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Healthy Balance

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How to know if you suffer from insomnia:

- Is it difficult to fall asleep at night?
- Do you toss and turn while sleeping?
- Do you wake early in the morning and can't fall back to sleep?

These are all common symptoms of insomnia. Keep reading to discover helpful tips for achieving better sleep.

Daylight Savings is right around the corner.

Remember to **SPRING**

FORWARD on April 7!



Insomnia

Insomnia is defined as the inability to fall asleep easily, difficulty staying asleep, restless sleep, dream-disturbed sleep and waking too early. There are 6 basic causes for these symptoms:

1. Overexertion and Worry – worry, anxiety and compulsive thinking consume the body's qi and blood, which should be supporting and anchoring the spirit. When there is deficiency, the spirit and the yang fire float upward during the night when one should be cool and calm. The yang fire agitates the spirit and results in insomnia.
2. Overwork – mental overwork, working long hours, working under high stress and inadequate rest deplete the yin (fluid and cooling aspect) of the body. This allows the yang to float up and disturb the mind as above.
3. Anger – this includes frustration, resentment, and irritation. This cause is common in young and middle-aged individuals. Unresolved anger creates stagnant qi, which builds up and creates heat that again agitates the mind.
4. Irregular Diet – over-eating, too many ingredients or spicy foods per meal, and irregular eating patterns create phlegm and heat in the stomach, which rises and affects the mind. Over time, an irregular diet will create a deficiency in the digestive system and therefore, a deficiency of qi and blood, which can also cause insomnia.
5. Childbirth – the excessive loss of blood during childbirth can create a deficiency if new moms are not careful to replenish their bodies. Without the blood, the mind is not grounded and insomnia ensues.
6. Residual Heat – lingering heat from a fever can also cause insomnia.

Now the big question...what can you do?

Continued on back...

Food of the Month...MUSHROOMS

Shiitake, portabella, crimini, even button...all mushrooms boost the body's immunity as they are a source of germanium which improves cellular oxygenation. Mushrooms decrease the level of fat and cholesterol in the blood. They have both anti-bacterial and anti-viral properties.

Mushrooms, particularly the Chinese Ganoderma (ling zhi), are being used in the treatment of cancer and tumors. Shiitakes are said to be a natural source of interferon, a protein which appears to evoke an immune response to viral diseases and to cancer.

Mushrooms are so easy to incorporate into your daily diet. Add them to your ROOM

TEMPERATURE (remember – no cold veggies) salad. Saute them and put them on a salad or a burger or make mushroom soup.

Try this tasty mushroom recipe:

Panfried Mushrooms with Cilantro, Cumin & Lemon: Ingredients:

- ▶ enough olive oil to cover bottom of frying pan
- ▶ 2 cloves roughly chopped garlic
- ▶ 1lb/2 oz mixed wild mushrooms (chanterelle, porcini..) sliced ...cont. on back

Insomnia continued...

If your insomnia is due to **worry and anxiety**, try starting a journal. Let your thoughts out before you go to bed so they don't affect your mind while sleeping. If **overwork** is your problem, SLOW DOWN! The world will not end if you say no to a few things and get the rest that your body needs. If **anger** seems to be your prime instigator, find ways of releasing that pent up energy. Exercise, take a kick boxing class, talk with a loving companion... Work through that anger and deal with root of the problem. In order to treat an **irregular diet and the blood loss from giving birth**, try to eat regular meals each day. Avoid eating foods that are too spicy, refined sugar, coffee, alcohol, late-night eating, and large meals.

Eat nourishing and calming foods such as whole grains, mushrooms, oyster shell, cucumber, celery, mulberries, dill, basil, and chamomile. These foods are very calming to the spirit. A calm and anchored spirit allows for restful sleep. And finally, if your insomnia is due to **residual heat from a fever**, well frankly, you're lucky. Your body will take care of it as long as you get plenty of rest and drink ample fluids.

The basic idea for treating insomnia is to calm and anchor the spirit. Acupuncture and herbs are very helpful and will pinpoint the root of the problem so that you can do your homework between treatments!

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**Acupuncture
Herbs
Nutrition**

Mushrooms continued...

- 1/2 teaspoon ground cumin
- 3 tbsp roughly chopped fresh cilantro
- salt and pepper
- juice of one lemon
- 4 rounds flatbread
- 4 tbsp yogurt seasoned with salt, pepper, crushed cumin seeds and crushed garlic

Have all ingredients sliced or chopped before you begin cooking. Heat the olive oil in a large frying pan over medium to high heat and add the garlic. As soon as the garlic starts to color, add the mushrooms and ground cumin. Stir for a minute or so, then add the cilantro, salt, pepper, and lemon juice. Leave over the heat for another few seconds, then remove. Serve with warm flatbread, a dollop of seasoned yogurt, and a salad on the side.

Enjoy!!

Recipe from [Mushrooms](#).

I'm on the Web!

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As always, we offer Chinese Medicine, skin care with Julie, massage with Aaron or Jen, and pilates with Aubrey. We are very excited to introduce Cynthia, our new Feng Shui Consultant who has recently joined us. Come visit for total life, mind, and body wellness!!

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