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## Strengthen Resolve with a Calm and Clear Mind

The start of the new year is a time of looking back at what we have achieved in the past year and looking forward to the future. This period of reflection and renewed resolve may be challenging but it can also be productive and rewarding. Acupuncture and Oriental medicine can help achieve the changes you seek as it assists in preventing illness, relieving stress, minimizing aches and pains, improving energy and nurturing balance. Maintaining a calm and clear mind helps to strengthen your resolve as you take the next step in achieving your goals.



**Here are a few ways that Acupuncture can help you achieve your goals:**

### **Eliminate Stress**

Stress reduction is always on the top ten list for New Year's resolutions and for a good reason; it is often the cause of illness and deterioration of health. Numerous studies have demonstrated the substantial benefits of acupuncture in the treatment of stress, anxiety and lowering blood pressure. In addition to acupuncture, Oriental medicine offers a whole range of tools that can be integrated into your life to keep stress in check.

### **Improved Quality of Life**

If pain is keeping you from living life to the fullest, acupuncture can help as it has no side effects and can be helpful for all types of pain, regardless of the cause or where it is located. Increasingly, people are looking for more natural approaches to help relieve painful conditions instead of relying on medication. In addition to reducing pain, acupuncture also hastens the healing process by increasing circulation and attracting white blood cells to an injured area.

### **Get in Shape**

Renewed enthusiasm to exercise in order to enhance fitness levels, train for a competition, or lose weight can come at a painful price for those who try to do too much too quickly. Recent studies show that acupuncture effectively treats sports injuries such as strains, sprains, musculoskeletal pain, swollen muscles and shin splints.

### **Lose Weight**

Losing weight is the most common New Year's resolution. Acupuncture and Oriental medicine can help you reach your goal weight and maintain it by promoting better digestion, smoothing emotions, reducing appetite, improving metabolism, and eliminating food cravings--all of which can help energize the body, maximize absorption of nutrients, regulate elimination, control overeating, and reduce anxiety.

**Call today to see how Acupuncture and Oriental Medicine can enhance your mental clarity and assist you in achieving your resolutions!**

## Healthy Brain Habits

**Here are some steps you can take to help optimize brain health and sharpen your memory:**



### **Eat More Produce**

Studies that focus on food and memory show that the more produce you eat, the better. One 25-year Harvard Medical School study of more than 13,000 women showed that the participants who ate relatively high amounts of vegetables over the years had less age-related decline in memory. Cruciferous vegetables (broccoli, Brussels sprouts and cabbage) and leafy green vegetables had the biggest effect on helping women retain their memory during the course of the study. In another study, the phytochemicals, anthocyanin (found in berries of all colors and cherries) and quercetin (found in onions, kale and apples), actually reversed some of the age-related memory deficits in laboratory animals.

### **Heart Health**

A healthy heart makes for a healthy brain. Because oxygen and nutrients are carried in the blood stream, anything that impedes blood flow will starve those all-important brain cells. Review your blood pressure and cholesterol level. Know your numbers and if they are elevated, take immediate measures to bring them down.

### **Sleep**

When we sleep, the brain has time to recharge. Studies show that 7-8 hours of sleep a night helps to strengthen memory. Acupuncture is effective at treating sleep problems, so please let us know if you are having trouble sleeping.

### **Exercise**

Regular physical activity has been shown to decrease the risk of dementia and Alzheimer's disease by about half. Exercise increases blood flow to the brain and helps regulate blood sugar levels; both of which improve brain function and memory. Aim for 30 minutes a day.

### **Challenge Your Brain**

Keep your mind active and challenged. Brain function decreases with age. Studies show that cognitive exercise can improve blood flow to the brain. Spend at least 15 minutes each day on a mental exercise such as a crossword puzzle, journaling or learning a new language to slow memory loss.

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## **Clear Your Mind by Walking**

One of the many ways that walking can promote health and wellness is by putting gentle pressure on Yongquan (Bubbling Spring).

An acupuncture point on the sole of the foot, this is the starting point of the Kidney meridian. Stimulation of this energizing point can promote clarity of the mind and stabilize emotions, helping you to focus on your goals.



### **How To Stimulate Yongquan**

#### **While Walking:**

Let your heel tap the ground gently and feel your weight transfer fully to the ball and toes of your foot. Focus on breathing into your lower abdomen. Keep your shoulders relaxed and allow your arms to swing freely.

#### **By Tapping:**

Use your fists to strike your Yongquan about 100 times on each foot.

#### **By Rolling:**

Gently roll a tennis ball under your foot while relaxing on the couch.

## **A Mental Clarity Point**

Massage the acupuncture point, Du 20 for some mental clarity.

Du 20 is located on the top of the head, midway between the ears. It is used to clear the mind and improve focus.

Stimulate the point with your index finger for 30-45 seconds for a quick "brain boost".

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