

November Newsletter



By Ka Hang Leoungk



Hello...

Pointspace turns one on November 8th! I never thought I could be so proud of a number.

It seems like yesterday when pointspace was conceived in my mind; it's not just about starting my own acupuncture practice but also about the blog I started in the hope to educate and entertain people along the way. Every needle I've used and every time the blog has been read to help each of you feel better is what has made this such an incredible journey.

I couldn't have done this without all your support and from the bottom of my heart, *thank you* for helping make pointspace what it is today.

Tips for November

Last month I wrote about preparing for the colder months and the precautions you can take by eating warming foods. Some of you have asked about what I meant by damp.

Now that the days get shorter and the evenings get longer, it's important you don't go into hibernation mode and overindulge on comfort foods.

Fast food, sweet and stodgy foods, dairy products, sugary soft drinks and alcohol can all lead to dampness and phlegm which can weaken the Spleen and cause problems such as bronchitis and sinusitis. Your body is just like a house, and damp can cause both acute and chronic problems. Control your snacking if you know you have a weakness for

biscuits and tea so you can be in the best possible shape to defend yourself against the excesses of the festive season.

As we get deeper into autumn, you should continue the moistening foods of September but also add some warming ones.

Grains like millet, oats, rice and corn as well as beef and lamb. Carrots, cauliflower, leeks and radishes are also good, perfect for a stew!

If you get caught in the rain, substitute your usual cup of tea with a warming cup of chai to warm the body. If you notice shivering or the beginning of a cold, garlic, cinnamon, ginger and onions are all good for stimulating the circulation of qi.

The best way to protect yourself during flu season is to wash your hands. We can't ensure everyone covers their mouths and noses when they cough or sneeze (oh how I wish we could!) but if you wash your hands regularly especially before mealtimes, that ensures the nasty germs won't have such an effect on you.

If you do get ill, try to take a break and stay home if you can even if it's just for one day. It makes it easier for your body to recuperate but also protects others from catching it.

Stress is now top reason for long-term sick leave

A survey by the Chartered Institute of Personnel and Development (CIPD) and healthcare provider Simplyhealth revealed that stress is now the top cause for long-term sickness absence in Britain's workplace. Incredibly, it now overtakes manual injuries, such as

repetitive strain injury, and serious medical illnesses, such as cancer.

While this may be unsurprising given the strains of the economy and increasing workloads on everyday lives, by putting your mind and body in the best possible position, you are more equipped to deal with the repercussions of stress.

Read the 7 things you need to remember when stressed:
<http://bit.ly/7remember>

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

October was a wonderful month of purpleness: I had my fill of lovely figs before the season ended, yummy grilled aubergines topped with feta cheese, tomatoes and finely diced onions, and the London sky was painted a gorgeous purple-pink during quite a few twilights.

That's all for this month

As always you can email me at hello@pointspace.co.uk. Have a brilliant month and enjoy the fireworks!

Coming Next Month

Getting ready for the festive season.