



It's Spring Again - Let's Have A Healthy One !

Hello! Welcome to our Spring Newsletter!

FOUR topics come to mind for this edition of our newsletter:

- 1) Oriental Medical view of Iodine
- 2) Spring and its challenges
- 3) Reminder – we have plenty of Zone 2 homeopathic drops & herbs for allergies- just for NC!
- 4) Meet Melissa DeRubertis! Our new massage therapist!

Viewing Iodine Through the Lens of Oriental Medical Theory

Iodine is the most dense nutrient human beings utilize from the periodic table of elements. From a standpoint of Oriental Medicine (OM), this makes it the most Yin of all the nutrients we use. If you need a reminder- yin is the dense, heavy principle and yang is the lighter, expanded principle. Using a fire as an example, the yin aspect is the logs, the yang aspect is the flames. The logs (yin) provide the context for the flames (yang) to exist. Iodine is the same way. As the most dense nutrient we consume, it provides the basis for our metabolic rate (the rate at which we produce

heat), is necessary for healthy thyroid function, and is a necessary requirement for every cell in our body. Thus, the most yin thing we consume provides the context for us to have appropriate yang function (warmth). Iodine used to be in all salt sold in the US, but is now only in 50% of the salt sold for ingestion. Since low salt diets have been suggested, low iodine levels are now the norm in the general population. Iodine testing and supplementation is available. We find that a combination iodine/iodide supplement is most effective in addressing deficiencies. If you tend to be cold, have low resistance to illnesses or show other signs of hypothyroid function- this is worth consideration.

Spring is here! And with it comes pollen! In OM, in addition to acupuncture and dietary changes, we have a number of herbal formulas that are helpful in treating reactions to pollen. Bi Yan Pian (Open Nose Pills) is a good general formula for runny nose and is helpful for occasional minor allergic symptoms. Jade Windscreen is a formula



that supports immune function so it is more resistant to the tendency to react to pollens.

As always, we will select the formula that fits the patients' presentation. This principle is at the core of OM. One person's allergies are not necessarily the same as another person's allergies. The best result is always achieved when addressing why any given person is symptomatic, thus treating the person and not the disease.

Meet Melissa- our massage therapist:

Melissa DeRubertis has joined OHS and will be providing massage and reflexology services. Melissa recently left Duke Integrative Medicine where she was on their massage staff and we are thrilled to have her with us. Welcome Melissa!

Have a safe and healthy spring!