

Surfacing Wellness & Health

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Happy Lunar New Year

Twelve years complete a cycle in lunar Chinese philosophy ; each year marked by an animal. With the new moon on February 7 we enter the year of the Rat.

It is said the Rat year is a year of plenty, bringing opportunity and good prospects. The world economy in general will boom with the usual speculations and fluctuations. Business will be on the upswing, and it will be an easy time to accumulate wealth.



This year will serve to see us through the bleak years that may follow. With pragmatic and realistic preparation, all ventures begun at this time will be successful.

On the whole, this will be a happier year than most: but it promises a lot of bickering, bargaining and petty arguments that will do little harm. A congenial time that will find most of us socializing and enjoying ourselves.

Information on Raw Food and Detox on the [blog](#)

Workshop

Detoxify and Cleanse

Tuesday, February 12 6:00– 8:00 pm

Sunday, February 24 1:30–3:30 pm

I will present accessible assistance to fortify organ function and energy. \$40 per person

Allyu Spa
600 W Chicago on the Riverwalk
312 755 1313

Meditation Series

Experience three distinct yet complementary approaches to meditation

Sundays 6:30 pm to 8 pm

February 17 Guided Imagery

February 24 Chanting and Drums

March 2 Singing Bowls

March 9 All three techniques

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Elemental Oils and MS

All profits from the sale of Elemental Oils between the months of February and June will be donated to the Illinois MS Bike Ride: Tour de Farms.

(more on the flip side)

Oils can be purchased online at www.surfacingwellness.com or by calling me at 773 805 1216

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600 W. Chicago Ave, Chicago

Phone: 312 7551313
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Acupuncture, Herbs, and Facial Rejuvenation (cosmetic acupuncture)

Treatment Protocol

I don't know what has caused the influx of insomnia sufferers; my condolences if you are among what seems to be the masses. In Chinese medicine, sleep disturbances always affect the Heart. When the energy of an organ is unsettled, the aspect of spirit related to the organ energy doesn't have a place to rest. In this case, the shen cannot regenerate. We would say the shen is agitated by heat, or not anchored due to deficiency (or blood or yin), or locked in from stagnation of energy. These patterns can cause one or more symptoms of inability to fall asleep, difficult falling asleep, frequent waking, restless sleep, disordered sleep cycle, or dream-disturbed sleep.

Heat affecting an organ energy is a common pattern. Heat derived from emotions or mental-emotional unrest, diet, overwork, or stress and deficiency heat derived from a lack of yin energy (usually associated with menopause) will agitate the Heart causing sleep irregularities. A chronic pattern of deficiency of blood or deficiency of yin; both patterns usually affect women but can affect immune-compromised or nutrient-deficient individuals, or chemo and radiation recipients.

Lifestyle habits are sometimes the culprit of transitory insomnia. Changing those external causes is the first step. Acupuncture can address your underlying propensity to external causes but cannot completely readjust them for you. There are obvious steps you can take on your own to facilitate restful sleep.

- Do not consume stimulants—alcohol, drugs, caffeine, and sugar. Play with your consumption, at least avoid it or significantly reduce it during the second half of the day.
- Do not eat a large or heavy meal right before bedtime. Stomach excess or food stagnation commonly causes sleep and digestive issues late at night.
- Exercise at night, if contributing to sleep disturbance, should be conducted earlier in the day. Some people have a late night energy surge which can dissipate with a short walk around the block.
- Any stress that you can reduce, do it. Any looming thought process can keep your mind active at night. Complete all work before going to bed or don't start it if you can't finish it before you turn in.
- Any new environmental condition affecting sleep should be addressed. Traffic, construction, hum of humidifier, or room temperature can only be addressed at home.
- Create a calm restful sleep environment and keep to a fairly consistent sleep schedule.

After all those, Chinese medicine comes in. In any of the true insomnia patterns, there is a rising of energy or heat to the upper body. To sleep, one needs energy to remain anchored and balanced. Acupuncture can draw out excess energy and heat, can clear and balance the affected organ channel, and with herbs yin and blood can be bolstered and heat can be cooled.

I'm going for a ride

I will be biking 175 miles (or so) on June 21 and June 22 in *Tour de Farms* in DeKalb with the Moon and Stars team to support MS research. I have a very dear and amazing friend and also clients who currently live with MS. Their strength, endurance, tenacity and humor are my inspiration and my reminder to be thankful that I can ride. At least I can do something I love, riding my bike, to help people I love.

Encourage Me Support Me Join Me

If you would like to support my efforts, please either visit my [MS Ride webpage](#) to receive more information and donate online or mail a donation with the [downloadable form](#) indicating my name and the Moon and the Stars team to 525 W Monroe, Chicago, IL 60610. Donation forms are available wherever you receive acupuncture.