

HEALTH & Vitality

THE WELLNESS NEWSLETTER

ABOUT US

Begin enjoying life with energy!

Now you have a way to experience
LASTING relief from:

- PMS
- Menopausal Symptoms
- Recurring headaches
- Migraines
- "Stress" symptoms
- Weak immune systems
- Respiratory issues
- Sleep disorders
- Digestive issues
- Chronic illnesses
- Cold & flu symptoms
- Sports injuries
- Allergies
- Chronic pain
- Addictions

...WITHOUT the use of harmful drugs or
expensive surgery using acupuncture.

CONTACT

APPOINTMENTS, CONSULTATIONS, INQUIRIES

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INVITATION:

EXPERIENCE QI-GONG

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

Qi-Gong classes at Heath & Vitality will be
resumed in September.

Please call the office at
773-525-4349 for details.

Have a Healthy and enjoyable summer!

A GOOD NIGHT'S SLEEP AND YOUR HEART

Have you ever had a night when your mind seemed to wander? When you felt as if you were almost asleep, yet felt aware at the same time? It sounds like insomnia. In Oriental Medicine, insomnia means that the Heart does not have enough energy to support a night of good sleep.

According to Oriental Medicine theory, the Heart represents the element of fire and the emotion of joy. The Heart is responsible for controlling all aspects of consciousness, including intelligence, thinking, memory, sleep, as well as the spiritual dimensions of being. When the Heart's energy is weak or unbalanced, problems with its functions can arise. For example, you may experience restlessness, anxiety or depression, hypertension, cloudy thinking, or insomnia.

What causes your Heart not to have enough energy? There are a number of etiologies. I will name a few common reasons:

- Chronic illness
- Blood loss, including an intensified and prolonged menstrual flow
- Emotional issues, particularly sadness. Sadness deeply affects the Heart by weakening the Lungs which in turn depletes the Heart energy.

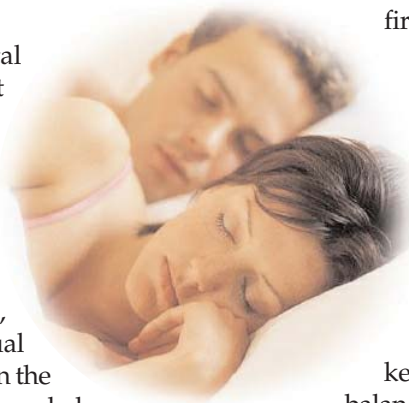
- Excessive joy. When a person is in a state on continuous mental stimulation however pleasurable, "hard playing," this may lead to overstimulation. The over time, overstimulation leads to heat in the Heart, hence an imbalance.

To help you sleep better, we first treat the symptoms of insomnia by balancing your Heart or reducing the heat of your Heart, depending on your specific situation. To keep the symptoms from reappearing, we strengthen the whole energetic system of your body that in turn keeps your Heart energy balanced and strong.

In general, for good health it is important to balance your life between work, rest, play, fun, and relaxation. As always, meditation practices, Qi-Gong and Yoga, and a balanced diet between "cold" and "hot" foods will help your body be in better balance. Consistent Meridian Therapy acupuncture treatments will bring deep healing to your body regardless of your specific condition.

The Foundation of Chinese Medicine
- Giovanni Maciocia.

The Web That Has No Weaver
- Ted J. Kaptchuk



News in Acupuncture Research: Acupuncture Boosts Fertility

A review of the medical literature on acupuncture and female fertility published in the Journal of Fertility and Sterility* has shown that acupuncture can reduce stress and increase the blood flow to the reproductive organs, which can normalize ovulation and menstrual cycle. Recent reports have shown that **women who incorporated acupuncture** into their in-vitro fertilization (IVF) treatments were **more likely to become pregnant** than those that did not. *The AOM Alliance Forum" Volume 10, Number 3, 2002.