

Boost your Brain Power with acupuncture, good nutrition and exercise



In Eastern Medicine, the mind (Shen) embodies consciousness, emotions and thought. Shen influences long term memory, the ability to think clearly, contributes to wisdom, and presides over activities that involve mental and creative functions.

When the mind is healthy we're able to think clearly. When the mind is unhealthy or unbalanced we can experience confusion, poor memory, and clouded thinking. If you're having difficulty focusing, remembering tasks or organizing your thoughts, acupuncture and Oriental medicine can help optimize your brain power.

Disharmony of the mind often manifests as anxiety, insomnia, muddled thinking, forgetfulness and chronic restlessness. Meditation, acupuncture, the right foods, and physical exercises such as Tai Chi or Qi Gong, can balance and strengthen the mind.

Acupuncture can be used to enhance your focus and learning ability. A point often used for such treatments is Yintang, which is located between the eyebrows and sometimes referred to as "the third eye."

The Chinese translation for Yintang is "hall of impression." A "hall" is defined as a corridor or passageway, or the large entrance room of a house. "Impression" is defined as a strong effect produced on the intellect, emotions or conscience. Thus, Yintang is the entrance or passageway to the mind. Yintang is used to improve mental clarity, concentration and cognition.

Good nutrition can help boost brain power. Not only is it essential to overall physical health it can also enhance the function and harmony of the mind. The right foods enhance brain function by providing Eating the essential nutrients such falvonoids, Omega 3s, vitamins, folate and iron that are great for improving the quality and quantity of learning capacity, cognitive abilities, memory and overall brain function. You can enhance your brain's health and function by including blueberries, fish, leafy green vegetables, seeds, nuts and whole grains in your diet.

Stop in or call me for an appointment at 707-431-2528. Visit my website at [acupuncturehealdsburg.com](http://acupuncturehealdsburg.com)