

Points of Interest

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Presented by:

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Food for Thought: Cinnamon

Do you tend to be a little on the cold side? Want to feel warmer this winter? Try adding a little bit of cinnamon to your meals!



Cinnamon is commonly used as a warming herb in Chinese medicine. Biomedicine has found that cinnamon is great for decreasing the inflammation associated with arthritis. So, if you have the type of arthritis that is aggravated when the weather turns colder, cinnamon could be a wonderful herb for helping to relieve the pain.

As with any herbal therapy, ask your practitioner first if the herb is a good match for you. They may have a better herb in mind! Always ask before taking any herbs if you're pregnant or nursing - Just because it's natural doesn't mean it's always safe.

Feature Point: Kidney 3



Kidney 3 is called "Tai Xi," in Chinese, which translates to "Great Mountain Stream." The Kidney, in Chinese medicine, is the foundation for all of our Qi, much like a mountain stream is the source of the great waters of the rivers and

oceans. When we are low on energy, "Tai Xi" can help bring more energy to our system.

When someone's Kidneys are weak, as practitioners we will often find that there is weakness throughout their entire system. Some common Kidney Deficiency complaints are problems with urination, low back or knee pain, menstrual complaints or sexual dysfunction.

Remember, we're not talking about your physical Kidneys here, but your energetic Kidneys. Kidney Deficiency does not mean damaged physical Kidneys.

If you ever have "Tai Xi" needled, relax and let the Great Waters flow!

Aa-ah-choo!

Are you suffering from a cold or flu? Dreading the time when you'll get one? Acupuncture and Chinese herbal medicine are GREAT for preventing or recovering from a cold or flu.

As always, it is best to be able to prevent these viruses from getting the best of us. Come see us and we'll help strengthen your immune system to prevent that cold or flu.

Sometimes we all still get sick, we can give you herbs to take at the first sign of a cold. These herbs will either stop you from getting the cold altogether, or lessen the severity of it! If it's too late and that cold has got your nose all stuffy, or running like a river, we can help ease your symptoms and help your body fight the cold or flu as efficiently as possible.

So don't call in sick, call us *because* you're sick!

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