



It's Time for a Health Tune-Up...

Guess what? It's time for your change-of-the-season acupuncture/herbs tune-up. Harvest is in full swing, the leaves are beginning to fall, the night air is getting chilly, now's the time to strengthen your immune system and prepare your body for winter.

In fact, at Acupuncture & Herb Center, we are offering an "Autumn Tune-Up Special" of \$15 off one appointment now through November 15, 2015.

Here are a few tips to help you adjust to the new season:

According to Chinese medical philosophy, wind penetrates the back of the neck, bringing with it external pathogens which can lead to illness such as colds or flu. To help prevent "invasion of the wind" cover up with a scarf and jacket, especially after sweating, or if it's windy, even if you don't think you need to.

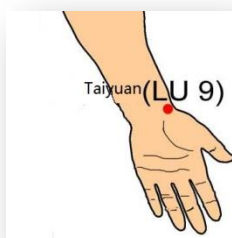
This aromatherapy recipe for autumn helps keep your lungs and respiratory system healthy and strong:

- 4 oz water
- 6 drops each eucalyptus, fir, and lavender oil
- 3 drops of each peppermint and pine oil
- Put everything in a glass spray bottle. Breathe in as you spritz it



*From Peggy Borgman's book:
Four Seasons of Inner and Outer Beauty*

Rub Your Points:



Lung 9 is an excellent point to fight off a cold. It has been used to treat coughs, tightness of the chest, shortness of breath, asthma, digestive problems and wrist pain. It is also used to strengthen the Lungs and Wei Qi, or the Chinese version of the immune system. This point can be located in the depression at the base of the thumb, at the crease of the wrist joint.

Eat right for the season:

Autumn is the harvest season for rich, dense foods that support and fuel the body, providing additional heat to protect us from the coming cool, damp climate. These foods help 'thicken' the blood in order to keep us warm in cooler weather. Also add foods that are sour into your diet – sauerkraut, olives, pickles, leeks, adzuki beans, lemons, and sour varieties of apples.

