

Points of Interest

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Spring Fever!

Have you ever noticed how in the spring time we all get antsy to get outside and DO something? I know I've been feeling the urge to get out and commune with nature lately!



In the Spring, our energy starts to awaken, much like the trees that start to bud and the bulbs that start poking their heads out of the ground. Spring time is the time for growth and change, and Mother Nature is not alone in this phenomenon!

In order to be healthy during this season, make sure to follow these urges! Get out and take a walk in a park. Go camping and get a little dirty! If you don't get out and get moving, your energy will become stagnant and you'll start feeling the effects - increased stress, crankiness, headaches, muscle tension and body pains.

Follow the example that nature has provided for us, and get out there and stretch your limbs!

Gua Sha

Sometimes there are therapies other than acupuncture that can be useful in your treatment. Gua Sha (pronounced *gwah-SHAH*) is a technique that is very useful in treating muscle tightness. Your acupuncturist uses a tool (such as the edge of a coin or a Chinese soup spoon) to scrape an area that has been lubricated with Vaseline. Because the area has been lubricated, the skin scraping isn't painful.



When a muscle is tight it doesn't have proper blood flow to and from the area, so by-products of normal muscle actions that would normally be flushed from the area are trapped causing more tightness and the achy pain associated with muscle tension.

There is the likelihood of bruising from this technique as the byproducts are released, so make sure to talk to your acupuncturist about any concerns you may have before treatment!

Pets and Acupuncture

Did you know that pets can be treated using acupuncture, acupressure and Chinese herbs for all of the same complaints as humans? In fact, they often respond to energy medicine even better than we humans do! Animals are very connected to the earth and nature, so if their energy becomes out of balance, it usually hasn't gone too far.

The first question that I usually get asked about pets is if they sit still for the treatment, and the answer is yes - most of the time. Most pets take the opportunity to lie down and have a little snooze during their treatments. There are some pets who want to wander around the room, and this is okay too!

If you have any questions about your pet and acupuncture, feel free to call or email!

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