

Life Begins With a Breath®
The Chinese Medicine Guide to Health
Courtesy of the Goodman Wellness Center

Happy New Year!!!

It is that time of year again: New Year's Resolutions. We all make them. The most common resolutions have to do with weight loss, smoking and money. I can't help you with money, but I can help you lose weight and stop smoking.

Weight Loss

First, you need to throw out the term diet from your vocabulary. Why? Because a diet is something you do for a short time that has no significant lasting results. If you want to change your body weight and be healthy, then think about lifestyle and smart eating.

Where to begin?

Well let's first take a look at the big picture. It is normal to go through weight fluctuations throughout the year. Much like the earth, we follow a rhythm and cycle. In the summer we are more active and generally we are lighter. In the winter we slow down and our bodies naturally store fat and gain weight. The reason is based on survival. Humans in the past needed to put on weight to handle the cold months of winter much like most dogs get a winter coat of hair. It is normal for us to get a little heavier in winter. If we try to reduce that weight, we are going against the grain of something that has occurred for thousands of years. Now don't get me wrong, gaining an extra 20 to 30 pounds is way too much, and that is when we need

to step in and make some changes.

What is a normal body weight?

Heritage or genetics play an important role in determining a healthy body weight. There is not a normal body weight.

What can you do to loose weight and keep it off?

1. Eat at regular times throughout the day
2. Vary your foods
3. Eat in moderation
4. Minimize your alcohol intake
5. Stay away from soda pops
6. Eat dinner before 7 p.m.
7. Drink plenty of water
8. Exercise daily
9. Keep a food journal
10. Get plenty of sleep
11. Reduce stress

Chinese medicine's view of weight gain and weight loss

Weight gain and weight loss according to Chinese medicine is mostly associated with a person's body type or constitution, the strength of their digestion and their diet.

What is meant by body type?

Body type is what you came into the world with. There are five major body types. They are based on the Five Elements: Wood, Fire, Earth, Metal and Water. Each one of them has their own strengths and weaknesses with regard to weight. If you would like to know more information

regarding body types, call Steven M. Goodman L.Ac. at 949-460-9378.

How do I know if my digestion is good or bad?

The key indicators of a bad digestion are:

1. Bloating after eating
2. Fatigue after eating
3. Constipation: stools less than at least one per day
4. Diarrhea
5. Burning sensation in the stomach
6. Excessive belching

A good digestion is, of course, the opposite of the above signs of a bad digestion

Food therapy in terms of Chinese medicine

Food therapy is the art of designing foods that increase a person's metabolism and eliminate fat. A great book on this topic is Henry Lu's "Chinese System of Food Cures Prevention and Treatment."

Can acupuncture help with weight loss?

Acupuncture is very effective at strengthening the digestive system and reducing stress. Both of these will have a strong effect with weight loss. Also, acupuncture in the ear, known as auricular-acupuncture, has been very effective at reducing cravings.

If you, a friend or a loved one has more questions regarding weight loss please call Steven M. Goodman L.Ac. at 949-460-9478

Smoking Cessation

Auricular-acupuncture or ear acupuncture is very good for helping people stop smoking. It has a 75 percent success rate. Of course, the person has to want to give up smoking and be willing to get about three acupuncture treatments. It is a small price to pay when it comes to your life. Other things that have helped people quit smoking are:

- **Increasing exercise**
- **Carry lollipops, gum, toothpicks or raw vegetables to replace the cigarettes**
- **Learning to take deep breaths and taking them one second at a time. The craving will pass.**
- **Ask your friends to look out for you if you are going to a bar or party and alcohol will be consumed**
- **Carry those Chinese medicine balls to twirl around while driving or talking on the phone to keep your hands busy**

Call Steven M. Goodman L.Ac. at 949-460-9378 if you're ready to stop smoking.

Sleeping revisited

The reason I am returning to sleep is because I have some more information that might motivate you to start getting to bed a little earlier. It is called the cortisol cycle. Cortisol is a hormone released in the body that gives us energy. It has a normal cycle of increasing upon sunrise and decreasing at sunset, kind of like Yin and Yang. When cortisol levels drop in the body, the immune system goes on a killing spree. It is a good thing. It prevents diseases from occurring. Also, it is the time when cells get rid of all of their toxins they acquired throughout the day. Now all of this happens if we get to bed by 10 p.m. I know it is early, but to stay healthy it is required. The time the immune system repairs the body is between 10 p.m. and 2 a.m.. If you start getting to sleep at that time, you will notice that you wake up refreshed and will get sick less often. The cortisol cycle is very interesting and I hope you look it up on the web to gather more information.

Take care and if you have any questions with any of the topics discussed call Steven at 949-460-9378.