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THE ACUPUNCTURE TRANSLATOR

SUMMER OF ABUNDANCE AND CONNECTION

By Sarah Langthorne

We are now deep in the summer element of Fire. Fire represents and is associated with the Heart and connection in Chinese medicine. The Heart holds what we call the Shen, or Spirit, which we use to understand ourselves and our relationship to each other.

During these warmer months, and as we're finally getting some vitamin D, our energy levels change and we become more outgoing. The classics of Chinese medicine recommends that we stay active, eat cooling foods like cucumbers and dark green veggies, and can stay up later to follow the sun cycle.

WANT TO BE FEATURED IN OUR PODCAST?

Follow The Acupuncture Translator podcast and submit a question. It could be featured in an upcoming episode!



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CLINIC NEWS

Your regular updates and seasonal reminders

It's Allergy Season in Chicago, and it's hitting hard this year. Do you know what Chinese Medicine can do for you?

Allergies are a hyper-reaction of your immune system to the environment, causing your body to respond to harmless substances as if they're dangerous to you.

Chinese medicine practitioners evaluate your entire health history and reactions to regulate and alleviate your allergy symptoms.. Regular treatments calm and retrain your immune response.



Happening this month:

- We have officially launched our podcast! Follow us for great info.
- Follow The Acupuncture Translator on Youtube, Instagram and Patreon!



Acupuncture and herbal medicine not only calm the immune response, they can help reset the immune system to have *less of a reaction* in the future.

A Heart-Felt Thank You!

Heart season is also about self-expression, creativity and gratitude. As a creator and writer, it is a privilege and honor to share knowledge and build this growing community.

Questions and conversations from patients, friends and colleagues are a driving force behind the Acupuncture Translator and I'm so grateful to everyone who inspires me!

