

December Newsletter



By Ka Hang Leoungk



Hello...

Are you ready for December? *Three things to help you survive the the long, dark days.*

Tea with a Twist

Adding ginger into your diet is an easy way to **warm up the body and circulate the qi**. You can add it to your stir-fry or stews, but I love it in my tea to give a twist to my usual cup of chai. Add 3-4 thin slices of ginger to your usual cup of builder's tea and stir in some manuka honey. I actually like mine milky and cinammony this time of year.

Now that the days are shorter and the evenings are longer, it's important you don't go into hibernation mode and overindulge on comfort foods.

Waist Warmer

Waist warmers (like the ones from Uniqlo) help solve that problem of low waistbands on your trousers. By keeping your kidneys (and stomach) warm you prevent cold from penetrating your body which could lead to **qi and blood stagnation**. Sometimes low back ache can be easily helped with some added warmth and this is perfect.

Soak away the stress

This wonderfully tranquil description of soaking away stress in the bath is a must-read. I particularly like the last part: "Once you're out of the tub, resist the urge to towel off and resume life's frantic pace." <http://bit.ly/soakrelax>

Stress is now top reason for long-term sick leave

A survey by the Chartered Institute of Personnel and Development (CIPD) and healthcare provider Simplyhealth revealed that stress is now the top cause for long-term sickness absence in Britain's workplace. Incredibly, it now overtakes manual injuries, such as repetitive strain injury, and serious medical illnesses, such as cancer.

While this may be unsurprising given the strains of the economy and increasing workloads on everyday lives, by putting your mind and body in the best possible position, you are more equipped to deal with the repercussions of stress.

Read the 7 things you need to remember when stressed:

<http://bit.ly/7remember>

Referrals

If you have been kind enough to refer someone to me – I want to say a big THANK YOU. That is the highest compliment and it's warmly appreciated every time.

Other news

pointspace now has a **Google+** page (<http://gplus.to/pointspace>) so if you're active over there, please add it to your circles. I'll be adding interesting articles as well as blog updates and it would be great place to continue the conversation that's on Facebook and Twitter. Spread the word!

I practice at Gielly Green in Marylebone on Saturdays and currently from now until 24 December 2011, they are doing a **25% discount** on their gift certificates. You can use the gift certificates on all their services so this is perfect if you want to experience my super pampering facial acupuncture treatment (£135) or want to try something new at the wonderful boutique salon. Contact reception on 020 7034 3060 for

more information.

Sharon fruit (or persimmon) is in season. A ridiculously healthy fruit (it's packed full of beta carotene, vitamins A and C) I love having it sliced with a generous spoonful of Greek yogurt. With Sharon fruits, the riper the better so that you can enjoy the juicy, almost jelly-like flesh.

...And finally

I came across this quote from Audrey Hepburn: "For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone."

That's all for this month

Remember to not get completely swamped amongst all the festive preparations.

As always you can email me at hello@pointspace.co.uk about anything you've read here. Wrap up warm and enjoy the Christmas lights!

Coming Next Month

- ♦ Are you ready for the New Year?
- ♦ 4 ways to de-clutter your mind and feel calmer.

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