

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

Fall is Upon Us!

Our two greatest worries this time of year how much money to allocate for the holidays approaching and how to avoid catching a cold or flu. As far as allocating money for your holiday spending I suggest a good financial planner. Now for avoiding a nasty cold or flu I do have some helpful tips.

Helpful tips to avoid the cold or flu

1. **Get some rest:** I know you have heard it from me throughout many of these newsletters, but it is so important to get a good night sleep consistently. *That means get to bed by 10:00 PM.* Your body heals while you sleep and if you do not have the proper amount of sleep you will get sick.
2. **Proper diet:** *Avoid the sugar and soda pops* they will weaken your immune system and make you more susceptible to catching a cold or flu.
3. **Proper size meals:** Eating smaller portions of food will aid your digestion which will in turn help you retain more of the nutrients from the food you eat. Please, think twice about slamming down a plate of food in five minutes and getting seconds that does not benefit you one bit.
4. **Breathe:** Oxygen (air), food and water are necessary for survival. Most documentation is on the proper supplements to take or the right amount of water to drink. Let's not forget we die in about 3-5 minutes without breathing. Breathing is important to help blood circulation, energy, and resolving stress. The monks got it right. You don't have to sit on a mountain in lotus position every day, but you do need to spend five to ten minutes three times a day taking deep relaxing slow breathes.
5. **Flaxseed and walnuts** both have alpha linoleic acid which stimulate the immune system
6. **Magic Mushrooms:** not the kinds that make you hallucinate. These mushrooms are *Ganoderma, Maitake, and Shitake* mushrooms. They all have an immune stimulating effect and an anti-tumor effect. Translation they help your body defend itself against cancer cells.
7. **Seaweed:** It is an excellent source of minerals. Once again aiding the body to function at it's highest level.
8. **Acupuncture:** Yes, weekly acupuncture and moxibustion (the burning of herba artemisia above certain acupuncture points) helps to increase the immune system's activity. Therefore, helping you avoid catching a cold or flu.
9. **Laugh a lot:** Laughter is just plain good for you. It is a pure stress and tension reliever. Translation, it is hard to get sick when you feel good.
10. **Massage:** Yes, the one pleasure we only give ourselves once a year is very effective in helping ward off a cold and flu. I suggest a bi-monthly massage to keep the body open and pain free.

If you would like to schedule an acupuncture tune up prior to Fall or any questions regarding the above recommendations give **Steven M. Goodman L.Ac. a call at 949-460-9378.** Also, if you have lost previous newsletters and would like to review them, you can go to our website at goodmanacupuncture.com.

Quick Refresher from past cold treatments

Ginger tea and a warm shower: initial stage of a cold with symptoms of clear runny nose, stiffness of neck and shoulders, and chills. You want to cause the body to perspire slightly.

Mint tea with lemon: initial stage of flu with sore throat, sweating and mild fever

Watermelon rind: this is the white part. It can be combined with the meat of the watermelon for the quick change from cold to hot dry temperature that happens in the fall.

Reverse gravity and help your circulation

Due to the fact we either stand or sit all day long it is good to take a few minutes and help our veins and the blood circulation in our legs. The following routine takes less than ten minutes and can be done at the end of the day just prior to bed. The routine:

1. Start by putting your legs up against the wall with your butt touching the wall. If you feel a pull on your hamstring (the back of your legs) just move your butt a few feet back from the wall.
2. Leave them up there for five minutes shaking every couple of minutes for thirty seconds. Your feet should start to feel a little cold.
3. Bring your legs down, sit up and begin rubbing your feet and ankles. Spend time in the areas you feel pain.
4. Move up to the calves and thighs again spending more time in the areas you feel more pain and tenderness.
5. Finally, shake out the legs for a few minutes.

It quick, easy and really helps out, so give it a try.

Soups, soups, and more soups

It is the time of year for soups. There are many recipes and styles from cold to hot. During the fall months with cold weather approaching warm or hot soups are the best. Here is a recipe from “Healing with Whole Foods” by Paul Pitchford.

Shepard’s Barley Soup (serves 8)

¼ onion, chopped 4 carrots, diced
2 parsnips, diced 1 tablespoon oil
2 quarts water 1 cup barley
1/3 tspn. ginger, grated
1 tspn. Sea salt or natto miso
Parsley

- Sauté onion, carrots, and parsnip in oil.
- Add water, barley, and ginger. Simmer 1 1/2 hours.
- Add salt or miso and simmer 15 min. more.
- Garnish with parsley.

Good luck this year and call Steven M. Goodman L.Ac. at 949-460-9378 when you’re ready for a tune up to prepare for fall.