

Stay Stress Free for the Holidays

Greetings. It's been such a fast-paced and hectic year it's hard to believe that the winter holidays are upon us. If you are in the storm or fire areas, you may be experiencing health issues that are compounded by the environmental destruction as well as the stress of loss. These are huge challenges and having some simple strategies will help you persevere.

The Basics

First, consider the basic needs of nutritious foods, enough rest and getting some exercise. In Berkeley, due to the heavy smoke from the Paradise fires, we have not gone outside for the last 10 days unless necessary. And we have an air purifier filter inside the house. Until the smoke clears, when you have to go outdoors, use a mask. Drinking extra water helps the body remove toxins and it also has a calming effect. Start the day with a glass of warm water first thing in the morning. I recommend using a water filter to insure the you drink the purest water. Multipure Water Filters continue to be the best in the marketplace. I can help you find the one that fits your needs.

It is the Fall/Winter season and in Chinese Medicine each season is connected to an organ. The lungs and large intestine are the organs of the Autumn. These organs eliminate waste and circulate our Qi. They also promote and develop our immune system. Eating foods that have white in the centers like turnips and rutabagas, radishes, mushrooms, potatoes, apples and pears all help nourish the lungs and large intestine. Warming spices like ginger, garlic and onions are also helpful.

I use an infuser with essential oils that help strengthen the immune system and are antibacterial and antiviral. I especially like black spruce and pine for the lungs and lavender and rose for relaxation.

Think about how much sleep you are getting. Try getting to bed earlier so that you can get more rest. Use the 4-7-8 breathing exercise before you go to bed and it will help you relax and fall asleep. Four breaths in, hold for a count of 7, and slowly let it out to the count of

8. Repeat as needed. A meditation or gratitude practice is also helpful for ending the day on a relaxing note.

During this time of year, we tend to add activities to our schedules. I find focusing on the things I like about the winter holiday season helps me manage the more challenging issues. Are these things enjoyable? Are they fulfilling? If they are not boosting your energy and bringing you pleasure is there a way that you can refocus your priorities? What are the things that you like about the holidays? What are the things you could do without? Do you like to try new things or are you wanting to stay with your traditions?

Exercise is also very important. Since I am a gardener and a walker getting exercise in my smoke-filled environment has been tough. I've been doing more stretching and have been doing "the conductor exercise to help my lungs". [Click on this link](#). You can do this standing or sitting, and you raise your arms to shoulder height and swing your arms crisscrossing in front of you. It doesn't have to be fast and you can vary the height of your arms and do it behind your back as well as over your head. Just a few minutes helps. This is very good for the lungs and the lymph system. The lymph is the system that removes the trash from all the cellular functions and it requires movement in order to function optimally.

2019 Cleanse Group

Finally, I've chosen a date to start the January 2019 cleanse. A detox after our fires will be a focus. We will begin Monday evening January 7 and meet the next 4 Mondays. I'm introducing a new cleanse this year and it is an improved version of previous cleanses. There are no pills with this cleanse and the protein powder has a pleasant chai flavor. The cost for the cleanse products and the classes is \$295.00. Space is limited so sign up now to hold your spot.

In Health,

Susan Wallace, L.Ac.
510-559-8700

www.SusanWallaceAcupuncture.com