

# The Ground Beneath Our Feet

This is the first in a series of seasonal newsletters that I will write in order to help you in the understanding of Classical Five Element Acupuncture. There are deeper meanings associated with your treatments than just the physical insertion of needles. Classical Five Element Acupuncture is complex in nature and profound in its ability to heal body, mind, and spirit. It is a Chinese philosophy that has been passed down mostly in the oral tradition for thousands of years.

Over the eleven years that I have been treating patients, I have found that most of you are interested in how this gentle system of healing works and how it works specifically for you. Beginning with this newsletter, each season, (according to the chinese calendar) you will receive information on another of the elements that that season represents.

The five elements are; Wood (spring), Fire (summer), Earth (late summer) Metal (fall), and Water (winter).

I'm sure this information will help you have a clearer picture of what takes place in the treatment room and how this amazing system of medicine facilitates your healing mentally, emotionally and spiritually.

These five elements have many associations. They are associated with a facial color, a particular sound in your voice, an energetic body odor, and an emotion. They are also associated with a time of day, a season, and a particular organ. These are just a few of the many associations with the elements.

All of the elements are active in each of us at all times. They work in a synergistic capacity helping and supporting each other in their various roles.



But, there is one element in each of us that we source our life from more than the others. This element is our greatest gift and it is also our achilles heel. It is my job to determine which element is at greatest risk to you and support that element so that you move through life in a harmonious way in body, mind, and spirit.

# It's Harvest Time

We will begin with the Earth element since it relates to late summer, the season we have recently entered. Late summer at times feels a little like spring and summer with a hint of autumn thrown in. It is a short period of time where a tremendous change is taking place not only in nature but also in our body/mind/spirit.

This is a time when our connection to the earth is vitally important for our well being. It is the season of harvest. It is when we harvest what we have sown in the spring (Wood Element) and grown in the summer (Fire Element.) It's important to understand that we harvest what we sow on all levels of our being.

The Earth element represents the ground beneath our feet. It is from Mother Earth that we get our nourishment. Our food is grown from the earth. Fertility and cycles are associated with Earth. Feeling connected and grounded has to do with the Earth element. Whatever has to do with the intake of nourishment

(continued on page 2)



The Organs Associated With Late Summer  
Feeling Grounded  
Point of the Season

Little Known Acupuncture Facts  
Knocked off Balance  
Cornucopia of Thanks  
The Earth Beneath Your Feet



# Knocked Off Balance

There are destructive aspects to an Earth element out of balance. Those aspects show up as selfishness, stubbornness, never seeing anyone's side but your own. You may have a need to always be right. You may not take care of yourself, or expect others to take care of you even to the point of becoming ill just for attention. You may experience excessive worrying, and a need for constant attention. You could feel ignored, unworthy, and overwhelmed. All these issues present themselves mentally and spiritually as an imbalance in your Earth Element.

On a physical level you may have problems with taking in and digesting of food, anxiety, and weight problems. The build up of mucus and phlegm related problems like bronchitis and asthma are possible as well as lumps like fibroids and stones. There are a host of other related illnesses from the Stomach and the Spleen Officials being out of balance.

Let's look at two patients' who are having Earth imbalances. Eartha (pardon the pun), is married and has two teenage children. She works in a corporate environment, and has lots of deadlines to meet, consequently she is under constant pressure. She is exhausted. Has frequent nightmares, and digestive problems, worries obsessively about everything and as she says is, "stuck in her own thought processes." Eartha constantly does things to help everyone out. She drives her children and their friends wherever they need to go. She does all the cleaning and shopping for her family, because she says, her husband is just too busy with his work to help out. She worries about his health but not her own. In fact she cancels appointments for herself that would help her cope because everyone else is more important.

By now, I'm sure you get the picture. Eartha needs to be needed to such an extent that she has totally lost her sense of self. She has nothing left for herself at the end of the day. She can't say no. She smothers everyone around her, and wants to be everything to everyone. Eartha is heading for a major illness because she is totally ignoring her own body, mind, and spirit. Others see Eartha as a perfect and amazing woman whom they envy for her sweetness and her uncomplaining nature.

I've treated many patients over the years exactly like Eartha. They end up on anxiety medication and a lot of them have digestive problems, cancers, and a myriad of other Earth related illnesses. The sad part for me is that a lot of these patients start treatment and just as they are feeling better they find a reason to discontinue treatment. I have been treating patients long enough now that after a number of years they will return to treatment in worse shape than when they initially began.

Another way to look at the Earth element out of balance is though Curt. He is an executive with a computer company. He works long hours, travels, is married and has three children in college. He feels disconnected and empty. Curt is unable to give of himself to anyone because he only thinks of his career and how he can advance himself to newer and higher levels in his company. He has become self-centered, negative, close-minded, and "fed-up" as he says with his home life. He says that no one appreciates all his hard work, and has alienated himself from his family and friends. He has become vindictive and overweight, and says that food is his only enjoyment. Curt has no spiritual harvest. All his hard work, according to



him has yielded him nothing worthwhile except money. He has no spiritual abundance. He can't care for others and nurture them because all he feels is self-pity. He doesn't feel nourished from life; even the food he eats is destroying his health. His Earth element is off balance, he's lost his core.

Sadly the patients like Curt live on medications to keep them going; usually lose their families and have a long hard road back to true health and happiness.

Five Element acupuncture can offer energetic support to both these patient's Earth element. This influx of energetic support can offer a greater sense of security and balance for them. This process takes time and a real commitment to take care of yourself so that you can become healthy. I have seen miracles happen many times through Classical Five Element Acupuncture! Your body, mind, and spirit have to heal in order for you to lead a joyful life. Acupuncture isn't a quick fix. You can't just swallow a pill, or have a few acupuncture treatments and expect your whole life to heal overnight. It takes time. Be patient with the process, the rewards are worth it!

## A Cornucopia of Thanks

My practice continues to grow because of the referrals you, my patients send

me. I would like to thank you for your trust and enthusiasm for spreading the

word! Hugs and warm wishes for a happy, safe and secure Indian summer!

