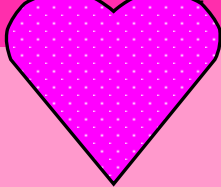


# Healthy Balance

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Using Traditional Chinese Medicine to Promote Healthy Living

February



Special Interest  
Articles:

♥ Spark Up Your  
Love Life

♥ Food of the  
Month...BEETS

♥ Stay Healthy  
this Winter

**SPECIAL:**  
Refer a new  
patient in  
February or March  
and get \$10 off  
your next  
treatment!

## Spark Up Your Love

Do you find that your love life is lagging? Is your libido not what it used to be? In the fast paced society that we live in, this is not an uncommon problem. Whether due to fatigue or stress, a decreased sex drive is often one of the first signs that you are out of balance.

What can you do to fix this problem? The first

step is to figure out the root of the problem.

Chinese Medicine attributes low libido to a lack of vital fire, also known as Yang. In order to replenish that fire, it is necessary to start with the basics. Eating three nutritious meals a day will aid in the proper formation of energy and blood, which are the foundation of the Yang. Foods that are particularly helpful are

## Food of the Month...BEETS

In the spirit of Valentine's Day, the featured food of the month may as well be red! However, as many people don't eat beets, you may not know that they can be red or golden.

Beets, with their earthy and sweet flavor, strengthen the heart and calm the spirit. They promote circulation of energy which means they aide in reducing the symptoms brought on by

keep bowel movements regular. Who knew beets were so great?!

Never cooked beets? Many people boil beets. However, much of the juice is lost. Try roasting them! Cut the greens off, wrap them in foil, and roast them at 425° for 45 minutes or until tender. When they are cool, the skins should slip right off. Cut your beets into slices and add salt and pepper. Eat them warm

blood and benefit the liver. Beets also promote peristalsis and

plain or roast them with fennel! YUM!

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ACUPUNCTURE

HERBS

NUTRITION

### Sparkling your love life continued..

onions, ginger, chicken, lamb, trout, and salmon. It is also helpful to dress warmly and use heat packs on the lower back.

When the vital fire is dim, herbs are necessary. Herbs will target and warm the fire as well as benefit the digestive fire. This allows the body to use its food

properly and generate enough energy to support a healthy sex drive.

Acupuncture and herbs are quite effective at reviving a lagging libido. It may take some time to build up the deficient energy and fire but slow change is true change.

### Staying Healthy as Winter Wanes

As it continues to be cold and rainy, what can you do to avoid colds and boost your immunity?

Here are a few easy tips:

Dress warmly and keep your neck covered. Your neck is very vulnerable to the cold and puts you at risk for catching a cold.

Eat soup!! Soup is very easy on the digestion and provides lots of energy. Try adding some chives or ginger - they will keep your nose and lungs clear!

Get plenty of rest and keep yourself warm at night.

If you do catch a cold, getting treated as soon as

### About Our Organization..

Don't forget that not only can you receive Traditional Chinese Medicine at 1728 Union Street, Suite 200, but you can also treat your skin to individualized skin therapy, strengthen your muscles and trim down with pilates, and indulge in a relaxing massage.

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