



# Balancing ACT

## Spring Season



### Spring Points

In Traditional Chinese Medicine, while winter is a time to conserve energy and reduce activity, **Spring** is a time of regeneration, new beginnings, and a renewal of spirit.

**Spring:** Is the season of the Liver, according to Chinese Medicine. The Liver and its complementary organ, the gallbladder, these two organs are usually the primary targets for springtime cleansing and health regimens. Nature: Yang & Yin Organ Pairs.

**Organs:** Liver, Gallbladder  
**Emotion:** Anger

**Put Some Spring into Your Step**  
The Liver is responsible for the smooth flowing of Qi (energy) throughout the body. When the liver functions smoothly, physical and emotional activity throughout the body also runs smoothly

**Move your Qi! Stretch** - The gallbladder and liver control the tendons and ligaments so add a morning stretch into your routine. Try yoga or Tai qi.

**According to Chinese medicine**, the liver stores blood during periods of rest and then releases it to the tendons and ligaments in times of activity, thus maintaining tendon and ligament health and flexibility.

**Incorporate Eye Rest** - The liver opens into the eyes. Although all the organs have some connection to the health of the eyes, the liver is connected to proper eye function. Remember to take breaks when looking at a computer monitor or TV for extended periods of time. A good eye stretch: Look as far away as you can, then at something as close as you can and as far to the left and right as you can, then do a googly eye stretch moving your eyes around and around for 10 times. Whew you're done.

**Eat Green** - Green is the color of the liver and of springtime. Eating young plants - fresh, leafy greens, sprouts, and immature cereal grasses - can improve the liver's overall functions and aid in the movement of qi.

**Taste Sour** - Foods and drinks with sour tastes are thought to stimulate the liver's qi. Put lemon slices in your drinking water, use vinegar and olive oil for your salad dressing. Garnish your sandwich with a slice of dill pickle.

**Do more outdoor activities** - Outside air helps liver qi flow. If you have been feeling irritable, find an outdoor activity to smooth out that liver qi stagnation. Try hiking or take up golf.

**Use Chlorella and Chamomile Tea** - Helps with detoxing and protect liver cells from incoming toxins and encourages the liver to cleanse itself of damaging substances, such as alcohol, medications, pesticides, environmental toxins, and even heavy metals such as mercury.

**Get Acupuncture treatments** - Seasonal Acupuncture and Oriental Medicine can help improve the overall health of your liver as well as treat stress and frustration which are often associated with liver qi disharmony.



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## IF YOU OVER-DO YOUR SPRING STRETCH

### The Benefits of Tui Na

By: Andres Trujillo



Tui Na has been used in China for more than 2,000 years. Tui Na means "pinch and pull," which refers to a wide range of Traditional Chinese Medicine (TCM) including therapeutic massage and body work.

Tui Na addresses specific patterns of disharmony and pain by employing compression techniques with a variety of energy channels of the body to harmonize and balance Qi (vital healing energy). Through various hand techniques, in combination with acupuncture, muscles and tendons are massaged, directly affecting the flow of Qi at different acupressure points.

Tui Na is very effective in removing blockages which helps to promote vital energy flow throughout the meridians of the body.

A typical treatment of Tui Na massage may vary from 15 minutes to an hour, depending on the patient's condition whether acute or chronic.

Tui Na techniques are very beneficial in reducing pain to include neck, shoulders, hips, back, arms, highs, legs and feet. It is also a very effective therapy for arthritis, most joint pain, sciatica and muscle spasms.

The greatest advantage of Tui Na is that it focuses on maintaining overall body balance, both physically and mentally. It is a great therapy in lieu of pharmaceuticals and all their side effects.

As a healthcare provider of Traditional Chinese Medicine, I employ all modalities of healing for our patients desiring pain relief. We have had wonderful results.

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## AWAKENING BALANCE ACUPUNCTURE AND TRADITIONAL CHINESE MEDICINE



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### TO REGISTER:

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## Deborah Kelley and Andres Trujillo,

both Masters of Oriental Medicine, are available to speak at educational events, clubs and organizations.



## Awakening Balance Seasonal Products:

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## Did you know?

Acupuncture is the oldest continuously practiced medical system in the world and is used by one third of the world's population as a primary system for health care. It is estimated that more people have been treated by Chinese medicine throughout history than by any other formalized system of medicine. Visit us on the Web.

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