



Jeda Boughton BA, RAc, DrTCM

BodaHealth
302-1245 West Broadway
Vancouver, BC V6H 1G7
604-733-2632

Create Lasting Resolve to Reach Your Goals with Acupuncture

The start of the new year is a time of looking back at what we have achieved in the past year and looking forward to the future. This period of remembrance and resolution may be challenging but it is both productive and rewarding. Acupuncture and Chinese Medicine can help achieve the change you seek as it assists in illness prevention, stress relief, minimizes aches and pains, improves energy and nurtures balance. This calm and clarity strengthens your resolve as you take the next step in achieving your goals.

Here are a few ways that Acupuncture can help you achieve your goals:

Lose Weight

Losing weight is the most common New Year's resolution. Acupuncture and Chinese Medicine can help you reach your goal weight and maintain it by promoting better digestion, smoothing emotions, reducing appetite, improving metabolism, and eliminating food cravings--all of which can help energize the body, maximize absorption of nutrients, regulate elimination, control overeating, suppress the appetite and reduce anxiety.

Get in Shape

Renewed enthusiasm to exercise in order to enhance fitness levels, train for a competition, or lose weight can come at a painful price for those who try to do too much too quickly. Recent studies show that acupuncture effectively treats sports injuries such as strains, sprains, musculoskeletal pain, swollen muscles and shin splints.

Eliminate Stress

Stress reduction is always on the top ten list for New Year's resolutions and for a good reason; it is often the cause of illness and deterioration of health. Numerous studies have demonstrated the substantial benefits of acupuncture in the treatment of stress, anxiety and lowering blood pressure. In addition to acupuncture, Chinese Medicine offers a whole range of tools that can be integrated into your life to keep stress in check.

Improved Quality of Life

If pain is keeping you from living life to the fullest, acupuncture can help as it has no side effects and can be helpful for all types of pain, regardless of the cause or where it is located. Increasingly, people are looking for more natural approaches to help relieve painful conditions instead of relying on medication. In addition to reducing pain, acupuncture also hastens the healing process by increasing circulation and attracting white blood cells to an injured area.

Healthy Brain Habits

Keeping the goals we have set for ourselves in addition to outlining and completing the tasks needed to accomplish those goals can be overwhelming. Here are a few steps you can take to help optimize brain health and sharpen your memory:

Eat More Produce - Studies that focus on food and memory show that the more produce you eat, the better. One 25-year Harvard Medical School study of more than 13,000 women showed that the participants who ate relatively high amounts of vegetables over the years had less age-related decline in memory. Cruciferous vegetables, such as broccoli, and leafy green vegetables had the biggest effect on helping women retain their memory during the course of the study. In another study, the phytochemicals, anthocyanin (found in berries of all colors and cherries) and quercetin (found in onions, kale and apples), actually reversed some of the age-related memory deficits in laboratory animals.

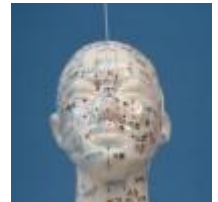
Take Care of Your Heart - A healthy heart makes for a healthy brain. Because oxygen and nutrients are carried in the blood stream, anything that impedes blood flow will starve those all-important brain cells. Review your blood pressure and cholesterol level. Know your numbers and if

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Mental Clarity Boost



Feeling a little foggy? Having trouble concentrating?

Massage acupuncture point Du 20 for some mental clarity.

Du 20 is located on top of the head, midway between the ears. It is used to clear the mind and improve focus.

Stimulate the point with your index finger 35-40 seconds for a quick "brain boost."

The Will Power Connection

they are elevated, take immediate measures to bring them down.

Get a Good Night's Sleep -When we sleep, the brain has time to recharge. Studies show that 7-8 hours of sleep a night helps to strengthen memory. Practicing good sleep habits helps keep the brain and the rest of the body functioning at its best.

Exercise - Regular physical activity has been shown to decrease the risk of dementia and Alzheimer's disease by about half. Exercise increases blood flow to the brain and helps regulate blood sugar levels, both of which improve brain function and memory. Aim for 30 minutes a day.

Challenge Your Brain - Keep your mind active and challenged. Brain function decreases with age. Studies show that cognitive exercise can improve blood flow to the brain. Spend at least 15 minutes each day on a mental exercise such as a crossword puzzle, journaling or learning a new language in order to slow memory loss.



Is there a body/mind connection to will power?

According to the principles of Acupuncture and Chinese Medicine there is. Will power, or "Zhi," is said to reside in the kidneys and the state of the Kidney Qi directly correlates to the fortitude of our will power.

In Chinese Medicine, disease prevention begins with a protective layer around the exterior of the body called wei qi, or *defensive energy*. If you catch colds easily, have low energy and require a long time recuperating from an illness, your wei qi may be deficient.

Nourishing Qi can help greatly enhance the body's ability to thrive in times of stress, aid in healing, prevent illness and increase vitality. According to Chinese Medicine, recharging your battery and regeneration of vital energy, Qi, will help you live, look and feel your best!