

Points of Interest

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Herb of the Month:

Ginger is quite the all-purpose herb to ease nausea. It's extremely useful for calming the stomach and aiding digestion! Ginger can also be used to help warm

you, if you're one of those "Please turn up the thermostat, I'm FREEZING" people.

There are many ways to work ginger into your diet. You can include ginger in your favorite recipes. It can be consumed in the form of ginger ale (my particular favorite!). Some people prefer it in its crystallized or candied form. The Chinese medicine way to do it is to take slices of the fresh raw ginger root and steep them in boiling water for about 5-10 minutes and drink this "tea."

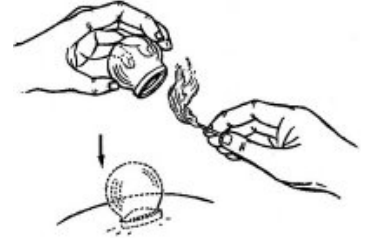
As always, speak with your acupuncturist prior to using ginger medicinally, as there can be side effects such as insomnia, irritability and heartburn if it isn't a proper herb for your Chinese Medical diagnosis.



Cupping is probably the most recognized of the lesser-known Chinese medical techniques. If you watched swimming during the Olympics, you may have seen Chinese swimmer, Wang Qun, with her Cupping marks.

Your acupuncturist will light a cotton ball on fire. Using a hemostat to hold the lit cotton ball, they will hold it in the cup for a moment, remove the cotton ball, then quickly place the cup onto your skin. The burning cotton ball burns the oxygen out of the cup which creates a vacuum when placed on the skin.

Cupping pulls toxins through the skin out of the body. This is a great technique for muscle tension and soreness, as well as colds, flu and skin rashes. Because of the suction that is created, there is the possibility of bruising. These bruises are not painful. Please talk to your acupuncturist about whether the time is right to have Cupping done (or, simply be prepared for questions if you're going swimming or wearing a backless dress!)



Ready to Quit Smoking?

If you're ready to live without the hindrances of smoking (shortness of breath, coughing, the dependence on a substance to make it through your day), give acupuncture a try. It won't do the quitting for you, but it can help ease you through the transition to living and breathing freely. Your acupuncturist will use a set of points called the 5 Needle Protocol (5NP), which consists of 5 needles in each ear on points to treat the Liver, Lung, Kidney, Sympathetic Nervous System, and a special point called Shen Men which translates to "Spirit Gate." 5NP calms the nervous system as well as build up the Qi of organs that have been damaged by the addiction. Not only do you get relief from withdrawal symptoms and cravings, you start feeling better from deep inside which lessens your need for the nicotine!

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