

北
崎

SEASONAL BALANCE QUARTERLY

WINTER EDITION

Season's Greetings and Happy Year of the Tiger!

INSIDE THIS ISSUE:

Season's Greetings & Happy Year of the Tiger 1

"Oh the weather outside is frightful..." 1

The Element of Water and Salt's impact. 2

About Us 2

We hope this edition of SBQ finds everyone enjoying their Christmas, Hanukkah, or Yule holiday.

With the January 1st New Year rapidly approaching the Chinese New Year isn't far behind. Feb 14th, 2010 starts the Year of the Tiger. In Chinese Astrology, Year of the Tiger is the time of rapid changes. According to the predictions for the

coming year there will be a lot of excitement and some turbulence associated with these changes.

Whether you are a person who enjoys astrology, or not, there is no denying 2010 is going to be an interesting year politically, economically, and socially.

With the New Year, of course the resolutions are

not far behind. As the season of New Year's resolutions closes in on us, Doris and I look forward to helping our patients reach their goals for positive changes in 2010.

Warmest Wishes and Season's Greetings from:

Jamey Johnston, C.Ac

Doris Kitazaki, C.Ac

Snow Removal Tips:

- *Take your time. There is no award for best time.*
- *Listen to your body. Shortness of breath, or sharp pains mean stop.*
- *Warm-up and stay hydrated. Starting cold and dehydrating makes the next day all the worse for muscle pain.*
- *Lift with the knees, not the back.*

"Oh, the weather outside is frightful..."

"And the snow ain't that delightful. And since we've no place to go..."

How I know. How I know. How I know. We hear about this every year. It bears repeating though because we all see the stories about winter time injuries.

Areas of Wisconsin, including Sheboygan, recently received snowfall in excess of 10". A heavy, wet +10" of snow.

Back injuries, shoulder strain, and neck pain are common repercussions to moving all that snow.

So are those traumatic hand injuries related to ill-advised methods of clearing the snow blowers. There are no acupuncture treatments to date that can reattach fingers. **Folks, please keep your hands out of your snow blowers.**

While we cannot help you

should you choose to endanger your fingers, we can help with those Acute, Non-Traumatic Injuries.

Acupuncture, cupping, moxabustion, liniments and herbal formulas can speed recovery and put the bounce back in your step after the over-exertion that comes with snow removal.

Be safe, and be careful during the Winter season.

Terminology:

- *Jing* – foundational base for growth, and development.
- *Prenatal Jing* – set Jing one is born with determining base vitality.
- *Postnatal Jing* – the essence complex refined from food and air; supplements the Prenatal Jing.

The Element of Water and Salt's impact.

Winter is the season of the Water Element. The Kidney organ belongs to the Water element, as does the flavor of Salty. In TCM the actions associated with flavors tend to counteract the actions of the organs of like elements. This is Yin-Yang diametric balance.

The Kidney primarily acts to store the *Jing* and metabolize water. Salty pushes outward

and softens hardness.

The Kidney stores both the prenatal and postnatal *Jing*, which together serve as the foundation for all material and functions. The action of Salty flavors will soften the Kidney *Jing*, pushing it and releasing it outward.

In very small amounts Salt will promote Jing release which

translates to high energy, and alertness. Salty flavors also boost the Heart Qi.

Over consuming Salty flavors depletes the Kidney *Jing* and over stimulates the Heart Qi. This exhausts the Kidney, interrupts water metabolism and increases actions of heart muscle. The result leads to the condition of hypertension, or high blood pressure.

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!

MILWAUKEE OFFICE**NORTH CAPE ACUPUNCTURE**

2321 E. Capitol Dr.

Suite 100

Shorewood, WI 53211

Phone:

(414) 460-6492

See us at:

NorthCapeAcupuncture.net

SHEBOYGAN OFFICE**WHOLISTIC HEALTH CENTER**

5934 S. Business Dr.

Sheboygan, WI 53081

Phone:

(920) 459-9277

INTRODUCTION TO ACUPUNCTURE SPECIAL

**ALL NEW PATIENTS RECEIVE
20% OFF THEIR INITIAL TREATMENT.**