

April Newsletter



By Ka Hang Leoungk



Hello...

Spring is a wonderful time when the days get longer and everyone steps out of the shadows of the dark days we've had. As much fun as the festive holidays and the New Year brought us, seeing daffodils in bloom do wonders to help shake the mental cobwebs.

This is a time of growth and development as the yang qi flows easily through our bodies.

With the warmer weather, qi and blood flows freely and towards the surface of the skin. Just like a bear coming out of hibernation, our yang qi is also coming out after having gone deeper into the ground during winter.

Cast your mind to the first spring bank holiday - the great British Easter escape. Encouraged by glorious weather and a few days of rest, many choose this time to have a well-deserved break. Like yang qi, everyone flows along towards the main arteries of the country via cars, trains and planes. The extra surge of people (and possible engineering works and other delays) results in traffic jams and crowding. It's all very frustrating. Read more for tips to have an enjoyable spring.
<http://bit.ly/seasonstips>

7 Double Duty Beauty Foods

One of my favourite snacks is Greek yogurt with almonds and honey. Quick and easy, ever so yummy and also on this list of nutritious foods that helps you look great too. Read more: <http://abcn.ws/beautyfood>

Improve Your Posture with One Easy Step

Feel yourself slouching more and more lately? Try this simple step: turn your palms up. Think of a typical meditation pose and the hands are always lightly rested on the lap with the palms facing the ceiling. Well, try to do this whenever your hands are free: reading a book, on the train, standing in line at the supermarket, or walking your dog. I've only just started doing this myself, so give it a try and let me know what you think.

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.

Reviews and Views

Spotted in March:
Shortlist Magazine - my cosmetic facial acupuncture treatments at Gielly Green.
<http://bit.ly/whatotherssaid>

Other news: website revamp and supporting NHS staff

My website has had a little bit of a revamp. Besides the *Seasonal Tips* which will be updated quarterly, there's also *First Things First* and a new *For You* page where I will be adding information about acupuncture that I think you will find interesting. Think of it as a resources page. Do take a look and let me know what you think.

<http://pointspace.co.uk>

Did you know that NHS staff get 20% off acupuncture treatments with me at The Hale Clinic? I'm not being completely altruistic here - NHS staff are infamously stressed physically and mentally, so if I can help relieve a little of that with acupuncture, then they will be able to perform better at work and the community definitely benefits from that. So if you know someone who works in the frontlines or behind the scenes of the NHS, let them know. More information at <http://bit.ly/NHSpointspace>

...And finally

Test your reaction time with this incredibly fun (and addictive) game.: <http://bbc.in/sheeptime>

That's all for this month

I hope you've enjoyed reading this. As always, you can email me at hello@pointspace.co.uk about anything you've read here.

Have a lovely and relaxing Easter break!

Coming Next Month

How time of day affects your health

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