

Transition Seamlessly Into Autumn with Acupuncture & Chinese Medicine

By Toni Eatros, MS, Dipl Ac, AP

Summer is winding down and we will soon be transitioning into fall. As the days begin to become shorter and the air cooler, our bodies, too, will begin to change and prepare for fall and then winter.

According to traditional Chinese medicine (TCM) theory, the energy, Qi, of the body should change with the seasons. If a person's energy is blocked, that person will likely develop physical or emotional symptoms when the season changes. Acupuncture can help to smooth this transition so the body remains in balance and easily transitions with the seasons.

Autumn marks the beginning of the yin cycle. Yin is the earth, cooling, winter, versus the opposite seasons of Spring and Summer are the yang cycle. During the yin cycle, the energy of plants begins moving down into the roots. This signals the plant to begin gathering energy for the colder months that will come.

The energy, or Qi, of the body will also begin to shift from the Spleen and Stomach meridians and organs to the Lung and Large Intestine during this time. The Lung and Large Intestine are the organs associated with fall. Autumn is an especially important time to let go of the negative energy in your life. Negativity not only affects your psychological health, it also affects your physical health.

Unresolved grief issues damage the Lung and Large Intestine energies, which can lead to physical symptoms associated with these organs. These symptoms include, but are not limited to: asthma, bronchitis, cough, dry skin, fatigue, frequent colds and flus, allergies, sinus infections, stiff neck and shoulders, sadness, apathy, grief and an inability to let go.

Taking the time to spend time in nature, breathing the clean, cool air can help strengthen the lung energy and boost the immune system as the cold and flu season comes into full swing.



Many people ask what is the minimum amount of acupuncture a person should receive. Getting an acupuncture treatment at the time of the season change is a great way to prevent imbalance and illness in the body, and maintain wellness. Seeking treatment during the change of seasons is also a good idea if you have had issues in the past, such as chronic illness or seasonal allergies. Preventing illness is always easier and less expensive than treatment of an existing illness.

Some people find it difficult to let go of the summer season and transition into the shorter, cooler days of fall. People with depression tendencies might find they suffer more with these tendencies in the autumn, more than any other season. Acupuncture can ease both the mental and physical transition of the seasons and ensure the

energy flows smoothly. Schedule a treatment today, www.AcupunctureSolutionsOnline.com, to stay in good health and prepare for the new season ahead.

*Yours In Health & Wellness,
Toni L. Eatros, AP*

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