



November Newsletter



✨ November News

Plus find out how to secure 10% Off Your Next Treatment*! ✨

Embrace Autumn with Chinese Medicine & Exclusive Offers

Welcome to the November edition of our newsletter! As the seasons change and the days grow colder, it's an ideal time to focus on your health and wellbeing. Chinese Medicine offers valuable wisdom for this transitional period, helping you maintain health.



🍁 November Focus: Embrace Autumn's Yin Energy

In Chinese Medicine, autumn is associated with the Metal element, which governs the lungs and large intestine. This is a time for letting go of what no longer serves you; physically, emotionally, and mentally. As the dry, cool air sets in, it's essential to protect your lungs and keep your body warm and nourished. Here are some TCM-inspired tips to help you stay healthy this season:

- **Support Your Lungs:** Incorporate warm foods like ginger, garlic, pears and white radish into your diet to nourish your lungs. Adding a touch of honey can help soothe any dryness. See below for two recipes, one is for cold and flu (Instagram Link below) the other is a nourishing autumn tea at the bottom of the newsletter.
- **Let Go Emotionally:** Autumn is the perfect time to reflect on and release anything weighing you down. Acupuncture can support emotional wellbeing by balancing the Shen (mind-spirit) and easing feelings of grief, anxiety, and stress.
- **Stay Warm:** Keep your chest and neck warm to prevent Wind-Cold Invasion, which can lead to colds and respiratory issues.

[Head over to instagram for a recipe for cold & flu!](#)

🌿 **Treatment Highlight: Boosting Immunity with Acupuncture**

As the cold and flu season approaches, many of my patients find acupuncture helpful in boosting immunity and promoting a sense of resilience. Regular acupuncture sessions can help keep your Wei Qi (defensive Qi) strong, offering protection against seasonal illnesses. If you're feeling run down or experiencing lingering symptoms from previous colds, book an appointment to strengthen your immune system and get back to feeling your best.



Hardwick Hall

☀ Patient Story: Ear Seeds for Sleep

At a recent event, I offered ear seeds as a standalone treatment. I received wonderful feedback about how they helped a patient sleep for a whole night, which is unusual for them. Ear seeds can help a range of concerns like stress, pain, insomnia, digestive upset, and more. Ask for FREE ear seeds at your next appointment

[Book your appointment](#)

Chinese Medicine Recipe: Warming Ginger & Cinnamon Tea 🍵

As the weather gets colder, try this simple warming tea to nourish your lungs and keep chills at bay:

- **Ingredients:** 1 small fresh piece of ginger (2-3"), 1 cinnamon stick, 2-3 slices of pear, honey (optional)

- **Method:** Boil the ginger and cinnamon in water for 10 minutes, then add pear slices and simmer for another 5 minutes. Strain and enjoy warm, with a spoonful of honey if desired. This tea is excellent for warding off Wind-Cold Invasion and keeping you cozy.



Paediatric Acupuncture

Did you know that we treat children?

We're seeing more children in the clinic at the minute. Is your child struggling with pain, sleep or stress? Contact us to find out whether acupuncture or acupressure would be the right treatment for your child.

✨ November Offers & Updates



Money off your next appointment?

- **Leave a Review, Get a Discount:** How has your experience been at Claire Watkins Acupuncture? I truly value your feedback! Patients who leave a Google review will receive a 10% discount on their next treatment. Thank you for helping me continue to grow and support more people on their journeys.

Leave a review

- **Booking Reminder:** If you're considering an acupuncture session, head over to www.clairewatkinsacupuncture.com/booking to book your appointment. If you like a certain day or time, why not book a in advance to secure your time slot.

Book your appointment

Claire Watkins Acupuncture

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