



Fall Newsletter  
2002

# Healthy Balance

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## Autumn is here!

Maintaining health in the cooler seasons...

### What's new?

- My new website is finally up and running...check it out on the web at [needlemaster.com](http://needlemaster.com)
- I have consolidated my practices and expanded my hours at my Union Street Practice. I will miss my Cole Valley location but am very excited to be full-time on Union!

### What's new in our office?

- We now have Reiki! Kerstin Marie and Adine will be offering hot stone massage, reiki, deep tissue massage, and energy work. We are VERY excited to have them as part of our team!

"Fall is the season of harvest, a time to pull inward and gather together on all levels, a time to store up fuel, food, and warm clothing, a time to study and plan for the approaching stillness of winter." – Healing with Whole Foods

As we welcome autumn, we need to focus on preparation for winter. It's a time to strengthen our immunities, create a healthy exercise and nutrition regime, and organize our lives.

In Chinese Medicine, autumn is associated with the metal element. Metal relates to the energy of the lungs and large intestines, the color white, the emotion of sadness and grief, and the sour flavor. At this time of year, it is necessary to strengthen and support the lungs in order to ward off illness in winter. To do this, all aspects of the lung must be addressed: the purpose of the lungs, resolving grief, and eating nourishing foods.

The lungs receive air through the nose and mix it with qi from food. Then, the lungs distribute this qi and nutrients throughout the body, especially the surface of the body – the skin and the mucous membranes – to protect the body from viruses and bacteria. The lungs are said to "open" to the nose, i.e. the sinuses,

bronchials, and nose are all protected by lung qi. The lungs are also related to the amount and quality of mucus in these areas. Nasal congestion, bronchitis, asthma, and frequent colds are signs of lung imbalance. In addition, imbalance in the lungs is reflected on the skin with conditions such as eczema, psoriasis, dry or oily skin. These imbalances are often caused by the following: insufficient activity leading to poor respiration and elimination, poor eating habits causing mucus that is retained in the lungs disallowing proper function, and toxins that build up in the lungs and colon which create tension, fatigue, and skin problems. Not to worry, there are ways to prevent and fix these issues!

**Proper Eating for Healthy Lungs:** During autumn, heartier flavors and foods should be used. Fragrant, warm foods that are baked or sautéed nourish the lungs as the smell enters the nose. Also, incorporating more sour foods allows the body to focus and aids the lungs in strengthening the immunities. Foods that are particularly appropriate in fall include sourdough bread, sauerkraut, olives, pickles, leeks, aduki beans, rose hip tea, vinegar, cheese, lemons, *continued on back page...*

## Food of the season...Squash!

There are many types of squash including winter varieties and summer varieties. We will focus on the former, such as butternut, spaghetti, and pumpkin.

Winter squash is sweet and warm. It is beneficial to the digestion as it nourishes the digestive system, supplements qi, and kills

worms in the digestive track. Squash also disperses inflammation and stops pain. And most importantly, squash tastes really good! It is the perfect food for fall and winter.as it provides energy, is easy to digest, and warming. Look on the back page for a yummy butternut squash soup recipe!



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## Maintaining Health in Autumn continued...

limes, grapefruit, sour apples, plums, and grapes. Eat these in moderation as they have a strong effect. It is also helpful to cook foods with less water, at a lower heat, and for longer periods of time to add focus and concentration. Supplements such as vitamin c, beta-carotene, and zinc are also helpful in protecting the lungs and immunity.

**Resolving Grief and Sadness:** As previously mentioned, grief is the emotion associated with the lungs and large intestines. Sadness that is expressed and resolved is nourishing to the body whereas repressed or longterm grief injures the lung's ability to disperse qi and nutrients. The lungs become congested with mucus and the body is unable to let go of toxins in the respiratory system and the intestines. One must recognize sadness and share these emotions so that they can be dissipated. Long, deep breathing can help open the lungs while eating pungent foods, such as peppers, chilies, garlic, ginger, cabbage, and horseradish, aids in clearing grief.

**Living an Active Lifestyle:** In order to prevent congestion in the lungs and intestines, it is necessary to keep things moving! We need to exercise to open the lungs to their full capacity as well as to maintain motility in the intestines. Exercise also allows us to let go of grief and sadness.

Now is the time to work on prevention! Don't wait until the weather gets really cold and foggy. Start eating warm, nurturing foods such as soups and stews. Incorporate some sour and pungent foods in your diet. Begin exercising and clearing out any toxins that are in your lungs. Starting this type of routine at this time of year will help keep you healthy all winter long!

And as always, acupuncture and herbs are also wonderful ways to prevent and treat any illnesses that may arise.

Have a wonderful, healthy Autumn and a fun and spooky Halloween!



## Squash...

### Butternut Squash Soup

Ingredients:

- ✓ 1 Large Butternut Squash (about 3 1/2 lbs) halved and seeded
- ✓ 3 T unsalted butter or canola oil
- ✓ 2 large leeks (white part only), cleaned thoroughly and chopped
- ✓ 4 t minced and peeled fresh ginger
- ✓ 6 C chicken (or vegetable) stock
- ✓ 1 1/2 t salt
- ✓ Cilantro

Preheat the oven to 400°F. Place squash cut side down on an oiled baking sheet and bake until squash is easily pierced with a fork, about

an hour. Let it cool and then scoop out the pulp and discard the skin. Melt the butter in a soup pot over medium-low heat. Add in the leeks and ginger and cook until tender but not browned – 5-10 minutes. Stir in the squash along with 4 C of the chicken or vegetable stock. Bring to a simmer and cook, stirring and breaking up the squash for 20 minutes. Puree in a blender until smooth and then return to the pot. Add the remaining 2 C of chicken or vegetable stock and the salt. Heat thoroughly. Garnish with chopped cilantro and croutons if you like.

Bon Appetit!!!

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