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SEASONAL BALANCE QUARTERLY

SPRING EDITION

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Greetings from North Cape Acupuncture. Doris and I are happy and excited to present you with our new quarterly newsletter.

Seasonal Balance Quarterly (SBQ) is a brief informational and, we hope, educational newsletter for our current, former, and future patients. It will contain articles regarding Traditional Chinese Medicine's (TCM) views on illnesses, common ailments, diet according to TCM, clinic

updates, talk schedules, and more.

Acupuncture and Chinese Medicine are growing in recognition in the United States, but many people are still not aware of how many health issues can be addressed with this ancient medical art.

If there is an article in the SBQ that addresses a health issue of a friend or family member, we encourage you

to share this newsletter with them.

This is a new endeavor for us, and we would love to hear from our patients. If there are topics you would like us to address in future newsletters please contact us with your request.

Chinese Medicine Terminology:

Qi – is the active energy that vitalizes all life functions.

Wei Qi – Defensive Qi, or the energy that vitalizes immune functions.

Wind Pathogen – one of the six external pathogens, it serves to describe sets of symptoms. Wind combines easily with Hot, Cold, Dry, and Damp pathogens.

Spring Flowers Blooming & Allergies Are Booming.

It is that time of year again. The snows have melted. Trees are budding. The temperature is rising, and soon the pollen counts will follow. If you suffer from seasonal allergies, or hayfever, this can be an unpleasant time of year.

As a general rule, Traditional Chinese Medicine holds that two mechanisms are at work in allergy flare-ups. First the *Wei Qi*, or Defensive energy, is weakened by an overall lack of *Qi* throughout the body. In Chinese Medicine,

the Spleen is the organ most responsible for *Qi* production. If Spleen is weak, *Qi* is not adequately produced.

This can lead to weakness in the *Wei Qi* allowing the body to become invaded by *External Wind Pathogen*, the environmental allergens. The Lung organ regulates the *Wei Qi*, and opens to the external world through the nasal passages. When *Wind Pathogen* invades it will have the immediate effect of obstructing the Lung Qi.

The underlying weakness of the Spleen Qi, and the obstruction of the Lung Qi leads to the formation of phlegm and congestion. The *Wind Pathogens* further cause itching, and watery eyes.

Chinese Herbal Medicine and Acupuncture focus on boosting the Spleen Qi, circulating the Lung Qi, and dispelling the pathogenic energy to relieve allergy symptoms, and fortify the body against future attacks.

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We're on the Web!
See us at:

NorthCapeAcupuncture.net

Spring and the Element of Wood

Spring is the season of reawakening and growth. Plants bloom, and trees bud as the weather warms.

The element of Wood is most active during this time of year, and its organ is the Liver. The Liver Organ *regulates the Blood, ensures the smooth flow of Qi,*

nourishes the Sinews, connects to the eyes, and manifests in the nails. Liver Qi functions and moves upward and outward, similar to the growth of plants.

Springtime is a season of abundant Yang energy and due to this the Liver energy can become too full and

stagnate like a flooded field. Headaches, cracked nails, cramping, irritability, and dry eyes, are often signs of the Liver becoming excess.

During this time of year Chinese Medicine looks to free the excess Yang energy of Spring and restore the smooth flow of Liver Qi.

About Our Acupuncture Clinic...

North Cape Acupuncture, LLC is a Traditional Chinese Medicine and Acupuncture clinic owned and operated by Doris Kitazaki, C.Ac and Jamey Johnston, C.Ac. Together Doris and Jamey bring a holistic approach to health care that is attentive to your specific health and well being. They focus on

individualized, quality time for each patient and tailor flexible treatment plans to meet your needs.

Jamey and Doris create a positive and safe healing environment for you by combining a professional level of service with the highest quality products and equipment. Using Traditional

Chinese Medicine they can address illness, pain, and poor health conditions in a complete and holistic manner.

**Watch For Us On The
CH-10 Great TV Auction**



April 24th – May 2nd

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