

Carmen McIntyre Acupuncture

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WHAT'S NEW

It's so exciting to see the newness of Spring! There's a rising of energy and a feeling of motivation with the warmth of the sun and the budding of the trees, plants and flowers. This *is* the essence of Spring and a great time to clean out and start something new!

I've just finished designing and publishing my new website: <http://www.AcupunctureByCarmen.com> ! My intention is that this site will be a valuable resource for anyone who is interested in acupuncture and may want to know more about what I do. Please visit and give feedback that might make it more useful and informative. I will be posting information that may be helpful with various treatments and protocols that I'll be using in the clinic (i.e, recipes, information on different supplements, articles that are pertinent for the season or for various health issues, books and articles on different aspects of health).

I'll be doing two informational lectures on **Wednesday, May 14**, and **Wednesday, May 21** at **7:15pm** at the **Om Room**. I will discuss "Health in Springtime from a TCM Perspective". Within the lecture I will be discussing a liver cleansing protocol, as well as other ways to keep the body balanced and healthy through the Spring. Hope to see you there! Call me if you have any questions – 831-359-6286.

- Carmen

SEASONAL ISSUES - THE ELEMENTS AND ILLNESS

Spring is associated with the Liver & Gall Bladder organ systems and the element of Wood. Plants and trees are budding and sprouting with new growth. This is the energy of the season – moving up and out.

Sometimes the liver energy can become too strong and overpower the digestion – cramping, gas, bloating and alternating constipation and loose stools. Or, it may move too strongly upward and cause headaches and emotional difficulties related to anger. An acupuncture treatment, along with appropriate Springtime food choices, are very effective in helping calm and move the liver, while strengthening the foundation to keep

the liver anchored. It's important to have a strong root system or base, in order to contain this upward energy.

A tree is made up of roots, a trunk and limbs; like a person is of their spine, joints and limbs. A wood imbalance may show up as various spinal problems, arthritis, poor flexibility and achy joints. Therefore, it's important to keep the wood nourished, so to speak, through a balanced diet (see Foods for the Season section below) along with herbs and supplements specific for Liver (Wood) imbalance.

The Wind is also representative of the Spring season. Wind aids in the transition from Winter into Spring and Summer. The wind is said to clear out the old and bring in the fresh. Again, this is why cleansing your body, mind and living space at this time can be very beneficial.

Just as Wind can nourish the Wood, it may also injure it through overexposure. This manifests as low immunity to illness and allergens. Many people experience allergies or colds at this time. Remember to keep your neck covered when it's windy and stay warm! The herbal formula **Jade Screen** is excellent for keeping the immune system strong and creates a literal protective screen to prevent allergies. Alternatively, **Cang Er Zi San** is the herbal formula to use when allergies are in their acute stage – sneezing, nasal congestion and runny nose, irritated eyes, etc.

SEASONAL HERBAL FORMULA SPECIALS

10% off **Cang Er Zi San** and **Jade Screen** formulas. Make sure to mention this newsletter.

WHY CLEANSING IS SO IMPORTANT

The body needs a break from various heavy foods such as sugar, alcohol, dairy, certain fatty meats, refined carbohydrates and processed foods; as well as toxins and chemicals that are inhaled, put on or in the body. The Liver, specifically, needs a chance to rid of excess waste and toxins so it can effectively do its job of rendering harmful substances that enter the body, less harmful.

Compare cleansing our bodies to maintaining a car engine. Routinely, we need to check the functioning of the engine, replace filters, and replace the used oil for new. If this is done regularly, the car runs cleaner and more efficiently, with less breakdowns and problems – so it is with our bodies. The body was originally designed to run on pure, unpolluted, unprocessed fuel or food. As we know there are many toxins our bodies deal with on a daily basis; as well as lots of processed foods, and other substances and medications we introduce.

Liver cleansing is *significant* in the prevention of disease and in alleviating many symptoms that may be difficult to diagnose. Issues such as bloating, gas, irregular bowel movements, mood issues, menstrual irregularity, infertility, skin problems, weight gain and fatigue are just a few of the symptoms that may be relieved with a gentle cleanse.

Spring is the most ideal time for purifying because it's a time of new beginning. The body wants to naturally rid itself of the heavier foods of Winter and literally shed its "Winter coat." Take advantage of Spring's upward movement of energy and starting something new!

If you're interested in more information regarding a Liver cleanse, please RSVP for one of my lectures in May.

FOODS FOR THE SEASON

As I stated earlier, Spring is the season to attend to the liver as well as the gall bladder (its partner organ). Spring is a nice time to lessen food intake and eat lighter foods, to cleanse the body of the heavy foods and fats of the Winter season. Again, this is a good time for fasting or a gentle cleanse. The foods should emphasize the expansive qualities of Spring such as young plants, fresh greens, sprouts and cereal grasses. These foods again represent an uplifting quality, whereas foods rich in sodium like soy sauce, miso and salty meats have a sinking energy and should be avoided.

Sweet and pungent flavors are also emphasized during this time, because of their expanding and rising qualities. Examples of these flavors are honey with mint tea, cooking herbs like basil, fennel, marjoram, rosemary, caraway, dill and bay leaf. Complex carbohydrates like grains, legumes, and seeds have a

sweet flavor which increases with sprouting (ie., sprouted wheat breads). Sweet starchy veggies such as beets and carrots are excellent in the Spring.

While in Winter, cooked foods are emphasized, in Spring more raw foods can be introduced. However, raw food intake has its limitations. Too much can weaken the digestion, so a *little* raw food daily is recommended.

OFFICE HOURS

My current office hours are Monday and Wednesday 4:00PM to 8:00PM. Occasionally I may be able to take appointments as early as 3:30PM and may stay as late as 8:30PM.

Please be aware of my 24 hour cancellation policy. I will be charging 50% of treatment cost if cancellations are not made 24 hours in advance. Please use my cell number to make cancellations 831/359-6286. Thanks!

You may contact me at any time with questions or for scheduling appointments at 831/359-6286. I'm also available at my clinic on Monday and Wednesday afternoons at 831/454-9641.

Please call or email me if you don't want to receive this newsletter (carmenmcintyre@baymoon.com).