

# Points of Interest

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## Food for Thought: Winter Squash

When one thinks of fall foods, one of the first foods to come to mind is the squash. So many varieties exist and in so many shapes and colors!



Winter Squash is an ideal food to eat during the fall because they're warming in nature; perfect for these cooler days! Isn't Mother Nature incredible for providing the perfect foods at the perfect time?

The squash is great for helping strengthen our Spleen while keeping our energy moving smoothly. These properties make the squash a great food to keep our digestion strong while helping to ease stress levels and pain!

Is it any wonder that squashes can be such a comfort food during the changing season?

For all you pet owners out there, the seeds of squashes (it doesn't matter what variety) are great for helping to control intestinal parasites!

## Feature Point: Liver 3



Liver 3 is called "Tai Chong" (pronounced *Tie Chong*) which translates to "Great Rushing" in English. Imagine the body as a series of freeways with all of it's traffic traveling along smoothly. This is how our energy flows through our bodies when we're balanced and healthy.

Now imagine that there has been an accident and traffic is backed up for miles. People are getting frustrated and cranky for not being able to get where they're going. This is how our bodies respond when we are in pain or are stressed; our energy is unable to flow smoothly and our stress is exacerbated or our muscles and bones get "cranky" resulting in pain.

Liver 3 is called the "Great Rushing" because it works like ODOT, clearing up the accident and allowing traffic to flow smoothly once more. Like a dam being opened, allowing the energy to rush by.

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## Did You Know?

You probably knew that Acupuncture and Chinese herbs are helpful in treating body pain, but did you know that they are also great for treating allergies? Fall is often a miserable time for people suffering from environmental allergies.

We can provide symptomatic relief of those itchy eyes, watery noses and stuffy sinuses. Over time, we can also help prevent future allergy attacks! It may take some time, especially if you've had allergies since childhood, but allergies can usually be eased or eradicated all together!

If you suffer from allergies, schedule an appointment with us today, because late fall and winter are great times to work on balancing and building your energy.

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