

Surfacing Wellness & Health

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Spring

Green! Green! Green!

My seasonal clock is generally ahead of schedule and I anticipate Spring starting in February. Allergy sufferers may dread Springtime so any delay is a welcome relief. The grass, weed, dust, pollen and all those aspects of growth are a lot for a body to process.

Spring is associated with the Wood Element and Liver energy. The Liver filters everything that enters our bodies. It's got a lot of work to do. Any unexpressed anger or irritability wears on the Liver energy causing among other things irritable allergy symptoms. An imbalance in the energies of the Liver and Lung particularly cause plenty of itchiness, redness, sneezing, sniffing,

Cups, Spoons, and Needles

What method of healing would use tools of cups, spoons, and needles!

Cupping, a technique using suction, draws deeply held stagnation of qi or blood to the surface of the skin. I have used this for sore or strained muscles, painful periods, for deep coughs, for seasonal allergies, and for assistance in detox.

There are many varieties of cups; the most used are either pump cups or fire cups. Plastic or glass cups are placed on the skin, a device is attached to the top of the cup to remove the air. Fire cups, which I use, have a

stiffness and irritability. Yes, acupuncture and herbs can help but here's a few ideas which will hopefully allow Spring to be a breath of fresh air.

Cleansing and Building

Reduce fats, proteins, sugar and stress—all are acid producing. Our bodies should be slightly alkaline.

A simple high quality diet with chlorophyll rich foods like kale, chard, micro-algae and cereal grasses will quickly rebuild the liver. The immune enhancing and anti-inflammatory properties of these foods and the abundance of omega3 and GLA fatty acids will neutralize allergenic substances.

Home remedies

A tea of 1/8 tsp each of cumin, coriander and fennel powder steeped for 5 minutes in one cup of water taken 1 or 2 times daily

more dramatic flare. A flame removes air from the cup which is then quickly applied to the skin. The cups either remain stationary for no longer than 10 minutes or, if oil is applied to the area, can be moved over the skin in a technique aptly called sliding cupping. The process will feel a bit like a vacuum on the area.

Yes we use spoons too. Gua Sha, a scraping technique with a Chinese soup spoon or other implement, is mostly used to release a cold or pathogen from the body in the very early stage. I have also used it for releasing

will reduce sinus inflammation.

Steep 2 parts burdock root and 1 part red clover blossoms to help skin conditions, arthritis and excess weight

Two parts dandelion root, 1 part fennel seed, 1 part flax seed and 1/2 part licorice root reduces excess mucus, GI inflammation, liver excess, & improves weak lungs.

Foods

Greens and more greens

Julienne raw Swiss Chard toss with fresh peas, fish, and flax oil and vinegar dressing.

Combine potatoes and fava beans with watercress or arugula for a mashed potato alternative.

Elemental Oil

The Wood oil contains herbs and essential oils to harmonize Liver qi.

heat, and alleviating spinal and muscular pain. It can be applied to the insertion and origin of muscles for sports-related injuries.

Both of these techniques will leave marks on the treated area ranging from pink to red to purplish. These are not bruises, but broken surface capillaries. No pain is elicited except mild ache with deeply held stagnation. Healing of the area generally takes a few days, but relief will happen. Drink plenty of water to flush these released toxins from the body.



What I've Learned:
Chinese Medicine Continuing Ed.

2007

Maciocia: Tongue Diagnosis

Maciocia: Treatment of Mental

I presented Elemental Oil talks this Winter. Thanks to all who supported the endeavors.

Check www.surfacingwellness.com for upcoming presentations.

There are more Elemental Oils in the works!

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Treatment Protocol

Healing is a process. Nothing in life moves forever forward in a straight line. There are ups and downs and setbacks and forward leaps. Acupuncture can be part of your healing process. Individuals respond just this way - individually. Some feel a little worse for the first day or two, some feel significantly better, others notice no changes, and others have a progressive gradual improvement.

I wish I could tell each person how they will respond; I can provide the gamete of responses. The body, after an acupuncture session, will try to release the stuck energy or stuck qi.

- When the qi of a condition is deeply "stuck", the result could be a greater sensation of pain as the qi tries to break through. After the release, sensation of pain is reduced.
- When the qi of a condition is moderately "stuck", the qi is released with less stress and an improvement felt immediately. It won't necessarily

be 100%, but an improvement.

- When the qi of the body is weakened, there is a reduced ability of qi to flow freely. Acupuncture increases the body energy so the qi will flow. In this situation, no change may be felt because it takes longer to add energy to the system. Additional qi could cause greater sensation of pain until the qi is at the appropriate level.

Once the qi is flowing, treatment isn't necessarily over. The general principle is to provide 10 to 12 consecutive treatments to improve a condition. If the condition has existed for years, improvement could take a few months of weekly treatments whereas a two month old condition could be treated in 2-4 sessions. Treatments are needed to "teach" the body to keep qi flowing. If treatment is ceased early after just a couple sessions, the qi may return to a "stuck" state and the pain will return. Say a client is treated during the onset of a

cold, the pathogen is released and the cold never takes form. Treatment could end there but ideally a few treatments to boost the immune system for prevention would be in order.

Emotions are related to qi. In Chinese medicine emotions flow with qi which flows with blood through the arteries and veins. Many conditions have emotional or behavioral correlations which could cause a condition to recur. Awareness around patterns and emotional symptoms can assist in curbing a recurrence of physical symptoms. Following a treatment protocol that includes a specific number of treatments; any dietary, herbal or lifestyle recommendations; and both practitioner and client participating in the process will enable the healing process.

Alchemical Acupuncture

Acupuncture restores balance to the body. What happens when shoulder pain that found relief from acupuncture recurs? Get more acupuncture? Try another modality?

Energy changes and flows just as our preferences, wants and needs. A condition that has concretized as a physical condition has an energetic or emotional root. Imbalance begins with the energy, the most ephemeral aspect, solidifies more deeply as emotions, and then concretizes with physical form.

If one chooses, healing can go beyond the restorative to the transformative. Lorie Eve Dechar, author of *Alchemical Acupuncture for Emotional and Psychological Healing*, developed the transformative process of Alchemical Acu-

puncture. This takes the healing beyond restoring balance to accessing and altering the root imbalance through multi-dimensional process with client and practitioner processing emotions, combining arts, depth psychology, Jungian symbolism, spirituality, meditation, and Chinese medicine. The material in the book resonated with all aspects of my background in expressive therapies, depth psychology, interest in Jungian perspective and obviously Chinese Medicine.

As you may know from experience, acupuncture isn't a one treatment cure, so taking the healing to a transformative place can be a long journey. As a practitioner, I observe all the stages of healing from initial excitement to diligence to resistance to stanch refusal and back to acceptance. Change is hard to

face and difficult to maintain. We are creatures of habit and prefer to stay with what is comfortable even if it causes discomfort. If we had the reassurance that going forward is multiple times better than going backwards, change would be simple. Look at your current condition as a learning experience. Look beneath the shoulder pain to what elicits it. Look beyond what elicits it to what is causing it. Look at it as a lesson, not as a handicap.

Contact me if you have any questions, requests, suggestions or to schedule an appointment or session.

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