

Falling into Sync: How to Stay Healthy This Fall
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For the Chinese health is more than the absence of symptoms, it is living in harmony with the natural world, of which we are an inseparable part. Thus, living harmoniously with the changes of seasons is of the utmost importance to maintain health and wellness.

Fall is the season of returning to yin. This means that the yang or warm / active energy is going back into the earth and the yin is beginning to build. As we head into winter, the most yin time of year, we should prepare our bodies to prevent illness.

This means eating warming, nourishing foods such as stews, soups, and casseroles. The more warming herbs and spices you can cook with such as garlic, ginger, nutmeg, cinnamon, and clove the more you will build the yang energy in preparation for the cold winter ahead. Also, if you suffer from a deficiency of yang already then you should take extra care as your symptoms will often be exacerbated by the changing of seasons. As the natural amount of yang in the environment decreases, it will make those symptoms due to yang deficiency more noticeable. Some of the possible symptoms of yang deficiency are cold hands and feet [even in warm weather], reduced appetite, abdominal fullness [especially after meals], loose stools or diarrhea, soreness and/or weakness in low back and knees, dizziness, blurry vision, and infertility/impotence.

In the autumn wind begins to stir. For the Chinese wind is responsible for some headaches, dizziness, hypertension, irritability, and even bleeding disorders. One should take care to cover up your neck during these windy days ahead. Also, it is best to let your day start and end with the sunrise and sunset [if possible] thereby taking advantage of the sun's natural yang energy.

As fall is the time of the Metal phase it is associated with the lung. Thus, respiratory diseases are common during this season. Avoiding smoking and grief will assist the lung in staying healthy into the winter. Pears are also a good food to gently tonify the lung and protect it from the wind and dryness. Another trouble associated with autumn is that of skin conditions. The lung is the controller of the skin and its pores and those with a tendency

towards skin problems should take extra care to nourish your skin and consume foods that protect the blood of the body. This way the skin will not be damaged by the dryness either.

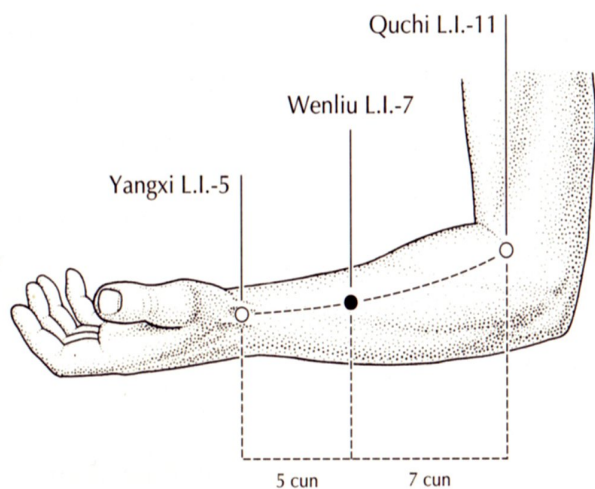
Fall is the time to gather oneself and one's energy/spirit. It is a time to remain peaceful and calm and to keep one's desires from running wild. Since preventative measures are always more successful than treatment after a condition arises it is important to prepare for the changes in season and to live harmoniously with the energy of each season; this will keep the body and mind healthy year-round.



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Point of the Month

The point of the month this month is Large Intestine 7 [LI 7]. LI 7 is located on the Arm Yang Ming Channel about five inches above the wrist. The Yang Ming Channel is the Bright Yang channel because it is the channel most full of qi and blood.



LI 7 is known as Wen Liu in Chinese. This means Temperate Flow or Warm Current because it is an area where qi and blood accumulate in a cleft which is why it is categorized as a Xi-Cleft point in Chinese medicine. It is used often to treat acute pain and bleeding associated with the Large Intestine and its Channel which runs up the arm and onto the face near the nose. It is often used for abdominal pain and bleeding as well as borborygmus [excessive bowel sounds...when your tummy growls]. It is also useful for belching and flatulence. Because of the pathway of the large intestine channel it can also be used for headaches and sore throat. It is said to have the ability to balance and soften the flow of energy and blood in the channel. In ancient times it was used for those who saw devils/hallucinations as well as shock.

温溜

Herb of the Month.

山藥 (山药)

Shan Yao

The pharmaceutical name for this herb is *Discorae Rhizoma*. It is commonly known as Chinese Yam root. It is said to have sweet and neutral flavor. Shan Yao enters the kidney, lung, and spleen channels. There it can tonify the qi and yin [moisture] of these organs and secure the essence.



Shan Yao is said to tonify or augment the spleen and stomach to treat such things as diarrhea, fatigue, spontaneous sweating, and lack of appetite. It is not cloying at all which means even though it is yin [damp] it does not inhibit digestion as many such herbs do. It is even used for diabetes treatment, which the Chinese call Xiao Ke or wasting & thirsting disease. Because it secures the essence it can help treat urinary frequency, especially at night. It builds the earth, metal, and water of the body and because of its mild astringent function causes them to be retained. It is a gentle herb suitable for long term use as it has a slow gradual effect on the body. It is commonly used in one of the most popular formulas in Chinese herbal medicine called Liu Wei Di Huang Wan [Six Flavor Rehmania Pills].

Ten Things Chinese Medicine Treats That You Might Not Expect!

1. Common Colds & Flus

Acupuncture & Chinese herbs can help you kick those colds and flus, especially if you come in as soon as you feel that scratchy throat or sinus congestion start.

2. Allergies

Both during acute allergy attacks and in between [remission] Chinese medicine can effectively give you back a normal life without the dryness of drugs such as Claritin.

3. Insomnia

If you have trouble falling asleep, or staying asleep, or both...Chinese medicine can help. A good nights sleep is vital for your wellness in all areas.

4. Fatigue

If you find you don't have enough energy to get through the afternoon, or as soon as you make it home, you're spent; then you are in luck. Herbs and acupuncture can significantly improve your energy level without the crash of caffeine.

5. Digestive Disorders

Whether its Irritable Bowel Syndrome, Chron's Disease, or Ulceritve Colitis; Chinese medicine can help you regain control over your belly.

6. Anxiety

If you feel your heart racing / pounding and feel pressure in your chest when you get anxious then you should give Chinese medicine a try b/c it can drastically reduce the symptoms of

anxiety by balancing your body as a whole so that you can better deal with those stressful situations

7. Depression

Feeling low more often than not?

Acupuncture and herbs can lift your mood and help you through the slump without any dependency issues and without the flat-line feeling that often come with antidepressants.

8. Side Effects from Medications

Are you on a prescription medication and having a negative side effect? Maybe you are on pain medications but get nausea from them? Maybe you are taking chemotherapy and have hand and foot pain? Chinese medicine can help you.

9. Arthritis

Both Osteo and Rheumatoid Arthritis have been shown to respond well to acupuncture treatments. In combination with herbal therapy it is often possible for people to resume activities they once thought were lost forever.

10. Staying Healthy

It is not a popular idea here. But really all medicine works better preventively. If you wait until you have symptoms to work on your health then you are waiting to fix a hole in the dam until after the flood has started. For the Chinese, health is more than the absence of symptoms....so get a tune up with the change of seasons to prevent illness this fall/winter.

Thanks for checking out the newsletter.

If you have any comments or suggestions feel free to email me at nate@oldmtnmedicine.com

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