

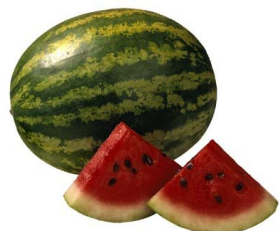
# Points of Interest

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## Having trouble staying cool this summer?



Try eating watermelon. Yep, the summer staple is perfect for helping to slake that thirst and cool you off. According to Chinese medicine, all foods have medicinal properties.

Watermelon, particularly the white part between the rind and the red fruit, has the ability to clear what is called, “Summer heat.” Summer heat is caused by excessively high temperatures, overexposure to the blazing sun or staying too long in poorly ventilated areas. Common symptoms of Summer heat are fever, restlessness, extreme thirst and sweating. Some people may have additional symptoms such as dizziness, nausea or diarrhea.

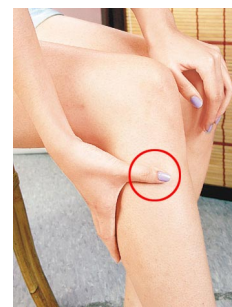
So when the summer gets to be too hot, find some shade, and remember that food is your best medicine.

## Feature point: Stomach 36

Stomach 36 is called Zu San Li (pronounced Zoo Sahn Lee) in Chinese, which translates to “Leg three more miles.”

The name is very appropriate when you learn that this point is great for creating more energy. Perhaps even enough to run three more miles? According to the 5 Element style of acupuncture, Stomach 36 is the earth point on an earth channel, which makes it a very grounding point. When your life is hectic, Stomach 36 will give you a firm ground to stand on. Western studies have shown that Stomach 36 is great at increasing the activity of the immune system.

The next time your acupuncturist needles this point, feel free to smile, knowing that you’ll be feeling more energetic and grounded after your treatment!



## Vital Vitamins!

Omega 3 fatty acids are a great addition to most people’s diets. You can find them in many forms. Omega 3 fatty acid-containing Flax seeds can be a nutty addition to your morning bowl of cereal or that salad at lunch time. Omega 3 fatty acids are also found in high quantity in the gray layer between a fish’s skin and it’s flesh.

Omega 3 fatty acids are great for decreasing inflammation and are often helpful in easing symptoms associated with allergies, asthma and arthritis.

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