

# Points of Interest

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**Insomnia:** Insomnia can be described as experiencing one or any combination of the following symptoms:

- Inability to fall asleep
- Inability to stay asleep (waking often)
- Restless sleep
- Waking early in the morning
- Dream-disturbed sleep



In Chinese medicine, Insomnia can be due to a variety of causes, either excess or deficient heat disturbing the mind (think inability to “turn your brain off”) or a deficient Spleen, Heart or Gall Bladder (think not feeling rested in the morning or lots of dreaming).

Acupuncture and Chinese medicine are very useful tools for helping get the body back into balance so you can experience restful sleep! Insomnia isn't always a quickly-fixed health problem, however. Expect somewhere between 8 and 10 treatments before you notice a huge change in your sleep patterns.

Reflexology is another therapy that can be extremely helpful in reminding the body how to sleep efficiently, by relaxing the body and treating the affected organs via massaging your feet!

Some of you may or may not know that I am pregnant - 8 months along, to be exact! I just wanted to give you all an idea of what to expect for treatments in the upcoming months! As was the case when I was expecting my first kiddo, I expect to work up until the day the new one decides to join us. As for afterwards, I was working a light schedule about 2-3 weeks post-delivery, and a full schedule after about 2 months. So, as you can see, I won't be out of commission for long! I will be referring anyone who I can't see during this time to my office mates, Marnie and Rebecca (503) 282-5666.

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**Do you have a question about Chinese medicine you'd like to see answered here?  
Send your questions to [Becca@ThriveAcupuncture.org](mailto:Becca@ThriveAcupuncture.org) and see  
the answer featured in upcoming newsletters!**

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