

May 2002

Healthy Balance

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Summer is here...

Are you ready??

Introducing...

Acupuncture Facial Rejuvenation

Tired of wrinkles but scared of cosmetic surgery? Why not let acupuncture take your wrinkles away?!

Beginning in May, I will be offering Acupuncture Facelifts, consisting of herbal masks, facial needles, and electric stimulation. This is an easy and painless way to reduce wrinkles and look younger!

Each session consists of a nourishing herbal mask with a heat pack, an astringent herbal mask, acupuncture, electric stimulation, and a face massage.

Sun, tank tops, shorts, and beaches...yeah, it's summer! In anticipation of this warmer and often more revealing time of year, this newsletter is devoted to shedding those extra pounds from winter by incorporating healthy eating habits into your busy life!

Let's start with the basics...how much are you eating? It is very easy to overeat given the portions that are considered normal in the US. Overeating not only contributes to weight gain, but also to aging! Research shows that eating a nourishing diet sparingly slows the aging process. Overeating inflames the stomach lining giving rise to heat in the belly, which only makes you hungrier.

Here are some tips on how to avoid overeating:

- Eat simply – every food has a unique flavor which is recognized by the appetite control center in the hypothalamus. In order to be satisfied, the hypothalamus seeks a certain amount of every flavor it has sampled in a meal. Therefore, in order to feel satisfied by a complex meal with lots of ingredients, you must eat a large amount. Simplifying your meals will allow you to feel satisfied before you are overly full!
- Chew your food – digestion begins in your mouth with enzymes that are in your saliva. However, most of us gulp our food down with the help of a

beverage. Drinking while eating allows you to eat more quickly without chewing as much. Ideally, you would chew your food until it is liquid. If your food doesn't taste very good once completely chewed, it's probably because it is processed and has chemicals and preservatives. When whole foods are thoroughly chewed, they taste even better. Chewing properly will release the full nutritional value of your food and will allow you to feel light and satisfied, not heavy, tired, and bloated!

- Relax and eat slowly – take time to enjoy feeling hungry, preparing your meal, and eating healthy foods. Breathe deeply while eating to slow yourself down and put down your utensil between bites. You will find that you are full much sooner and that you will not overeat nearly as much.

Not only is the amount that we eat an issue, but also when and what we eat:

- Only eat when you're hungry!
- Eat early – always eat at least three hours before going to sleep so that you can digest your food.
- Proper food combining – eat proteins at the beginning of your meal. They require the most stomach acid for digestion. Eat fruit and sweetened foods alone or at the end of the meal ...continued on back...

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Eating healthier...

as they breakdown immediately and monopolize the digestive functions and force other foods to wait and ferment, creating gas and bloating.

- Eat less bread and other simple carbohydrates – bread, pasta, and white rice break down into sugar immediately. They cause you to be hungrier, less satisfied, and heavier. You consume plenty of carbs in fruits and vegetables!

These tips are easily incorporated into any diet. Start slow and see how you feel. Also, you will benefit to include some moderate exercise in your life. Take the stairs instead of the escalator or elevator, walk to the store instead of drive, do stomach crunches while watching TV...just be active!

Hopefully these tips will get you geared up for some fun in the sun!

Food of the month...GRAPEFRUIT

Grapefruit is a great way to cool off in the summer. Its sweet and sour flavor treats poor digestion, belching, and cough with phlegm. It is detoxifying and is good to overcome alcohol intoxication and hangovers.

Try this yummy way to eat grapefruit – Broiled Grapefruit:

- Cut the grapefruit in half – preferably pink grapefruit.
- Remove any large seeds and loosen each section with a small serrated knife.
- Place the grapefruit halves on a cookie sheet with the fleshy side up and sprinkle 1 tablespoon of sugar on top (or use honey) and broil about 5 minutes or until brown. You can also add ground ginger if you like.
- Serve at once with a berry in the center!

Achieve a HEALTHY BALANCE with HEALTHY EATING!

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