



Fall Newsletter

Dear Friends and Patients

Happy November and Happy Thanksgiving! This is the month of thankfulness. I thank the Universal Power that is for all of the good in my life: my abundant health, my prosperity, my family and my wonderful family of patients like all of you. Karen and I both feel truly blessed.

This is also the continued season of the Harvest. A cornucopia of root vegetables such as carrots, pumpkin, butternut squash and zucchini make wonderful creamy soups when you add onions, garlic and/or curry. These root vegetables will warm your kidneys and strengthen the kidney's root. The kidneys are the life gates or ovens of your body. It is important to warm and strengthen the kidneys to prepare them for the coming winter months. From the oriental viewpoint, your spleen is dependent on half of its heat from your kidneys, and your spleen is your immune fighter. Please remember to stay away from iced coffee, cold food and drinks as they can make your bones cold in the winter. I once had a 17-year-old patient complaining to me that all her bones ached and felt cold. This was in the month of February. I asked her if she was drinking cold drinks and she said she was addicted to Dunkin Donuts iced coffee. I asked this patient to stop doing this immediately as it would affect her menses, causing infrequent periods or even endometriosis by coagulating her blood. I proceeded to warm her kidneys, spleen and liver with moxabustion, and suggested some blood building warm foods and spices to get her back on track.

Remember to give yourself a monthly or bi-monthly treatment to keep yourself on the road to continued good health. Please don't wait until illness strikes to come in and get treated. Acupuncture improves digestion, elimination and circulation. It has been scientifically proven to release endorphins and serotonin from the brain every time a treatment is given. It also reduces scar tissue and rebuilds nerves. From the Western medical viewpoint, nerves are the last structure in the body to heal. Acupuncture has healed nerves time and again.

As with our last letter, I am happy to share this information with you. We hope this finds you and yours happy and healthy. May God bless you this Thanksgiving and always.

Sincerely,

Mariane and Karen