

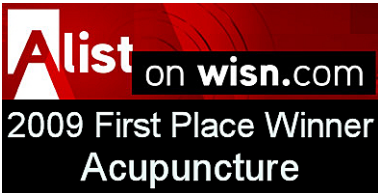
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SEASONAL BALANCE QUARTERLY

AUTUMN EDITION

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Autumn Changes

Things are changing here at North Cape Acupuncture as they are changing outside.

We have joined Facebook, and invite you to Friend us or become a Fan.

As part of our endeavor to connect and educate our community we are participating in Learning Never Ends presented by the Shorewood Recreation Department on October 15th. Join us for our talk on Drug-Free Pain Relief through

Acupuncture from 6:30-7:30pm.

Doris had a great time speaking to a group at the Shorewood Senior Resource center about acupuncture as we age.

Look for us on the Milwaukee Public Television on line holiday auction in November. This is a new format. We are donating gift certificates for acupuncture treatments. Check it out on www.greattvauction.com

support public television and give someone the gift of health with an acupuncture treatment.

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

We would like to renew our invitation to contact us if there is an event you would like us to schedule with a group or club you belong to, or at your office.

– Jamey Johnston, C.Ac MSOM

Autumn; leaves falling, Flu rising

When the leaves turn, flowers fade, and the days get shorter we know we have reached the end of summer.

Autumn is the time of year when the earth's energy is sinking. This is true in our bodies as well. It becomes easier to go to bed earlier, and we are less active.

According to Chinese Medicine, autumn is associated with the Lung. Lung brings in air which we convert to Qi or energy. Skin, sweat or lack of sweat, the

nose, and congestion are all connected to the Lung.

In Chinese Medicine, the Lung is responsible for our Wei Qi which acts as a barrier that protects us against viruses, germs, and toxins. Wei Qi is how ancient practitioners described our immune system.

It makes sense then that autumn is flu season. When our Wei Qi is weak, a virus can make us congested, sweaty, feverish, and achy.

Acupuncturists treat this by boosting the Wei Qi before a patient gets sick, or when the virus has taken hold with acupuncture and herbal formulas. In the latter case, we also focus on expelling pathogenic Qi.

Cupping is often employed to this end. A vacuum is created inside a glass cup and placed on the skin. This suction draws Qi & Blood to the skin surface along with pathogens, which are then eliminated and expelled by the body.

Terminology:

- Qi – is the active energy that vitalizes all life functions.
- Wei Qi – is a barrier that protects us against viruses, germs, and toxins. The immune system in Chinese Medicine.
- Cupping – a vacuum is produced inside a cup and used to create localized suction of the skin.

“Expel the Cold” Tea

Ingredients:

- 3 cups of water
- 2g Fresh ginger
- 1 Cinnamon stick
- 5 Pepper corns
- 5 Cloves

Bring ingredients to a boil, and simmer for 15 minutes.

Strain and drink while warm.

“Boost Lung Qi” Breath Exercise

Mindful breathing is beneficial for mental and physical wellbeing.

Exercise:

Sit in a comfortable position, keeping your back straight. Let your tongue touch the roof of your mouth behind your front teeth. Relax and focus on your breath.

Breathe in through your nose

with your mouth closed for the count of 4.

Hold your breath for the count of 7.

Breathe out through your mouth for the count of 8, keeping your tongue on the roof of your mouth.

Repeat for two minutes.

About Our Acupuncture Clinic.

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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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