

Carmen McIntyre Acupuncture

526 Soquel Avenue, Suite D Santa Cruz

831/359-6286

WHAT'S NEW

Thank you for all the positive feedback on my Spring newsletter! I'm enjoying sending out information and getting everyone in touch with the rhythm of each season.

I'm currently becoming more immersed in the supplements put out by an amazing company called Standard Process & Medi-herb. Many of my clients are currently taking one or several formulas from the SP/Medi-Herb lines. The more I learn about these formulas, the more I realize just how powerful they are.

Specifically, I'm learning more about adrenal insufficiency and how to treat it with supplements called protomorphogens (PMG). Although this is novel to me, PMG's are ancient in their use. They take the form of animal glands and organs. Many ancient cultures and most cultures around the world use organ meats nutritionally and medicinally.

PMG's are extracts of the nucleic acids from the nucleus of the cell. Nucleic acids control the function of the cell. To put it simply, PMG's tell cells what they are going to be. It's the smallest unit of the cell blueprint assembly.

Thus, for someone with adrenal insufficiency, I will use a formula with adrenal gland to support adrenal function, aid in the repair of the gland and normalize adrenal hormone output. Standard Process has several formulations designed for each individual to aid in this process.

Adrenal exhaustion is of specific interest to me because a great majority of the clients I see are adrenal deficient. This is due to our fast paced and stressful lifestyles.

I also realize using animal products may not be appropriate for my vegetarian or vegan clients. There are alternatives to the PMG's mentioned above, in Chinese herbal formulations.

Additionally, I will be introducing saliva and blood testing in my practice. I'm working with Claudia Wolfe, L.Ac., an acupuncturist who has been working for many years with fertility and endocrinology. She will be helping me to get started and with analyzing the lab work.

For specific clients, this will be extremely important information. These tests will allow for base line markers for adrenal function, blood sugar levels, thyroid function and finally hormone balance. After a baseline is established and treatment protocols are practiced, progress can be easily and accurately monitored. I'm excited to utilize these tests and work with specific clients to get more refined information and excellent results.

- Carmen

SHONISHIN DAYS

Don't forget about Shonishin treatments for children! Your child does not have to be ill to receive one of these treatments. In fact, before heading out for a summer trip, a Shonishin treatment would boost your child's immune system and prevent a possible summer cold contracted on a plane flight or from a change in climate.

Additionally, these treatments help to strengthen the digestive system. This is beneficial during the summer months when too many cold foods can cause nausea, vomiting and/or diarrhea.

Remember, "Shonishin Days" are treatments on or before the full moon. These are beneficial because it is said that a child goes through many changes at this time. However, you can schedule your child anytime outside of the Shonishin Days as well.

Next Shonishin Days:

- Monday, August 27th
- Wednesday, September 26th

SEASONAL ISSUES - THE ELEMENTS AND ILLNESS

Traditional Chinese Medicine divides the Summer season into two parts – Summer and Late Summer. Summer is associated with the Heart and Small Intestine systems and the Fire Element. The Stomach and Spleen represent Late Summer and the element of Earth.

Summer

Summer is a complete "yang" season. Yang represents brightness, creativity and outward activity. These are

the characteristics of summer, heat and fire. It's a time of high energy, recreation, travel and social interaction. To be in harmony with this season, wake early in the morning to meet the sun and benefit from its nourishing properties.

The Heart, being the ruling organ of summer, has a harmonious state and an imbalanced state. The Heart, in Chinese medicine, regulates blood as well as controls consciousness, spirit, sleep, memory and the mind. When the heart is harmonious, one feels friendly, open and humble. There is an awareness of the mind and an openness of the heart. With a balanced heart, one feels an incredible clarity and thus problem solving is done with ease.

What brings the heart out of balance? Many of the disharmonies of the heart are associated with deficiency. This is in contrast to the Liver system of spring, which is more excess in nature.

The mind and the spirit, which are ruled by the heart, are stabilized by blood and yin. If blood and/or yin are deficient, the spirit and mind become unstable or restless. Insomnia, memory loss, irregular or rapid heart rate, excessive dreaming or irrational behavior, are a result of the spirit/mind not having the anchor of the yin and/or blood. When the yin is more deficient, heat signs such as red cheeks, hot palms, soles and/or night sweats are predominate. If blood is more deficient, pale face and nails, as well as sluggishness are noticed along with the general heart deficient symptoms above.

The other heart imbalance I will mention is stagnant heart blood. This occurs when the heart qi or yang energy is deficient and can't move the blood. One would notice symptoms such as palpitations, stabbing pains, purple face or tongue, shortness of breath and tiredness.

Late Summer

Late summer is considered the transition point from yang to yin, and is represented by the Earth element. The warm, expansive and outward energy of spring and summer is moving into the cooling, inward and contracting nature of fall and winter.

Practicing quiet and centering practices such as yoga and meditation can help one move more fluidly with the change from summer (yang) into fall/winter (yin). This is reflective of being grounded to the earth.

The spleen and stomach organs are responsible for transformation and transportation of food and drink, also known as digestion. When these organs are in balance one has endurance and strength, a good appetite and strong digestion. One feels energetic and very organized, with a creative mind and active imagination at the same time.

When there is disharmony: fatigue, poor digestion, bloating, loose stools, overweight or inability to gain weight are common manifestations. Feeling emotionally stuck, thus hampering creativity or having compulsive behavior and/or thoughts are common.

BALANCING THE ORGAN SYSTEMS & FOODS FOR THE SEASON

Summer

Harmonizing the Heart system is mostly dependant on balancing other organs such as the kidneys, lungs, liver and spleen. Since most of the imbalances of the Heart lie in deficiencies, the strength and proper functioning of these organs assures proper and sufficient flow of qi, yang, yin and blood.

Acupuncture is one of the most efficient ways to do this, because many organ systems can be affected in one session. Diagnosing the specific deficiency and then prescribing the appropriate herbal formula will also aid in restoration of balance.

Additionally, foods that help to calm and focus the mind can be used to harmonize the Heart. The following foods may improve insomnia, anxiety, and increase mental focus:

Whole grains – *wheat, oats, brown rice*
Mushrooms
Vegetables – *cucumber, celery, lettuce, greens (chard, kale, dandelion)*
Fruit – *lemons, mulberries*
Spices – *basil and dill*
Herbs – *chamomile, catnip, skullcap, valerian*
Animal products – *butter, organic cow and goat milk*

Late Summer

As mentioned previously, the key to late summer is simplicity, the middle way and harmony. Take time to practice yoga or meditation and just go with the flow.

If there is imbalance in the Spleen and Stomach organ systems, acupuncture and herbs along with eating the right foods will bring harmony to this center system.

Dampness is often a result of eating too many cold drinks and foods from the earlier summer months. The symptoms mentioned previously - bloating, nausea, vomiting, fatigue, loose stools and perhaps chronic phlegm are evidence that dampness has set in. This can be a deficient as well as an excess situation. The **Six Gentlemen** formula is fantastic for clearing dampness and at the same time strengthening the spleen.

If nausea and vomiting are predominate, **Curing Pills** are an excellent formula to have on hand. This formula functions to clear and dry dampness, reduce food stagnation, move rebellious stomach qi down, and clear heat. Thus, **Curing Pills** can be used for any digestive disorder from overeating to full blown stomach flu or food poisoning with headache, nausea and vomiting.

Keep the Spleen and Stomach organ systems in harmony by enjoying the bounty of the season and eating the right foods. Choose yellow or orange foods, which are the colors connected with the Earth element. Foods round in shape or slightly sweet are also general choices for this season.

Whole grains – *millet, corn, sweet rice, rice, amaranth*
Vegetables – *carrots, squash, potatoes, string beans, yams, sweet potatoes, peas*
Beans – *garbanzo and soy (in moderation and in whole form)*
Fruit – *apricots and cantaloupe*
Spices – *simple preparation of foods with a little, mild seasoning*

Food should be prepared simply in terms of cooking method and food combining.

SEASONAL HERBAL FORMULA SPECIALS

10% off **Curing Pills** and **Six Gentlemen** formulas. Make sure to mention this newsletter.

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.

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 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!

I will be out of the office from July 18 through July 30.

Happy Summer!

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