



Spring Newsletter

Have you noticed the buds on the trees, the sunlight creeping up earlier in the mornings and the birds a little more chatty of late? Yes, spring has arrived and this is what our newsletter is about, connecting and resonating with the seasons. We live in one of the most beautiful place on earth, we are privileged to be surrounded by nature. Chinese medicine is founded in 3000 years of observation, with this awareness great emphasis was placed on harmonising the microcosm (body) with the macrocosm (nature) to optimise our health and longevity. In our newsletter we will be offering ideas to connect with the seasons which help us self manage our own wellness...ideas which may have been second nature in times gone by.

Spring

Spring symbolises growth, renewal and an increase in y'yang' activity or energy in Chinese medicine. In five element theory Spring relates to the Wood element which in turn relates to the liver and gallbladder organs. In Traditional Chinese Medicine (TCM) as opposed to western medicine the liver and gallbladder control tendons and sinews and these organs relate to over thinking, agitation and anger. Spring is the time these organs can become imbalanced and cause disharmony in the body. Symptoms we may experience are cramps, muscle spasms, restless legs, feelings of agitation or a 'short fuse'. Hayfever will also be on the increase due to the increase in wind which is typical in Spring.

From the Yellow Emperors Classic of Medicine (the first official text of Chinese Medicine)

"During Spring the subtlety and vastness of the universe, the intelligence and intuition of the human being, the ability of the earth to produce the ten thousand things, the natural movement of the wind and the upward motion of all plants, collectively produce the movement of the tendons, the colour green, the shouting of the voices, the spasms and convulsions, the eyes, the sour taste and the angry emotions. These are all associated with the liver since the liver is responsible for maintaining the patency of the flow of energy and its nature is movement and expansion".

THE SOUR FLAVOUR

The focus is to balance and take the load off the liver. A gentle way of detoxing the Liver and Gallbladder is to have a glass of warm water with the squeeze of lemon first thing in the morning. Lemon also has the ability to counteract acidity in the system which seems contrary to its acidic nature. The citric acid is neutralized during digestion giving rise to carbonates and bicarbonates of potassium and calcium which help to maintain alkalinity.

Spring Special.

1 Hour Remedial
Massage
1 Hour Reflexology
1/2 Hour Detox
Foot Bath

\$150.00



Quote from the
Dali Lama.

“Compassion is of
little value if it
remains an idea.
It must become
our attitude
towards others,
reflected in our
thoughts
and actions.”

THE COLOUR GREEN

According to Chinese medicine Spring is the time to indulge in foods with upward energies such as young green, sprouting above-ground vegetables. Green leafy veges also help to alkalise the body.

ACTIVITY

Spring is about renewed energy after the hibernation of winter. Our appetites ease as we no longer need to store energy in the colder months, so if you want to loose weight take advantage of natures timing, getting out of bed with the sun for that walk. Movement stimulates the circulatory, lymphatic and muscular systems, helps sweat out toxins, and lifts the spirit not only by getting out into our beautiful surroundings but also by releasing those lovely endorphins which block pain and make us feel good.

TIPS

Epsom Bathsalts

Epsom Bath Salts (Magnesium Sulphate) are a great way to help detoxify the body and help relax the muscular system. These salts have an affinity to water or hydration in both humans and plants. This compound can be absorbed into the skin to reduce inflammation.

Available from our kansha office. A 1kg bag for \$10 will accommodate 3 baths.

Essential Oils

Oils such as Cary Sage and Lemon are perfect of Spring.

Young Living essential oils are superior quality therapeutic grade essential oils extracted in such a way they retain the original, powerful properties of the plant oil (destroyed by other heating or chemical extraction methods).

For Spring we have in stock the Peace and Calming Blend. Beautiful as a gift or for yourself, a few drops in your bath or on your wrist. We have this available for you to experience in the clinic or purchase 15ml for \$68.

This exquisite blend consists of

ORANGE and TANGERINE: Citrus fragrances have the ability to combat depression and boost immunity, have a calming effect which helps anxiety and nervous tension.

BLUE TANSY: Anti-inflammatory, the oil helps cleanse the liver and lymphatic system, combats anger and negative emotions.



PATCHOULI: Very high in sesquiterpenes which stimulate the limbic system of the brain, re-establish mental and emotional equilibrium energizing the mind.

YLANG YLANG: Promotes relaxation and balance.

Foot Detox Bath

This beautiful little foot spa is a welcome addition to our clinic. You will be astounded what can come out of your feet! It's relaxing, gentle but very effective and your feet feel fantastic afterwards not to mention the deeper effects. How does it work? We have in order of 2000 pores in each foot, this offers a convenient vehicle for applying the electro magnetic detox system which gently draws out toxins through these open pores. It is an efficient way to remove accumulations such as uric acid, lactic acid, chemicals, heavy metals, partially oxidized fats and dissimilated proteins. You have to see it to believe it! We offer this service for \$40 for a half hour session or in combination with massage and reflexology, see our Detox Special.

Spring Detox Special

To give you a head start we would like to offer our detox rejuvenation experience. This consists of

- 1 hour Remedial Massage
- 1 hour Reflexology Session
- 1/2 hour Detox Foot Bath

\$150 inclusive.

We look forward to seeing you

With Gratitude from the Team at Kansha.