

# HEALTH & Vitality

THE WELLNESS NEWSLETTER

## ABOUT US

Do you suffer from back pain, menstrual difficulties, dry skin, sinus problems, sleeping problems, or allergies? **Health & Vitality** is the fast growing, alternative-healing resource for any of the health problems that EVERYONE seems to have.

During the treatments at Health and Vitality we perform a comprehensive analysis of your state of health. Based on our findings, we prepare an Oriental Medical diagnosis and administer painless Meridian Therapy Acupuncture treatments specific for you. In addition, we provide dietary and exercise suggestions as well as recommendations for the life style changes specific to your diagnosis.

## CONTACT

APPOINTMENTS, CONSULTATIONS, INQUIRIES

**Alla Milikovsky**

**773-525-4349**

**773-835-4500**

[milikovsky@aol.com](mailto:milikovsky@aol.com)

3823 North Clark, Suite 2

Chicago, IL 60613

## YOUR KIDNEYS AND THE COLD

Winter is the season where nature slows down. Mammals retreat into hibernation for long, restful sleep. Trees shed their leaves and redirect all energy to supporting the roots. For humans, it is also a time to slow down.

Kidneys are associated with its partner organs: the Bladder and Adrenals. In Chinese Medicine, these three are associated with winter and it's foremost principle: conservation, or storage. Just like the mammals and trees need to 'recharge', so do we humans. This is why you may feel like you need more rest, more hours of sleep, more warmth and warm nourishing foods during winter. It is clear that nature is pulling at us for more rest to survive.

The most important function of Kidneys in Chinese Medicine is that it promotes vitality and longevity of the person. Our inherited and vital constitutional energy, or "Essence", is stored there. It is our most valuable bank account.

Through our lives, every action we take draws energy from our Essence. Some people quickly deplete their Essence, others preserve it. Essence is not finite. If not protected, it can be easily wasted and depleted.

The Kidneys are located in the lumbar area, which is often called the gate of vitality. Therefore, soreness and weakness of the lumbar region and spine is often attributed

to the Kidneys, as well as chronic and degenerative problems of the spine.

Other ailments often associated with the Kidneys are knee pain, insomnia, fertility, ear ringing (low pitch), feeling cold internally all the time, hair loss, grey hair, teeth cavities, bone problems, anxiety, fear, enuresis in children, and developmental problems.

How do you protect the Essence, this precious bank account?

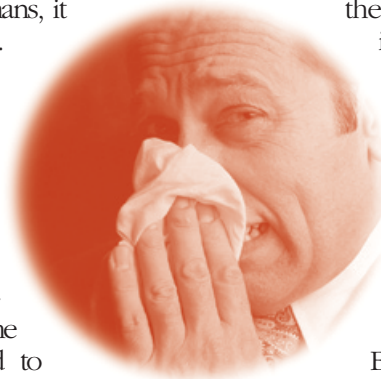
One way is to draw your energy from food we eat and air we breath, hence, keep your Spleen, Stomach and Lungs healthy and in balance. Do gentle exercises such as Qi-Gong, drink plenty of warm or room temperature liquids.

In summary, resting adequately, eating warming foods (lamb, red and black beans, seaweed kelp) in the cold season, and regular healing acupuncture treatments will help you to stay well and free of pain and illness.

Your body changes with every season. A Meridian Therapy Acupuncture treatment will help your body to better function in this winter season.

*"The Foundation of Chinese Medicine"*  
Giovanni Maciocia.

*"Traditional Chinese Medicine World". Winter 2002, Vol. 4*



## 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 February, 2003:

Wednesday mornings 9:00 - 9:45am:

5th, 12th, 19th, and 26th.

Location: Health & Vitality.

3823 North Clark, Chicago, IL 60613

Please RSVP 24 hours in advance 773-525-4349



## FREE REPORT

### "Help Banish the Winter Blues"

Winter can be a time of sadness and depression for many. Lack of proper light, the cold, and other factors contribute to depressed feelings. Call for our free report for you or a loved one. Includes the "Do's and Don'ts for SAD Sufferers". Call 773-525-4349 for your free copy today.