

Points of Interest

Volume 2, Issue 6 - July 2009

Presented by:

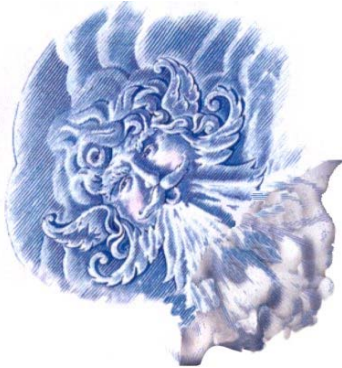
Becca Seitz, MAcOM, LAc

To The Point Acupuncture & Herbal Clinic
3133 NE Prescott St., Portland, OR 97211

Wind in Chinese medicine:

According to Chinese medical theory, we live under the influence of the weather and the seasons. When we live out of harmony with them, we greatly increase our chances of experiencing unhealth. Diseases that involve wind include skin rashes, arthritis, some types of paralysis, cold and flu, and seizures. What do these have in common? Like the wind, they come and/or go quickly (seizures, paralysis, cold and flu), or move around pretty freely (skin rashes, some types of arthritis).

Acupuncture can help strengthen your body against wind, as well as help you get rid of it if you're already suffering from its effects.



Herb of the Month: Scorpion

Yep, I said scorpion. Before you get too freaked out, it's only used in very rare, very extreme



cases, and only as a last resort. With that said, scorpion is a very valuable member of the Chinese herbal pharmacy.

In Chinese, scorpion translates to "Quan Xie" (pronounced choo-AHN shee-YEH) and is used to treat Wind to stop convulsions, tremors and some types of paralysis, such as Bell's Palsy.

Scorpion is considered a "toxic" herb and is only used in tiny amounts. It should only be used under the strict guidance of a trained Chinese herbalist.

Did you know?

That acupuncture and Chinese herbal medicine can help treat seizures? Your acupuncturist can work with your biomedical doctor to help get them under control, keep them under control, and possibly even lower doses of anti-seizure medications.

Talk with your acupuncturist and doctor today to see if Chinese medicine could help you today!

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@ToThePointAcupuncture.org