

Autumn newsletter from healing heart acupuncture



According to the five elements of Chinese Medicine, the season of autumn belongs to the element of metal. The season of metal is characterized by restraint, separation and refinement. The trees are letting go of their leaves and are shoring up their resources in preparation for the long winter months.

Just like the trees, our bodies, minds and spirits are also undergoing a change. With fall comes a sense of gathering in, stocking up combined with a feeling of loss as days get shorter and cooler. As we begin to notice the leaves piling up around our feet, we experience an inner pulling in and dying back. It is a time for us to let go of that which is non-essential for our survival and an inward and downward return to our root - like the sap of the trees returning to their roots.

Chinese medicine addresses the body, mind and spirit as one. Here are some ways we can bring ourselves into more balance with nature and stay healthy.

Body

The organs associated with metal are the lung and the large intestine.

- Make sure you are having regular bowel movements to “let go” of that which is non-essential for proper body functioning. Eat fibrous grains and veggies, take a brisk walk around the park

several times a week, get out and hike on the weekends and enjoy the fall colors, yoga, qi gong and meditation can calm the nervous system and help with regularity.

- Lungs, in Chinese medicine, open to the skin so when it gets cold and there's a wind - make sure to cover your neck.

Mind

Some of us let things pile up that are not serving us or are nagging at us to get them done. When we avoid completing these tasks, they hang around and drain energy from the metal energetic.

Go through the stack of papers you've been avoiding - throwing away all that is non-essential. Organize and store the stuff you need to hold onto. Perhaps your closet is full of clothes you don't like or never wear. Go through and keep only that which you love and donate the rest to charity.

Spirit

Spend some reflective time thinking about the things in your life that are essential and those that are not. Many times when trying to do everything, the things that are the most important to us don't get the proper attention they deserve. Some questions to ask yourself: Are my loved ones feeling appreciated by me? Are there behaviors or habits that are not serving my highest good: addictions, too much television, spending beyond my means, emotional excesses. Bringing awareness to our bad habits helps us change them.

Healing heart acupuncture wishes you balance and peace this season.

**Appointments to balance body, mind and spirit are always available.
Call 718-622-3535 to schedule.**

