

January Newsletter



By Ka Hang Leoungk



Hello...

Americans have Thanksgiving to designate a time of thankfulness and appreciation. After the whirlwind of the party season, the simple joy of giving someone a present and of course the countdown to the New Year, I like to take time at the end of the year to reflect and count my blessings.

Family

I know a few fortunate souls who live within half an hour of their family, but let's face it a lot of us don't live in the same city of our parents, our childhood, our memories. The world of Skype and email has definitely made the world much smaller, but it doesn't replace **the touch of a loved one or the silly banter of a sister**. I may not live near my family (although it is just a hop and a skip away) but I know I have their love and support.

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Friends

In the Facebook stakes I do not have friends in the high hundreds, but **every single one of my friends has made an impression on my life**. Some live far away, some are just next door (a few stations down

on the train) but they all make my life that little bit richer.

Health

It's true when they say **you don't miss something unless you've lost it**, and thankfully I still have my mind, my sight, my hearing, my sense of smell and taste, and my body is still going strong.

Beauty and laughter all around us

Sometimes it may seem as if the world is a bit tired and grey and the person sitting across from you could look a little more cheerful, but it really is all up to you **to look for that tiny spark of colour**. The more you do it, the bigger that spark becomes until, like Dorothy, your surroundings turn into glorious Technicolor. I have no qualms chuckling out loud on a crowded train or immersing myself into a lovely book. I have my desk facing the window and the scene outside, whilst rarely spectacular, is nevertheless always interesting.

De-clutter for the New Year

Get rid of the mental clutter and feel calmer with these 4 easy tips. Read more: <http://bit.ly/rG8The>

Kidney Health in Winter

In traditional Chinese medicine (TCM), the kidney is most susceptible to the cold and injury in the winter. Amazing as it may seem, winter has just started (Dec 22 was the winter solstice) so here are some tips from acupuncturist Boynn McIntire. Read the article: <http://www.allandone.com/blog/?p=324>

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

I'm not very fond of raisins but they seem to be a main ingredient for many healthy-ish snacks. However I've discovered **nakd bars**, which are mashed and blended to such a texture that they aren't noticeable at all. It's **all natural** (the ingredients list isn't the length of my arm) and they taste really nice. My favourite is Cocoa Orange (which reminds me a lot of Tootsie Rolls from the States).

...And finally

Take a look at this brilliantly relaxing video and I dare you not to have a silly giggle. <http://www.dogwork.com/zkct8/>

That's all for this month

As always you can email me at hello@pointspace.co.uk about anything you've read here.

Warmest wishes for a happy and healthy new year!

Coming Next Month

- ♦ Lessons from everyday life

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