



M. Ellen Teeter, AP, DOM
Acupuncture and Oriental Medicine



Oriental Medicine Options News

Healing • Prevention • Radiant Health

Build Your Body's Defensive Energy by Cultivating Your Wei Qi

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Dear Reader,

There's a touch of Fall in the air! In spite of the muggy and hot days there have been some evenings where the air has had a touch of coolness. The shortening days will soon lead to cooler and drier weather.

If you suffer from Fall allergies or frequent colds now is the time to start boosting your "Wei Qi". Wei Qi is your body's defensive energy. Allergies and catching frequent colds can be signs of a weakness in this area. Acupuncture and Chinese medicinal herbs are 2 ways to boost your body's defenses. Thanks and remember I'm here to help!

Ellen

Call 941-727-1500 today for a free initial consultation to see how we can improve your Wei Qi.

5 Tips to Avoid Colds and Flu

- 1. Wash your hands frequently and well.** You know this one! It's taught to school kids. Try singing the "Happy Birthday" song to yourself as you wash, that's about the right amount of time for scrubbing. For more in depth information check out this [Web MD](#) article.
- 2. Take action to handle stress.** We can't avoid stressful events in our lives but we can take steps to help counter some of the negative effects. There is strong evidence that stress can lead to an increase in catching colds (as well as many other illnesses).

Eat a healthy diet - include more whole foods and less processed foods

Engage in a regular exercise program. Tai chi and qigong exercises are particularly good for building up the body's defensive energy called the "Wei Qi"

Find time to engage in spiritual refreshment - relaxation meditation, journaling, and religious or support groups can all help to keep us grounded and calmer.

- 3. Get enough sleep** - To properly repair your body and restore your mind you need 7-9 hours of sleep per night. If you aren't getting it your health suffers. There are studies correlating lack of sleep to everything from low immunity, lack of mental ability to weight gain. For more information check here [How Much Sleep is Enough?](#)
- 4. Try some acupuncture.** Acupuncture and Oriental Medicine seek to balance the body and restore its function. Certain acupoints stimulate the production of "Wei Qi", the body's defensive energy.

Have you ever wondered why when colds or flu's are going around there are some people who never seem to catch them? It is because their "Wei Qi" (defensive energy) is strong and can ward off the invasion of pathogens. Certain points used in acupuncture such as [Susanli](#) boost the Wei Qi and have been found in western scientific studies to increase white blood cell production (the body's infection fighters).

- 5. Take Chinese medicinal herbs.** An ancient Chinese physician Zhu Dan Xi (1281-1358) developed a famous herbal formula called "Jade Windscreen". Jade is a precious substance and the formula acts to help "screen" the body from illness, thus this is a precious herbal formula for building up your "Wei Qi". Among other herbs it contains [Astragalus](#), a well researched herb for boosting the body's immunity. Chinese medicinal herbs are prescribed in multi herb formulas according to the chief problem of the patient as well as their constitution. There are no side effects if the right blend of herbs is prescribed for the individual's specific body condition.

Look below for a coupon worth 20% off an herbal consultation. Call 941-727-1500 and make an appointment to see if Jade Windscreen is the right formula for you.

Zen Monk Experience

At the end of an acupuncture treatment I feel like a Zen monk; as if I have been on a meditation retreat. I feel clear, relaxed, and happy.

Jayne C., Bradenton, FL



Affordable Acupuncture

Remember for those of you affected by the economic downturn I offer Affordable Acupuncture hours on Monday and Wednesday evenings from 4pm-6pm. Call 941-727-1500 for more information.

Located at Alternative Therapy
6080 26th Street West, Bradenton, Florida 34207
941-727-1500



Save 20% on Initial Herbal Consultation

Chinese Medicinal herbs can help restore function and balance to the body. A course of treatment lasts 4-6 weeks and usually 1-2 courses are needed to harmonize the body and shift the underlying causes of a problem.

There are no side effects with Chinese medicinal herbs because the body's constitution is taken into account and all the systems balanced.

Chronic health problems, menstrual problems, digestive issues and more can be helped with Chinese medicinal herbs.

Offer Expires: September 30, 20

