

June Newsletter



By Ka Hang Leoungk



Hello...

Can you believe it's almost June? This year does seem to be flying by at an incredible rate. With the spring like weather, I have rediscovered the joys of Greek yogurt: with smoked salmon and avocado for a refreshing breakfast, or drizzled with honey and sprinkled with almonds and hazelnuts for a yummy snack. Later on in the year it will be delicious with some juicy blueberries or succulent sharon fruit.

This month I learned two new words within two days, completely by chance. How did I never know that cilantro was another word for coriander and that rocket is also known as aragula? I also found out that coriander seems to be a bit of a marmite thing with a small minority, who think it tastes like soap (?).

Mindful Eating and Chinese Medicine

Patients often ask for nutritional advice using TCM (Chinese medicine) theory that would complement their treatments. I am always glad when a patient embraces the idea of taking their treatment outside of the treatment room, and I do believe it gives it a larger sense of purpose and responsibility.

Often what I see in my practice is yin deficiency and I often suggest they take some honey in warm water every day to help nourish their yin. Goucizi (or goji berries) also make quite a good yin tonic. It should never be taken long-term though, day in day out, as its very yin-tinkering properties also make it very damp-inducing which is a whole other kettle of fish. I recommend taking it for two weeks (steeped in a glass or two, daily) then having a rest.

If you're kidney deficient (back pain, knee pain, frequent urination, fatigued or just running on low energy) you can try kidney beans or black beans.

Sometimes though, patients nod when I give them recommendations, but seem more interested in a list of what they can't or shouldn't eat. This is when I sometimes go blank because it's not such a straightforward answer.

The same goes with our bodies. If you have an excess condition we aim to reduce it, if it's a deficiency syndrome we tonify your system. Once you've reached the balance again, continuing the exact same treatment means we'll tip on the scale again and you may end up with a deficiency after too much reducing method for too long.

The same goes for foodstuff. Unless it's an acute symptom like a cough (eat less phlegm inducing food like clementines or mandarins) it's usually best to learn what you should be eating rather than what you should be avoiding.

TCM relies on a constant flow of change, an ebb and tide to maintain homeostasis. If you've overindulged in a portion of salty chips, you'll naturally feel thirsty and drink some water.

Avoidance only makes that thing seem more desirable. How many have failed with a fad diet because they had to cut out something? Harvard nutritionist Lilian Cheung discusses what she calls mindful eating (<http://nyti.ms/eatmindful>).

This is something TCM has known all along. Taking time to eat properly is beneficial for your whole system. Eating on the go, or eating while thinking or worrying damages the organs' functions in TCM.

By not making food an adversary that you need to avoid unless you want to feel guilty and fat, you promote awareness to the things you put in your body. It's not a matter of dieting or about giving anything up - it's about experiencing food more intensely.

I suggest sitting down to eat at a table (not your work desk), but you could also easily stand against the kitchen counter. It doesn't necessarily have to be a formal setting, but the idea is to make your food the main focus of the moment. Munching through a bag of popcorn is a lot harder when you're not sitting on the sofa watching TV.

On a social level though it helps promote interaction with others or gives yourself some quiet time. You don't have to practice monastic silence at meal times; turn off the TV and have a conversation. Try it and see the difference.

How does acupuncture work?

Those of you who know me may have heard my traffic jam analogy when explaining how acupuncture works. I often tell my patients that the body is like the M25. Dr Zhen Zheng from RMIT University uses the same concept here in her short video: <http://bit.ly/acuvideo>



Reviews and Views

Spotted in April and May:
The Beauty Tonic blog and *Glass Magazine* - my cosmetic facial acupuncture treatments at Gielly Green. <http://bit.ly/whatotherssaid>

Other news: Diamond Jubilee bank holiday & the Marylebone Summer Fayre

Please note there will be no acupuncture appointments available on Tuesday, 5 June 2012, for the Diamond Jubilee bank holiday.

www.pointspace.co.uk/news.php

The Gielly Green team and I will be at the Marylebone Summer Fayre on Sunday, 17 June 2012. It's great fun every time and this year Summer Fayre is raising money and awareness for Kids Company. The Gielly Green hair and body range (including the lovely argan oil) will also be on sale at the stand with 20% of all sales going to the fayre's charity, so do pop by and say hello!

...And finally

I am the eldest in my family and I often wonder if that fact has a hand in shaping who I am today. Do you think the order you were born influences your personality?
<http://bit.ly/quizbirth>

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.

Enjoy the Jubilee bank holiday and have a fantastic June!

A handwritten signature in black ink that reads 'Kattary'.

Coming Next Month

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