

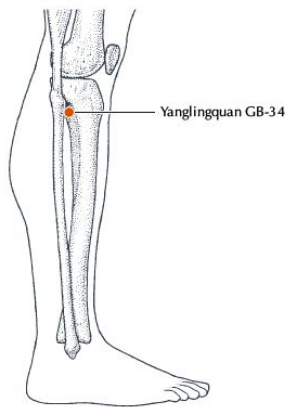
# Balancing Act



The Awakening Balance Acupuncture Quarterly Newsletter

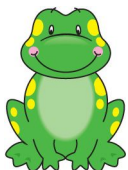
# SPRING

Element: Wood   Color: Green   Nature: Yang   Organs: Liver, Gallbladder   Emotion: Anger



Featured Seasonal Acupuncture Point:  
Gallbladder-34

GB-34 is a very influential point of the body's tendons and sinews. Located below the lateral aspect of the knee near the head of the fibula. Contractions or pain in your calf or foot, stiffness and tightness of your muscles or joints, stiff neck and shoulder pain are all conditions that may be treated with GB-34. This point activates the channel and alleviates pain while also clearing liver and gallbladder damp heat. GB-34 is also a great detox point for the body, perfect for preparing your body for Spring.



## The Wood Element

It is the long-awaited change of winter to spring. Seeds sprout, flowers bloom, and the sun warms the earth. There is a sense of renewal and new life all around. While winter was a time to conserve energy and reduce activity, spring is a time of regeneration, new beginnings, and a renewal of spirit.

Spring corresponds to the "Wood" element, which governs the emotional and intuitive body and is integral in our ability to adapt our plans and decisions to fit the changing world around us. The warming weather and welcoming of new life prompts our bodies to want to move and get outside-now's the time to listen!

## Put Some Spring in Your Step

Spring corresponds to the "Wood" element, which in turn is conceptually related to the liver and gallbladder organs. According to the philosophy of Traditional Chinese Medicine, the liver is responsible for the smooth flowing of Qi (energy) throughout the body. When the liver functions smoothly, physical and emotional activity throughout the body also runs smoothly.

Spring is the ideal time to cleanse and rejuvenate your body for optimum health. It's important to make both the Liver and Gallbladder primary targets of any cleansing to best prepare your body for the season ahead.

## Tips for Spring Health



**Stretch!** According to Chinese medicine, the liver stores blood during periods of rest and then releases it to the tendons in times of activity, maintaining tendon health and flexibility. Try incorporating yoga, tai qi or a simple full body stretch into your morning routine.

**Exercise your Eyes!** The liver opens into the eyes and although all the organs have some connection to the health of the eyes, the liver is connected to proper eye function. Remember to take breaks when looking at a computer monitor for extended periods of time and do eye exercises daily. Here is a simple and easy eye exercise you can do daily:

*Sit in a chair or stand in front of a blank wall. Place your thumb about 10 inches in front of your face and focus on it. Then, focus on an object that is 10–20 feet in front of you without moving your head. Focus on that object for 10–15 seconds. After 10–15 seconds, refocus on your thumb. Repeat five times.*

**Eat Green!** Green is the color of the liver and of springtime. Eating young plants - fresh, leafy greens, sprouts, and immature cereal grasses - can improve the liver's overall functions and aid in the movement of qi.

**Taste Sour!** Foods and drinks with sour tastes are thought to stimulate the liver's qi. Put lemon slices in your drinking water, use vinegar or lemon juice for your salad dressing. Garnish your sandwich with a slice of dill pickle.

**Do more outdoor activities!** Outside air helps liver qi flow. If you have been feeling irritable, find an outdoor activity to smooth out that liver qi stagnation. Try walking, stretching or gardening.

**Take Chlorella!** Chlorella is a single-celled fresh-water green algae cultured in pure mineral water and natural sunshine. Chlorella is considered to be a super green food, as it helps gently cleanse the body of harmful toxins. It also helps to protect your cells against free radical damage and boosts your body's immune system to fight against viruses and heal quicker.

**Nourish the Earth around you!** According to TCM, the time in between Winter and Spring and the rising of the Wood element out of the Water is the perfect time to nourish the Earth around you to prevent allergies later in the season when temperatures change and outdoor allergens begin to bloom.

**Get Acupuncture!** Getting acupuncture during the early spring and before the late Spring will help to boost your immune system before allergy season, and monthly treatments will keep you feel your best all season long.

