

North Park Acupuncture
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Announcements

North Park Post Office

has officially closed it's doors on Saturday, July 2nd, 2011 and has been consolidated with the Hillcrest Post Office at 3911 Cleveland Avenue

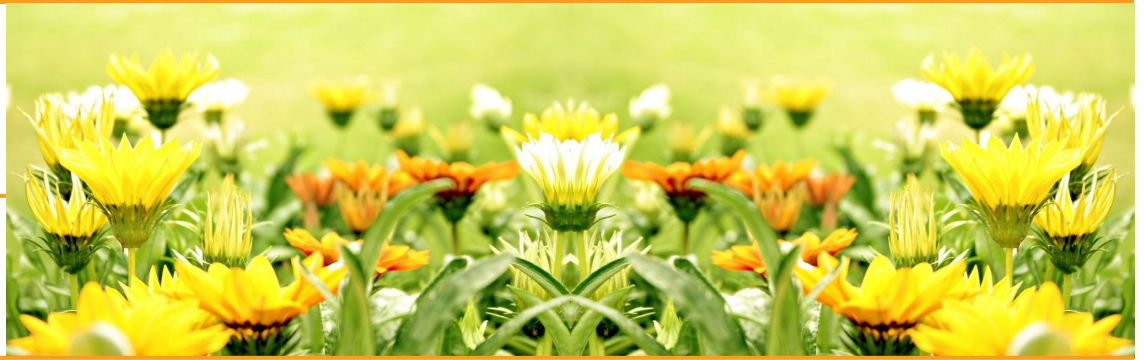


Our office will be closed Monday July 4th.

Find us on:  

Acupuncture not only treats every day aches pains and injuries. Here is a list of uncommon complaints that it can also help with:

- * Sinusitis
- * Bells Palsy
- * Plantar Fasciitis
- * TMJ
- * Migraines
- * Sunburns
- * Morning sickness
- * Tooth Pain
- * Scar Tissue
- * Insomnia
- * Colitis
- * Auto Immune issues



Joy Filled Season *by Gayle Kildebeck*

Summer is here and we finally have the perfect weather San Diego is famous for. Mid 70s, slight breeze, foggy mornings. Warm but not too warm – just right. People are friendlier and more open as we naturally follow the inclinations of the season. In winter, our qi goes down and deep into earth to get nourished. Now our qi expands to the tips of our body and the edges of our energy field to share that nourishment with all life. It's time to let your energy be free – to follow your whim and explore the world.

Change up your routine. During summer, sleep energy declines and you get up early and stay up late as the earth is filled with energy to sustain you.

Chinese Medicine and Breast Health *by Devon Verneti, L.Ac.*

According to Traditional Chinese Medicine, the health of our breasts (for both men and women) is dependent on the free flow of qi (or vital energy) in liver, lung, heart, and stomach meridians.

There are many causes for the blockages of this energy flow. Negative emotions such as stress, frustration, resentment, unresolved anger, as well as exhaustion can play an important part in the development of all types of breast disease. When the emotions persist, a lack of movement in the qi of the Liver Channel is observed. The Liver channel is influential in managing stress and is involved in almost every aspect of our overall health. Liver qi stagnation, left untreated, can deplete the qi of all the meridians in our bodies. The result is the development of lumps both benign and malignant.

Acupuncture is recommended during summer season as it helps your body transform the accumulation of heat. Unresolved summer heat can leave you susceptible to colds and flues in the fall. Acupuncture at this time also helps your body to finish releasing the toxins from spring time. It can also relieve the burning and inflammation from sunburns.

I hope that you can join me at the clinic on Saturday, July 9th at 2pm for our seminar on breast health. Sue Callaway will be here to demonstrate the Thermography camera and discuss it's benefits. It is a way to screen for breast cancer without the radiation exposure of mammography. Wishing you a wonderful and joy filled summer. Keep in touch.

The best proactive treatment against breast disease is to find a way to relax and keep health circulation of the breast. One may consider yoga, relaxation therapy, and of course, acupuncture treatments. To promote circulation, we recommend a simple breast massage of 50-100 light circles in each direction over the breast tissue and underarm to circulate the lymph glands. Most importantly, get a check up! Make sure to get your yearly OB/GYN exam and explore new technologies such as thermography to become informed of your breast health.

It is important to mention that this is a disease that is not exclusive to woman alone, although the occurrences in men are significantly less. If you have concerns about or have already been diagnosed with breast cancer, please call the practitioners here at North Park Acupuncture so we can discuss how we can assist you.

Committed to maintaining your health naturally. Visit our website at www.NorthParkAcupuncture.com

Your Summer Qi Practice

courtesy of Spirituality and Health Magazine July 2011

Have a Wine and Qi Party

Take the rest of the day off. Grab a book, a couple of bottles of wine, some cheese, maybe some wonderful summer fruit, and a bag of carrots. Head out to a pasture with a few horses in it. Bring this newsletter and ask the owners if they would allow you to conduct a demonstration of qi and intention in their horse pasture. Offer them a bottle of wine in exchange for the privilege and ask them to join you if they have the time.

Find yourself a comfortable spot to sit down and relax, maybe under the shade of a nice tree. Take out your book. Have a few sips of wine, a bite of cheese and a nibble of fruit. Let the horses get over the shock of seeing a human who just wants to hang out in their pasture. Remember, they are used to seeing people come through the gate only when they want something from them.

Once the horses have returned to grazing and have grown comfortable with you being there, randomly pick one out of the herd. Get up and start walking towards him. Envision yourself catching, collecting, and haltering that one particular horse. After you have selected one, don't change your mind. Keep focused on the horse. Keep walking straight toward him.

Now watch what happens. The horses you did not select will let you roam fairly close to them, but the one you intend to capture may pick up its head and maybe even move off. So what did the selected horse sense that the others did not? A noticeable change in the **intensity** of your energy state. Just making a selection in your mind produces a change in your qi that is easily perceived by the horse, even across an entire pasture. Say thanks to the horses by giving them some carrots, and let us know the results of your experiment.

Gayle's Note: This can be done with any group of animals - I have done it with fish while snorkeling and also with chickens. You can play with qi and intention in a pool. While floating suspended with noodles under your arms, simply intend to move to the other side of the pool and you will start to move.



5 Reasons Why This Stuff Works!

1. An acupuncturist treats more than just your physical complaints. A skilled acupuncturist balances and activates your body's natural healing potential by treating the root causes that have led to the problem or disease in the first place.

2. Acupuncture and Chinese medicine are completely natural. No drugs are used, so there are no undesired side-effects and accumulated toxicity that usually occur from invasive procedures and drug therapies.

3. It is a holistic approach towards health recovery. Various signs and symptoms are pieced together, creating a clear picture of the specific systems that are out of balance.

4. It is a tried and true method. Traditional Chinese Medicine is over 3,000 years old, and have helped millions of people become well and stay healthy.

5. TCM sees no separation between your mind, body and spirit and can bring balance to your whole being.



Tangerine Iced Tea



For a powerful metabolism boosting drink, try Dr. Oz's Tangerine Weight-Orade.

It contains:

- * Green Tea, shown to boost metabolism 12% by drinking just one cup
- * Tangerine, with a chemical composition that increases sensitivity to insulin and stimulates genes that help to burn fat
- * Mint, a calorie-free flavor enhancer.

In a large pitcher, combine:

- * 8 cups of brewed green tea
- * 1 Tangerine, sliced
- * Handful of mint leaves

Stir this delicious concoction up at night so all the flavors fuse together. Drink 1 pitcher daily for maximum metabolism-boosting results.

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