

November 2008

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Late Fall Newsletter

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Announcements New Headrests

Each treatment room now has Caress™ self-adjusting face cradle conforms to the unique face shape and contours. . Soft-Petals™ flex and balance to suspend your face in a cradle of comfort. The days of "cradle face" are over!

New Fleece Pads on Treatment Tables

Each table has an extra inch of fluffy comfort making your acupuncture experience just that much cozier.

Thank You

From the bottom of my heart I thank each of you, my dear patients, for your love and support through this past year of tremendous change. With the passing of both my parents and beloved neighbor last winter the Holidays have new meaning. It is a reminder to deeply appreciate every moment you have with those you who are in your life.

Thank you for being so flexible and adapting to all the changes in my schedule allowing me to fully embrace the healing and recovery process.

Love, Gayle

Dry Weather—an Evil Pathogen

By Gayle Kildebeck, L.Ac., Clinic -Owner

Have you noticed how dry it has been lately? Well my skin, cuticles, sinuses, achy joints, and yes impatience and irritability have been telling me all about it. I keep forgetting that we live in a Coastal Desert. Before studying Oriental Medicine – I would just grin and bear it through the Santa Anna's, not realizing that the dryness was actually setting me up for a bad cold and flu season. Dryness is an "evil" pathogen in Oriental Medicine. It affects all of our tissues, especially skin, eyes, hair, sinuses, joints, and making us more reactive to irritations. Our body in order to conserve

moisture contracts and pulls energy to the center of our body. This compromises our first line of defense against viruses and bacteria. It opens up your pores and membranes allowing more "evil" pathogens to enter.

What to do – Water vs Oil

Logically you would think that just by drinking more water you could soothe your dryness. But water, although critically important for our internal organs, creates more dryness externally on your skin and sinuses, etc. Oil is what we need, healthy nutritional and medicinal oils. Oil, just like in your car engine, soothes irritations, cools

heat, and helps your body retain moisture.

Take a bath in oil

Taking an oil bath before your regular shower or bath helps restore your protective coat. Pour warmed sesame or olive oil over your head and rub it into your scalp and skin. Also make sure you are taking your Omega 3 (fish oils – good cholesterol) nutritional supplements. Dr Andrew Weil recommends that you take one to three grams of fish oil a day. We now offer some wonderful oils to help with the dryness.. See the next page for details.

Qi Gong for the Lungs

By Daniel Knight, L.Ac.

As mentioned throughout this newsletter, autumn is associated with the lung channel and organ system. One of the most important functions of the lungs is to govern the defensive qi, which helps us to fight off exterior evils (colds). In The Yellow Emperor's Classic of Medicine, one of the first and most important texts in Chinese Medicine, it states that during autumn, "one must keep the lung energy full, clean, and quiet. This means practicing breathing exercises to enhance lung qi." In conjunction with acupuncture and herbs, a great way to supplement the lungs is with qi gong exercises.

Here is a simple exercise that you can practice daily at home to enhance your lung qi. Start by standing with your feet about shoulder width and your back straight. Your arms should in front of your thighs with your palms facing each other about 6-8 inches apart. As you inhale through your nose, start rotating your palms out and letting your arms move out to your sides until you feel a stretch across the chest. Now, as you slowly exhale, move back to the starting position. Slowly repeat this exercise for 5-10 minutes a day to help support your lung qi.



Late Fall Newsletter continued



Have a Healthy Holiday!

**Boost Your Immune System
before or just after
exposure to viruses**

Chinese Medicine Cabinet Flu Prevention Kit \$20

Inside your Flu Prevention Kit you will find: Gan Mao Ling, Yin Chiao, Curin Pills, Gan Mao Tea, Emer'gen-C, and Zicam.

Healthy Ayurvedic Oils

Nasya Oil ~ Ayurvedic Nose Oil 2oz \$12.00

Nasya Oil soothes and protects the nasal passages and helps relieve sinus congestion. Daily nasal lubrication helps to release tension in the head and relieve accumulated stress. Balancing for vata, pitta, and kapha, Nasya Oil is also traditionally said to improve quality of voice, strengthen vision and promote mental clarity.*

Bhringaraj Oil: 4 oz \$9.00

Bhringaraj oil is an excellent choice for massaging the scalp and feet. It also cools the head and calms the mind. A tridoshic oil traditionally used to encourage healthy hair growth and better sleep. Organic Sesame Oil base.

Mahanarayan Oil: 8 oz \$15.00

An ancient recipe that contains twenty five herbs in a base of certified organic sesame oil. A nourishing and strengthening oil with analgesic qualities, it is used to soothe sore muscles and joints and to help rehabilitate those suffering from disorders due to high vata.

How You can Remain Centered when Your world seems to be spinning out of control.

Have you ever watched a potter forming a vase at her wheel? The very first thing she must do is knead the clay to remove the air bubbles within it. If she doesn't, when the vase is placed inside the kiln for firing, the air bubbles explode and destroy it. Second, she must place the clay on the exact center of the wheel, otherwise when she begins to draw up the walls of the vase they will tear and fly off the wheel. Exploding, flying off the wheel, does this sound like your life? If it does, you may wish to explore hypnotherapy as a means to "remove the bubbles" and "get centered." Approximately 12% of our mind is the conscious mind, the part that handles all of our responsibilities in life; the other 88% is the subconscious mind. By working directly with the subconscious level of mind through hypnosis you can quickly and easily locate and restructure habitual thoughts which create patterns in your life that lead to dissatisfaction. These habitual thoughts are like the air bubbles in the clay, left untended, they wreak havoc in our lives. Through the use of hypnosis, you rein in your habitual thoughts, examine them at a deeper

level, and determine which serve you, and eliminate those that do not. By doing so, you will center your life and discover that you can live more productively and peacefully. Hypnosis is a simple, safe, and effective method of "cleaning up old stuff" and replacing it with new effective thought patterns. Do you have habits that are preventing you from leading the most joy-filled life possible? Are you ready to shift out of those patterns into a more productive life? Yes? Then call to schedule a hypnotherapy session. Discover how you can smooth out the mental air bubbles and center your life so that you can become the beautiful vessel for abundant life that you were meant to be.

Kali Korogy, C.Ht.

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Learn More About Cupping and Massage

Be sure to ask about our cupping and massage therapy. It is an ancient Chinese practice that produces impressive results through light suction and negative pressure. Cupping releases rigid soft tissue, drains excess fluids and toxins, loosens adhesions, lifts connective tissue, and brings blood flow to stagnant skin and muscles.

