



THE PULSE

From the Longevity Health Center Team

December 2023

Longevity Health Center has been named Best Acupuncture by Maui Times Best of Maui 2023!

Holiday Season

The holiday season is commonly viewed as a time of celebration and communion with friends and family. However, an alternate view of the season is that human beings and many warm-blooded mammals, are naturally inclined to hibernate when the sun is lower in the sky and the nights turn cooler. This inward nature sharply contrasts the outward endeavors of shopping, party-going, and generally higher stress behaviors including eating pumpkin pie and candy canes. Some people even struggle with a condition called Seasonal Affective Disorder (SAD), which is a type of depression triggered by fall and winter seasons, relating to lack of sunlight. Halloween, Thanksgiving, Hanukkah, Christmas, Kwanzaa, and New Year's Eve and Day (and don't forget Festivus for the Rest of us!) are all celebrations customarily involving less-than-healthy foods with gatherings of friends and family.

Aside from weight gain and food-comas, this season can be difficult for those grieving the loss of loved ones or feeling the effects of SAD. This holiday season may be an especially challenging time for many in our community due to the effects of the Maui wildfires. Our message is not meant to dampen spirits nor dissuade any planned celebrations. Instead, we hope to embrace awareness that while we are all experiencing life in our personal and unique paths, we can also remember to express kindness, compassion, and generosity for all we encounter along our journey.

The team at Longevity Health Center is committed to supporting the health and well-being of our Maui community in body, mind, and spirit, and wish to extend the warmest of season's greetings to all. And remember, hugs can be gifts too, and are free!

Crisis Relief Clinic Volunteers & Supporting Organizations

Longevity Health Center wishes to express its sincere gratitude for each and every Licensed Acupuncturist who volunteered their time to support the Crisis Relief Clinic for the past five months. With the support of Acupuncturists Without Borders, Hawaii Acupuncture Medicine Association, and the Longevity Health Center staff, we have been able to offer calming anti-stress and trauma support to many in our community, with the use of an auricular (ear) acupuncture protocol known as NADA (National Acupuncture Detox Association). It has been an honor to serve alongside these selfless and caring volunteers, with the support of these incredible organizations. **Thursday, December 21 from 9:00-11:00 am will be our final shift** as we pivot our resources to alternative methods of supporting our Maui community as we all heal from the recent tragedy.



'Tis the season for giving, sharing, and caring (but aren't all seasons?) so, why not give the gift of health and wellness? Gift certificates for massage and acupuncture are available for purchase and makes for a special gift for loved ones.



HOURS OF OPERATION

**MONDAY - FRIDAY 9AM - 6PM
SATURDAY 10AM - 3PM**

BY APPOINTMENT • INSURANCE ACCEPTED

HOLIDAY OFFICE CLOSURES

**Mon, 12/25 – Tue, 1/2/24
Reopen on Wed, 1/3/24**

During the holidays when Peace and Happiness are words frequently representing the spirit of the season:

"Better than a thousand hollow words is one word that brings peace." – Buddha

"Many people think excitement is happiness.... But when you are excited, you are not peaceful. True happiness is based on peace." – Thich Nhat Hanh

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