

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



**Cold Poem**

~Mary Oliver~

Cold now.  
Close to the edge. Almost  
unbearable. Clouds  
bunch up and boil down  
from the north of the white bear.  
This tree-splitting morning  
I dream of his fat tracks,  
the lifesaving suet.

I think of summer with its  
luminous fruit,  
blossoms rounding to berries,  
leaves,  
handfuls of grain.

Maybe what cold is, is the time  
we measure the love we have  
always had, secretly,  
for our own bones, the hard knife-  
edged love  
for the warm river of the I, beyond  
all else; maybe

that is what it means the beauty  
of the blue shark cruising toward  
the tumbling seals.

In the season of snow,  
in the immeasurable cold,  
we grow cruel but honest; we  
keep  
ourselves alive,  
if we can, taking one after another  
the necessary bodies of others,  
the many  
crushed red flowers.

**Winter in Chinese medicine**

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

This is the time of rest,  
regeneration, and stillness. Winter is  
akin to the bulb in the ground,  
gathering resources, vibrating with  
potential, nurturing the seed of  
possibility that will bloom in the  
spring. The December Solstice, an  
ancient winter celebration,  
symbolizes the return of the light as  
the hours of the day begin to increase  
after December 21st. Perhaps this  
could be a year to scale back,  
simplify, regenerate with your  
friends and family, rather than  
deplete. Spring and summer may  
show up very differently when we  
use our resources wisely during the  
winter.

**Color:** blue

**Sense:** to listen

**Emotion:** fear/courage

**Officials:** Bladder and Kidneys

**The Gifts of Winter:** wisdom,  
stillness, flow, patience, potential,  
listening, mystery, reflection,  
unknowing, power, courage, will,  
cleverness, skill, reassurance,  
tenacity.

The Ancient Chinese texts states:

*The three months of winter are called  
the period of closing and storing.*

*Water freezes and the Earth cracks  
open. People should retire early and  
rise late and they should wait for the  
rising of the sun. They should  
suppress and conceal their wishes,  
as though they had no internal  
purpose, as though they had been  
fulfilled. People should try to escape  
the cold, and they should seek  
warmth, they should not perspire  
upon the skin, they should let  
themselves be deprived of breath of  
the cold. ~ Neijing Suwen Ch.2, The  
Yellow Emperor's Classic of Internal  
Medicine*

**Practice for the Winter**

Create an intention poster this  
year. This can be an enjoyable  
experience for the whole family  
and for children of all ages. Get  
out all those old magazines and  
catalogs. Buy some poster board,  
glue and any decorative items to  
make a poster collage.

Now think of your dreams for  
2008. Look through the  
magazines and catalogs and cut  
out pictures and phrase that  
represent your dreams, goals and  
intentions for this New Year.  
Create a collage from your cut  
outs.

Allow yourself to be creative, to  
have imagination, and let yourself  
dream. Tap in to the child inside  
that once may have said "I am  
going to be the president when I  
grow up". Don't hold yourself  
back.

Use the power of visualization.  
Hang the poster somewhere you  
can look at it each day. Each day  
take a few moments to visualize,  
in your minds eye, your dreams  
happening. See yourself as if these  
achievements have already  
happened.

Let go of the word impossible and  
embrace the word possibilities.  
Open to the bigger word **CAN**  
instead of can't. Let your dreams  
come true, dream big. May  
happiness, prosperity, and love fill  
your new year.

**One of the most valuable  
things we can do to heal one  
another is listen to each  
other's stories.**

**- Rebecca Falls**

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**443-562-1820**

Contact me to find out more  
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10716 Little Patuxent Parkway  
Suite 210  
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**Great food for the season**  
**Recipes for Self-Healing**

~Daverick Leggett~

**Garlic Soup**

- 2-3 bulbs of garlic
- 1 onion
- 1 TBSP Olive oil
- ½ tsp sesame oil
- 4 C. water
- 1 potato
- 3 bay leaves
- ½ tsp thyme
- ¼ tsp oregano
- 6TBSP tamari
- Pinch cayenne pepper

Chop garlic and onion and sauté on low in olive oil for 20 minutes.

Add water, thyme, oregano, bay leaves and potato. Bring to a boil; simmer until the potato is cooked. Add tamari and cayenne pepper to taste. Serve with croutons or French bread.

**Energetics of the soup:**

This soup is great for the beginning stages of a cold characterized by chills and dampness/phlegm. Garlic is a warm and pungent medicinal. This soup is also good for any type of phlegm in the lungs. Garlic will promote the movement of Qi and blood therefore it is good for all conditions of stagnation and cold. The garlic soup is very warming and is contraindicated if you have signs of heat.

**Yoga For the Season**

**Viparita Karani**

*Art work from the Iyengar Institute of San Francisco*

Viparita Karani, also known as water fall pose, is a gentle inversion and restorative yoga pose. The shape of the pose creates a waterfall, as gravity helps to cascade the fluid down from the legs it pools in the lagoon created by the shape of the belly. The fluid then spills over into the chest aiding the vascular system in returning the blood to the heart.



This asana (pose) reduces stress, quiets the mind, and refreshes the heart and lungs. If you retain water or have swelling in the legs, varicose veins, or stand for long periods of time, this is the asana for you! Also, if you have mild hypertension and it is controlled with medication, this pose can help to lower blood pressure.

Place a folded blanket or bolster against the wall. Sit sideways on the edge of the blanket or bolster with one hip touching the wall. Keep your hands on the floor as you bend your knees and take your legs up the wall. If your buttocks are not touching the wall bring the soles of the feet to the wall, bend your elbows, press into the floor lift your bottom up and scoot your buttocks to the wall. Once there turn your shoulders under so that the palms face up and the arms are out along the side of the body. Allow your awareness to be drawn inward to

your breath. Let the outside world drift away. Remain in the pose for 5-15 minutes. To come out bend the knee and roll to the right side, use the strength of your arms to help yourself back up. Come into a seated position and take a moment to notice how you feel.

Enjoy! Namaste!

**Cautions:** This poses is not recommended for individuals with hiatal hernias, eye pressure, retinal problems, heart problems, neck problems, women who are menstruating, if it creates lower back pain, pressure in the head, after the third month of pregnancy or if at risk for miscarriage.

<p><b>Valentines Partner Yoga!</b> <b>Event:</b> Yum Yoga Valentines <b>When:</b> 2/152009 2-4:30 pm <b>Where:</b> 8325 Fall Chill Court Ellicott City <b>Details:</b> \$50 per couple taught by Jen Stukey and Barbara Allen - For committed couples. Truly yummy. <b>Contact:</b> Barbara Allen 410.480.2334 <a href="mailto:Barbara@ForwardFlowingConsultancy.com">Barbara@ForwardFlowingConsultancy.com</a></p>
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**Stay Well This Winter**

Washing your hands is one of the best ways to stay healthy. When out at a restaurant wash after you order your food. Think of how many folks have touched the menu!

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Elderberry extract had been extensively studied for its effects on colds and flu. It is the most potent antioxidant available. It had been shown to reduce flu symptoms in 24 hours.

Gargle with green tea extract may reduce the chance of you getting the flu. A study in Japan showed only one nursing home resident who gargled with green tea got the flu as compared to 5 who contracted the flu that didn't gargle.

Take 5 minutes a day to meditate. Set a timer and focus on your breath. Meditation has been shown to improve the immune system and it's free!

### What are you waiting for?

Are you interested in improving your quality of life? Do you have an ailment that you would like relief from? Have you thought about using herbs, acupuncture, or yoga as a natural way of healing or staying well? Contact me to learn how Chinese Herbs, Acupuncture, and Yoga can help you.

## Tao Te Ching

By Stephen Mitchell  
Chapter 14

Look, and it can't be seen.

Listen, and it can't be heard.  
Reach, and it can't be grasped

Above, it isn't bright.  
Below, it isn't dark.  
Seamless, unnamable,  
it returns to the realm of nothing.  
Form that includes all forms,  
images without an image,  
subtle, beyond conception.

Approach it and there is no beginning;  
follow it and there is no end.  
You can't know it, but you can be it, at ease in your own life.  
Just realize where you came from:  
this is the essence of wisdom.

In the depths of winter I finally learned there was in me an invincible summer.  
*Albert Camus*

their patients were well. If the patient was sick the acupuncturist didn't get paid because they weren't doing their job!

- ♥ The first acupuncture devices were made of stone. They were used to press on the point not pierce the skin.
- ♥ The oldest acupuncture needles date back to 600 A.D. These needles were made of bronze, copper, tin, gold, and silver.
- ♥ Today's acupuncture needles are prepackaged, sterilized, and disposable. They are extremely fine in diameter, about the thickness of two human hairs.
- ♥ Studies show that acupuncture points have significantly more electrical conductivity than other areas of the skin that are not acupuncture points.
- ♥ The U.S. FDA classified acupuncture needles as medical instruments and assured their safety and effectiveness.



### Fun Facts About Acupuncture

♥ Did you know that acupuncture was originally used as a preventative medicine to keep people well. Acupuncturists were only paid if

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