



## Autumn Newsletter

# Let's celebrate a time of Shao Yin 养阴 with 10% off!



## 欢迎来到秋天

As we welcome the arrival of Autumn, a time of Shao Yin 少阴 in Traditional Chinese Medicine (TCM), it's the perfect season for self-care and boosting the immune system.

To celebrate this transition, I'm offering **10% off** all acupuncture treatments on **Monday, 30th September 2024**. Whether you're looking to ease stress, relieve pain, or to boost your overall wellbeing, this is the ideal opportunity to book a session and embrace the change of season. Don't miss out—book your appointment today!

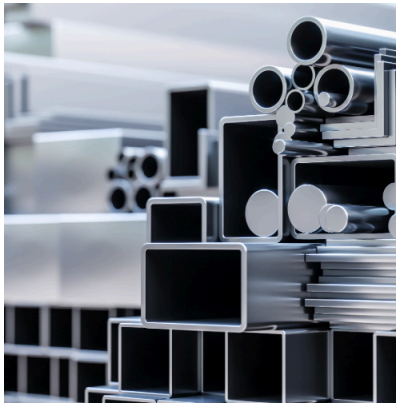
[Book your appointment](#)

# Yin and Yang

In clinic, you will often hear me mention Yin and Yang, so here's a quick overview. In TCM, Yin and Yang represent two opposing yet complementary forces that exist in all aspects of life. Yin is associated with qualities like coolness, darkness, and conservation, while Yang represents warmth, activity, and movement. Good health depends on the balance between these two forces—when Yin and Yang are in harmony, the body functions optimally. If they become imbalanced, it can lead to illness or discomfort.



# Autumn associations and Chinese Medicine



## Metal Element

In Traditional Chinese Medicine, Autumn is associated with two Zang Fu organs: the Lungs and Large Intestine. The Lungs dominate the skin and body hair, and govern the nose. Emotionally, Autumn is linked to grief, and it's important to notice if you feel more introspective or even withdrawn during this time. As the season shifts, it's essential to nurture the Lungs and Large Intestine to support respiratory health, improve skin conditions, and process emotions like grief. Acupuncture and Chinese Medicine can help maintain balance and protect your health through these seasonal changes.

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## Acupressure for Autumn



**Help at home**

Lung 9 is an acupuncture point on the wrist which when pressed, descends Lung Qi (reduced coughing), Resolves Phlegm (great for runny noses and if you have a cough with phlegm), and tonifies the Lung. It's a great point for Autumn!

### **When should I use it?**

If you're coughing, you have asthma, you have phlegm on your chest, you have a dry throat, cold or flu!



## **TCM Foods to benefit us in Autumn**

When you attend your appointment I may give you Chinese Medicine diet advice alongside your treatments. Here's some foods to help our Lung Qi this Autumn.

- Oats,
- Carrots,
- Pumpkin,
- Watercress,
- Apples,
- Cherries,
- Grapes,

- Aniseed,
- Cinnamon
- Liquorice

[Ask me about TCM Diet Advice](#)

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## Want to book an appointment?

[Book Here](#)

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## We value your feedback.

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### Claire Watkins Acupuncture

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