



# THE PULSE

From the Longevity Health Center Team

March 2024

## Change is Inevitable

Change is inevitable in life. All things adapt or cease to exist. Change is often uncomfortable and often fiercer upon us. We did not choose to lose loved ones and thus seek grief. We do not choose to get fired from a job we enjoy nor evacuate from a natural disaster and lose our home, belongings or lives of family, friends, and pets. These are uncomfortable changes that are thrust upon us. If we are fortunate enough to survive these forced changes, then we are presented with an opportunity to evolve. We can find a new job, rebuild our home, make new friends, and ultimately recreate our life into a newer, modified and possibly even improved version.

This is a difficult theme to convey with intent to not depress the reader and the intention is far from that. If we don't acknowledge the more difficult elements of life, we may miss an opportunity to grow, progress, and learn more about ourselves and life itself. Most of the changes listed above are uncomfortable to discuss and even more difficult to experience, yet they are experiences most humans will endure in their lifetime. So, discussing them, identifying the "pink elephant" in the room, can help us prepare for their eventuality or possibly shed light on struggles many of us live with, suffer, and miss out on opportunity to heal and possibly evolve.

This subject has been omnipresent for many Maui residents since the wildfires of August 8, 2023, forever altered the landscape our lives. The loss of homes, jobs, and loved ones endured the fires and have certainly continued since, and beyond. As they say, one thing that can heal wounds, is time. However, some wounds leave scars that can be reminders and memories but do not necessarily need to be painful, like the wounds which came before them.

This theme is a two-part series. This first segment is to help shine light on the pain we all have and/or will feel when life inevitably forces us into change. The intent is to connect with sadness and grief that often comes with forced change. Also, adult decisions often feel the same, when we are properly "adulting", we make choices that seem to be painful and difficult because we know it is best for the future version of ourselves. We may choose to move away from our beloved home because it serves our future purposes better to do so. We may even extricate ourselves from a close relationship because it is not serving us well. And sometimes we pivot from one career or job that we may love, but we do so knowing the choice will help us become a better person or serve our community better.

Much of this message has been intentionally abstract to hopefully allow the individual mind to identify instances of forced or difficult change. One difficult change is currently in process with one of LHC's valued team members. David Moats is pausing his acupuncture practice for a couple years while he completes his PhD in Clinical Psychology to practice as both an acupuncturist and a psychologist in Hawaii.

## Year of the Wood Dragon

The Chinese lunar calendar celebrated its New Year on February 10 by welcoming the Year of the Wood Dragon. Every 12 years the dragon reemerges while each of the other 11 animals take a turn in between. And for each respective animal-year, one of the five elements will also be associated and lend its characteristics to the lunar year. For the mathematicians, this means the Wood Dragon year occurs once every 60 years and therefore last occurred in 1964 and won't occur again until 2084. Not being born in a dragon year does not mean you are exempt from the influences of the Wood Dragon. The animal (dragon) and element (wood) will together cast many influences upon all of us. Specifically, the energy of the Wood Dragon beckons us to explore our depths, fostering curiosity, independence, and a thirst for knowledge.

In many ways, we can see these influences availing themselves at LHC already and as we forecast the coming year, will see more of it present. As mentioned above, David has been exploring his depths while fostering his curiosity and quenching his thirst for knowledge these last few years, culminating in him pausing his acupuncture practice to continue these pursuits. He is completing his clinical hours and dissertation to be able to offer both modalities of care in support of his patients. With this auspicious timing at the beginning of the Wood-Dragon year, we can only be encouraged for David's continued professional and educational success, and we wish him the best in his pursuit of knowledge!

As change is a certainty in life and illustrated with David's departure, Ian Yannell, LAc is returning to LHC. Ian had been a founding member of the LHC team but paused his acupuncture practice until the tragedy of the wildfires of his Maui home tugged at his heartstrings. His desire to care for others resulted in him providing community acupuncture back in September. This month, Ian will begin seeing patients in private practice. We are grateful to have such dedicated and compassionate providers on our team. Even when they move on to enhance their own lives, the fluidity of life allows the bend and sway of changes, much like the Wood Dragon teaches us.

## Community Acupuncture

Tuesdays 12:00 p.m. – 3:45 p.m.  
Fridays 12:00 p.m. – 3:45 p.m.  
(Fridays resuming March 22)

## Movement Therapy & Lifestyle Education

No classes at this time, but personal assessments and coaching are available upon inquiry.

## HOURS OF OPERATION

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

BY APPOINTMENT • INSURANCE ACCEPTED

## HOLIDAY OFFICE CLOSURES

Prince Kuhio Day  
Tuesday, March 26

*"The measure of intelligence is the ability to change"*

*-Albert Einstein*



ACUPUNCTURE • CHINESE HERBS • MASSAGE • MOVEMENT THERAPY • LIFESTYLE EDUCATION

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