

# 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

## THE FEAR FACTOR AND YOUR KIDNEYS

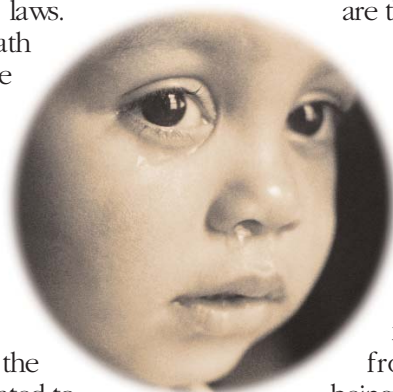
Winter is still with us. As we know, it is Kidney season in Chinese Medicine. It is time to rest and to restore and conserve energy. Because we are natural beings our body follows nature's laws.

If we do not follow this path it is not surprising that we develop physical conditions related to Kidney energy deficiency (back pain, knee pain, neck pain, hair loss, gray hair, hearing problems, and disturbed emotions).

In Chinese Medicine, the emotion that is directly related to kidney is fear. There are two varieties of this emotion. One is shock, the other is fear. Shock is a result of unexpected outside experience. The emotion of shock is powerful but transient. In many cases people find that after a great shock their hair turns gray overnight. Fear, on the other hand, comes from the inside. It can become chronic. It can become part of a lifestyle that takes a toll on the body, tortures the mind, and saps the pleasure from everyday life. It leaves us without a will, which can be observed as extreme cautiousness.

It might seem like fear comes from the outside. However, we first receive information or data from the outside world, but the fear is generated from your interpretation of those data. Your mind creates its own visions of fear. It shows up in the body as dry throat, strong heartbeat, and/or loss of bodily fluids with fear.

Others experience is feeling a cold sensation in the abdomen or a "frozen heart," or experience uncertainty or timidity. All other organ functions are then affected.



Anxiety, like fear, can also become chronic. It too comes from the inside. To overcome fear and anxiety it is essential to "fix the inside." How can you do this? One way is to foster a peaceful mind, which comes from meditation, from being centered and balanced so

you can listen to your intuition, not your mental chatter. The other way is by creating strong energy (Qi) or vital energy (vital Qi) that can be developed through Qigong practice, eating healing foods in the winter and appropriately for each season, and receiving acupuncture treatments to help your body to remain in balance. The result is better physical, mental, emotional, and spiritual health.

Given the stresses of our present society, it appears that the fear factor will remain with us. You cannot rush winter and turn it into spring. What you can do is to strengthen your Qi from the inside. There you will find freedom from fear and all its physical manifestations.

*The Seven Emotions, Psychology and Health in Ancient China  
Claude Larre and Elisabeth Rochat de la Villee.  
Traditional Chinese Medicine World, Winter 2002, Vol. 4, No.4  
New research information - MRI offers Unique Insight.*

## 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:

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.