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Reflect on Your Health!

Reflection is the process in which an image or idea comes back to us, such as looking in a mirror, rethinking an event, or reviewing an idea. We have the opportunity to take a closer view and reconsider our original thinking.

Reflection has other connotations in acupuncture. Outer appearances reflect inner health, so a well-trained practitioner of acupuncture will observe very different aspects of your appearance than you typically study when you look in the mirror. In acupuncture, bodily observation includes looking at the face, eyes, body type, demeanor, and tongue.

Two thousand years ago, when acupuncture and Oriental medicine were in their infancy, there were no X-ray machines or the very sophisticated magnetic imaging of today. These healers and diagnosticians depended on their finely tuned observational skills in order to assess their patients. Some of those early ideas seem simplistic today, but many elements of diagnosis persist because outer appearances do provide clues to a person's health.

The new year is a perfect opportunity to reflect and use that knowledge as a catalyst for change. Acupuncture can help achieve the change you seek as it assists in illness prevention, minimizes aches and pains, relieves stress, improves energy, and helps you find yourself in better balance. This calm and clarity strengthen your resolve as you start the new year with new goals.

Additionally, seasonal acupuncture treatments serve to nurture and nourish your kidney Qi, which can greatly enhance the body's ability to thrive in times of stress and aid in healing, preventing illness, and increasing vitality.

Call for your appointment today and let us help you prepare for the year ahead!



Releasing Stress for a Healthy New Year

The start of the new year is a time of looking forward to the future, setting goals, and putting in motion the steps necessary to achieve them. Moving directly from a busy season immediately to actively working towards achieving goals can create additional stress and pressure to do well. Unchecked stress is often the cause of illness and deterioration of health. Finding a release valve for your stress can help you stay healthy. Numerous studies have demonstrated the benefits of acupuncture in treating stress, anxiety, and lowering blood pressure. Acupuncture can help achieve the changes you seek as it assists in illness prevention, stress relief, minimizing aches and pains, improving energy, and finding balance.

As a normal part of life, stress enables us to get things done. Left unmanaged, however, stress can lead to emotional, psychological, and even physical problems. Stress causes a disruption in the flow of vital energy, or Qi, through the body. This can throw off the immune system and cause new symptoms or aggravate already troublesome health conditions and, over time, more serious illnesses can develop.

Stressful situations that last over a long period of time can create ongoing low-level stress that puts continual pressure on the nervous system and can cause the overproduction of stress hormones such as cortisol. The extra stress hormones sustained over an extended period of time may wear out the body's reserves, leading to fatigue, depression, a weakened immune system, and a host of serious physical and psychological ailments.

According to Oriental medicine, stress, frustration, and unresolved anger can play an important part in throwing the immune system off and allowing pathogens to affect the body. Through acupuncture, these energy blockages can be addressed. Acupuncture points can help energy flow smoothly and alleviate not only the symptoms of stress and anxiety but the stress and anxiety itself. Acupuncture improves the circulation of blood throughout the body, which oxygenates the tissues and cycles out stress hormones like cortisol and other waste chemicals. The calming nature of acupuncture also decreases heart rate, lowers blood pressure, and relaxes the muscles.

While it isn't always possible to remove the external forces causing stress, the ability to effectively deal with stress is a choice. Take time for yourself to cultivate the energy you need to handle your stress more skillfully and effectively.

If you or someone you know is experiencing stress or a related condition, contact us for more information about how acupuncture can help you regain peace of mind and stay healthy!

Create Lasting Resolve to Reach Your Goals with Acupuncture

Acupuncture can help achieve some common changes people seek as it assists in illness prevention, stress relief, minimizes aches and pains, improves energy, and nurtures balance. This calm and clarity strengthen your resolve as you take the next step in achieving your goals.

Here are a few ways that Acupuncture can help you achieve your goals:

Improved Quality of Life

If pain is keeping you from living life to the fullest, acupuncture can help as it has no side effects and can be helpful for all types of pain, regardless of the cause or where it is located. Increasingly, people are looking for more natural approaches to help relieve painful conditions instead of relying on medication. In addition to reducing pain, acupuncture also hastens the healing process by increasing circulation and attracting white blood cells to an injured area.

Eliminate Stress

Stress reduction is always on the top ten list for New Year's resolutions and for a good reason; it is often the cause of illness and deterioration of health. Numerous studies have demonstrated the substantial benefits of acupuncture in the treatment of stress, anxiety and lowering blood pressure. In addition to acupuncture, Oriental medicine offers a whole range of tools that can be integrated into your life to keep stress in check.

Get in Shape

Renewed enthusiasm to exercise in order to enhance fitness levels, train for a competition, or lose weight can come at a painful price for those who try to do too much too quickly. Recent studies show that acupuncture effectively treats sports injuries such as strains, sprains, musculoskeletal pain, swollen muscles, and shin splints.

Lose Weight

Losing weight is the most common New Year's resolution. Acupuncture and Oriental medicine can help you reach your goal weight and maintain it by promoting better digestion, smoothing emotions, reducing

appetite, improving metabolism, and eliminating food cravings--all of which can help energize the body, maximize absorption of nutrients, regulate elimination, control overeating, suppress the appetite and reduce anxiety.

Call today to see how Acupuncture can help you keep your resolutions and prepare for the year ahead!

The Willpower Connection

Is there a body/mind connection to willpower?

According to the principles of acupuncture and Oriental medicine, there is. Willpower, or "Zhi," is said to reside in the kidneys and the state of the Kidney Qi directly correlates to the fortitude of our willpower.

In Oriental medicine, disease prevention begins with a protective layer around the exterior of the body called wei qi, or defensive energy. If you catch colds easily, have low energy, and require a long time recuperating from an illness, your wei qi may be deficient.

Nourishing Qi can help greatly enhance the body's ability to thrive in times of stress, aid in healing, prevent illness and increase vitality. According to Oriental medicine, recharging your battery and regeneration of vital energy, Qi, will help you live, look and feel your best!

Stick Out Your Tongue

Oriental medicine has used tongue diagnosis for thousands of years. An experienced practitioner can look at your tongue and begin to understand your internal problems, but you can also be aware of the information that your tongue provides.

Look for changes in the color of your tongue, teeth marks, shape, and coating. These changes may indicate that something is amiss. A healthy tongue is naturally the same pink-red color as your lips. Note any changes in the shape of your tongue. If it's too pale, puffy, or red, it may indicate an imbalance.

Healthy tongues have a thin white coating. If you see a thicker coating developing, you may be catching a cold or the flu.

So if you see changes take precautions, rest, sleep more, keep warm, and call us!

Energy Renewing Ear Massage

Ear massage is an extremely relaxing and effective therapy aimed at reducing stress, promoting wellbeing, and addressing various health issues.

Here is a great ear massage that you can do for yourself or your loved ones:

1. Rub, in small circular motions with your thumbs, inside the widest upper part of the ears, holding them from outside with the index and middle fingers.
2. Use your index finger to massage inside the smaller crevices if your thumbs don't fit and along the front of your ear where it attaches to the head.

3. Lastly, massage the earlobes by gently pulling them down and also making circles with your thumb and index finger.

