



2009 Spring Issue

" The supernatural forces of Spring create wind in Heaven and Wood upon the Earth. Within the body they create the liver and the tendons; they create the green color . . .and give the voice the ability to make a shouting sound . . . they create the eyes, the sour flavor, and the emotion anger."

-The Yellow Emperor's Classic of Internal Medicine

Chinese Medicine and Spring: Wood

Wood is the element of spring. The stored winter energy begins to venture upwards-sprouts grow, leaves blossom, color spreads. The wood element is reflective of our free will, choice and planning. If this energy gets clogged along the way frustration, anger or benevolence persists. Acupuncture, yoga, and non-goal oriented activities help keep the wood pathways free and easy

Point of Interest: Tai Chong Liver 3; Great Rushing

"The Liver governs spreading and daring"

Although the liver is not responsible for the production of qi, it ensures the flow of qi in the body remains free, easy, open, relaxed and unobstructed. "When the qi and blood flow harmoniously the ten thousand diseases will not arise. Once there is constraints, all diseases may arise."

Liv3 is not everyone's favorite point. It is located in the hollow between the first and second toes on top of the foot. Our busy stressful lives put many people into a state of Liver Qi Constraint. This acupuncture point relaxes and unwinds us so the qi can move freely in the body.

Acupuncture and Allergies

With the onset of Spring, comes the beginning of allergy season in Oregon.

Acupuncture has been used to treat seasonal allergies for centuries with great success. According to traditional medicine, treatment is directed toward clearing the nasal passages, supporting the immune system and strengthening the systems of the body to prevent allergic reactions from recurring.

According to Oriental Medicine, allergic rhinitis is related to Wind and a deficiency of the *Protective(or Wei Qi.) Wei Qi* is the Qi that flows at the surface of the body as a protective sheath and is responsible for resistance to colds and other respiratory infections. People with a deficiency of *Wei Qi* catch colds easily and are more susceptible to allergens. When treating with acupuncture, underlying imbalances within the body are addressed and a treatment plan is developed to relieve the acute symptoms of allergic rhinitis while also treating the root problems that are contributing to the body's reaction to allergens. Treatments often include dietary modification, the use of specifically chosen herbal formulas, and acupuncture.

If you experience seasonal allergies, now is the time to schedule an appointment. Please call for a consultation today.

Spring Time Activities And Muscle Aches

With the weather taking a turn for the better (finally!) it's time to get outside, hop on that bike or hike up that mountain. But after a few months of being slightly less active, those first few weekends back in the great outdoors can really take a toll on your muscles. Hiking and biking especially work and use the glute muscles, upper and lower legs. With a little help from the massage therapists here at Jade, the transition back into a more active life allowed by the better weather can be achieved with much more ease and comfort.

Using the 5 Flavors to Balance your Food Cravings

Curbing impulse eating and controlling cravings in your diet may be as simple as including all 5 flavors found in nature into your daily diet.

Making sure your diet is balanced by including this flavor variety will help create harmony in your body so you feel completely satisfied and nourished. It will also make your meals more colorful, more interesting and will give you a wide variety of nutrients every day.

You may already realize that eating a meal with only 2 flavors leaves you craving more. For example, eating rice and chicken with soy sauce leaves us with only the sweet and salty taste. (Very common in the American diet). Integrating more sour, bitter, and pungent tastes will help diminish cravings and give you a much healthier diet.

5 Flavors

Sweet Honey, Sweet Fruits, Root Vegetables, Rice Wheat, Milk

Salty Sea Vegetables, Olives, Salt, Miso. Crab, Barley, Millet, Pork, Beef

Sour Lemon, Tomato, Yoghurt, Vinegar, Plum, Pomegranate, Cherry, Apple

Bitter Greens (dark leafy), Chocolate, Coffee, Turmeric, Fenugreek, Almond,

Pungent Ginger, Black Pepper, Curry Spices, Scallion, Garlic, Leeks and Alcohol

Each season, we have a particular need for a bit more emphasis on a certain flavor. Because we tend to eat heavier and richer foods in the winter, incorporating more of the sour and bitter taste helps us to lighten up and move in the spring. The best bitter choice for this season would be incorporating a good amount of dark leafy greens into your diet daily (try broccoli, swiss chard, kale, mustard greens, collards, etc.). Try different recipes and ways of preparing your greens.

Here's one recipe that deliciously gives us the bitter and sour taste:

2 T. Olive oil or Ghee

2 Bunches dark leafy greens(washed and cut into 2" pieces)

1 tsp Coriander

2T. Lemon juice

Sea salt and fresh ground pepper

In a large skillet, heat olive oil over medium heat.

Add greens and sprinkle coriander.

Cover and cook , stirring frequently until greens are bright green and wilted. (8-10 minutes).

Add fresh lemon juice and salt and pepper.

NUTRITIONAL CHALLENGE FOR SPRING

Try eating 1/2 cup of dark leafy greens daily for 1 month, getting your bitter taste from greens rather than from chocolate or coffee. Increase your sour taste by adding lemon to dishes, drinking water with lemon, add more fruit from the sour category.

Jade Acupuncture has two full time acupuncturists and two massage therapists available for appointments Monday through Saturday.

To book an appointment call 503-417-1774.

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www.jadeacupuncturepdx.com