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SEASONAL BALANCE QUARTERLY SUMMER EDITION

The Summer Growing Season Is Here.

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Summer, the season with the most abundant *Yang* energy, is a time of rapid growth and teeming activity. What we see in nature has been reflected in the activity at our two clinic locations.

We want to thank all of our patients and friends for giving us the fantastic opportunity to serve you and make our clinics a great success!

The greatest asset we have to continuing growth has time and again been demonstrated to be YOU.

You are in a position to speak to people about your own experience and success with Acupuncture and Traditional Chinese Medicine.

It offers help to the people in your life and now with the referral certificate on the right it can help you.

REFER A FRIEND
(or Family) **\$15**

To Get A Credit of next visit on your next visit

North Cape Acupuncture

2321 E. Capitol Drive, Shorewood (414) 460-6492
or
5934 S. Business Drive, Sheboygan (920) 459-9277

I, _____, have referred _____

Multiple credits can be earned. Limit one (1) credit applied per visit.

Terminology:

- *Zang Organs* - manufacture and store essence, qi, blood, and fluids.
- *Fu Organs* - receive and digest food, absorb nutrient substances, transmit and excrete wastes.
- *shen* - mental functioning, corresponds to the conscious mind.

Summer The Time Of The Heart

In Traditional Chinese Medicine (TCM) each season is associated with one of the 5 Zang organs and its paired Fu organ. Summer is the time of the Heart and Small Intestine.

The Heart, in TCM, governs blood & controls the vessels. It regulates the pulse and circulation. When the pulse is weak or the extremities are cold this can be an indicator of insufficient Heart Qi and Yang directing the pulse.

The Heart is said to house the conscious mind (*shen*). The Yin and Blood of the Heart nourish the mind and anchor it. When the mind is restless, or when the sleep is disturbed there are signs that the Heart Yin and Blood need to be nourished.

The Heart also opens to the tongue and regulates the emotional state of joy/happiness. Problems with speech, the excessive expression of

joy, or the absence of happiness are directly involved with imbalances in the Heart.

Red beans, jujube, carrots, tomatoes, red apples, watermelon and cherries are a sampling of foods that tonify and nourish the Heart.

Cardiovascular exercise and Qigong exercises can also be used to balance and strengthen the Heart Qi

Terminology:

- *Oxidation* – a chemical reaction where negatively charged electrons combine with oxygen or other strong positively charged atoms/ions.
- *Free Radicals* - are atoms, molecules, or ions with unpaired electrons. Unpaired electrons cause radicals to be highly chemically reactive.

Keeping It Fresh With Lemons.

Have you every sliced up apples, pears, or bananas for a party snack and had them turn brown before they were even touched and been left with a mushy mess?

The chemical reaction that is occurring is *oxidation*. Oxidation is what causes metals to rust and is the

process that causes *free radicals* to damage the body. This is what is happening to your fruit.

The browning of fruit can be prevented in a very simple way. By simply spraying/spritzing lemon juice over the cut fruit you can delay damage to the fruit, itself.

The acid present in lemon juice readily combines with oxidizing agents in the air surrounding the fruit. The lemon juice acts like a large bulls-eye target that takes the place of your fruit.

And here you thought lemons were just good for lemonade and fish dishes.

About Our Acupuncture Clinic.

**MILWAUKEE OFFICE
NORTH CAPE ACUPUNCTURE**

2321 E. Capitol Dr.
Suite 100
Shorewood, WI 53211
Phone:
(414) 460-6492

See us at:
NorthCapeAcupuncture.net

North Cape Acupuncture, LLC is a Traditional Chinese Medicine (TCM) and Acupuncture clinic operated by Doris Kitazaki, C.Ac and Jamey Johnston, C.Ac.

We bring a holistic approach to health care that is attentive to your specific health and well being. Our goal is to focus on individualized, quality time for each patient and tailor

flexible treatment plans to meet your needs.

Using TCM, we are able to address illness, pain, and poor health conditions in a complete and holistic manner. **FREE** consultations are available by appointment or over the phone.

We invite you to begin your healing journey today at either of our two locations!

SHEBOYGAN OFFICE

WHOLISTIC HEALTH CENTER

5934 S. Business Dr.
Sheboygan, WI 53081
Phone:
(920) 459-9277

Referral Certificates

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