



Oriental Health Solutions

Acupuncture · Chinese Herbs · Holistic Nutrition

LLC

Expect Great Results



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

There are three aspects to vital health during the fall season. First, we have many ways to support our immune system during this time from herbs, good diet, proper clothing, even washing our hands! Second, moderating factors that undermine our overall health and immune function will play a significant role in our wellbeing as well.

Last, an occasional illness, responded to well, can be beneficial for our immune systems and give our

bodies a chance to clean themselves out. This is most noticeable in children who have a growth spurt or clear increase in maturity after being sick. The emphasis here is on *occasional* illness, however!

How can we support immune function? This is a complex subject, but the big picture includes eating well by enjoying bone broth based soups and stews, more cooked food than raw as cooler weather approaches and getting enough hearty fats from healthy sources such as animal fats, olive oil and coconut oil. The trickiest part during this season is avoiding sugar – which is ubiquitous from Halloween until the New Year. Make an effort to eat

fruit instead and bring as little home from office and parties as possible to limit temptation. Wearing scarves when the weather is cool or windy helps prevent a “wind cold invasion” from initiating a cold. Wash your hands and be careful to limit touching your eyes and nose when exposed to germs in the wide world.

Our **cold and flu kits** are on sale again by popular demand. These are a valuable resource to have on hand as early symptoms start, which often happens on a weekend!

Tidbits for quick reading:

• **January New Patient Discounts!** Kim Lebrun will offer new patients a first visit for 50% off during the month of January. This is for all new patients, whether using a gift certificate or covering the cost of treatment themselves. Thus, any gift certificates purchased in November or December for use in January with Kim will be 50% off.

• **EFT Class:** Dr. Larry Burk will teach his popular Emotional Freedom Technique class this December 4th @ 7:30 PM. You can use EFT to enhance the benefits of your acupuncture treatments by tapping on your own meridians in between visits to OHS. It is a simple and safe self-care approach which is useful for relief of pain, anxiety and stress as well as for weight loss and addictions. It's also great to moderating sugar cravings between Halloween and New Year's Eve! Call Pam at OHS to register. Registration is \$20 and limited to 14.

• **BPA:** A component in plastics labeled 3, 6 and 7, Bisphenol-A is an endocrine disruptor capable of causing harm to us and our progeny, even if our offspring were able to completely avoid it during their reproductive years. High BPA levels are also associated significantly with heart disease, diabetes and elevation of certain liver enzymes. Harmful doses occur at normal amounts to which we are exposed on a daily basis. Thus, it is wise to avoid plastics labeled 3, 6 & 7 for use in storing food, as drinking water containers or microwaving containers for food. Plastics labeled 1, 2 & 5 have no BPA. Other sources of BPA are soda cans and cans of food (fruit, beans, soups or fish).

• **Fermenting Crocks:** We can order Harsch fermenting crocks, which are imported from Germany. These crocks are by far the easiest way to ferment vegetables to make sauerkraut, pickles, kim chee, etc. The secret to the success of these crocks is a water trough that keeps oxygen out of the fermentation chamber, preventing mold from forming. In addition, we have a local potter who is making fanciful and functional crocks based on the same design, but with a creative flair and in a smaller size. If we're going to make our own sauerkraut it might as well be easy!

Have a safe and healthy fall! Happy Holidays!

