

September Newsletter



By Ka Hang Leoungk



Hello...

It's September and welcome back. To me, this time of the year almost feels like a second spring where the city bursts back to life again after the quietness of the summer. But now it's time to get back into gear!

Tips for September

September is like the second wind you may feel after lagging a bit during a (physical or mental) marathon. Traditionally many people start resolutions in January but I don't find that very conducive to change. The cold grey days are harsh enough, why put more pressure on yourself?

In Traditional Chinese Medicine autumn is characterised by dryness, much like the crinkling of fallen red and brown leaves under your feet.

September is a much better time to bring add some health changes if your lifestyle is slightly lacking. There's still light in the evenings but the crisper weather makes it easier to add some physical activity than in the sluggish mugginess. It's also quite a while yet till Christmas so you can concentrate on just getting it into your stride before the hectic festivities.

The Lung is most susceptible to dryness, characterised by dry, sore throats, nosebleeds and the common cold. Pears, although available year-round nowadays, is in season now and are wonderfully moistening. There's a variety of pear called li

(available in Chinese supermarkets) which are very crunchy.

Some people remark how they have less flavour and more water than the normal "green" pears but I love how refreshing they feel around this time of year.

This is the time to for moistening foods; plenty of salads (not too cold, remember the Spleen!) and vegetables.

Have your fill of tomatoes before the winter, and include tofu, pine nuts, peanuts and pork. Try pan-fried lemon sole on a bed of stir-fried greens, cabbage and mushrooms with steamed asparagus. Quickly toss some tomatoes in the pan to warm them up but not over-cooked and serve with a nice juicy beetroot salad (I have this prepared and sitting on the counter while the rest of dinner is being made so that it's not fridge cold). A dollop of Greek yogurt can be added if you want.

From the blog: Can Botox affect your ability to empathise?

The main reason people have Botox injections to their lines and furrows is to look attractive to the world. For some, this can have a positive effect on their self-image which could then improve their interactions with others. However, what if the very act of having Botox to improve your looks impaired your ability to relate to others? Read more:

<http://bit.ly/empathize>

Turning over a new leaf | Healthier fresher food

Over the past month, I have embarked on a healthier, fresher diet. For moral support (and also because he is more talented in cooking) I have insisted that my

boyfriend join me on this journey. I am a firm believer that summer or autumn is the best time to introduce healthy changes. The days are longer and the weather is mild so there is less of an impulse to seek comfort, whether that be a duvet or box of cookies. Read more:

<http://bit.ly/healthyfresh>

Free Gift Voucher Insurance

Provide your contact information when you buy gift vouchers. If your giftee doesn't use it within a year, I will let you know – you'll be able to use it for your next session!

<http://pointspace.co.uk/vouchers.php>

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.

...And finally

If you've been caught in the rain, skip your normal cup of tea or coffee and enjoy a warming cup of chai instead. **Other news:** I am very particular when it comes to essential oils but I've discovered the combination of ylang ylang with orange which is very soothing without being overbearing.

That's all for this month

I do hope you enjoy reading the newsletter and would love to hear your feedback. As always you can email me at hello@pointspace.co.uk. Be safe everyone!

Coming Next Month

Tips to help you as we get deeper into autumn.

Getting ready for the cold.