

Acunan's Spring Newsletter

March 2020

The Vernal Equinox is on March 19th in the Northern Hemisphere.

In Chinese 5 Element Theory, Spring is the season related to the Wood Element. The Liver and Gall Bladder are the associated organs, and Wind is the weather pattern. We are moving from the more Yin aspects of winter toward the Yang of summer. What does this mean for us?

Spring is the time of new growth, to start new projects, to wake up earlier and get a fresh start on our days. To be in harmony with the Wood element, we need to be strong, yet flexible, like a tree bending with the wind. The Wood element represents upward and outward movement. The color of the season is Green, like the lovely shoots beginning to emerge from the ground.



*The three months of spring are called putting forth and displaying.
Heaven and Earth all sprout. The ten thousand things become lush.
At night to bed, early to rise.
Briskly walk around the courtyard.
Let your hair down and relax the body in order to make that which is of the heart/mind
sprout.
Sprout but do not kill.
Give but do not take.
Reward but do not punish.
This is the Spring compliance of qi (and) the cultivation of the Dao of sprouting.
To oppose these principles injures the liver.
(Consequently) Summer will bring cold changes, (and) there will be little to offer one's
growth.*

—Neijing, Chapter 2

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If our Liver and Gall Bladder are out of balance, we can feel anger and frustration. The Wood element also relates to the sinews and tendons

Getting gentle movement such as walking, tai chi, qi gong and yoga are helpful to keep us flexible both physically and emotionally.

Getting bodywork like CranioSacral Therapy and Visceral Manipulation (what I do) releases restricted tissues in the deeper parts of the body and keep the qi and blood flowing.

Spring is a wonderful time to lighten up the foods we eat, as well as our cooking methods. The spicy/acrid flavors help the Liver in its job of keeping the qi and blood flowing, so consider including onions, scallions, parsley, cilantro, ginger, basil, dill, and bay leaf to your rotation of foods. Other good springtime foods include, arugula, chard, new potatoes, asparagus and eggs.



A balancing springtime tea of Peppermint (acrid/spicy) and Lemon (sour) are a great way to promote the movement of Liver Qi.

Practicing intermittent fasting and giving our digestive tracts a good 12 - 16 hour rest each day is also appropriate for the spring.

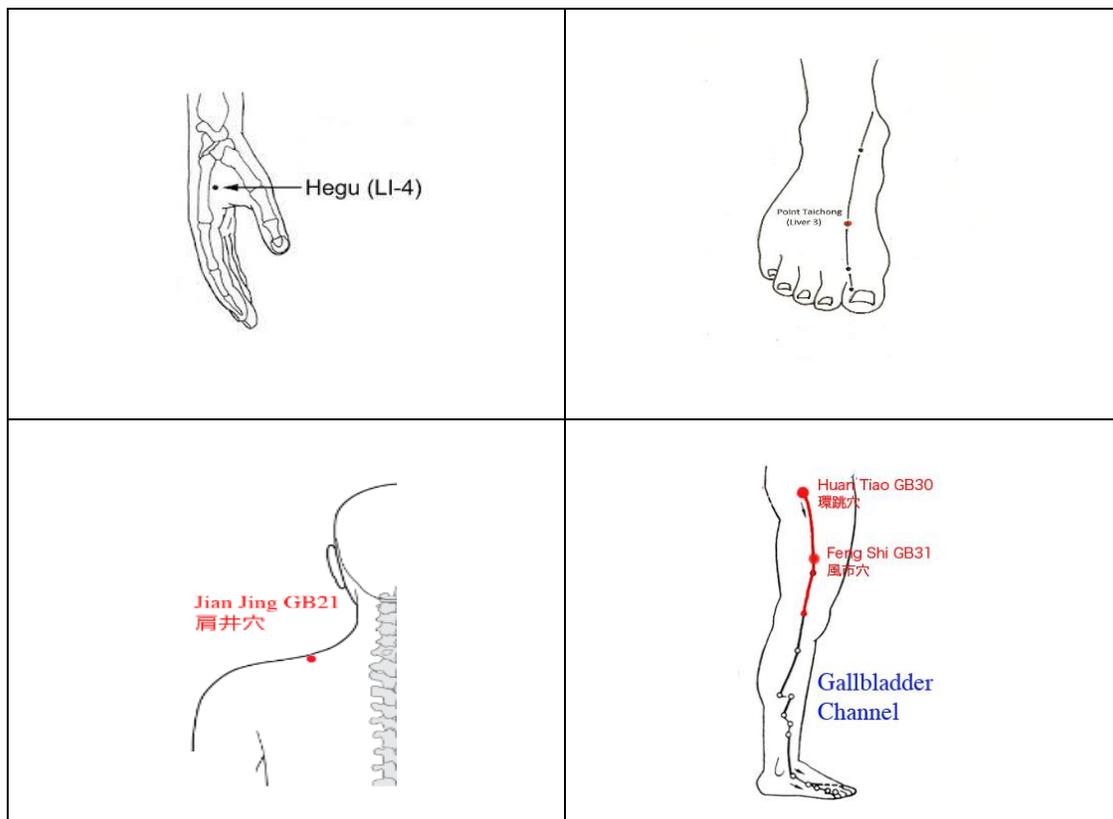
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Acupressure and self-care for the Liver/GB and Wood Element

The Four Gates - Large Intestine 4 and Liver 3

Gall Bladder points such as GB 21 on the traps, and GB 30 and 31 on the lateral legs (think IT band foam rolling)



Some Essential Oil support

Green and Sweet oils regulate the movement of Qi and release restraint, for example, Bergamot, Roman Chamomile, Lavender, Mandarin Orange, Geranium and Rose.

Woody oils are centering, stabilizing, restoring and relaxing, like Sandalwood, Black Spruce, Cedarwood, and Hemlock.

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Lastly, a word about keeping our immune systems strong around the threat of COVID19. Here are my recommendations:

1. Get plenty of sleep.
2. Stay well hydrated.
3. Eat lots of greens, or make green drinks with parsley, cilantro, raw honey, lemon and cayenne.
4. Avoid inflammatory foods like sugar, dairy and gluten.
5. Take medicinal mushrooms such as Shitake, Maitake, Reishi, Chaga, Turkey Tail, etc.
6. Make sure you get enough Vitamins D and C, as well as Zinc and Selenium.
7. Keep your microbiome happy with fermented foods or a reliable probiotic.
8. Take Omega 3 fatty acids to keep your cell membranes flexible and healthy.
9. Keep anti-viral Chinese herb formulas on hand that help at the beginning of a (regular) cold or flu. The Coronavirus has a different TCM presentation as it sets in, which is cold, damp and toxic in nature, and would require other herbs for support.
10. Keep Calm and Wash your Hands!!



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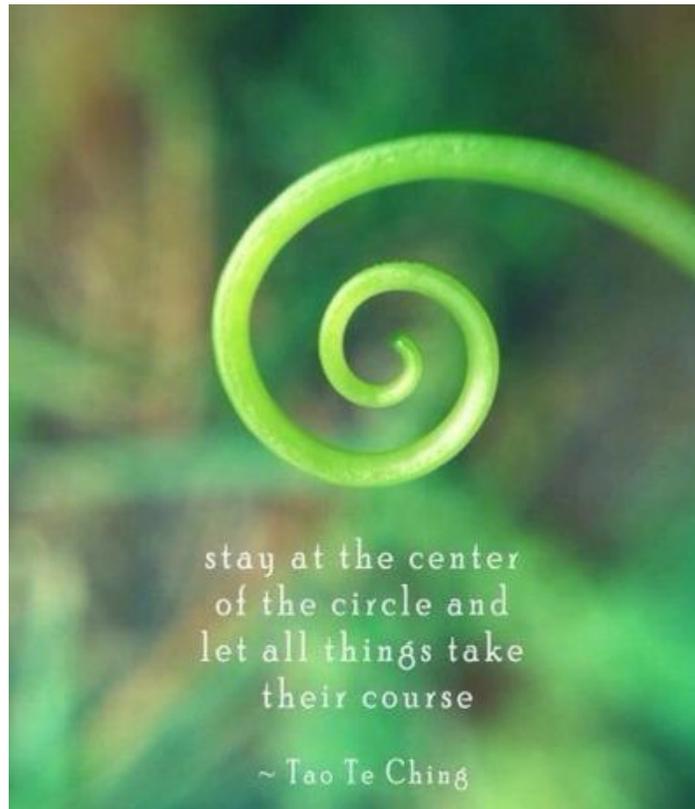
Many of you know how to get products from me through my online prescriptions at Crane Herb Pharmacy or Kamwo, e-stores through Metagenics (acunan.metagenics.com) and Wellevate (wellevate.me/nan-bakamjian). If you'd like to learn more about these please reach out to me for info.

In the meantime, here are some things I recommend having available:

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|  <p>D3 Liquid</p> <p>An easy to take vitamin D.</p> |  <p>PhytoGanix</p> <p>Lots of veggies, fruits, enzymes, medicinal mushrooms, and probiotics in a tropical fruit flavored drink.</p> |  <p>UltraFlora Spectrum</p> <p>A great broad spectrum probiotic.</p> |
|  <p>Ultra-Potent C Chewable</p> <p>An easy to take Vitamin C.</p> |  <p>ImmuCore</p> <p>A combination of immune supporting vitamins, minerals and medicinal mushrooms.</p> |  <p>OmegaGenics 720</p> <p>High dose EPA and DHA fish oils to support healthy cell membranes.</p> |
|  <p>Myco Forte</p> <p>A double extraction tincture of immune supporting medicinal mushrooms.</p> |  <p>Gan Mao Ling</p> <p>An anti-viral Chinese herb formula that is great for early signs of a cold.</p> |  <p>CQ Jr.</p> <p>Another anti-viral Chinese herb formula in glycerine tincture designed for children, but adults can take it too!</p> |

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I am so grateful for your being part of my practice family. It's an honor to be an assistant to your health and well-being. Please share this information with anyone you think it may benefit.

Regular "tune up" treatments are also great way to support your immune system, mental health, digestion and your whole being. Referrals are very much appreciated!

Much love and healing,

Nan

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