

Points of Interest

Volume 2, Issue 7 - August 2009

Presented by:

Becca Seitz, MAcOM, LAc

Thrive Acupuncture, LLC

3133 NE Prescott St., Portland, OR 97211

Dampness:

You may have heard of the Chinese medical term “dampness.”



You may have even had this be a part of your diagnosis. Chances are, if you live in Portland, it's a least SOMEWHERE in your health picture. You know it, I know it: Portland is damp. And while other places in the world are far more humid, Portland has a heaviness associated with its dampness that seems to make sure it invades our bodies and wreaks havoc. In Chinese medical theory, dampness causes such symptoms as: “Foggy” thinking, weight gain, vaginal discharge, diarrhea, nausea, some skin problems such as eczema and acne, phlegm, edema and more.

Herb of the Month: Fu Ling

Pronounced “foo leeng” in Chinese, Poria is a very commonly prescribed herb in the Chinese pharmacy.



Fu Ling is used to drain dampness by promoting urination. The biomedical world would say that it has a mild diuretic effect. Fu Ling also has the ability to tonify the Spleen Qi. One of the functions of the Spleen is to help control water metabolism in the body. A weak Spleen will be unable to do this, and dampness will result.

Fu Ling is prescribed often because of its great ability to not only get rid of excess water bogging down our systems, but also help build up our Qi which is what led to this soggiess in the first place!

Update!

I have changed the name and business structure of my business. Why, might you ask? First, it's only prudent to be operating under an LLC in this day and age, even with malpractice insurance. As for the name change, I wasn't feeling that my previous business name was putting forth to the universe what I wanted to help people accomplish in their lives. I don't want to help you just survive, I want to help you to THRIVE!

For more articles on Chinese medicine, check out my blog at <http://qisy.blogspot.com>
To unsubscribe from this newsletter, send your request to: Becca@ThriveAcupuncture.org