

Fall Newsletter

September 2006

From the Oriental Medicine clinic of Molly Greacen, Licensed Acupuncturist, Dipl. Acupuncture and Chinese Herbalism (NCCAOM) *24 years in practice*

Welcoming Autumn

After a busy summer, it is good to slow down. I am taking this opportunity to share some thoughts about this change of season, along with practical suggestions for ways you can support your health.

The ancient view was that we should live in harmony with the seasons, in order to avoid illness. We increase our vitality when we reconnect and resonate with the earth's natural order.

Autumn is harvest time. As the



days get shorter and it starts to get chilly outdoors, we can observe how nature contracts and pulls inward.

In the trees, the sap descends to the roots, pulling the life energy down and inward to rest. This is occurring energetically within our bodies and psyches. As we watch the leaves fall, we can get in touch with a sense of completion, of releasing, letting go, perhaps feeling some sadness or grief. Perhaps we are in touch with needing to let go of regrets, forgive, and move on.

In Oriental medicine, autumn is associated with the lung and large intestine, the corresponding associations with pungent taste, the color white, the skin, and with the movement of energy downwards. The lungs are responsible for inhaling the clear Qi from the heavens and exhaling the waste. It also distributes protective Qi and fluids, warming and moistening the skin and hair, enhancing the immune system. The ancient wisdom of the Chinese medical classic, the *Nei Jing* states: *"The powers of fall create...dryness. Go to bed early and get up...(at dawn). This will cause all mental faculties to become calm and peaceful...Do not disperse your energies, and the lung Qi will be clear."*

Signs of imbalance during this season: fatigue, weakness, shortness of breath, catching colds easily, asthma, fluid retention, constipation and diarrhea. By following the traditional suggestions for each season, we can avoid illness, and improve health.

As the weather is changeable, avoid getting chilled. Turn on the humidifier. Get outside for a walk every day; relax and enjoy nature. Keep body and mind in quiet harmony so as not to drain one's energy.

Dietary recommendations: Enjoy the bounty of the harvest! Get back in the kitchen and start cooking warming foods, soups, more hearty foods, and less raw. Healthy oils (fish, olive, sesame, flax, etc) can help counteract the dryness that we all feel at this time of year.

My office phone is 303-546-0987.
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I am available for telephone consultations, and am now accepting credit cards.

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Fall Cleanse Special

**\$50 for Office Visit
1/2 off on Metagenics
Ultraclear nutritional detox
formula**

Come in for a personalized treatment program to help you cleanse and alleviate health problems.

**COME IN FOR A FALL TUNEUP!
to help maintain balance and
avoid illness.**

Molly treats men and women of all ages, specializing in gynecology, menopause issues, infertility, pregnancy, and autoimmune disorders.

Fall Class

***"Choices for Women at Mid-Life.
Natural Hormonal Replacement
and Alternative Medicine".***

Saturday, October 7, from 10 AM to 3 PM. \$59 plus \$15 materials fee (for book of same title.)
Offered through Life Long Learning.
Register online at
www.bvsvd.org/LLL or call 303-499-1125, ext 222