

# October Newsletter



By Ka Hang Leoungk



## Hello...

Welcome to the October Newsletter! September 23rd marked the first day of autumn and everyone is now fully back in the swing of things after a rather dismal summer. The days have been incredible and with the leaves on trees turning a gorgeous shade of red and gold, London is looking great.

## Tips for October

Last month I advised you to bring forward your health resolutions instead of waiting for deepest, greyest January to implement a new exercise regime. Here in London at least, it seems even the nice sunny weather was trying to encourage a bit of activity.

*In traditional Chinese medicine (TCM) autumn signifies the transition from the active and flowering spring and summer to a more passive season.*

Imagine it as your body's way of preparing for hibernation after a season of hunting and gathering.

The Lung needs our attention during the autumn when the conditions are dryer and hence the moistening foods from last month's newsletter. In TCM we view the Lung as responsible for typical respiratory functions as well as the skin. As the weather gets colder and wind picks up, you need to defend yourself from respiratory infections and protect from dry skin. I always recommend wearing a scarf at this time as the neck is especially vulnerable to invasions of cold and wind.

While all the back to school promotions in shops have filtered outside of schools with people getting down to business, it's important to remember that you shouldn't be overexerting yourself either. Plan and prioritise if you tend to find yourself swamped or make sure you set some time aside for social activities.

*This is the time to harbour your resources while getting rid of any excesses.*

Shops are already selling Halloween decorations and you can look forward to pumpkins and squashes which are in season later on in the month. Soups are probably the easiest way to take advantage of these warming vegetables which help nourish the qi, but you can also try them in stews. Last year, in a moment of madness, I made pumpkin pie fit for an American Thanksgiving meal. I added in nutmeg and cinnamon and it gave off a lovely aroma that was also warm and nourishing. Remember not to over do it with the cream or ice cream.

## Why Beauty Makes Us Happy

We are often told that beauty is skin deep and is only in the eye of the beholder, but research is showing that the beauty routines (whether it's a lovely eye cream or having a facial acupuncture treatment) are an important part of our daily "self-care". Self-care, as defined by Michelle Segar PhD, a behavioural psychologist at the University of Michigan's Institute for Research on Women and Gender, is "any activity that nurtures, restores and truly feeds the self." This is why something as simple as a pedicure or a new shade of lipstick can make you feel good.

Read more: <http://bit.ly/goodbeauty>

## Are those reasons to drink more water true?

We have all heard about the benefits of water and staying hydrated but do you make sure you get your 8 glasses a day? A recent article blasts those rules out of the water (excuse the pun) and instead reminds us to just use common sense. And what does thirst mean in traditional Chinese medicine (TCM)? Read the rest of the article

Read more: <http://bit.ly/wateryourself>

## Free Gift Voucher Insurance

Provide your contact information when you buy gift vouchers. If your recipient 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

I came across this quote from Audrey Hepburn: "For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone."

## 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](mailto:hello@pointspace.co.uk). Be safe everyone!

## Coming Next Month

Pointspace turns one!