

Nourish Life

Underpinning Chinese Medicine has been the concept of *Yang Sheng* which mean to nurture or nourish life. Following this principal, Integrative Acupuncture aims at fostering practices that **Nourish Life**. Certainly coming for treatment is important, but this is only part of the equation. In order to **Nourish Life** we advocate simple remedies that you can adopt to strengthen the body's *qi* or life force, to prevent getting sick (or sicker) such as:

- avoid unnecessary cold foods, cold air and water or herbs which weaken the *qi*.
- try to reduce stress, even moderate stress and emotional pressures weaken and stagnate the *qi*.
- moderate stimulating forces in life such as coffee, nicotine, watching TV or sitting at the computer late into the night. Our *qi* depends on a balance between the *yin* – calming, moistening, nourishing energy and the *yang* – activating, stimulating, warming energy. Finding ourselves unwell either physically or emotionally indicates an imbalance between *yin* and *yang*. Hyper-stimulating our *yang* energy physically or emotionally can cause great damage to the *qi*.
- adopt relaxation and breathing techniques such as meditation, yoga and *Qi Gong* which help open up the meridians and promote the flow of *qi*.
- simple exercise such as brisk walking 3-4 times a week for 40 minutes supports and strengthens the cardio vascular system and helps build *qi*.
- eat fresh unprocessed food, so that your diet has an emphasis on fresh fruit and vegetables.
- approach life with an attitude of 'Effortless Effort'. This is a simple and effective way to reduce worry and stress.

As part of this process, one of our priorities is to assist you in assessing systemic toxic overload. This can involve everything from too much coffee and tea, processed foods, alcohol, marijuana, junk food and even trashy TV or damaging relationships. Reducing this overload is the first step in allowing the body-mind to function optimally. Practices such as 'liver cleanses' can be used when appropriate, particularly if the system has been under persistent toxic load. However we believe it is more important to establish better habits in the body and mind rather than perpetuate a pattern of toxic loading and then resorting to sudden detoxing when physically and emotionally the load becomes too much to bear. It is fascinating to see how some simple measures to **Nourish Life** can make such a difference to your well being.

