

# Albany Acupuncture Health and Wellness Newsletter

## Year of the Wood Horse

It is spring and the beginning of the Wood Horse Year. According to Chinese Tradition there are twelve animals and five elements that cycle through the lunar calendar and lend attributes to the thoughts and activities that can be accomplished during the year.

This year we transition from the Water Snake to the Wood Horse which is a big change. The Water Snake is contemplative and reclusive and the Wood Horse is energetic and active. This information only gives us a template to interact between our freedom to act and the opportunities presented by the Wood Horse year's energy.

Newness is important for this year. Think of reset and refresh functions on the computer. Starting new things will be important. Education and the student teacher relationship are especially useful this year. Training is more important than doing. Think about a horse and its bridle. Taming (the horse) need not be heavy handed (think The Horse Whisperer).

### **Pay Attention to Injuries This Year**

One of the themes of the Wood Horse year is that we may be more prone to injuries or for chronic injuries to flare up. If you have an acute injury make sure to get it checked out by your MD. Even a small bone fracture can become a bigger problem if left untreated. An x-ray will be needed to diagnose or rule that out. If you have a sprain, you will want to start by using the combination treatment which goes by the acronym RICE: Rest, Ice, Compression and Elevation. It is very important to control the swelling and pain and getting enough rest so you can heal. Acupuncture can promote healing by reducing swelling and pain and improving the circulation. There are many herbal remedies both topical and internal that can

help as well. The key is not to rush the healing process this year or it may develop into a long term health problem.

If you experience a reoccurrence of a chronic injury, you want to find the combination of therapies that can improve circulation, and re-train the body's alignment. For example, if you have been compensating for an injury by limping or holding your body in an awkward position, you will need to strengthen the muscles that may have become weak. Acupuncture can help relieve pain and improve circulation so that you can do the required strengthening work.

If exercise is allowed during your recovery, do not overdo it. If you have pain during exercise your body may not benefit from continuing; the same goes if you have pain after exercising or pain the next day. Strengthening the muscles can take some time and attention when you have a chronic injury. It is well worth your efforts to pay attention and find therapies that allow you to make progress. Patients do the best when they add stretching and strengthening to their daily routine.

### **21 Day Cleanse Challenge Results**

The 2014 New Year's 21 Day Purification Group is complete and we had a very successful cleanse. Participants lost an average of 9 lbs and found positive changes in energy, sleep, digestion, emotional and mental focus. The group was enthusiastic and the most common comment was "It was a lot easier to follow the program than I thought."

I will lead the next cleanse group starting Monday, May 19, 2014. We will meet four times during the 21 day cleanse where I provide information, answer questions and measure your progress. The cleanse provides fresh and whole foods in the diet along with specially formulated nutrients that help with the cleansing process. The cost of the program is \$275.00. This includes the nutrients needed for the 21 day program.

If you're interested either call or e-mail me and if you have friends that would like to participate please let them know.

## **Multipure Seminar March 29, 2014**

I only recommend one water filter and that is the one made by Multipure Corporation, a family owned company that has been doing business in the United States since 1970.

The water filter products and the bottled water industry exploded since I bought my first Multipure filter 20 years ago and there isn't anything I would rather use to get safe, clean water. It is a top rated filter by Consumer Reports. The Multipure filter has a lifetime guarantee and the replaceable filter is changed one time per year.

Our municipal water districts do the best job that they can. But with budget constraints, aging infrastructure and corroding older pipes and the addition of over 70,000 chemicals to the environment since 1950, these water districts are having a hard time keeping up.

If you would like to learn from the experts, you can come to a free seminar given by Multipure in Emeryville, California on Saturday March 29 at the Hilton Inn from 10:00 AM to 11:30 AM. Get all your questions answered by the experts and if you are interested in selling water filters as an independent distributor you can learn about that too.

Since this is such a good year for learning and the teacher student relationship, I want to express my gratitude for all my teachers who have been so generous and patient with me over many years. This includes my patients as well because I always learn so much from each of you as well.

Best wishes,

Susan Wallace, L.Ac.