

May Newsletter



By Ka Hang Leoungk



Hello...

While looking at the whole picture during an initial consultation I have to take into account the:

- time of day a symptom presents: Night urination? Night sweats? Loose stools early in the morning?
- Time of the year: Lower back pain in the colder months? Stress during the holidays? Stuffy nose during spring?
- Time in your life: Have you just started puberty? Menopausal? 30s? 70s?

When something occurs has just as much significance as the symptom itself. Take frequent urination. If it's during the day, is it simply because you're taking in a lot of fluids? If so, is it out of habit or because you're thirsty? Does the fluid intake help quench your thirst or are you still feeling a bit parched?

In traditional Chinese medicine (TCM) time has always been an important consideration.

If it's frequent urination at night, do you have any accompanying symptoms like back pain or weak knees? I would look at your chart to check your age, because it is more common to see night

urination in the young and the elderly. What if you were 25? I would look into your lifestyle, accompanying symptoms and past history to see why your kidney yang or kidney yin wasn't pulling its weight.

Patients always seem intrigued that I spend time asking about their bowel movement and even more time clarifying the actual time of day it occurs. The same goes for a cough, is it most persistent at night or during the day? These little (well quite big, actually) details can reveal so much.

According to US researchers, the time of day could be an important factor in the risk of getting an infection. It appears that a protein in the immune system is affected by changes in the chemistry of the body through the day.

Now it seems western science is starting to pay attention to time as well. Yale professor Erol Fikrig said a 'direct molecular link between circadian rhythms and the immune system' had been found, which could have 'important implications for the prevention and treatment of disease'.

The implications for healthcare could mean that drugs need to be given at certain times of day in

order to make them more effective, or drugs could be made which actually target the body clock to put the immune system into its most active phase.

How Being Polite Can Hurt Your Health

Politeness is great when you're meeting someone for the first time, such as your future father-in-law or your new boss. But when it comes to your health, you can be too nice. Here are three ways that being polite can jeopardise your health and explain how to make better choices. Read more:

<http://bit.ly/politehealth>

What makes it a good superfruit?

Over the years, a lot of produce has been given the "super" label, usually over levels of antioxidants. You may wonder what is it about these fruits that lifts them out of the ranks of the ordinary into exalted superfruit status. Read more:

<http://lat.ms/super-fruit>

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 voucher codes*

My patients can now get discounts at The Nutri Centre!

ZZHAN010 : 10% off if you spend £10 or more

ZZHAN015 : 15% off if you spend £20 or more

ZZHAN020 : 20% off if you spend £30 or more.

These codes apply to everything so you can stock up on your supplements or get that book you liked. Take a look at the Nutri Centre's website (www.nutricentre.com) to have a look and then make your purchases over the phone or in store. This is a thank you treat for having your acupuncture with me, and you can use them anytime.

*Please note only one voucher code per transaction, in store (lower ground floor of The Hale Clinic) or on 020 8752 8463. Voucher codes cannot be used online. Orders below £25 are

charged £2 for delivery. Orders over £25.00 are delivered free of charge.

...And finally

I am a great fan of fun cleverness that bring a smile to your face, and this video does it brilliantly.

Enjoy!

<http://vimeo.com/36874836>

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 wonderful May and let's hope we get more sunshine!

Coming Next Month

Mindful eating and Chinese medicine

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