



Community Acupuncture
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“The wise nourish life by flowing with the four seasons and adapting to cold or heat, by harmonizing joy and anger in a tranquil dwelling, by balancing yin and yang, and what is hard and soft. So it is that dissolute evil cannot reach the man of wisdom, and he will be witness to a long life.” Huangdi Neijing Suwen

Winter is ruled by the Water element, which is associated with the kidneys, bladder and adrenal glands. According to the philosophy of Chinese medicine, the kidneys are considered the source of all energy or “Qi” within the body. They store all of the reserve Qi in the body so that it can be used in times of stress and change, or to heal, prevent illness, and age gracefully.

Our bodies are instinctively expressing the fundamental principles of winter – rest, reflection, conservation and storage. During the winter months it is important to nurture and nourish our Kidney Qi. Remain introspective, restful, and consolidate your Qi through the season.

Staying Healthy this Season

Sleep In - The Nei Ching, an ancient Chinese classic, advised people to go to sleep early, rest well and rise late, after the sun's rays have warmed the atmosphere a bit. This preserves your own Yang Qi for the task of warming the body.

Comfort Food - Eat warm hearty soups, whole grains, and roasted nuts help to warm the body's core and to keep us nourished.

Stress Less - Find a release valve for your stress. According to Chinese medicine, stress, frustration, and unresolved anger can play an important part in throwing the immune system off and allowing pathogens to affect the body. Find a way to relax and release stress on a daily basis. Such methods may include yoga, meditation and exercise. Acupuncture has been shown to be effective in the treatment of stress, anxiety and depression.

Winter and Chinese Medicine Staying Healthy this Season Defensive Qi - Du 14



In Traditional Chinese Medicine, disease prevention begins with a protective layer around the exterior of the body called wei qi or defensive energy. If you catch colds easily, have low energy and require a long time recuperating from an illness your wei qi may be deficient.

Point: Du 14

One particularly important point to attend to is Du 14. Located below the spinous process of the seventh cervical vertebrae, approximately at the level where the collar of a T-shirt sits on the neck.

Du 14 activates the circulation of blood and Qi to strengthen the outer defense layers of the skin and muscle (wei qi) so that germs and viruses cannot enter through them.

This point is often used to ward off as well as shorten the duration colds and flu.

Seasonal Tune-Up - Acupuncture and Oriental medicine can prevent colds and flu by building up the immune system with just a few needles inserted into key points along the body's energy pathways. These points are known for strengthening the circulation of blood and energy and for consolidating the outer defense layers of the skin and muscle (*wei Qi*) so that germs and viruses cannot enter through them.

Seasonal acupuncture treatments just four times a year also serve to tonify the inner organ systems and can correct minor annoyances before they become serious problems. Call us to see how we can help you stay healthy this winter!