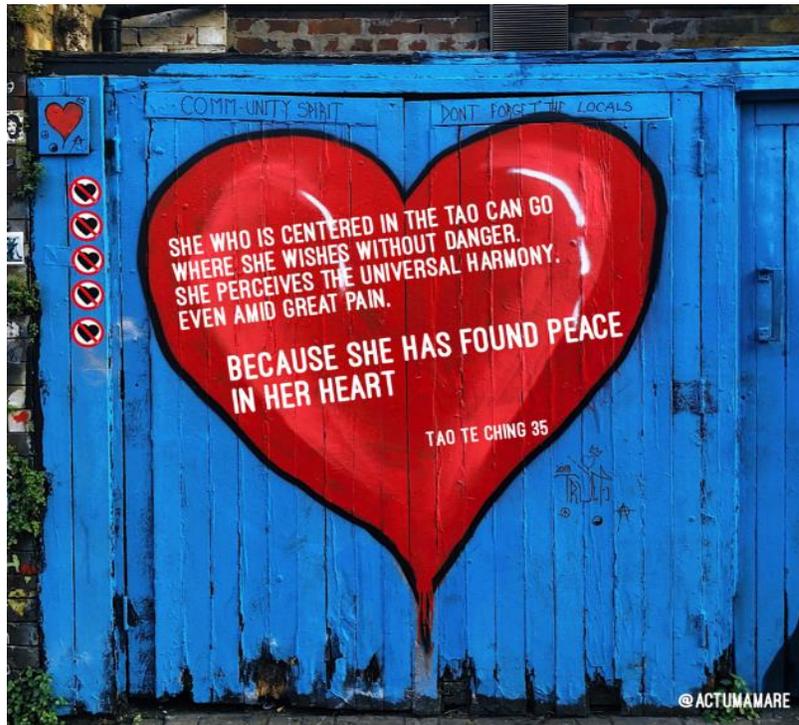


Acunan's Summer 2019 Newsletter

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SUMMER SOLSTICE IS ON JUNE 21ST - YANG IS AT ITS PEAK, AND YIN BEGINS TO RISE.

In Traditional Chinese Medicine, summer is the season of the Fire Element, which governs the Heart. It is a season of abundance. If the heart is in balance there is joy and enthusiasm for life. The fire element in excess can cause restlessness and anxiety, while if deficient will cause apathy and a lack of joy.

These symptoms may arise from the Fire Element out of balance:

- Excessive sweating
- Rashes/hives/hot skin eruptions
- Restless sleep/insomnia
- Agitation
- Anxiety

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Acupressure on points Pericardium 6 and Ear Shenmen can help!

Massage these points to calm anxiety, ease insomnia, or manage stress. If you like, use a drop of lavender essential oil on these points to enhance their effectiveness.



The Taste associated with the Fire element is bitter. So enjoying bitter greens that are abundant at this time of year is balancing. Enjoy kale, spinach watercress, escarole, and swill chard.

Get outside and enjoy the sensations of summer, plant your feet in the grass, exercise, sweat a bit, and replenish yourself with fresh, clean water.



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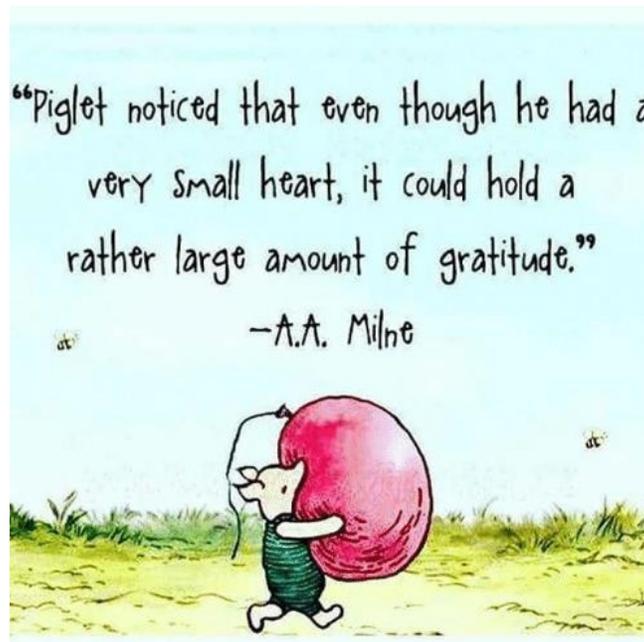
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The legendary Yellow Emperor, regarded as the founder of Traditional Chinese Medicine, has these instructive words about the season of summer in the ancient text, THE YELLOW EMPEROR'S CLASSIC OF INTERNAL MEDICINE. Still applicable today.

In the three months of summer there is an abundance of sunshine and rain. The heavenly energy descends, and the earthly energy rises. When these energies merge, there is intercourse between heaven and earth. As a result, plants mature, and animals, flowers, and fruit appear abundantly.

*One may retire somewhat later at this time of year, while still arising early. One should refrain from anger and stay physically active, to prevent the pores from closing and the chi from stagnating. One should not overindulge in sex, although one can indulge a bit more than in other seasons. Emotionally it is important to be happy and easygoing and not hold on to grudges, so that the energy can flow freely. **

*THE YELLOW EMPEROR'S CLASSIC OF INTERNAL MEDICINE. Veith I, trans. Berkeley and Los Angeles, CA: University of California Press; 2002.



I am grateful to have you in my practice! If you are feeling in need of balancing with the seasonal change, I am here for you. Please feel free to pass this information on to anyone who you feel may also benefit from it, or seeing me for a treatment.