

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 Free Classes held in October, 2003:

Wednesday mornings 9:00 - 9:45am:

22nd and 29th.

Location: Health & Vitality.

3823 North Clark, Chicago, IL 60613

Please RSVP 24 hours in advance 773-525-4349

WEI QI: YOUR BODY'S NATURAL DEFENSE ZONE

Do you know that your body has a defensive energy zone? In Oriental medicine that zone is called defensive (Wei) Qi. It warms and protects the body. It protects you from external invasion of six cosmopathogenic energies: Hot, Cold, Dryness, Dampness, Wind, and Fire. It flows through the superficial layers of the body, between the skin and muscles. It is responsible for opening and closing the pores and therefore is closely associated with perspiration. Wei Qi circulates under the controlling influence of the Lungs and, therefore, is closely associated with the skin.

If the Wei Qi is deficient or weak, it allows for easy and frequent penetration of Hot, Cold, Dryness, Dampness, Wind, and/or Fire from the outside into the body.

The production of Wei Qi is based on good digestion, good functioning of the Spleen, Stomach, Lungs, and Kidneys. For example, when the Cold invades the Lung, cold symptoms can arise, such as coughing and congestion as well as hoarse voice. Hoarse voice, you may ask in surprise? This is because the Lung energy pathway runs through the throat area where the larynx (the voice box) is located is affected.

If one catches colds or flu easily or frequently, or has allergies, Wei Qi deficiency may be inferred. Because Wei Qi encircles the whole body and is part of the energetic make up of the body a person with deficient Wei Qi may have cold extremi-

ties, fear of cold, easy chilling, pallor, fatigue, and/or lack of sexual desire.

How can you help strengthen Wei Qi? Avoid cold or cooling foods in cold weather and wear extra clothing when it gets cold to help the body to maintain itself. This way the Lung does not have to give extra energy to defensive Qi to keep you warm, and the stomach and spleen have adequate energy to promote digestion.

Another function of the Lung is to circulate body fluids, called "nutritive Qi", to all organs, including the skin, to nourish it. Nutritive Qi flows with the blood and meridian pathways of the body and reaches every inch of your body. Sending this fluid to the skin moistens and nourishes the skin. So the quality of your skin is a reflection of the condition of your Lung. Deficient or weak Lung Qi can result in rough, dry or itchy skin. Wrinkles and other signs of aging are also related to the quality of Lung Qi. This is why creams and lotions cannot miraculously transform your skin's condition. The nourishment, moisture, and nutrients must come from inside as well.

Consistent Meridian Therapy Acupuncture treatments will bring deep healing to your body regardless of your specific condition.

*"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