

HEALTH & Vitality

THE WELLNESS NEWSLETTER

ABOUT US

Alla Milikovskiy is a Board Certified Licensed Acupuncturist (NH and IL) and Diplomate in Acupuncture. She holds Masters Degrees in Acupuncture and Chemistry, and was trained in Meridian Therapy Acupuncture by Japanese Masters. She was also trained extensively in Homeopathy at the Renaissance School of Homeopathy in Boston, MA and School of Teleosisis in New York, NY.

Alla has always been interested in different healing methods. She decided to become a healer after she encountered serious health issues, which were successfully remedied with acupuncture and homeopathy. She brings her knowledge of chemistry, immunology, the affects of exposure to chemicals on health, and her own experience in dealing with illness to her formal training.

CONTACT

APPOINTMENTS, CONSULTATIONS, INQUIRIES

Alla Milikovskiy

773-525-4349

773-835-4500

milikovskiy@aol.com

3823 North Clark, Suite 2
Chicago, IL 60613

SPRING, YOUR LIVER & YOUR EMOTIONS

In Chinese Medicine we relate spring with Liver and its associated organ Gall Bladder. The color for the spring is green, the sound is shouting and the taste is sour. Liver is responsible for moving our energy and blood through the body smoothly making our body work like a well-oiled machine.

When the Liver is out of balance or weak the energy in the body is not moving smoothly and as a result we experience frustration, resentment, irritation, impatience, bitterness, indignation, anger, repressed anger, rage, extremely excited, and feeling stressed in response to the outside stimuli. Conversely, when we experience one or a combination of these emotions we affect the Liver and the smooth flow of energy is interrupted. Regardless of whether emotions are expressed inwards or outwards, the body is profoundly affected and the energetic flow is interrupted, which eventually weakens the Liver and other organs.

What happens to our body when the energetic flow is interrupted?

- The energy may bottle up in one area thus creating stagnation, resulting in pain and, over time, in chronic pain or illness.
- When the energy flows upwards, a person will experience a headache on the crown of the head or side(s) of the head. The pain is sharp and or throbbing.

- Other symptoms could be loud ringing in the ears, dizziness, red blotches on front of the neck, red face, thirst, and bitter taste in the mouth. When organs such as Stomach and Intestines are affected people experience belching, Stomach pain, nausea, and constipation respectively. When the Heart is affected people experience insomnia, the mind can not relax, and depression.
- Children and young adults may experience breathlessness.
- People feel stressed.



What can we do to relax the body and make the energy flow smoothly?

- Regular Qi-Gong exercises, meditation, and diet modification.
- Incorporate such foods as basil, caraway, cardamom, carrot, chives, garlic, and radish to enhance energy circulation.
- Acupuncture treatments will smooth out the flow of energy in the body and strengthen the Liver so we can use Liver energy productively to accomplish our goals as it intended by nature.

When Liver is out of balance or weak we are stressed, timid, and angry. Because Liver is related to courage, in Chinese Medicine, when our Liver is strong we accomplish things; we are able to face life's challenges with an indomitable spirit.

INVITATION:

EXPERIENCE QI-GONG

Calm your mind and nourish your body with this gentle moving and breathing exercise.

Join us for Free Classes held in March, 2003:

Wednesday mornings 9:00 - 9:45am:

9th, 16th, 23rd, and 30th.

Location: Health & Vitality.

3823 North Clark, Chicago, IL 60613

Please RSVP 24 hours in advance 773-525-4349



FREE REPORT

“Facial Rejuvenation with Acupuncture”

Now you have another way to achieve a **younger look** WITHOUT expensive injections, chemicals or surgery. You may be surprised to learn that acupuncture and Chinese Medicine provide a safe, effective, natural, and *painless* approach to significantly reducing signs of aging. Call 773-525-4349 for this important report.

UPCOMING EVENT

Sponsored by Health & Vitality.
Location: 3823 N. Clark, Chicago IL 60613.
773-835-4500, 773-525-4349

Back to Back Health-Body Education

This one hour Free introductory workshop will introduce you to how to exercise safely to prevent injury, develop dexterity and inherent sensory acuity. At the end of the workshop you will have a chance to sign up for group or individual classes.

The workshop is presented by Carol Ingram,
a Certified Fitness Trainer.

April 10th 2003, 6 PM - 7 PM

Please RSVP on/before April 8, 2003. Tel: 773-835-4500

SPACE AVAILABLE:

Attention: Practitioners & Healers

Grow your practice in our bright and healing space in the heart of Wrigleyville. We currently have an opening for a select number of practitioners and healers who are seeking a supportive environment for their practice. Flexible renting options are available. If you are, or you know of a practitioner that would benefit, please call Alla Milikovsky at 773-835-4500 or 773-525-4349.