



## Jean Painter - Dipl. OM/CH/Ac., L.Ac.

Harmony Integrative Medicine, LLC  
1745 Rustic Timbers Lane, Suite D  
Prescott, AZ 86303  
(928) 776-4895

### Stay Healthy with Acupuncture During Cold and Flu Season

While the misery of cold and flu season might seem inevitable, one thing is changing: where we look for relief.

**Prevention** - Acupuncture and Oriental medicine can prevent colds and flu by building up the immune system with just a few needles inserted into key points along the body's energy pathways.

In Oriental medicine, disease prevention begins by focusing on the protective layer around the exterior of the body called *Wei Qi*, or defensive energy. The *Wei Qi* involves acupuncture points known for strengthening the circulation of blood and energy to boost your body's defenses.

If you catch colds easily, have low energy, and require a long time recuperating from an illness your *Wei Qi* may be deficient.

**Get Better Faster** - Acupuncture and Oriental medicine can also provide relief and faster healing if you have already come down with a cold or the flu by helping to relieve symptoms you are currently experiencing, including chills, fever, body aches, runny nose, congestion, sore throat, and cough. While bringing some immediate relief, treatments will also reduce the incidence of an upper respiratory tract infection and shorten the length of the illness.

**Now is the time to prepare for the coming cold and flu season with special and precise formulas and nourishing recipes to strengthen your immune system. These, along with an immune strengthening acupuncture treatment, will help you glide through the winter healthy and full of energy. Call for your appointment now!**



### Key Acupuncture Points

#### Protect Your Lung Qi

Lung 7 is one of the most powerful points on the lung meridian points. It is a popular acupuncture point to use for stopping a persistent cough and relieving a sore throat.

This acupuncture point is located above the wrist on the inside of the arm. To find this point, interlock your thumb and index finger of one hand with those of the other. The point lies on the edge of the index finger, in a depression between the sinew and the bone. Stimulate this point on both hands with the tip of your index finger for approximately 30 seconds or until your cough subsides.



#### Boost Your Defensive Qi

One particularly important acupuncture point to attend to is Du 14. Located below the spinous process of the seventh cervical vertebrae, approximately at the level where the collar of a T-shirt sits on the neck.

Du 14 activates the circulation of blood and Qi to strengthen the outer defense layers of the skin and muscle (*Wei Qi*) so that germs and viruses cannot enter through them. This point is often used to ward off as well as shorten the duration colds and flu.

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### Reduce Your Risk of Getting Sick



Seasonal changes affect the body's environment. With wind, rain, and snow come the cold and flu viruses, which are often accompanied with aches and pains. So guard yourself this season with these five tips:

#### 1. Boost your *Wei Qi*

If you catch colds easily, have low energy and require a long time recuperating from an illness, your *Wei Qi* may be deficient.

Once the nature of an imbalance has been determined, we can create a customized program for you. Your treatment may include acupuncture, herbal therapy and appropriate modalities, as well as food, exercise and lifestyle recommendations.

#### 2. Schedule a Seasonal Tune-Up

Acupuncture and Oriental medicine can prevent colds and flu by building up the immune system with just a few needles inserted into key points that strengthen the circulation of energy and consolidate the outer defense layers of skin and muscle along energy pathways so germs and viruses cannot enter through them.

#### 3. Wash Your Hands

Good lifestyle and hygiene habits are also proven to reduce your risk of getting sick. Protect yourself from picking up germs by washing your hands regularly and remembering not to touch your face.

### Miso Soup: Cure for the Common Cold?

Did you know that Miso Soup with Scallions is actually an ancient Chinese herbal remedy for colds?

In 300 AD the famous herbalist Ge Hong wrote about Miso Soup with Scallions in a book called *Bei ji zhou hou fang* or *Emergency Formulas to Keep Up One's Sleeve*.

The soup is indicated for the onset of a cold when a person is just beginning to feel a headache, stuffy nose and a slight fever. So, the next time you feel a cold coming on, be sure to have your miso!

#### **Miso Soup**

Serves 4

#### **Ingredients:**

6 cups water  
3-4 Tablespoons Aka Miso or red soy bean paste (usually sold in the refrigerated section)  
3-5 green onion stalks, chopped

#### **Directions:**

- Dissolve the miso in a little bit of boiling water (about 2 tsp.)
- Bring water to a boil in a saucepan and add the miso & scallions.
- Simmer for 5-10 minutes.
- Remove from heat top with green onions and serve.

**Variations:** Add various other ingredients to make a more substantial soup, such as tofu, fresh mushrooms, cooked shrimp, snow pea sprouts, cooked rice noodles, or paper-thin slices of fresh ginger.



#### **4. Sleep In**

The *Nei Ching*, an ancient Chinese classic, advised people to go to sleep early, rest well, and rise late after the sun's rays have warmed the atmosphere a bit.

This preserves your own *Yang Qi* for the task of warming the body. Even busy working people can boost their health by sleeping in on weekends.

#### **5. Stress Less**

Find a release valve for your stress. Stress, frustration, and unresolved anger can play an important part in throwing the immune system off and allowing pathogens to affect the body.

Find a way to relax and release stress on a daily basis, perhaps with yoga, meditation, and/or exercise.

Acupuncture and Oriental medicine have also been shown to be effective in the treatment of stress, anxiety, and depression.

Qi Mail - News You Can Use To Feel Better Now!