

Surfacing Wellness & Health

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Spring

During the second half of February, the birds contentedly chirped the morning away outside my window. Not only did their appearance make my cat happy, but I woke happily knowing Spring would make an appearance though we were still deep in snow. I saw the buds waiting patiently on tree branches for the last month and a few are just popping open in the warmth of the long semi-sunny days.

Spring is the time for seeds, bulbs and blades of grass to make the journey to the surface. Our lives should mirror those natural efforts stretching to reach new endeavors, renewed energy, and revitalized self.

Though slowly exiting a true Chicago Winter and a difficult one at that, it's time to move forward. Slough off the residual Winter doldrums—open a window, bring in a blossoming bulb, take a citrus essential oil bath or slather citrus and mint lotion on your parched skin.

Our clocks moved forward, and so should our ideas turn to actions. If you have lingering New Years resolutions or a list of ideas or things that you want to bring about, now is the time when you have the energy and space. The Liver energy is related to Spring, planning and forging ahead.

One hundred seventy five miles to support MS Research

I am still biking Tour de Farms June 21 and 22. 10 weeks of training remain!

Visit www.msillinois.org/goto/lisa.reichert to help meet my goal

All profits from the following will be contributed to my \$1250 goal

- Auricular Acupuncture group session Saturday, May 10 2:00 to 3:30. \$20 RSVP requested
- Standard and Custom Elemental Oils. Available online and at Elemental Health in Bucktown

New on the website

- You can view gluten-free baking video clips (coming soon) and recipes; find other recipes on the blog
- Sign up to receive newsletters and updates; see the newsletter page

Surfacing Wellness & Health

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Acupuncture, Herbs, and Facial Rejuvenation (cosmetic acupuncture)

Treatment Protocol

Auricular Acupuncture

Many nerves cross through the ear, making it an influential site for acupuncture to interact with the body's central nervous system.

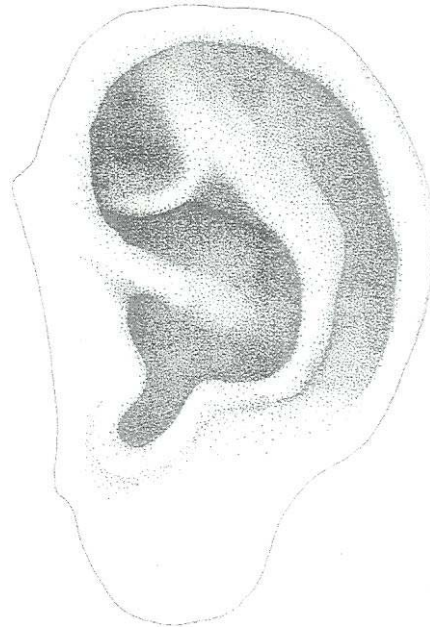
When internal organ or body system imbalances occur, reactions may occur in corresponding areas of the ear/auricle. Tenderness, decreased electric resistance, physical changes or discolorations may be observed.

Points are located by the anatomical structures of the ears, geometric angles and measurements. The points are distributed onto the ear in an anatomical manner. If you would overlay an image of an inverted fetus onto the ear—head on the lobe, vertebrae on the protruding spine of the antihelix, and feet near the ear tip—you would have a rough location of the acupoints.

As with all acupuncture, auricular points treat physical, emotional or energetic imbalances. Modeled after a Hong Kong technique to treat opium addiction, the NADA protocol, 4- 5 points needled bilaterally, treats addiction, cravings, stress, anxiety, sleep disturbance and detoxification most effectively in a few sessions conducted within a short timeframe.

A calming point, *shen men*, induces deep relaxation in combination with *sympathetic*. This will counteract the fight or flight response and clears the stress hormone, cortisol. *Kidney* and *Lung* points anchor core life force energy and assist in the release of physical and energetic toxins.

Needles are retained for 45 minutes; during the session ears become red and warm and an all-over feeling of calm is attained.



Relax, Balance, Cleanse

Auricular (Ear) Acupuncture

Chinese Medicine maps the entire physical body in the ear. These acupoints, used exclusively or concurrently with body acupuncture points, facilitate energetic alignment. A standard five point auricular protocol benefits stress reduction, cleansing and detoxification, & cravings or addictions; or can be customized for balancing client-specific conditions.

Conducted in a group setting, the 45-minute relaxed seated session allows one to access a deep healing state.

Auricular Acupuncture

Saturday, May 10

2:00 pm - 3:30 pm

\$20

518 Davis, #221

Evanston

RSVP requested

All profits from the event will be donated to my Bike MS fund-raising effort to further research on multiple sclerosis.