lung meridian and strengthen your immune system)

To make an appointment, call The Acupuncture Center at 803-790-8000.

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