

HEALTHY HEALING

JUNE 2009 Newsletter

<http://www.healthyhealingli.com>

Sharon McDermott, MS, L.Ac.

RELEASE PENT UP LIVER/GALLBLADDER ENERGY

Spring is still here for another three weeks! In Chinese medicine the liver/gallbladder organs represent the upward and outward movement of Spring. It is a good time to do a colon and liver cleanse while reducing the intake of simple carbohydrates, fats and proteins in your diet. Take a walk, meditate or start that dance or yoga class! Chinese medicine attributes that feeling of increased energy after exercising to the movement of pent up liver qi. If you feel more tired after exercising, then you may be qi and blood deficient. Men and women today feel financial, work, relationship and social stress like never before that cause the qi to bind up.

The main biological functions of the liver are to metabolize lipids, proteins and carbohydrates and detoxify the blood. The liver is considered a gland situated in the upper right quadrant of the body. The liver sits right under the diaphragm which helps to control breathing. The gallbladder is a pear shaped organ that is situated behind (or posterior to) the liver. It stores and concentrates bile until it is needed in the small intestine.

TCM also sees the Liver and Gallbladder (“GB”) as inter-related organs, with the Liver being the yin organ – full/solid and the GB being the yang – hollow/receptacle organ. The liver functions are similar in that the liver moves the qi and blood smoothly and also stores the blood. If energy is not moving freely then it will bind and knot causing pain, clotting and pent up emotions such as anger or depression. The gallbladder relies on surplus qi from the liver to produce and secrete bile efficiently. The emotions related to the gallbladder are that of fright and timidity.

Your TCM practitioner can help the physical and emotional aspects of regulating your liver and gallbladder energy with weekly or bi-weekly acupuncture sessions. She may also provide an individualized herbal formula. One of the most common Chinese medicine patterns seen in today’s modern society is Liver Qi Stagnation. This pattern is particularly prevalent with women who are having pms or other menstrual difficulties. Chinese

medicine can alleviate the root of many gynecological problems. If you notice someone who frequently sighs, they have liver qi stagnation. They are trying to get rid of the pent up energy by releasing the air through a sigh. Next time you hear someone sighing or you find yourself sighing, recommend or go to your acupuncturist!

EVENTS & ANNOUNCEMENTS!

FREE!! LEARN ABOUT ENHANCING YOUR PERSONAL AND FINANCIAL HEALTH

15 Financial Myths for Women Demystified– AXA Advisors, LLC, Sarit Brosh and Ferdinand Ruplin with Sharon McDermott, L.Ac. – Getting to the Heart of the Matter, and Diana McCray, CWC (certified wellness coach) – Dancing to Wellness

WHERE: AXA Advisors, 1111 Marcus Avenue, Conference Center, Lake Success

WHEN: Thursday, June 18th, 2009, 5:30 PM

CONTACT: Pauline Mosca of AXA Advisors at 516-358-3918 or pauline.mosca@axa-advisors.com

Light refreshments will be served. Please call or e-mail to reserve your space.

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- **Give the Gift of Health To DAD: A \$75 Gift Certificate for a One Hour Session of Acupressure, Acupuncture and Massage**
 - **10% off an Acupuncture Treatment – Refer someone to Healthy Healing and receive 10% off your next treatment**
 - **10% off an Acupuncture Treatment - When it's your Birthday!**

RAISE YOUR FAT BURNING POWER: GREEN TEA & TEA BARS

SALE!! ALL TEA BARS REGULARLY \$2.00 EACH, NOW 2 FOR \$3.00

Tzu The – Premium full leaf green tea grown with enhanced ECGC's – antioxidants. Tea Bars in green tea, tropical fruit and natural rice flavors now available in my office.

Chinese Quote of the Day: A good traveler has no fixed plans, and is not intent on arriving. – Lao Tzu