



**Janet Leach L.Ac.**

Five Cities Medical Center  
 855 4th Street  
 Pismo Beach, CA 93449  
 805-773-3301  
 www.PimsoWellness.com

**Acupuncture: The Natural Cold & Flu Remedy**



This year there will be 1 billion colds and 95 million cases of the flu in the United States alone. While the misery of cold and flu season might be inevitable, one thing is changing: where we look for relief.

**Acupuncture to Get Better Faster** - If you have already come down with a cold or the flu, acupuncture treatments can help relieve symptoms you are currently experiencing including chills, fever, body aches, runny nose, congestion, sore throat and cough. While bringing some immediate relief, treatments will reduce the incidence of an upper respiratory tract infection and shorten the length of the illness.

**Acupuncture for Prevention** - Acupuncture and Oriental medicine can prevent colds and flu by strengthening the immune system with just a few needles inserted into key points along the body's energy pathways.

In Oriental Medicine, disease prevention begins with a protective layer around the exterior of the body called wei qi or defensive energy. There are acupuncture points known for strengthening the circulation of blood and energy and for consolidating the outer defense layers of the skin and muscle (Wei Qi) so that germs and viruses cannot enter through them.

If you catch colds easily, have low energy and require a long time recuperating from an illness your wei qi may be deficient.

**Acupuncture Point: Du 14**

One particularly important point to attend to is Du 14. Located below the spinous process of the seventh cervical vertebrae, approximately where the collar of a T-shirt sits on the neck.

Du 14 activates the circulation of blood and Qi to strengthen the outer defense layers of the skin and muscle (wei qi) so that germs and viruses cannot enter through them.

This point is often used to ward off as well as shorten the duration colds and flu.

**Seasonal acupuncture treatments just four times a year also serve to tonify the inner organ systems and can correct minor annoyances before they become serious problems.**

**Call us to see how we can help you stay healthy this season!**

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**Miso Soup: Cure for the Common Cold**

Did you know that Miso Soup with Scallions is actually an ancient Chinese herbal remedy for colds?

In 300 AD famous herbalist, Ge Hong, wrote about Miso Soup with Scallions in a book called, *Bei ji zhou hou fang* or *Emergency Formulas to Keep Up One's Sleeve*.

This soup is indicated for the onset of a cold when a person is just beginning to feel a headache, stuffy nose and a slight fever.

So, the next time you feel a cold coming on, be sure to have your miso!

**Miso Soup:**  
Serves 4

**Ingredients:**  
 6 cups water  
 3-4 Tablespoons Aka Miso or red soy bean paste (usually sold in the refrigerated section)  
 3-5 green onions stalks, chopped

**Directions:**  
 --Dissolve the miso in a little bit of boiling water (about 2 tsp.)  
 --Bring water to a boil in a saucepan and add the miso & scallions.  
 --Simmer for 5-10 minutes.  
 --Remove from heat top with green onions and serve.

## Staying Healthy

Seasonal changes affect the body's environment. With wind, rain and snow comes the colds, flu and the aches and pains that accompany them – Good lifestyle and hygiene habits are proven to reduce your risk of getting sick.

**Wash Your Hands**– Studies have shown that one of the main reasons that we catch colds and flu in cold weather is that we are indoors and in closer vicinity to others. Protect yourself by washing your hands regularly and try not to touch your face.

**Sleep In** - The Nei Ching, an ancient Chinese classic, advised people to go to sleep early, rest well and rise late, after the sun's rays have warmed the atmosphere a bit. This preserves your own Yang Qi for the task of warming the body.

**Stress Less** - Find a release valve for your stress. According to Chinese medicine, stress, frustration, and unresolved anger can play an important part in throwing the immune system off and allowing pathogens to affect the body. Find a way to relax and release stress on a daily basis. Such methods may include yoga, meditation and exercise. Acupuncture has been shown to be effective in the treatment of stress, anxiety and depression.

**Seasonal Tune-Up** - Acupuncture and Oriental medicine can prevent colds and flu by building up the immune system with just a few needles inserted into key points along the body's energy pathways. These points are known for strengthening the circulation of blood and energy and for consolidating the outer defense layers of the skin and muscle (wei Qi) so that germs and viruses cannot enter through them.

Seasonal acupuncture treatments also serve to tonify the inner organ systems and correct minor annoyances before they become serious problems.

## Notes from Janet's Desk

**THANK YOU** to everyone who attended our successful Open House. We had lots of fun, and the food, lectures and door prizes were great. We hope to have a similar evening about twice a year. Our new space at the front of the Five Cities Medical Center is a spacious and comfortable area that we think you'll love as much as we do.

**THE AUTUMN SEASON:** We are finally noticing a change in weather, it's really beginning to feel like Autumn. This season is associated with the lung, our skin and nose, dryness, and the emotion of grief. It is a time of harvest, a time to pull inward and gather together whatever is needed for the approaching winter.

Most foods should be served warm, and slow-cooking methods can help improve digestion. It is a good time to spend time focusing on breathing properly, especially practicing breathing techniques with long, slow, complete exhalations. Since this is a season of dryness, more frequent application of skin moisturizers and use of a nasal wash or nasal saline spray can be beneficial

**HERBAL HIGHLIGHT:** Reishi mushroom (Ling Zhi, ganoderma lucidum) is a wonderful herb for the Autumn season. This adaptogenic herb may be used alone, or with other immune-enhancing formulas.

Reishi mushroom:

- Provides a safe, food-based herb
- Strengthens the immune system
- Improves lung function
- Helps increase energy
- Calms emotions and improves sleep
- Balances and strengthens the entire body

This herb is available in bottles of 100 capsules:  
Suggested Retail Price: \$31.40  
Our Price: \$18.50

### Variations:

Add other ingredients to make a more substantial soup, such as tofu, fresh mushrooms, cooked shrimp, snow pea sprouts, cooked rice noodles, or paper-thin slices of fresh ginger.

### RELAXATION HAPPY HOUR

This is an opportunity for a mini acupuncture treatment, or massage (by Fielding) for just \$20.

These simple treatments can help with stress and anxiety, insomnia, smoking cessation, some pain conditions, allergies, and provides an overall sense of well-being. It can also be a good way to have more frequent, low-cost acupuncture treatments. The session will include a few acupuncture points located on the ears, and occasionally body points on the lower arms and legs.

This is a drop-in clinic, stop by every Thursday between 5:00 and 6:00 p.m.

### ULTIMATE QUIT SMOKING CLASS

January 19th is the first class for this multi-disciplinary approach to finally kick the smoking habit. Classes will be held in San Luis Obispo and include acupuncture. To sign up, call (805) 441-5391.

### CHECK OUT MY WEBSITE

[www.PismoWellness.com](http://www.PismoWellness.com) and let me know what you think. I look forward to any suggestions to improve the website information, and I will be happy to add additional testimonials from my patients.