

Notes From Aculand

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To your physical, mental and spiritual health!

Karen Johnson L.Ac., R.N.

WELCOME BACK to the newly resurrected Notes From Aculand. I hope you will enjoy this little collection of notes on the practice of acupuncture, updates on current trends in health care, suggestions for improving the feng shui of your home or office, tips on diet and nutrition, information on the new Nutraceutical product line I'm carrying, ideas to improve communication (not all of these will show up in every issue) and always, something funny to leave you with a smile.

I welcome your comments and requests, so please feel free to write back. If you know of anyone else who would like to be on this mailing list, please let me know or forward the letter to them and have them write to me. If you would like to be taken off of this list, please, also, write and let me know.

ACUBITS: How do you begin talking about acupuncture? One way is to start with the fundamental concept of yin and yang. This is what is pictured in the familiar circle of half black and half white with a dot of

black in the white and white in the black.



The

image represents nature's fundamental balancing act. The black represents all that is cool, quiet, dark, slow, restful and interior. It is like the shady side of the mountain. This is called "Yin." The white represents all that is hot, bright, active, moving or exterior. It is thought of as the sunny side of the mountain and is called "Yang." The two forces exist in a dynamic, ever evolving relationship to each other. You can observe this balancing act in almost any aspect of life, with the observance of days and seasons as a good place to begin. The cool, dark of morning steadily brightens up to mid-day when it subtly starts to shift toward the darker evening.



The darkness deepens until the point in the night when the tide begins to turn and the progression towards light and warmth begins anew.

Winter is the coldest, quietest and darkest of the seasons. It is called maximum yin. At the point of the solstice, the longest night, the yin yields to yang and the emergence of spring has begun. Spring is called yang within yin. On the day of the spring equinox, light and dark, day and night are equal. Then warmth, heat and activity proceed to their full expression of summer, or yang within yang. At its fullest point, the summer solstice, the balance shifts again toward dark, autumn, the fall equinox, or yin within yang. And so it goes.



FENG SHUI



What is it? Very simply, feng shui is the art of creating a balanced and harmonious living environment. Feng shui suggestions include simple steps we can all take to make our homes more peaceful. Tackling clutter is a good beginning. According to Feng Shui concepts, clutter represents stagnant energy. Clutter can show up as unfinished repairs, books and clothes held for some unknown possible use, unused gadgets, empty boxes, unwanted gifts,

unpaid bills and unreturned phone calls. For some reason we might be hanging on to things, ideas, relationships or situations which no longer serve us, but from which we are reluctant to part. According to “ Feng Shui, Mind, Body and Spirit and Home by Gale Hale and Mark Evans, “Clutter is a state of mind... ideas and perceptions we hoard which prevent us from doing the things we really want to. The gentle removal of clutter may well free up a good bit of “stuck energy.”



ABUNDANT SPLENDOR

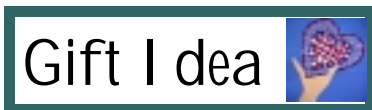


That’s actually the name of one of the points (They all have names!) I decided to use that point name right here because if you want to give someone a splendid gift towards their health (Valentines Day is coming

up!!) think about giving them a gift certificate for an acupuncture treatment. If you are really feeling extravagant, give them an “Acupak.” That’s a package of three treatments; definitely enough for a first-

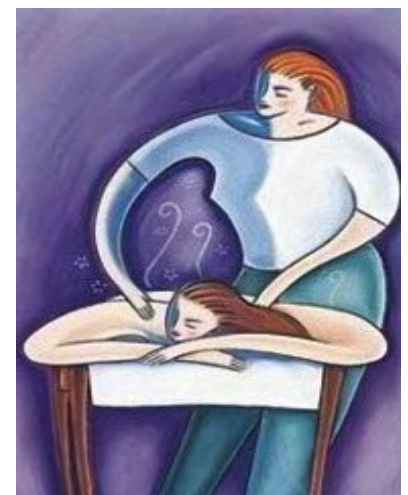
timer to get good results or convince a skeptic about the magic of acupuncture. Plus you’ll get a \$25.00 discount. Now how’s that for a deal! Just give me a call or send an e-mail I’ll get a certificate to you.

NEGLECTED MUSCLE



Believe it or not, that is also the name of a point! However it is also an inspiration to get that long awaited massage. Just call for an appointment.

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WELCOME FRAGRANCE

You guessed it; also a point name. This is often used in cases of sinus congestion, but I am using it here to introduce my new line of “Nutraceuticals.” As an advocate of creating health as naturally as possible, I am pleased to “welcome” into my practice, these “supplements” to the gentle art of acupuncture. As the name suggests, these are quality nutritional supplements that, unlike pharmaceuticals, aide by supporting the body’s natural processes. Some of the products you will recognize...multivitamins, vitamin C, fish oils, calcium...others will be new, such as an herbal sleep aid, digestive enzymes, supplements for heart health and immune system enhancement. I’ll feature one of them each month and you are welcome to read about them on my web portal <http://www.karenjohnson.nutrametrix.com>... If you go visit, you

will notice several features that might interest you.

First, I recommend that you sign up as a “preferred customer.” A record will be kept of your purchases and soon enough you will be earning preferred customer discounts! At this moment you will place the order online, pick up the supplement from me, and pay at that time. One more step on my part and very shortly you will be able to order, pay online and have your product delivered directly to you.

When you sign on as preferred customer I recommend that you also take the free “Nutri-Physical,” an internet-based analysis tool that recommends a customized nutritional supplementation program to improve an individual’s quality of life. These recommendations, naturally, are just suggestions and will not lead



to sales efforts. You can click on the Nutri-Physical first and sign up as a preferred customer at that same time.

On the sight you will also see a “Comprehensive Natural Database.” This is a gold mine of information. I make this available in order to help you achieve and maintain optimum health by providing you a free source for reliable information on herbal remedies, dietary supplements, vitamins, minerals and other natural products.

The database provides only unbiased, scientifically reliable information. They don’t take advertising from anyone: no pop-up ads, no annoying e-mail spam, and

no articles written by manufacturers. Every one of their researchers and editors is a trained drug information analyst. They objectively evaluate the scientific evidence, and present it to you on the database on my website.

Health care providers and educated consumers across the country use this database to check up on all sorts of products, individual ingredients in products and possible interactions between herbs and supplements and medicines. Use it to inquire about any product or supplement you would like to learn more about, or to find out which natural medicines can possibly help with various medical conditions or diseases.

RECEIVING FULLNESS

Did you know that laughing is one of the healthiest things you can do for yourself? It opens up blood vessels, increases circulation to the heart and stimulates the immune system. Enjoy!

MORE NUDITY...

A little boy got lost at the YMCA and found himself in the women’s locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, “What’s the matter; haven’t you ever seen a little

little boy before?”

