



(Dōng)/Winter 2020

BE LIKE WATER

-LAO TZU

Winter as the Water Element

This winter season will definitely be different. Though we can't change what is happening around us, we can always change our perception and look at the bright side in the present moment. As per Anthony J. D'Angelo, "Wherever you go, no matter what the weather, always bring your own sunshine." You may notice that once you focus on turning inwards, then things around you starts changing as well. Chinese medicine, based from laws of nature, says the movement of **water** is inwards and always find the lowest point to rest there. That's why in winter we recommend a period of self-reflection, meditation, and soul-nourishing pursuits. To go deeper keeps you grounded.

Winter is the slowest time of the year as it asks us to slow down and store up so we can move forward to the next season. So start with the most simple thing to do: pause for a moment and take a deep breath. Inhale to nourish, exhale to let go.

Curious for more? Sign up for our biweekly enews for more seasonal tips.



SELF-REFLECTION IS A HUMBLING PROCESS. IT'S ESSENTIAL TO FIND OUT WHY YOU THINK, SAY, AND DO CERTAIN THINGS ...THEN BETTER YOURSELF. AS LAO TZU SAYS: MUDDY WATER, LET STAND, BECOMES CLEAR.

What to do in the Durham Region? Support local!

- Sign up for our biweekly newsletter. We support local.
- Facebook pages: Durham Region Events
- Go Virtual 1. kids' camps and programs at <https://www.ourkids.net/> 2. <https://www.eventbrite.ca/>
- Contact local gym for virtual classes



Clinic Update

- **Safety** PPEs and safety measures in place (face shields, mask, hand sanitizers, disinfectant foggers, etc.) to ensure safety for our patients' well-being and our work environment.
- **Being proactive** Besides safe distancing and masks, our TCM practitioners have taken the step for COVID testing every 2 weeks
- **Virtual appointments** were added to our service for consultations, follow-ups and Chinese herbal prescriptions.
- **Expanded In-Person Hours** Clinic opens Monday - Sunday to avoid overlapping of clients as conditions for pain management and mental health increases
- **Volunteering** at Acu4Nurses and Ontario Health (HealthForce Ontario) to support frontline workers and vulnerable populations during the pandemic.
- **Nominated (again)** on Oshawa/Whitby This Week Reader's Choice for our contributions to the community in improving public health.





Healthy Choice



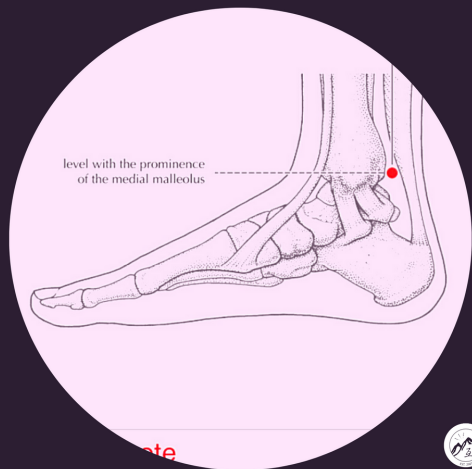
IN SEASON: TANGERINES

Tangerines, a select type of mandarin, have over 3,000 years of history in China and Japan. The best seasons are November through January in North America. The Chinese medical texts cite that tangerine is known for improving circulation and reducing inflammation. It targets the energetics of the Spleen and the Lung. In TCM, the Spleen assists with digestion, blood coagulation and fluid metabolism in the body. In addition to performing respiration, the Lungs are thought to be a vital part of the production chain for energy and the body fluids to nourish the body.

USE OF TANGERINES (CHEN PI)

- Check our recent blog on our website to make your own Chen Pi which has been around 1500 years in Chinese history. Chen Pi can be used as a cough antidote or mosquito repellent.

Good Point to Massage Now: Tai Xi (Supreme Stream)



The point Taixi is located along the Kidney Channel (a Water element) and is one of the Source Points that can enter into the deep layer of the body (ie. brain). Depending on what TCM practitioners find in the assessment, it can be combined with other points to bring energy from the deep layer to exterior layer (to release) or bring energy back to its source (to nourish). MRI studies show how this point can calm the brain for those suffering from anxiety or PTSD. In some cases, this point can be used for lower back tension from prolonged stress. Ancient texts had indicated this point for asthma, strengthening the lumbar spine, and regulating water metabolism.

Instructions: massage the point on both feet with your thumbs. Feel the pressure and aim the sensation towards the sole of the foot where the Kidney channel begins. Massage for 2 min. Best when combined with breathing exercises. Ask us!

TOP 8 FOODS FOR WINTER

- Bone broth (acupuncturists' go-to for almost everything)
- Soups as appetizers (Jane's fav: miso with green onions and non-GMO tofu)
- Fermented food (sauerkraut, kimchi, tzatziki, sourdough, pickled olives)
- Dark leafy greens (detox)
- Eggs (everyday in our household)
- Mushrooms (darker ones are best)
- Seeds, Dates, and Black Beans
- Roasted root vegetables

8 TIPS FOR WINTER

- Check-in on yourself at the end of day. Let go of things that doesn't serve you.
- Be asleep by 10pm.
- Avoid stimulants and excessively stimulating activity, including digital screens at night.
- Finish all eating at least two hours before sleep
- Drink a glass or two of water 2 hours before breakfast (best times 5am-7am)
- Minimize sugar and processed foods
- Read a book that embraces differences. Jane recommends "Don't Label Me", Irshad Manji Manji
- Listen to understand. Not listen to win.

Ask
us.
We're
here
to
help!

In addition to diet and lifestyle changes, your TCM practitioners may recommend a protocol that includes acupuncture, cupping, gua sha, herbal prescription, and qigong to help regulate your hormones, support immune function and gut health.



World Acupuncture Day - 10 Years

It's been almost 10 years since acupuncture and moxibustion of traditional Chinese medicine became part of the UNESCO Representative List for Intangible Cultural Heritage of Humanity! A special event celebrated every year by patients, professionals, and teachers of our medicine by honouring the root and history of this classical discipline. The main objective of UNESCO is to preserve and protect acupuncture and moxibustion throughout the world as a repository of cultural diversity and creative expression. We made a short video clip to join the rest of our colleagues around the world in promoting #idoacupuncture for World Acupuncture Awareness Day (check our website). As registered TCM practitioners in Ontario, we are proud to serve our community and work together with your healthcare team for sustainable health and well-being!

