

Spring Newsletter

April 2006

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

Happy spring! This newsletter is my opportunity to share with you some inspirational thoughts for this season, along with practical suggestions for ways you can improve 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.

Spring is a time of creativity and renewal. Over the long winter, seeds lie dormant as life slows down, so that it can renew itself from the deepest source. Like seeds that germinate and bloom in springtime, energy begins to take root and manifest as new beginnings, ideas, and exciting projects. It is a good time to envision how to nourish and manifest our intentions/dreams. To assist this process, we can arrange our homes and workplace to include elements that will inspire us, such as fresh flowers, or cleaning out old clutter and making space for something new to manifest. When we feel frustration, irritability, or depression, these may be signals that we need to take some action that will

best support our deepest intentions and creativity.



In Oriental medicine, spring is associated with the liver and gall bladder, and the corresponding associations with sour taste, the color green, the eyes, and with the movement of energy upwards (like the plants growing up out of the ground). There is a tendency to become ungrounded, because of the intensity of spring's energy, which is naturally reflected in our bodies. By following the traditional suggestions for each season, we can avoid illness, and improve health.

Signs of imbalance during this

season: The liver energy is susceptible to stresses, resulting in "stagnation of liver Qi". This can manifest emotionally as frustration, irritability, indecisiveness, anger and depression. Physically it shows up as headaches, dizziness, muscle tension and pain, nausea and digestive upsets, hyperactivity, eye problems, PMS and menstrual disorders, liver and gall bladder disease.

Dietary recommendations: Eat lots of lightly steamed dark leafy green vegetables, drink water with lemon, and generally eat lighter foods that allow the body to open up and discharge. If you feel hyperactive or spacey, eat more root vegetables, whole grains and healthy fats. Avoid caffeine, alcohol, sugar, flour products, processed and frozen foods, and chemical additives. Don't put chemicals on your lawn either!

Get outside for a walk every day; relax and enjoy nature.

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Do a spring cleanse. Research suggests that many health problems are associated with prolonged exposure to environmental toxins. A cleanse can reduce or eliminate allergies, headaches, fatigue, joint pain, skin rash, and digestive upsets.

**COME IN FOR A SPRING TUNEUP!
Getting treatment at the change of seasons helps us maintain balance and avoid illness.**

Molly treats men and women of all ages. **She specializes in gynecology, menopause issues, infertility, pregnancy, and autoimmune disorders.** She is the author of "***Choices for Women at Midlife – Alternative Medicine and Natural Hormonal Products.***"

Spring 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.