

# Notes From Aculand

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## To your physical, mental and spiritual health!

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**WELCOME** to April! Yeah! The sun is finally out! After the cold burst of this week maybe we will see some sustained warmth. With the warmth come lots of changes in our personal habits, like clothes and food. We don't think twice about donning our shorts and T-shirts, but many of us don't think about changing our dietary habits to reflect the season.

The ancients surmised that there are two main sources of "qi" or life energy. There is a certain unchangeable amount that you are endowed with at birth and a certain amount that you manufacture daily from the food you eat and the air you breathe. It makes sense then, to breathe well and deeply always and to eat foods that are whole, good quality and appropriate to the season. So why does it matter what you eat in which season?

Think about it this way. In the heat of the summer, we wear light clothes to help us stay cool. In the food world, nature, in all her wisdom provides, during the summer months, quick growing water rich foods like melons, tomatoes, berries and lettuces that have the effect



of cooling us down and replacing water lost in sweat. The foods that grow naturally in the winter, such as potatoes, carrots and squash are dense and require cooking (heating) in order to be useful. These warm and warming foods provide the heat we need for the cold winter months. It's just natural.



### Spring Smoothie

*What you need:*

- 1 cup blueberries
- 2 apples - peeled, cored and chopped
- 1 1/2 cups raspberries
- 3/4 cup seedless grapes
- 1 tray ice cubes
- Sugar to taste

*What you do:*

*In a blender, combine blueberries, apples raspberries, grapes, sugar and ice. Blend until smooth. Pour into glasses and serve.*



## SPRING ALLERGIES: ARGH!



**Those** drippy noses, itchy eyes and constant sneezes can certainly detract from the beauty of the flowers and the desire to get out into that fresh spring air! Fortunately, acupuncture, either alone or in combination with some supplements can make spring far more tolerable. Invite

your allergic friends to come in for some relief. Better yet, encourage them to start now in anticipation of next spring. Receiving treatment regularly before the difficult season allows us adequate time to build up the body's defenses.



### OPC-3

**In lay terms**, OPC is a natural compound present in most fruits and vegetables, and particularly in plant bark, skin, and seeds. It is not usually found in our daily diets in quantities

approaching therapeutic value, and the amount present in raw food is often destroyed during cooking. However, supplementation with OPC extracted from pine bark and from grape seeds has been shown to protect against

cardiovascular and other degenerative diseases and to have numerous other benefits, including: lowering LDL cholesterol levels, reducing platelet aggregation, increasing the strength and

elasticity of blood vessels, helping collagen repair itself, reducing edema and inflammation, relieving functional problems associated with varicose veins, lessening the tendency toward diabetic retinopathy, and improving skin health.

## Allergy Relief - OPC The Natural Antihistamine

Both allergies and arthritis are very common. In fact many health experts believe that they affect almost every household in America. Commonly known antihistamines, pharmaceutical preparations that inhibit inflammations and allergic reactions and

suppress their symptoms, are amongst the most prescribed medicines in the world. People who use pharmaceutical antihistamine preparations are probably familiar with their side effects, such as fatigue and lethargy. However, people who have taken OPC products, often

report getting the same benefits as using traditional antihistamine, but feel delightfully energetic at the same time. When allergic reactions occur in the body, there is a release of inflammatory chemicals, namely histamine. Histamine triggers allergic symptoms such as stomach ulcers,

hay fever joint dysfunction and even skin disorders. Incredibly, OPC significantly reduces the formation of histamine naturally!

*For more information, visit <http://www.opc.cc>*