

TRADITIONAL  
CHINESE MEDICINE  
HEALING CENTER

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# Got Qi?

Winter 2011-2012

天人合一

## *Kidney Nourishing Treatment Package During the Winter*

We at TCM Healing Center are offering a special Kidney Nourishing Treatment Package during the Winter, which is aimed specifically at strengthening your Kidney energy, expelling any lodged Damp toxins within the body which can easily accumulate in the Winter months, and bringing more nourishment and balance to the cells and tissues of the body. The package consists of the following:

- 4 weekly acupuncture treatments
- Qi Gong meditation and breathing exercises
- Nutritional guidance and take-home recipes
- Herbs specifically designed to balance your constitution.

Treatments aimed at tonifying and strengthening Kidney Essence during this time will:

- Enhance reproductive success in both men and women
- Prevent osteoporosis, promote bone health, and encourage healthy aging
- Improve prostate health, enhance sexual function, and maintain healthy testosterone levels in men
- Benefit post-partum health and treat post-partum depression
- Enhance the flow of energy and Qi through the channels
- Improve Kidney and Adrenal function, resulting in increased energy, better mood, and improved sleep
- Improve respiratory health and prevent the onset of asthma and allergies during the Springtime
- Improve the health of skin and hair

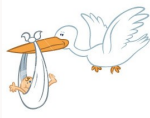
Winter, which lasts from now until approximately February 2012, is the best time of the year to come in for treatments to nourish your Kidney Jing (also known as Kidney Essence), since the Kidney is the organ most closely tied to Winter. In Chinese, there is a saying that goes "Tian ren he yi," (天人合一), which basically emphasizes the inseparability between nature and man. Just as the leaves dry up and wither during the Winter, humans also undergo certain physiological changes that may become exacerbated if their bodies are already out of balance. Prevention, then, is the key to excellent health!

**Please call our front desk for more details or to make an appointment.**



## Congratulations Expecting Mothers!

Erica C. Jennifer P.  
Heather K. Laura A.  
Kim N. Adele M.  
Kairi S. Christine H.  
Belinda M. Janey S.  
Erin Y. Melanie R.  
Lindsey C. Erin T.  
Elana R. Gina S.  
Veena M. Meredith S.  
Allison C. Brianna M.  
Molly S. Jasna H.  
Jennifer S.



## Welcome to the World!

**Boden**



Born to Bianca & Bryce  
On August 31, 2011  
6 lbs. 10 oz., 20.5 inches

**Pearl**



Born to Brooke & Jason  
On December 7, 2011  
7 lbs. 5 oz., 20 inches

**Gus & Winston**



Born to Missy & Sam  
On August 9, 2011  
Gus: 5 lbs. 7 oz.,  
Winston: 7 lbs., 10 oz.

**Lionel**



Born to Elline & Richard  
On October 21, 2011  
7 lbs 9 oz., 20 inches

**Nathaniel**



Born to Wendy & Scott  
On May 25, 2011  
5 lbs. 15 oz., 20.5 inches

**Haley**



Born to Susie & Henry  
On December 20, 2011  
7 lbs 4 oz., 18 inches



## Achieving a Healthy Pregnancy

By Florence Lim, L.Ac., DAOM

For most couples, and especially for women, pregnancy is a life-changing experience. Not only are you preparing mentally and emotionally to take care of this new life inside of you, but there are countless physiological changes occurring inside your body as well—a shift in hormone levels, nausea, vomiting, morning sickness, tender breasts, low back pain, lax ligaments, stuffy sinuses, acne, sensitive gums, and mood changes, to name a few. It is important during pregnancy to see your OB/GYN for your ultrasounds, regular monitoring of the fetus, and routine prenatal tests to watch out for issues such as gestational diabetes, anemia, pregnancy-induced hypertension, and infections. Eating well and staying healthy during pregnancy are vital in order to avoid these types of problems. Just as our bodies change with the seasons, and certain health issues become more prevalent at certain times of the year, the symptoms associated with pregnancy also change from month to month. In traditional Chinese medicine, each month of pregnancy is governed by a specific energy channel/meridian or organ in the body. Living in harmony with these changes through diet, herbs, lifestyle, and acupuncture will optimize the health of you and your baby. Below are tips to help you glide smoothly through the ten months of your pregnancy:

### First Trimester-Liver, Gallbladder, and Pericardium Channels.

The first two months of pregnancy are governed by the Liver or Gallbladder Channels, followed by the Pericardium channel in the third month.

**Symptoms:** The mother may start to experience breast tenderness, a lack of appetite or stomach discomfort, sleepiness, unusual food choices, frequent urination, nausea and vomiting, dizziness, and a fullness and distension in the stomach.

**Lifestyle Choices:** It is important during the first three months to eat light, bland, warm, and nutrient-dense foods such as fresh fruits and cooked vegetables. Smaller portions are recommended, and because sour taste is associated with the Liver and Gallbladder, it is fine to eat sour foods during this time period. Spicy and fried foods are not recommended. Spicy foods, in particular, are prohibited because they can cause contractions of the uterus and produce excess heat symptoms in the mother and child. Ginger tea, ginger candy, or ginger ale, as well as regular acupuncture treatments, can help alleviate the nausea and vomiting caused by rebellious Stomach Qi. Excessive exercise should be avoided during this time, but it is recommended to go for easy walks and to practice meditation to calm your Shen/Spirit and be



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peaceful. Also, avoid getting emotionally upset or experiencing very strong emotions during this time, as they can negatively affect the fetus. Sexual intercourse and exposure to the wind and cold are prohibited during the first trimester as well. Weekly acupuncture and herbal treatments are strongly recommended during the first trimester to secure the fetus, prevent miscarriage, and help alleviate first trimester symptoms such as nausea and headaches.

### Month Four – San Jiao or Heart Channels.

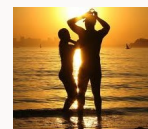
**Symptoms:** The mother starts to feel better and have more energy, and symptoms of morning sickness may start to disappear. The fetus begins to make a stronger connection to the mother's Dan Tian, where her "yuan qi" or "source" energy is stored. The Dan Tian, translated as "elixir field" in English, is a key physiological center which contributes to our health and longevity. It is an area in the lower belly located about 3 fingers' width below your navel and somewhere between your lower back and the front belly. It is considered the source of energy in your body – almost like your body's own bio-battery. In terms of the baby's spiritual development, he or she receives "Zhi," or willpower, from the mother this month.

**Lifestyle Choices:** Rice, fish, or wild goose are recommended during this time to strengthen the fetus' and mother's Qi and Blood and support the formation of the baby's eyes and ears. Eating, sleeping, sitting, and exercise should all be done in moderation.

### Months Five and Six – Spleen or Stomach Channels.

**Symptoms:** The Spleen rules over the four limbs which are responsible for movement, and thus, Essence is transformed into movement and Qi during these two months as the baby starts to noticeably move around inside the mother's womb. At this stage of the pregnancy, the baby receives "Shen," or spirit and mind, from the mother. The mother's heart is also working twice as hard to pump blood throughout the body. Stretch marks may appear, and heartburn and constipation may become more noticeable. Risk of bladder infections also increases, as the smooth muscles of the urinary tract become more relaxed. During this time, taste buds begin to develop on the fetus' tongue, and he/she begins to distinguish between sweet and bitter tastes.

**Lifestyle Choices:** Due to the increased volume of blood required to maintain the pregnancy, it is important to be eating iron-rich foods such as free range red meat, lamb, spinach, beans, organ meats, and whole grains. It is best to soak beans (in warm water) and grains for eight to twelve hours before cooking them, as this can reduce the phytic acid content of these foods. Removal of phytic acid from these foods can increase your absorption of minerals by up to 50-100%. One should also have a balance of sweet, sour, salty, and bitter foods, since this is the time in which the fetus begins to decipher different tastes, and these two months are dominated by the Spleen and Stomach channels, which govern the digestive systems. Exposure to more sunlight is recommended during this time period, especially because vitamin D from the sun is necessary for bone growth, proper immune function, and improved mood. During the 6<sup>th</sup> month of pregnancy, go outdoors occasionally and get some light exercise into your schedule; watch animals running, and eat meat in order to develop the fetus' sinews. It is important to stay in shape before and during pregnancy in order to avoid pregnancy-related complications. Obese women hold a much greater risk of suffering from blood clots in the legs, pre-eclampsia, still-births, and Cesarean sections, and they are three times more likely to have gestational diabetes or glucose intolerance during pregnancy. Moderate exercises such as walking, prenatal yoga, or qi gong are excellent ways of staying active and in shape during pregnancy.



### Months Seven and Eight - Lungs or Large Intestine

**Symptoms:** The mother usually feels good during weeks 25 through 28. As the fetus gets bigger, he/she begins to press on the bladder, causing more urinary frequency. The mother may have increasing back pain due to the change in center of gravity and a loosening of pelvic joints. Around this time, the fetus' eyelids are open, and the fetus begins to practice blinking and focusing. The mother may feel more breathless and may not be able to eat much without experiencing stomach discomfort. She may also experience swollen legs and feet, especially in the afternoon. Facial features become larger, and there may be darker skin pigmentation.

**Lifestyle Choices:** In Chinese medicine, the Lungs govern the emotion of sadness and also serve as your body's outer protective, or "Wei," Qi, preventing viruses and other external pathogens such as the Wind or Cold from entering through the pores into the body. It is therefore important during this time to avoid extreme emotional states, particularly sadness, maintain a happy, positive attitude, and keep yourself warm by wearing adequate clothing such as socks and a scarf when it is windy or cold outside. It is also not recommended to bathe too often, so as to not weaken your Wei Qi. Practice calm, deep breathing this month to help strengthen the protective function of the Lungs. Avoid spicy foods and foods that smell like fish. Starting around the 8<sup>th</sup> month or third trimester of pregnancy, intercourse should be avoided, since the baby prepares to settle down into a head down position within the pelvis around the 34<sup>th</sup> to 36<sup>th</sup> weeks (around month 9) of pregnancy.

**Acupuncture for Breech Babies:** If the baby finds itself in a breech position, frequent acupuncture and moxa treatment, particularly on BL-67 - a point located on the outer corner of the little toe - should be administered around weeks 28 through 34 of the pregnancy. Treatment for breech presentation can be still be effective, though, if administered as late as 38 to 39 weeks.

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Months Nine and Ten – Kidney or Bladder Channels

**Symptoms:** Appetite is usually good, but the mother is unable to eat much due to stomach discomfort. Breathlessness, swollen legs and feet, and enlarged facial features continue to be a problem. Braxton Hicks contractions, which are basically warm-up uterine contractions but not real labor, can start happening as early as the 22<sup>nd</sup> week of pregnancy (6<sup>th</sup> month).

**Lifestyle Choices:** Stick with light meals, and try to nap more frequently. Take short walks and do some mild stretches to improve circulation and prepare your body for the rigors of labor. During the last month, meditate while concentrating your mind on the Dan Tian, the area located in the lower belly (see Month 4 notes). Focusing on this center point gives us a sense of stability and balance, and serves as a source of physical energy, sexual vitality, and inner power. During the pregnancy, concentrating your Qi on the Dan Tian helps to promote the development of the fetus' joints and his/her mental faculties, and it will help keep you centered during the commotion and excitement that lay ahead.

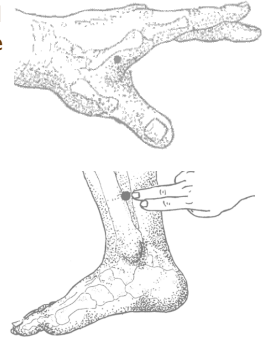


**Acupuncture and Acupressure in Labor.** Getting weekly acupuncture treatments during the last 4



weeks of pregnancy can significantly reduce delivery-related complications, support cervical ripening, and promote more efficient labor, even with women administered prostaglandins and/or oxytocin. You and your partner should begin applying acupressure early on in the labor process in order to help promote and reduce the pain of labor. Have your partner use his thumbs or knuckles to massage the area around BL32 (Ci Liao) to reduce labor pains and promote cervical dilation. BL32 is an acupuncture point on the Urinary Bladder channel which is located

on the sacrum, medial and inferior to the posterior superior iliac spine in the location of the 2<sup>nd</sup> sacral foramen. You can sit and lean forward against a wall, table, or bed for support while BL32 is being massaged. Applying acupressure to LI4, the point located on the padded webby area of flesh between the thumb and index finger, or SP6, a point on the Spleen channel which lies on the inner side of the leg, about 3 fingers' width above the ankle bone and behind the posterior border of the tibial bone, can benefit women who are having contractions of irregular intensity or duration. Massaging these points also provide some amount of pain relief and can aid the body's efforts in moving the baby down through the birth canal during the second stage of labor.



**Avoid environmental stressors.** The last thing worth mentioning is the importance of lifestyle and environment in influencing the health of your baby. In order for your baby to be healthy and thrive, it is essential that you take good care of yourself and surround yourself with a clean, pleasant environment during your pregnancy. For example, research has shown that the recent decline in male sperm quality in the past few decades may be due to the negative impact that environmental stressors and toxins such as pesticides, phthalates, PCBs, air pollution, and even mobile phones, have on male sperm quality. Phthalates are substances often found in plastics to increase their flexibility and durability, but they can also be found in other things which we come into contact with or ingest on a daily basis – perfume, moisturizer, nail polish, hair spray, paint, children's toys, detergents, glues, and fatty foods such as milk, butter, and meats. They are easily released into the environment and into our foods, and have been shown in studies of rodents to cause changes in hormone levels and birth defects. PCBs easily penetrate the skin and can also be found in plastics, pesticides, and paints, as well as carbonless copy paper. They are known to cause endocrine disruption and neurotoxicity. Furthermore, data suggests a correlation between high maternal beef consumption during pregnancy, the xenobiotics (harmful substances or chemicals which are found in an organism but are not normally produced by it) found in beef, and altered male testicular development *in utero* which later adversely affects his semen concentrations as an adult. The impact of the environment on our health, therefore, cannot be overstated.

**“To be pregnant is to be vitally alive, thoroughly woman, and undoubtedly inhabited.”**  
**We at TCM Healing Center wish all of you expectant mothers a healthy, happy pregnancy!**