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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.

When it comes to staying healthy during cold and flu season, acupuncture and Oriental medicine have a lot to offer. Through the process of evaluating subtle physical signs as well as the emotional condition of a person, practitioners of acupuncture and Oriental medicine can detect health problems in their earliest stages, before a person becomes gravely ill.

"To treat disease that has already developed is comparable to the behavior of those persons who begin to dig a well after they have become thirsty, and of those who begin to cast weapons after they have already engaged in battle. Would these actions not be too late?" - Huangdi Neijing

Prevention - The easiest way to protect against a cold or the flu is to have a healthy immune system. You may still come into contact with airborne virus particles, but your first line of defense against the flu or any other illness is to strengthen your immune system.

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.

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!



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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. 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 we determine the nature of an imbalance, 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, we strengthen the circulation of energy, and consolidate the outer defense layers of skin and muscle along energy pathways so germs and

Chronic Cough? Find Relief with Acupuncture

A chronic cough is more than just a nuisance and may cause some serious disruptions to a person's health. Any cough persisting for more than 8 weeks in adults, or more than 4 weeks for children, is considered a chronic cough.

Coughing attacks during the night can interrupt sleep, resulting in day-time fatigue and drowsiness. Coughing episodes can also cause vomiting, dizziness, headaches, urinary incontinence, loss of consciousness, and rib fractures.

The most common causes of a chronic cough are smoking, post nasal drip, asthma and acid reflux. Other culprits are chronic bronchitis, the flu, pneumonia, whooping cough and certain blood pressure medications. Although less likely, lung cancer or cystic fibrosis can cause a chronic cough as well. Signs and symptoms that often accompany a chronic cough include runny nose, constant need to clear the throat, difficulty breathing, sour taste in the mouth, or spitting up blood or sputum.

When treating a chronic cough, it is important to address the underlying cause, or root cause, as it is known according to the philosophy of acupuncture and Oriental Medicine. Once the root cause is cleared up, the chronic cough will clear up. However, no matter what organs need rebalancing to address the root cause, treatment of the lungs is necessary.

Uncontrollable coughing represents a risky, potentially dangerous characteristic known as 'rebellious Qi.' Qi is the most fundamental energy essential for all forms of life. Just as it sounds, rebellious Qi flows in the wrong direction and causes health problems. Acupuncture and Oriental medicine can help soothe and eliminate risk factors that can contribute to a chronic cough, such as smoking or acid reflux.

One of the biggest risk factors is smoking tobacco, and stopping this habit is a necessity. Reducing chemical dependencies helps reduce a patient's craving and assists the body in detoxifying harmful substances. In the case of acid reflux, acupuncture treatments can help the stomach from forcing digestive juices upwards. As the acid reflux subsides, chronic coughing should lessen as well.



viruses cannot enter through them.

Seasonal acupuncture treatments also serve to tonify the inner organ systems and can correct minor annoyances before they become serious problems.

3. Wash Your Hands

Studies have shown that one of the main reasons that we catch colds and flu in cold weather is that we are indoors in closer vicinity to others. Protect yourself from picking up germs by washing your hands regularly and remembering not to touch your face.

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.

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.

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



Mold, Dust Mites, and Animal Dander

Acupuncture has been used to treat seasonal allergies for centuries. Treatment is directed toward clearing the nasal passages, supporting the immune system and strengthening the systems of the body to prevent allergic reactions from recurring.

Pollens spread by the wind is usually the main cause of seasonal allergies, but people who are allergic to pollen are also often sensitive to dust mites, animal dander, and mold. Airborne mold spores can be found almost year-round, along with other common allergens such as dust,

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.

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

dust mites, and animal dander.

While there are many medications to treat the symptoms of seasonal allergies, these treatments can cause unwanted side effects, such as drowsiness and immune system suppression as well as an over-reliance on medications.

When treating allergies with acupuncture, we address underlying imbalances within the body and develop a treatment plan to relieve the acute symptoms, while also treating the root problems that are contributing to the body's reaction to allergens. Treatments often include dietary modification, the use of specifically chosen herbal formulas and acupuncture.

Seasonal acupuncture treatments just four times a year also serve to tonify the inner organ systems and can correct minor annoyances before they become serious problems.

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