

# 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.

Join us for a Free Class:

**Tuesday, 6pm-6:45pm:**

**Dec 9th**

Location: Health & Vitality.

3823 North Clark, Chicago, IL 60613

Please RSVP 24 hours in advance 773-525-4349

FOOD FOR THOUGHT:

## ORIENTAL MEDICAL VIEW ON BODY WEIGHT PART I

From all the books, articles, and TV commercials, you would think that losing weight would be very simple and easy. But all of us know that it is not. Some diets require us to eat only raw foods, some to drink water when hungry, yet others give us pills and shakes, and the list goes on. In Oriental Medicine we look at the underlying cause, the internal issue that keeps us gaining weight and not being able to lose it. In Oriental medicine excess weight is just one signal of an underlying health problem.

Other signals of imbalances in the body could be headaches, emotional difficulties, depression, allergies, menstrual problems, and so on. In Oriental Medicine we see overweight as an end result of a number of internal problems happening in your body. Unless the root cause is addressed the weight loss will not be permanent.

In Oriental Medicine, to have good health you must have sufficient energy, Qi (chee), and all your organs must work in harmony with each other. When there is not enough Qi and/or no balance between organs, the body cannot perform its duty. In the case of weight gain it cannot promote healthy metabolism and eliminating excess water and fat from the body.

Frequently the problem of weight gain is an imbalance between your Liver and Spleen organ systems. Both Liver and Spleen are extremely important for proper digestion. Proper digestion provides energy for body functions much like fuel we put in the car enables it to run. The body warns us ahead of time when an imbalance occurs, even before we begin accumulating excess weight. The warning signals could be specific food cravings or an uncontrollable appetite. A craving

is the body asking for specific Qi in order to restore balance. For example, if you always crave sweets or sweet taste, your Spleen is telling you that it is out of balance or weak. Craving salt or salty foods, potato chips, Cheetos, and such is a signal that the Kidney needs help. When your Qi is strong and balanced you will not have extraordinary food cravings or an uncontrollable appetite.

WHEN YOUR QI IS  
STRONG AND BALANCED,  
WEIGHT WILL BE LOST  
NATURALLY, AND NORMAL  
WEIGHT WILL BE  
MAINTAINED.

During your visits at Health & Vitality we recommend certain foods and or recommend a specific cooking style for your body. The foods or cooking styles are selected in accordance with the specific Oriental medical diagnoses and is only one of a variety of resources used to help the body heal and restore balance. This way the food brings specific energy and helps the body to heal.

For overall well-being and healthy weight maintenance in healthy individuals, Oriental Medicine recommends a diet of vegetables, fruits, some grains, legumes, and nuts. Seafood and meats have many healing properties and are added as needed. Barbecued and fried foods are best eaten in moderation because they create too much internal heat in the body, specifically the stomach.

Consistent Meridian Therapy Acupuncture treatments will keep your organ systems in balance and all parts of the body nourished well.

Have a Healthy and Joyous Thanksgiving.

*"The Practice of Chinese Medicine. The Treatment of Diseases with Acupuncture and Chinese Herbs" by Giovanni Maciocia.  
"Prince Wen Hui's Cook. Chinese Dietary Therapy" by Bob Flows and Honora Wolfe*

**Give a Gift of Health to yourself and your loved ones.**

Gift Certificates are available. Call 773-525-4349