

**Traditional Acupuncture, Chinese Herbology, Yoga, and Wellness for Women  
Helping Women Live A Life of Joy and Ease!**



### The Daffodils

by William Wordsworth

I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.

Continuous as the stars that shine  
And twinkle on the Milky Way,  
They stretched in never-ending line  
Along the margin of a bay:  
Ten thousand saw I at a glance,  
Tossing their heads in sprightly dance.

The waves beside them danced, but  
they  
Out-did the sparkling waves in glee:  
A Poet could not but be gay,  
In such a jocund company:  
I gazed—and gazed—but little thought  
What wealth the show to me had  
brought:

For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.

### Spring & The Wood Element in Chinese Medicine

*What are the correspondences associated with the spring in Chinese medicine?*

Spring is the surge of vitality, the irrepressible rising. It is birth and rapid growth. Crocuses and daffodils push through the still firm ground, drawn toward the heat and light of the sun. We are reminded that we can always start fresh; find a new way, re-establish hope. This is a time of rapid change, reminding us to be bold and decisive.

Color: Green

Sense: To See

Emotion: Anger

Officials: Liver and Gallbladder

The gifts of spring are: flexibility, adaptability, vision, decision-making, planning, decisiveness, forgiveness, creativity, new possibilities, purpose, strategizing, hope, and benevolence.

*The three months of spring are called springing up and unfolding. Heaven and earth together produce life and the 10,000 beings are invigorated.*

*At night, one goes to bed, at dawn, one gets up.*

*One paces in the courtyard with great strides, hair loose, body at ease, exerting the will for life. Letting live, not killing; giving, not taking away; rewarding, not punishing.*

~ Neijing Suwen Ch.2, The Way Of Heaven by Claude Larre SJ

### Practices For The Spring

Spring is the time for new beginnings. We can see it all around us as the fresh green comes back to nature, the tulips and daffodils burst from their bulbs, and the buds on the trees unfold their new leaves.

In humans we often hunger to be outside longing for the warm sunny days. Most are ready to shed our coats and our toe cramped shoes.

During the beginning days of spring why not try something new? What have you been longing to do all winter or all your life?

Are you ready to paint that picture or climb that mountain? What possibilities do you see for yourself? What is holding you back?

During the spring season you have the seasonal energy on your side to move forward with your vision. Be creative. Research what it will take to achieve your goal. Plan how you can make your dreams come true.

Make a list of all the things that you want to accomplish or do in your life time. Then start with one of those dreams and make it come true.



## Yoga For the Season

Art work from the Iyengar Institute of San Francisco

Chair Pose  
Utkatasana  
(OOT-kah-TAHS-anna)  
utkata = powerful, fierce



Begin in Mountain Pose, conscious standing, focus on the grounding through your feet. Allow yourself to be guided inward to your breath and let the breath deepen.

Stretch the arms straight over the head so that the upper arms are in line with the ears and the palms face each other.

Exhale, bend your knees and lower down until the thighs are parallel to the floor.

Keep the trunk up right, lift the chest and stretch up through the arms. Breathe normally.

The more you stretch the arms up the more you can bend the knees and let the hips sink down.

Feel the powerful muscular energy of the quads and shoulders. Thee opposite action of the arms lifting up and the hips sinking down will elongate the spine and tone the muscle of the spine.

This pose helps with stiffness in the shoulders, strengthens the ankles and legs. The diaphragm becomes lifted and gives the heart a gentle massage. The back is toned, the abdominal organs tone, and the chest expands.

With the strong muscular energy, uprightness and powerful feeling that this pose creates, it is a perfect example of the energies of the Spring.

## Chinese Herbal Medicine In Your Spice Cabinet

Most of us have our own healing remedies right in our kitchen spice rack. By spicing up your food you are healing your body and preventing disease. Below are some common spice and how they can aid in healing or prevent disease while make your food taste yummy!

Turmeric, or Yu Jin, promotes the movement of Qi and Blood to treat pain. Western research is showing it to be affective in reducing inflammation that causes pain. Add ½ to 1 tsp to your soups.

Cinnamon or Gui Zhi, warms and frees the channels to help with joint, limb pain and painful periods. Western studies show that cinnamon helps the cells respond to insulin thus regulating blood sugar levels. Take a stick of cinnamon in hot water to make a warming tea, or mix it with peanut butter and put it on apple slices.

Dried Ginger or Gan Jiang, found in Chinese medical texts dating back to the 4<sup>th</sup> century BC it was recognize for its anti-nausea properties. Now modern research has proved that it works. Researchers found that ginger shuts down a nerve receptor that triggers the vomiting reflex. Add ½ a teaspoon to sesame oils for frying fish to create an Asian inspired flavor.

Nutmeg or Rou Dou Kou, uses its warming and astringing properties to treat diarrhea and pain from distention in the epigastrium and abdomen. Western herbalists note the warming properties help to bring the blood from the center of the body to the skin dispersing blood more evenly thus reducing blood pressure.

Steam 1 head of broccoli and one potato, puree with ½ cup of butter and ¼ tsp of ground nutmeg.



## Tao Te Ching

Translated by Stephen Mitchell

In the pursuit of knowledge,  
every day something is added.  
In the practice of the Tao,  
Every day something is  
dropped.

Less and less do you need to  
force things,  
until finally you arrive at non-  
action.

When nothing is done,  
nothing is left undone.

True mastery can be gained  
by letting things go their own  
way.

It can't be gain by interfering.

Jennifer Stukeby M.Ac., L.Ac., Dipl.Ac  
[WWW.JenAcupuncture.COM](http://WWW.JenAcupuncture.COM)  
443-562-1820

Contact me to find out more  
about Acupuncture, Yoga and Chinese Herbs.  
Call to schedule your appointment today.

Columbia, Md 21044  
Referrals are the greatest  
compliment.

## Save money with these websites

With the economic down turn saving money is more a necessity now then ever. Check out these web sites to see how you can keep some cash in your pocket.

PriceProtectr.com

If that dress you just bough drops in price this web site will send you an e-mail letting you know the price has fallen. Go back to the store with your receipt to claim your cash

GasBuddy.com or GasPriceWatch.com  
Find the cheapest gas stations in your area by putting in your destination.

RetailMeNot.com

Coupon codes galore. Enter in the online merchant and the codes pop up.

PriceSpider.com or WishRadar.com

Enter in items that you are looking to purchase at the highest price that you will pay. The site will then search the web and e-mail you when they have found the merchant that has your items at your price.

BookingBuddy.com

Search many travel sights for the cheapest airfares, hotels, car rental, and vacation packages.

It is possible that the next Buddha will not take the form of an individual. The next Buddha may take the form of a community- a community practicing understanding and loving kindness, a community practicing mindful living. This may be the most important thing we can do for the survival of the earth.”

-Thich Nhat Hanh

## From Tragedy to Possibility Part II

In the Winter newsletter I share with you about the tragedy of my Columbia office fire and the vision of opening my own wellness center.

For the last three months I have been running my practice out of my home where I was blessed to already have a treatment room.

All of my patients, and you may be one, have been so responsive to the shift. I have received many compliments and so far my home has been a great plan to land. During these last three months I have been actively working to find the perfect space for our wellness center, Awaken Wellness.

The process reminds me of a time while cooking I burned my hand. The initial burn was painful but in the rush of cooking I ran my hand under cool water and carried on. As the day went on I noticed how the burn began to transform. The skin rose up and the area around the burn got red. I applied some burn creams and salves on it. As the burn began to heal I notice a painfulness of the skin as it was repairing it self, it became tight, and sometimes itchy. It was more painful now during the healing process then during the actual burn.

I continued to tend to the wound using different salves and creams and was cautious not to damage the delicate area where the healing was taking place. In the end it healed up leaving a minor scar and the pain was gone.

The initial fire was the wound, getting my

practice up an running out of my house was the rush to keep things cooking, and the tending and care of the wound has been the sometimes painful process of working on getting Awaken Wellness up and running.

During this process I have found my self in many painful frustrating dead ends. I have had times were I have wanted to give up. But the vision, the possibility, the hope for a wellness center providing exceptional care to a community in a time of need has kept me going.

Here I share with you our missions for Awaken Wellness:

**Helping people awaken to the fullest possibilities of life.**

Awaken Wellness will assist people in awakening to their bodies capacity to heal through the use of acupuncture, Chinese herbal medicine, therapeutic bodywork, and yoga.

To help people realize their fullest potential with compassion and respect for all who interact with Awaken Wellness.

Awaken Wellness will provided an environment for practitioners of the healing arts to move into their dreams of an ideal practice, working with their ideal client population, in a supportive community of others practicing the art of healing.

There may be a minor scar of the office fire but the pain is gone and the vision is in full force and the fruition is coming.

Happy Spring. Until next season, Be Well.

Jennifer Stukey

**Jennifer Stukey M.Ac., L.Ac.,Dipl.Ac**

[WWW.JenAcupuncture.COM](http://WWW.JenAcupuncture.COM)

**443-562-1820**

Contact me to find out more  
about Acupuncture, Yoga and Chinese Herbs.  
Call to schedule your appointment today.

Columbia, Md 21044  
**Referrals are the greatest  
compliment.**