

# HEALTHY HEALING

AUGUST 2009 Newsletter

<http://www.healthyhealingli.com>

Sharon McDermott, MS, L.Ac.

## DON'T RAIN ON MY SPLEEN

Have you been feeling a little more blue and sluggish with this wet summer weather we've been having? The environmental dampness of all the rain can affect us on the inside!

What exactly is dampness in TCM? A person may experience sensations of fullness in the chest or abdomen. Or you may feel sluggish, with the limbs feeling heavy and cumbersome. In TCM the Spleen is the organ most associated with the pathology of too much dampness. In TCM "speak" it means the spleen's job is to transform the essence of food and transport fluids (including blood) effectively. Dampness means that the body is retaining too much water, fat or tissue. It can mean that tissue begins to conglomerate to create cysts, fibroids, tumors, etc. The spleen and stomach also aid in keeping and building immunity.

In a recent New York Times article reported by Natalie Angier, scientists have discovered that the spleen, long consigned to the B-list of abdominal organs plays a more important role in the body's defense system than anyone suspected. More recently, researchers determined that the spleen is like an elaborate wetlands, a Mississippi bayou for filtering and freshening the blood.<sup>1</sup> The other aspect that affects the Spleen's function greatly is diet. Many Americans have an over abundance of sugar, animal fats and empty carbohydrates in their diet. These food factors will encumber the Spleen making it difficult for digestion and increasing body weight.

Although the Chinese did not have the detailed understanding of physiology, they conceptually understood the main functions of the spleen and digestive system over 2,000 years ago.

**Look for nutritional tips on how to have a better spleen next month!**

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<sup>1</sup> [www.new.york.times.com](http://www.new.york.times.com), Natalie Angier, August 4, 2009

## EVENTS & ANNOUNCEMENTS!

**STARTING THURSDAY - AUGUST 6, 2009!**  
**Second Office Location for Healthy Healing:**

*NY SPINE INSTITUTE* affiliated with  
**HOSPITAL FOR JOINT DISEASES/NYU**  
761 Merrick Avenue  
Westbury, NY 11590

**Hours: 9am-5pm**

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### ***FREE!! LEARN ABOUT ENHANCING YOUR PERSONAL AND FINANCIAL HEALTH- PERSONAL WELL BEING – SERIES II***

**The Family Love Letter - Howard Weinstein, ChFC, CLU and Sarit Brosh, AXA Advisors, LLC – with MaryClare Chiofalo, MBA, RPP, RYT, Registered Polarity Practitioner and Registered Yoga Teacher, Creating a Deeper Relationship With Yourself Through Energy Healing; BioLogical Wellness - Marianne P. LiBretto, LMHC, Health Psychotherapist, Emotional Intelligence Coach, moderated by Diana McCray, CWC**  
**WHERE:** AXA Advisors, 1111 Marcus Avenue, Conference Center, Lake Success  
**WHEN:** Thursday, August 13, 2009, 6:00 PM  
**CONTACT:** **Pauline Mosca** of AXA Advisors at 516-358-3918 or [pauline.mosca@axa-advisors.com](mailto:pauline.mosca@axa-advisors.com) *Light Refreshments will be provided*

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- **Give the Gift of Health: 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!**
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**Chinese Quote of the Day:** Everyone eats and drinks; yet only few appreciate the taste of food. ~ Doctrine of Mean, 4.2 by Confucius