

SPRING IS HERE!!



A new season is here!!! In Chinese Medicine Spring is the season for renewal, healing, growth and activity. Its the first stirrings after a season of cold and hibernation, so get outside! Go for a walk and nurture that Yang energy in the sunshine!

While Spring is full of budding life and brightness, along with it can come a surge of not-so sunny symptoms like allergies, dizziness, itchiness, muscle spasms, and common cold symptoms like cough, shortness of breath, fever, chills, and headaches. Not fun! The Liver is the organ associated with Spring and its element is Wood. Strong winds in Spring affect the Liver most strongly - as if its the wood branches of the trees - which is the carrier for pathogens to enter the body and affect the smooth flow of Qi. Blocked Liver Qi can

also present emotionally with anger, frustration, and irritability, so take the opportunity to be mindful and keep your body moving!

Some things you can pay special attention to or do for yourself to be your best during this season are:- Massage your abdomen on the right side below your ribs to soothe your Liver- Stay bundled up to prevent wind attacking your defensive Qi layer (this is the protective force we have between our internal body and the external environment)- Eat lots of fresh fruits and vegetables- Take a minute to meditate and breathe through any stagnant Qi.

AND of course, come in for your Acupuncture appointment to prevent these symptoms from stopping you from missing a beat in that fresh air! Also don't forget to ask me about a herbal prescription to treat you from the inside out to soothe the Liver and relive Qi disharmony. So bust out the cute scarves, light sweaters, and book your appointment because Spring time is HERE!

~Dr. Kim Mintenko

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