



2009 Winter Issue

“During the winter months, one should refrain from overusing energy. Retire early and get up with the sunrise, which is later in winter. Desires and mental activity should be kept quiet and subdued, as if keeping a happy secret.” NeiChing (one of the earliest medical books on acupuncture).

Chinese Medicine and Winter: Water

The element of winter is water, it is the most Yin (receptive, fluid, nourishing) time of the year. The organ associated with winter is the Kidney. This is the time to nourish your kidney qi which can greatly enhance your body's ability to thrive in times of stress and strengthen your immune system.

Seasonal Acupuncture:

Treatments in winter serve to nurture and nourish the Kidney Qi which can greatly enhance the body's ability to thrive in times of stress and aid in healing, preventing illness, and increase vitality.

Point of Interest: Kidney 3, Tai Xi, “Supreme Stream”

Located between the inner ankle bone and the Achilles tendon. This point can be one of the more sensitive areas of the body. Tai Xi (ks) roots our energy. It is the Earth point of the kidney channel and supports our yin and yang. Used in conjunction with many other points this point is at the base of many acupuncture protocols.

MISO SOUP WITH SCALLIONS (Serves 4)

The soup is indicated for the onset of a cold when a person is just beginning to feel a headache, stuffy nose and a slight fever.

The next time you feel a cold coming on, be sure to have your miso!

Ingredients:

- 6 cups water
- 3-4 Tablespoons Miso (red soy bean paste) (usually sold in the refrigerated section)
- 3-5 green onions stalks, (scallions) chopped.

Directions:

- Dissolve the miso in a little bit of boiling water (about 2 tsp.)
- Bring water to a boil in a saucepan and add the miso & scallions.
- Simmer for 5-10 minutes.
- Remove from heat top with green onions and serve.

Variations: you can add various other ingredients to make a more substantial soup, such as tofu, seaweed, fresh mushrooms, cooked shrimp, snow pea sprouts, cooked rice noodles, or paper-thin slices of fresh ginger.

Eating for Winter

In nature, winter is the season where all living things slow down, conserve their energy and prepare for the outburst of new life and energy in the spring. Rest, restoration and revitalization is the natural order for our bodies during the dark, cold months of winter. Eat warm hearty soups and stews, dress warmly (don't forget your scarf) and refrain from cold.

Scheduling Changes and Extensions

We would like to thank all of our patients who braved the winter weather and made it in over the holidays! With the new year we have some new hours here at Jade which we hope will make it easier for everyone to get in to see us. Massage and acupuncture appointments are available 6 days a week, Monday thru Saturday. Libby Cozza has extended hours on Monday and Friday until 7 pm and Andrea Klinge is able to see people until 8:30 pm on Tuesday and Thursday. Also, Clarissa Smith has set aside space in her weekly schedule for emergency visits in order to better accommodate her patients.

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