

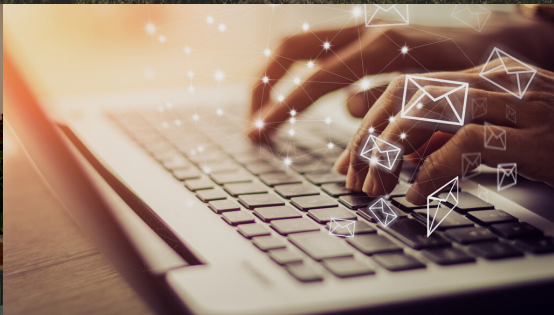
May 2022

THE ACUPUNCTURE TRANSLATOR

Vol 1 Issue
01

Monthly Newsletter

www.theacupuncturetranslator.com



WE'RE OPENING!

After a long wait, we're so pleased to announce we're able to take bookings! A massive thank you to everyone who's been waiting! You can book your appointments with us on our website!

HAVE ANY QUESTIONS?

We are not your average acupuncture clinic. While we offer various services to fit your needs, we also believe strongly in patient education. Reach out to us about anything acupuncture!

ARE YOU FOLLOWING?

We're regularly posting on social media, and it's a great way to stay involved with our clinic. Follow us to receive special tips, tricks and updates!

HAPPY FIRE SEASON!

by Sarah Langthorne, L.Ac

May marks the beginning of Summer, whose ruling element is Fire. This season is celebrated in many cultures throughout the world, including Mayday festivities. Find out what it means in Chinese medicine.

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FIRE SEASON CONT.

by Sarah Langthorne, L.Ac

Even though we're not in the warmest weather yet, we're officially entering the summer season. Summer is considered the most Yang of the seasons, and is associated with Fire, the most Yang of the five elements.

Summer, like Fire, is hot and active. You sweat more and want to go outside and be more physical and social, which is Yang energy. Here, we tend to spend more time outside and connect with friends. Fire is also associated with the emotion of joy, and the heart organ and blood vessels in the body. We need an appropriate amount of this warm Yang energy for healthy blood circulation and sweating to regulate our temperature.

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*Your sleep cycle
changes because
you have more
Yang energy.*

OUR "JUST PAIN" TREATMENTS

And How They Can Help You

Pain is without doubt one of the top reasons that patients find acupuncture. Because of its direct effect on the nervous system, acupuncture can reduce your pain more quickly than prescriptions, which have to go be absorbed by the body first. It can also provide longer lasting relief.

Here's the issue. Some pain, especially acute pain, requires multiple treatments to fully correct. Though acupuncture has a strong effect, it requires some consistency, (and more frequency), when you're experiencing more prominent symptoms.

Our Just Pain sessions are shorter and less expensive than our regular sessions. They are designed to fit your needs and schedule to focus on our one goal: bringing your 10 to a 4.



During the warmer summer weather, our blood and fluid circulation moves more superficially to keep us cool. Because we are absorbing more light and Vitamin D, our sleeping patterns change, and we need less rest than we did in the cold, Yin winter months.

Stay hydrated and avoid the temptation to have cold foods and beverages, which can shock the internal organs. Spicy and pungent foods help to produce a sweat to efficiently keep you cool.