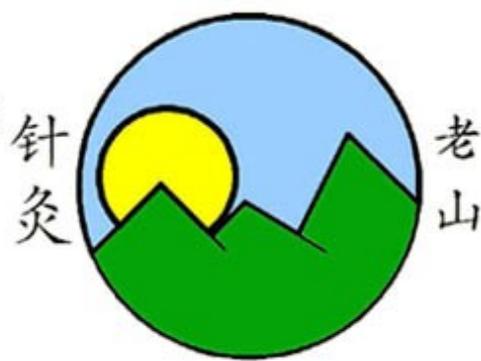


Ancient Ways to Modern health



A Monthly Newsletter from
Old Mountain Health Center

January 2012

Updates / Events:

- Chinese New Year Celebration

When: Monday January 23rd

6:30 -8:30 pm

Where: Old Mountain Health Ctr.

What: Traditional Foods, Free
Acupuncture Treatments,
and Raffle.

Join us at OMHC for the most important traditional Chinese holiday, New Years (or the Spring Festival as they call it) and enjoy some traditional Chinese foods, **FREE** Acupuncture treatments and a raffle for a **FREE** Massage. All are welcome, get any questions you have about Chinese medicine answered with a free treatment and some good Chinese food.

Features:

- Updates / Events
- Year of the Dragon [2012]
- Point of the Month
- Herb of the Month
- Warming your way to Health: the Power of Moxibustion [a traditional heat therapy]

Chinese New Year Facts:

- Chinese New Year occurs on the 2nd New Moon after the Winter Solstice. (rarely the third if an [intercalary month](#) intervenes)
- Red is worn because originally the Chinese believed it would scare away the mythical beast [Nian] that came to villages and ate livestock and people on the New Year. This is also why they lay out food and hang red lanterns....to satiate/scare away the Nian.
- All new clothes are usually worn to symbolize a new beginning as well as to show that there is a surplus or abundance so it will continue into the new year.
- It is considered bad luck to clean on the first day of the New Year. (It's also bad luck to light fires or use knives.)
- New Year's Eve is the time of the Reunion dinner, traditionally family would all gather at the eldest members house and have dinner together, sometimes traveling great distances to be reunited.

Exiting the Rabbit Hole,
Entering the Year of the Dragon

January 23rd, 2012 is the beginning of the Chinese New Year. This will ring in the year of the Water Dragon. The water phase will help cool the dragon's natural fire.

The dragon is the fifth sign in the Chinese zodiac and the only one which is a mythical figure. Dragons are historically said to have the head of an ox, the muzzle of a donkey, the eyes of a shrimp, the horns of a deer, the body of a serpent covered in fish scales, and the feet of a phoenix. They are often portrayed grasping a pearl which is a symbol of its super-natural powers.

Dragons for the Chinese are a representation of the emperor, masculinity, and power. Dragons are associated with natural phenomenon such as thunder, rain, lightning, and whirlwinds. All of these share characteristics with the dragon; immensely powerful and very unpredictable.

After the Year of the Rabbit, a generally calm year, the Year of the Dragon will be full of energy and spirit. It should be a year of good fortune and happiness. The Chinese consider the Year of the Dragon to be a good year for marriage, having children, and starting new business ventures. Money should be a little easier to come by during this year. Though it's best to use caution as both successes and failures will be magnified this year. There may be more surprises as well as violent natural disasters this year.



Those born in the Year of the Dragon should have an easier time making decisions as well as seeing things from the point of view of others. Dragons are generally innovative, enterprising, self-assured, braves, passionate, conceited, quick-tempered, and creative. Dragons are somewhat of free spirits. Everything they do, they do on a grand scale.

Some famous Dragons are: Calista Flockhart, Colin Farrell, Courtney Cox, Courtney Love, Julia Ormond, Reese Witherspoon, Sandra Bullock, and Wynonna Judd.

**Come Celebrate the
Chinese New Year
&
Ring in the
Year of the Dragon
with
OMHC!**

**January 23rd
6:30 – 8:30 pm**

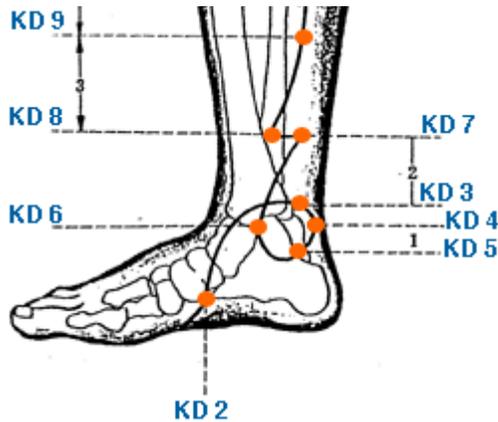
**Free Acupuncture
Traditional Chinese Food
Raffle**

艾葉

ài yè

Point of the Month

The point of the month this month is Kidney 2 [Kd 2]. Kd 2 is located on the Leg Shao Yin Channel just below the navicular tuberosity [the small bump on the inside of the foot over the arch]. The Kidney or Leg Shao Yin channel is the Yin Water channel of the body.



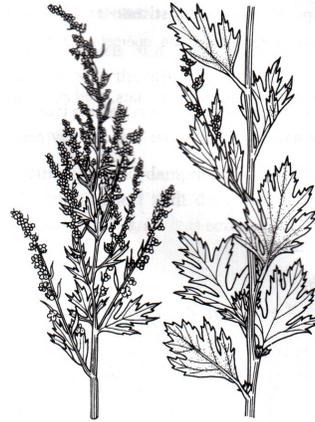
Kd 2 is known as Rang Gu in Chinese, but an alternate and more appropriate name this time of year is Long Quan. This means Dragon in the Spring which is fitting as we begin the Spring [according to the Chinese Spring starts with the new year] of the Dragon year. Though the spring in the name refers to a fountain or starting of water from the ground, not the season. Kd 2 is a Ying-Spring [as in the bubbling up of water not the season] point and is associated with the Fire phase.

Kd 2 is used to clear heat in the kidney system caused by an underlying deficiency [ie not enough water to cool the fire]. It also can be used to treat sore throats, especially when there is a dryness or lack of saliva. It is also a useful point when treating sexual dysfunctions in men and irregular menses in women. Another common use of Kd 2 is to treat night sweats as well as hot flashes from menopause.

Herb of the Month.

Ai Ye

The pharmaceutical name for this herb is *Artemesia Vulgaris*. It is commonly known as Chinese Mugwort. It has a bitter, acrid, and warm. Ai Ye enters the spleen, liver and kidney channels. There it can dispel cold and damp to stop pain due to cold. It also stops bleeding and can calm the fetus during pregnancy.



Ai Ye is used internally to warm the uterus and stop excess menstrual bleeding due to deficiency cold. It can calm the fetus, reduce lower abdominal pain, and help to avert miscarriage. It can also be used to treat infertility due to cold syndromes.

It warms and opens the channels to increase the flow of blood and qi. When cold causes stagnation, it leads to pain. Ai Ye can relieve the pain associated with these conditions. It is most often used internally for lower abdominal pain, menstrual conditions, and digestive disorders.

It is considered pure yang, aromatic, and drying. It is contraindicated for conditions with blood dryness and excess heat.

Ai Ye is also the primary ingredient used in moxibustion, an external heat therapy. To find out more about moxibustion....look on the next page!

Warming Your Way to Health this Winter: the Power of Moxibustion

By Nate Novgrad L.Ac.

With the cold and damp weather of winter looming on the horizon and thousands of people suffering with arthritis and other joint pain which often gets worse in such conditions it is important to take extra special care of your body.

Much of what doctors call osteoarthritis, the most common cause of joint pain in adults in America, is called Bi (pronounced *bee*) Syndrome in Traditional Chinese Medicine (TCM). Bi Syndrome is an accumulation of wind, cold, and damp in the joints. The wind, cold, and damp obstruct the joint causing it to constrict and sometimes swell, leading to pain and stiffness. This wind, cold, and damp condition resonates with the colder, windier, wetter weather during the winter and causes increased pain, stiffness, and limited



mobility.

Cold naturally constricts things causing pain and stiffness. The dampness filling an already constricted area and increases the pressure (pain). That is why it is important to stay bundled up during the winter and especially important not to go barefoot on cold floors as this lets the cold into the body.



Moxibustion (Moxa) is a common part of TCM and is considered as important as acupuncture in the treatment of Bi Syndrome. Moxibustion refers to the burning of a Chinese herb, *Artemisia vulgaris*, commonly known as mugwort, a distant cousin of sage. The leaves of the plant are dried and rubbed until the fibers are loose then formed into small cones to be burned on the surface of the skin (with a salve underneath for protection) or made into sticks that resemble cigars and held near the surface of the body. Another method for the use of moxa involves placing it on the handle of acupuncture needles and burning it. The technique known as warming needle, allows the heat to penetrate even deeper into the joint.

Moxa is warming and drying making it perfect for treating cold and damp conditions. Also, the burning moxa strengthens the body and its natural healing and immune functions which is important as many patients who suffer from Bi Syndrome have an underlying deficiency making them more prone to attacks of cold and damp as well as common colds and flus.

Moxibustion gently warms the joints being treated, opening the obstruction and dispelling the wind, cold, and damp that has accumulated there. Moxa is a simple, affordable way to help keep your body warm, loose, and pain free this winter. Moxa is so

easy to do that often patients are taught the technique and sent home with a moxa stick to continue treating themselves between regular sessions.

Patients generally report that moxa treatments are pleasant. The warmth feels good. At no time should it be uncomfortable or painful. The goal is not to burn or overheat the area, just gently warm it. The heat from burning moxa has been shown to penetrate the body better than standard heat therapies, due to the similarities in the infrared spectrum of the burning moxa and the human body. Warmth brings an increase in blood flow, essential for the body's natural healing processes.

Moxibustion is used for a variety of conditions above and beyond joint pain. Another common use for moxa is for patients who suffer from fatigue or digestive disorders. Whenever the body is depleted, moxa can be a good choice.

Moxa is a very old treatment that has been used to treat many illnesses in China for at least 3,000 years, especially during the cold winter months. Just as eating warming soups and chillies is traditional here in the West, moxa is a winter staple in the East.

Thanks for checking out the newsletter.

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

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To Schedule An Appointment Instantly

Online click [Here](#).