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## SEASONAL BALANCE QUARTERLY SUMMER EDITION

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### Acupuncture; No Voodoo, Just Medicine.

Greetings everyone. Jamey and I hope the Summer edition of SBQ finds you enjoying the great weather. I know we have been having a fun and busy Summer.

We've also decided to address a distinct problem in our community. Many people have heard about Chinese Medicine, mostly through Acupuncture, but really do not know much about this exciting form of medicine.

We often hear from people

who are either unaware of how Chinese Medicine could benefit them, or they express some fear of the unknown.

Jamey and I are looking to change this for the better.

We are working on a number of educational events open to our community and patients past, present and future. I have been working with the Shorewood Recreational Department on scheduling a series of talks for this Fall.

Jamey has scheduled events

through the Wholistic Health Center, and we have been working with local businesses' Health and Wellness programs to bring more information to you!

The Events Section of our updated web site will have a list of confirmed events.

We also invite you to contact us if you would like us to schedule an event with a group/club you belong to, or at your office.

– Doris Kitazaki, C.Ac MSOM

### Terminology:

- *Auto* – Self
- *Mobile* - Capable of moving.
- *Blood* – in Chinese Medicine, transports nourishment & vitality. It is a dense material form of Qi.
- *Fluids* - serve to moisten, lubricate, and also nourish the body
- *Qi* – is the active energy that vitalizes all life functions.

### Summertime Sprains, Strains, and 'Auto mobile'.

Ah, Summer time. That part of the year in Wisconsin where we get to work and play outside. We walk. We bike. We go to all the festivals we can, and we mow the lawn when we can no longer avoid it.

We also strain, sprain, and injure ourselves in our enthusiasm and enjoyment of the Sun and fun. In Chinese Medicine, traumatic impact and injury of the soft tissue results in the impaired flow of *Blood*, *Fluids*, and *Qi*. The energy and fluids pool at

the site of injury and the *Blood* becomes stagnant. This is expressed as bruising, tenderness, swelling, and pain.

Chinese Medicine sees the lack of movement of energy and fluids as hindering the nourishment of the injured tissue. The vital energy and nourishment flowing into the injury becomes static.

The use of acupuncture, moxa, cupping, liniments, massage and other herbal formulas unblocks the flow of

*Qi* and *Blood* into the area. This allows the nourishment to return to the damaged tissue. The proper flow of *Qi* and *Blood* also circulates the stagnated energy and material out of the injured tissue.

Together these actions reduce pain and restore function more quickly. We become capable of moving freely again. We become 'auto' 'mobile' once more.

And you were wondering how we'd work that in...

**Terminology:**

- *Yin & Yang* – two fundamental forces that balance one another through diametric opposition.
- *Yang* – fundamental force associated with fire, heat, light, & motion.
- *Yin* – fundamental force associated with water, cool, dark, & material substance.

## Summer and the Element of Fire

Summer brings longer days, warm weather, and more activity. Trees and plants grow and bloom. Like Spring, Summer is a *Yang* season. It is the most *Yang* of all the seasons.

*Yang* is associated with the principle of Fire and can be described as energetic activity, movement, and

heat. In contrast *Yin* is associated with Water and would be nourishing and cooling material.

We are affected by the increase in the Fire energy of Summer. We see this expressed in such ways as people spending more time outside, do more physical activity, and find it easier to

get up early.

This increase in *Yang Fire* can overflow and overwhelm the Yin leading to imbalance.

Symptoms including anxiety, disrupted sleep, restlessness, hot flashes, and dizziness are signs of *Yang* overwhelming *Yin*.

## About Our Acupuncture Clinic.

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We're on the Web!

See us at:

[NorthCapeAcupuncture.net](http://NorthCapeAcupuncture.net)

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 are able to address illness, pain, and poor health conditions in a complete and holistic manner.

They Invite You To Begin Your Healing Journey Today!