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SEASONAL BALANCE QUARTERLY FALL EDITION

INSIDE THIS ISSUE:

Capitol Drive Construction Nears Completion.....	1
Fertility and Chinese Medicine.....	1
Hibernation of the Yang.	2
About Us.....	2

Capitol Drive Construction Nears Completion!

It has been a long summer with the major rebuilding of mile long stretch of Capitol Drive in Shorewood.

We are excited to announce that the Capitol Drive Construction project is drawing to a close. The section East of Oakland Avenue is finish. Parking in front of our building has been restored and in spring we will be getting trees and filled planters

along the public right of way.

Cement has been laid West of Oakland and all lanes will be open soon. November 18th also marked an important and major milestone to the project. The bridge to the Oakleaf Bicycle trail was raised and welded into place over Capitol Drive.

We are thankful the project will be completed

soon. The street desperately needed the work and the design improvements look great!

We want to extend our thanks to those of you who have braved the construction and traffic delays this summer.



Fertility and Chinese Medicine.

Infertility is an expanding field within Traditional Chinese Medicine (TCM). More and more couples are utilizing Acupuncture and TCM every day to improve fertility.

Our patients use a wide variety of fertility treatments to increase successful conception. Some are utilize fertility medications. Some are using *in vitro fertilization* (IVF). Some are using herbal formulas. Some

are keeping track of menstrual cycles. Others are using intrauterine insemination.

A 2006 study researching the use of acupuncture with IVF showed that patients who received acupuncture had a 40% pregnancy rate while patients who did IVF alone had a 24% pregnancy. Similar results have been reported with other forms of fertility treatment when combined with

acupuncture. TCM and acupuncture are also used alone to improve fertility rates.

TCM works at balancing the body to improve the likelihood of a healthy pregnancy with acupuncture and herbal medicine. Many of our past patients seeking help with conception have successful conceived and given birth to healthy babies.

Terminology:

- *Yang* - fundamental force associated with fire, heat, light, growth & motion.

Hibernation of the Yang.

Our bodies reflect the environment around us. As the seasons change and the weather gets colder the *Yang* energy of the earth sinks to a deeper level and the Yin rises. We see this reflected in the withering of leaves on the trees and the hibernation of various

animal and insect species.

The Yang energy within our own bodies sinks deeper as well. The warm, active Yang energy within the deeper levels of the body acts as a protective measure, keeping the core body warm during the colder months.

We often note a period of fatigue as we adjust the absence of the Sun and to the active Yang qi of our bodies being deeper.

It is important to get adequate sleep and dress accordingly during colder months. This both tonifies and supports the Yang qi.

About Our Acupuncture Clinic.

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!

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