

# Notes From Aculand

karen-johnson-acupuncture.net ♦ karenjohnson.nutrametrix.com ♦ karenj@connext.net ♦ (410) 381-3495

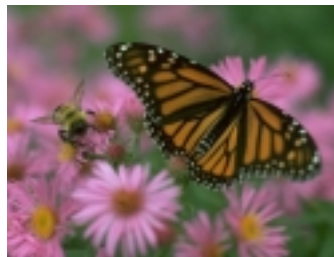
## To your physical, mental and spiritual health!

Karen Johnson L.Ac., R.N.

**WELCOME** to the March edition of Notes From Aculand, coming to you while that thing called Spring is happening outside, inside and all around us. It's that whole orchestra of little buds bursting, returning birds singing, silent sap rising (Aren't we waxing poetic!), lengthening days, warmer nights and eager gardeners tapping their shovels and ordering seed packets. It's one of the most dynamic examples of the movement of "qi" or life force, that we have the pleasure of witnessing every year. Understanding this concept of the movement of qi is fundamental to understanding how acupuncture works. "Qi" (pronounced like "chee") is that pervasive stuff that separates the living from the non-living. It might be called the "life force." It's what we have that a chair doesn't have. It's why we grow and change and a chair or any other inanimate object doesn't. It's the same stuff that makes spring happen .

So starting with the premise that qi exists, and is present in

all that lives, the next thing to notice is that it moves and it moves in predictable ways. I'm going to go back and forth a bit between nature and ourselves, just for the sake of example and because the movement of spring is not only dynamic and fun, but it duplicates some interesting things that often bring people into treatment. Stay with me on this one. Spring is all about movement. It's movement that



seems to arise from nowhere out of the cold quiet time of winter. It's generally a movement UP (think grass sprouting, sap rising) and with the right combination of rain and sun it leads to strong, straight flexible plants which harbor all the animal life of late spring and summer. It usually comes in with wind. You can't stop it. It will grow up and around any obstacle, and if you really want



to stretch your mind, think of it in terms of a grand design...there's lots of "vision" in the movement of spring. Each one of those little sprouts has a big plan.....it's on its way to becoming a tree.

Inside each of us, our personal qi also moves and changes every minute of every day. It's what causes us wake up, go to sleep, move, breathe, digest, change from a walk to a run, think, feel and dream. Like spring, it moves in predictable ways. That's why an acupuncturist, who is trained to observe the movement of qi, (not unlike a weatherman who can describe the forces of nature that converge to give you a sunny day, or a cardiologist, who can describe the effects of a healthy heart) can describe qi moving correctly (health) or incorrectly (difficulty, pain or illness), create a diagnosis and design a treatment.





**SUPREME RUSHING:** *a point located on the foot between the first and second toes.*

Here's an example of how acupuncture works and why treatment can accomplish so many seemingly unrelated things at one time. Take this phenomenon of

"movement" (sort of like spring.) In our bodies, lots of things depend upon smooth orchestrated movement. The digestive system is deeply dependent on movement as is the gathering and releasing of blood in the menstrual cycle. We have lots of fluids in our bodies (Our science teachers remind us that we are three quarters water!), and something keeps them moving so that they don't

pool like a pond. Our emotions, when we are peaceful, move freely and gently. They don't rise and fall too quickly or get stuck in something like anger, resentment or sadness. If something happens to this phenomenon of movement, the effect could be noticed in many of these places at once....again, sort of like spring. A woman might find herself, for example, a few days before her period is

about to begin, suffering from irritability, digestive upset, bloating, headache and cramps. A treatment designed to correct an imbalance in overall movement of qi, could well address all these areas at once. Her cycles could become very smooth. Interestingly, another name for the point selected for this article (Supreme Rushing,) and often used for this kind of treatment, is **HAPPY CALM.**

## FENG SHUI

Bedrooms play an important role in our happiness. Consider that we adults spend about one third of our lives in there, and kids and teenagers typically spend lots of time either playing or sleeping in their rooms. According to Feng Shui principles (I am borrowing freely from the big book in my office, Feng Shui... Mind, Body, Spirit and Home, by Gill Hale and Mark Evans) a bedroom should be suitable for relaxing and regenerating as

well as encouraging intimacy and romance. It is recommended that images or figures be represented in pairs so as to encourage a feeling of togetherness, as opposed to lone or solitary figures that might suggest loneliness or isolation. Mirrors should not face the bed. We typically don't look our best upon waking. Why greet the new day with our tousled image? Better to look first on something pleasant or inspiring. A bedroom also shouldn't

become a storage place or an office. It should be reserved for rest and romance. Garments strewn over chairs for days on end constitute clutter and may contribute to worry as psychologically we know we will have to take care of them eventually.



## STORE HOUSE ....a point on the upper chest just under the collar bone...



What can you get in Aculand? Just so you know, you can get acupuncture treatments, massage, nutritional supplements, referrals as needed for bodywork, chiropractic care, weight loss, physical training, counseling and

even home improvements. Classes are available in basic reflexology, energy work and partner massage. Gift certificates are available for single or multiple acupuncture treatments or massage sessions.

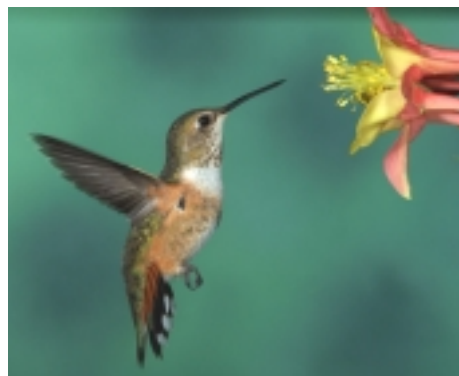


## WELCOME FRAGRANCE ...A point located just to the side of the nose....

This column will continue to introduce my new line of “Nutraceuticals,” some wonderful nutritional supplements. By way of background, when I first started my practice, I realized that some people would benefit from having something they could do for themselves between treatments. I wanted to be able to offer something safe, effective, easy and broad acting. Then, lo and behold, to my delight (This is a true story!), one day as I was walking in a hall during a business meeting, a woman approached me and asked me something akin to....was I in the market for a broad acting nutritional supplement....it’s been awhile now, and I’m sure those weren’t her exact words, but it was the right idea! We met. I tried the products, was happy with them and have used them personally for years now. I kept a few available in the

clinic. Now the company has come out with a larger line and I am happy to share the good news.

One of the things I like about a group of products is their delivery system. A big question in the supplement world is how much of the product an individual actually gets, considering aspects of digestion and the actual digestibility of pills and tablets. It may take as long as 40 minutes to 4 hours to digest a vitamin tablet. Many of my Nutrametrix products are delivered in a fashion called Isotonic capable, or Isotonix. The image I use to describe this is from my memory of chemistry lab when we placed liquids on either side of a permeable membrane, one side clear and one side colored and watched them equalize. That’s what an isotonic product does in your digestive system. When blended with water, Isotonix



products are delivered into the small intestine quickly and nutritionally concentrated, maximizing the opportunity for absorption. Isotonix products do not linger in the stomach, but pass through the digestive process, avoiding gastrointestinal discomfort, assuring that you get the amount of nutrients shown in the dose and maximizing dollars spent on nutritional supplementation by minimizing loss.

Some of the products available in Isotonix form include OPC-3, a fabulous

antioxidant that I will tell you all about next month, calcium, a vision support formula, multivitamins, children’s multivitamins (Might-A-Mins), vitamin C, digestive enzymes with probiotics and coenzymeQ10. Please visit my web portal at [www.karenjohnson.nutrametrix.com](http://www.karenjohnson.nutrametrix.com) to read up on these products and while you are there, feel free to take advantage of the Natural Medicines Database to research any questions you have about the usefulness of supplements and possible interactions with medicines.

## RECEIVING FULLNESS



Laughter is the shortest distance between two people.

While walking along the sidewalk in front of his church, our minister heard the intoning of a prayer that nearly made his collar wilt. Apparently, his 5 year old son and his playmates had found a dead robin. Feeling that proper burial should be performed, they had secured a small box and cotton batting, then dug a hole and made ready for the disposal of the deceased. The

minister’s son was chosen to say the appropriate prayers and with sonorous dignity intoned his version of what he thought his Father always said: “Glory be unto the Faaaaaaaaather, and unto the Sonnnnn...and into the hole he gooooooooes.”