

# The Qi Times

Fall 2013 edition

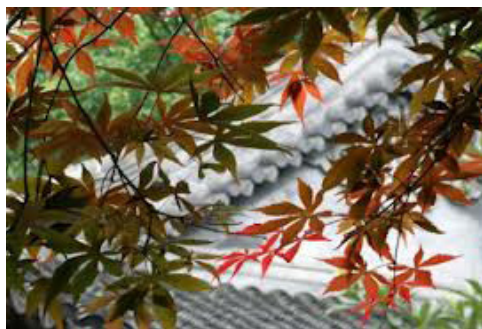
Welcome to the launch of our Lotus House Seasonal Newsletter. In this Fall Health Issue, we share with you a Traditional Chinese Medicine (TCM) understanding of the Fall season and its inspirations for maintaining good robust health. We have highlighted some dietary recommendations for Fall and introduce you to the potent practice of “Moxa Season”. We’ve also included information about some herbs to support your health at this time of year and share with you some important announcements about the Clinic and upcoming events. Thank you for reading. We welcome your comments and suggestions. Enjoy a bountiful Fall season!

## Fall Health

One of the things that made me fall in love with Chinese medicine was the accessibility of its theory and its immediate application to better our daily lives. In its ancient origins, Traditional Chinese Medicine is based on the observation of nature and the application of its laws to inform an understanding of the health of our own human bodies. Humans are understood to be a part of the natural world and thus subject to the same laws and influences as nature. Observation of the seasonal cycles allows us the chance to understand the influence of these changes upon the body, as well as the opportunity to adjust our activities to live more in harmony with the prevailing season. This is the essence of maintaining seasonal wellness and a basic practice of nurturing good health.

According to TCM, Fall is associated with the metal element. The lungs and large intestine are the two body organs associated with the Metal element and the Fall season.

In TCM, these two organs share a relationship together and cover themes of energy, immune system functioning, pain, inflammation, congestion, elimination, and emotional conditions of depression and anxiety. Fall is a great time to focus on the health of these organs and optimize their performance through the basic self-care practices.



TCM classics recommend some basic lifestyle adaptations to optimize our health in the Fall season. Adjustment of sleep rhythms is emphasized as an important part of staying healthy in

the Fall. It stores qi and essence for the coming winter months. The ancients advised that in the Fall “people should retire early at night and rise early with the crowing of the rooster”. Upon rising, it is recommended to take fresh outdoor exercise (such as running, hiking in nature, swimming and taking cold water baths). The classics further advise against adding clothes or quilts too early in Fall in order to build up the resilience of the body.

Traditionally, the diet changes with the season to stay in harmony with Nature and Nature provides the right foods to harmonize with the qi of the season. Foods that are in season

(such as squashes, beets, yams and immune-enhancing mushrooms) encourage us to move from raw and congesting foods (such as wheat, sugar and dairy) to warm easy to digest foods (such as soups, stews, warm drinks and warm breakfasts). Lunch becomes the main meal of the day, with a lighter dinner to maximize the digestive fire.



In addition to modifying our eating habits, it is also beneficial to undertake some gentle cleansing practices in Fall to clear congestion and optimize the body condition for colder season ahead.

Taking herbal medicine tonics in the Fall, is another important component of maintaining health. Traditional immune tonics include TCM formulas, immune-optimizing herbs and mushrooms, and traditional cold quelling formulas.

Finally, regulating our emotions in the Fall is emphasized. Fall influences the health of the lungs which emotionally relate to grief and sadness. Many people are sensitive to the declining influences of this season. In Fall, the ancients advise us to pay particular attention to maintaining optimism of mind, gratitude for our blessings, and to practice activities that calm the mind and stabilize emotions.

The metal aspect of this season encourages a clarification and refinement of goals, inner contemplation and the letting go of the things that no longer serve us. It is a time for discipline, routine and boundaries.

Enjoy and gather inspiration from the metaphors and lessons reaped by the ancients. Allow it to encourage you to cultivate the powers of your own observation, see what nature inspires in you this time of year, listen to what your body asks of you and take some simple steps towards living in harmony with the season. Happy Fall!

Submitted by Urszula Dragowska,  
Doctor of Traditional Chinese Medicine

## Moxa Season

November marks a special period of time known as “Moxa Season” in TCM. Our teachers, Susan Johnson and Dr. Ta, teach that there is a two week period in mid-November, with one week on either side, where the “gates (of the body) are open”. What this means is that the body

is more vulnerable to external influences at this time. If a person is to become ill during this period, the illness is said to penetrate deeper into the body making it linger with more difficult recovery.



The good news is that we can profoundly strengthen and build the body as well! Receiving moxabustion treatments during this time can do much to strengthen the body against external pathogens and the cold for the whole winter season. At Lotus House we combine acupuncture and moxabustion to help you stay well during “Moxa Season”.

## Medicinal Mushrooms

Of the over 5000 herbs listed in the *Materia Medica*, mushrooms are seen as the “King Herbs”. They are prized for their immune-optimizing properties which strengthen the whole body qi, providing resistance to illness and aiding in recovery from serious diseases (such as cancer and various auto-immune diseases). They are powerful natural medicines that are safely taken long term as a health tonic.

Valuing their importance and potency, Lotus House carries a wide range of medicinal mushroom products in the form of dried mushroom teas for decoction as well as concentrated dehydrated mushroom tea powders. We source our herbs from a local Vancouver Island Company, Harmonic Arts, which guarantees organic sourcing and quality concentrated preparations. We would like to briefly feature three important mushroom teas for your information.

**Reishi** (*Ganoderma lucidum*): Known as the “Tree of

Life Mushroom” in Chinese, reishi is prized as one of the most important medicinal mushrooms in Chinese medicine for optimizing the functioning of the immune system. It is used as an important tonic to optimize the functioning of the immune system, treat cancer, ward off heart disease, calm the nerves and relieve both allergies and inflammation.



**Turkey Tail:** (*Coriolus versicolor*): Turkey tail mushrooms are one of the most researched and respected of the medicinal mushrooms. They are also one of the most common and prolific mushrooms in northern forests of the world. Documented to have powerful effects for anti-tumor, anti-microbial, immunomodulating, anti-inflammatory, anti-oxidant, and also recently discovered anti-malarial activity. It is long term renowned in Asia as an important medicine for cancer therapy.



**6 Mushroom Blend:** a synergistic blend of 6 powerful medicinal mushrooms which include reishi, cordyceps, coriolus (Turkey Tail), maitake, shiitake, and chaga mushrooms. This steam extracted powder blend, contains some of the most heavily studied and clinically recognized mushrooms. Much of the research suggests that combining mushrooms verses consuming them singly, amplifies their optimizing and body harmonizing effects.

*In preparation for winter and the coming “Moxa Season”, Lotus House is offering a special 10% discount on all mushroom products sold at the clinic from now until the end of November.*

## Osteopathy

Fall is a crucial time for us. Our bodies are unconsciously preparing for winter as the fall season progresses with drastic adaptations in our physiological mechanisms for the maintenance of our health.

Basic changes in both temperature and humidity and other environmental changes do have an impact on us. The reduction in sunlight (with associated lack of Vitamin D), reduction in outdoor activities, change of seasonal foods, and seasonal affective disorder are factors that can contribute to a weakening of our body’s immune system, so making us vulnerable to external viruses.

The keys to good health:

1. Circulation – exercise and manual therapy.

2. Maintenance of good health will help us to keep healthy through the winter period.

3. Prevention - If we still have any residual aches and pains from our active summer, now is the time to eliminate or improve them, as our adaptive mechanism can be overloaded if there is more than one imbalance to deal with, and then we get sick. Always wonder why you develop a cold or flu after a busy period? Most busy moms usually develop a cold or flu over the Christmas holiday season, due to exposure and not having enough rest time.

Remember to stay aware and in tune with your body and environment. Take the time to care for yourself, and address any health issues early.

Linda Southworth D.Ost(UK)  
Registered Osteopath

## Massage

Patrick Visser wants to thank all those who have referred their friends and family to him for massage therapy. Their testimonials encourage others to consider their health and decide if they are ready to restore comfort in their bodies.

Patrick is now offering 20 minute clothed sessions which are designed as an economic pain management resource. He is available at Lotus House Tuesdays and Thursdays. Patrick is able to visit both Shorncliffe and Christenson Village to help the residents with their pain and strengthening concerns.

## Announcements & Events

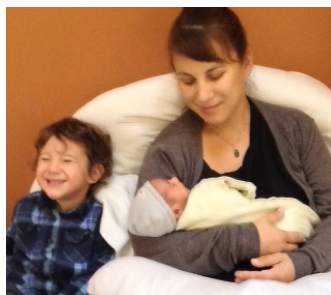
### WELCOME JAKUB TADEUSZ JAMES!

Urszula Dragowska, Joe James and big sister Sofia are pleased to announce the arrival of Jakub James born September 2, 2013. Urszula will be away on maternity leave for six months and plans to return to practice part-time in March 2014. Registered Acupuncturists, Brianna Smart and Satomi Sakata, are now with us to look after your acupuncture needs.



### WELCOME CORBIN KAYAS FREEMAN!

Tiffany, Peter and big brother Eli are pleased to announce the arrival of Corbin Kayas Freeman. He arrived on Sunday, October 20th at 6:32 pm and weighed in at 6lbs. 10oz. Everyone is thriving.

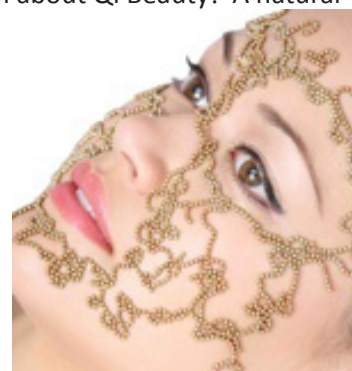


### MAMA LOVE

Moms are often too busy giving to make time to receive. Do you know a Mom who can use some TLC? Tell her about Mama Love! On the **first Saturday of the month from 10am to 1pm**, Moms can come to Lotus House in Sechelt and receive a soothing, rejuvenating session of acupuncture (which includes a shoulder massage!) for only \$25. Open to Moms of all ages and stages of motherhood. Please call (604) 885-9527 to book as spots are limited.

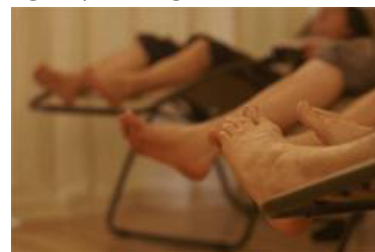
### QI BEAUTY

On **Tuesday November 5th from 5:30 – 7:30pm** come see, experience and learn about Qi Beauty! A natural way to revitalize your skin, reduce lines and restore elasticity using gold magnets in a matrix of acupuncture points on the face. This needle-free facial rejuvenation technique is being offered exclusively at Lotus House, in addition to regular cosmetic acupuncture. We are excited to offer this service on the Coast. We've got great prizes, demos and refreshments!



### COMMUNITY ACUPUNCTURE

In addition to individual acupuncture consultation and treatment, Lotus House also offers a community acupuncture program where acupuncture treatments are given in a supportive group setting at an affordable rate of \$40 (\$17 with MSP subsidy). The main objective of this program is to support patient's access to acupuncture, and to facilitate more frequent visits when needed to effectively treat their condition. The community acupuncture clinic is available on Mondays, Wednesdays and Fridays by appointment.



## About Us

Lotus House Acupuncture & Wellness Clinic is located at:

5699 Dolphin Street  
Sechelt, BC

**Telephone:** 604-885-9527  
**Email:** info@lotushouse.ca  
**Website:** www.lotushouse.ca