

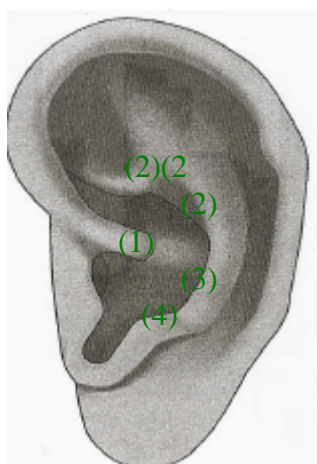
**Life Begins With a Breath®**  
**The Chinese Medicine Guide to Health**  
Courtesy of the Goodman Wellness Center

December 1, 2007

## Happy Holidays

The end of the year is upon us, once again. Whether you are religious or not you can't help but get caught up in the holiday rush. Christmas music on the radio, Charlie Brown's Christmas on TV, houses decorated with lights, or your usual quiet book store now slammed packed with shoppers. The holidays have arrived. I would like to take this time to summarize some of the important topics covered throughout the year so you have a better chance of making it through the holidays unscathed.

## Ear Acupuncture/pressure



### The Points

- (1) This point is effective in treating hiccups, indigestion, and heartburn
- (2) This point is effective in treating lower back pain
- (3) This point is effective in treating neck pain
- (4) This point is effective in treating headaches on the temples (migraines)

### Treatment Method

Apply pressure with a fingernail, pen cap, or any mildly pointed object for 1-5 minutes. This should provide some symptom relief for a few hours.

### Persistent Pain or Discomfort

Call Steven M. Goodman L.Ac. at 949-460-9378 if your home treatment has not given you some relief.

## First signs of getting sick and what to do!

### Signs and Symptoms:

1. Chills, fever, runny nose, stiffness of neck and shoulders, body aches, no perspiration, dry throat
2. Fever (aversion to wind or heat), sore throat, mild chills, sweating, headache, dry nose or yellow sputum from nose

### What to do:

#### Home treatment for 1<sup>st</sup> set of symptoms:

Drink hot ginger tea, take a warm shower, get in bed and sweat it out (it should be gone by the next day)

#### Home treatment for 2<sup>nd</sup> set of symptoms:

Drink a cup of mint tea, gargle with salt water, stay away from hot spicy food, drink watermelon juice with the white part of the rind

*If symptoms persist more than one day call Steven.  
A cold or flu is easier to solve early on.*

## Constipation

With all of the eating and drinking of the holidays you don't want to find yourself constipated. Here are some tips to help prevent and treat it:

- (1) Carrot juice: one glass should do the trick
- (2) Prune juice: one glass is plenty
- (3) Unfiltered apple juice: three 8 oz glasses
- (4) Figs: multiple handfuls throughout the day
- (5) Acupuncture: one treatment may be all you need
- (6) Chinese herbal medicine: there are several basic formulas that you may want to keep at home

## Sleep

When you are not going to a party please get to bed by 10:00 PM. Your body repairs itself from 10:00 PM – 2:00 AM. Sleep is the requirement for a strong and healthy immune system and mind. Look up cortisol levels on the internet or past newsletters for a more detailed understanding.

## **Tips for holiday eating and drinking**

- Stop at one drink (you get a pleasant buzz and it is quite healthy)
- If you must drink more than one then have a glass of water in between drinks (this will help with any hangovers and slow you down)
- Stop at one plate of food and one dessert (better yet split the desserts so you can enjoy them both)
- Enjoy all of the food, but just in moderation (have your spouse or buddy give you a tap to keep you on track)
- If there are multiple meals take a walk in between
- Eat before you go out to a party so you're full before entering finger food heaven

Savor your food. Chew slowly and enjoy every juicy morsel. Your stomach will thank you for it later.

A word from Steven M. Goodman L.Ac.

*Have a great holiday season. It has been a pleasure helping you and your loved ones throughout the year. Enjoy each day as if it is your last and live each moment of the day as if there is no past or future. Life gets a lot less complicated that way. Take care,*

Steven