



LONGEVITY HEALTH CENTER

February 2019 Newsletter

From the Longevity Health Center Team

WINTER WELLNESS 2019

The common cold and seasonal flu (influenza) are frequent, unwanted visitors for many humans and most health clinics during the winter months of November through March. Both are viruses. Neither are bacterial infections, although secondary bacterial infections can occur if health and immunity are compromised. Therefore, antibiotics (anti-bacterial agents) are only successful in treating the cold or flu once a secondary infection has occurred. The common cold is often milder in symptoms than its cousin, the flu. Influenza can lead to fatal secondary infections, most commonly pneumonia. Typically, viral infections run their course in 7-10 days and treatment is rest and fluids, and do not require antibiotics.

Traditional Chinese Medicine (TCM) has many tools offering great benefit in prevention and treatment of the common cold and seasonal flu. Before explaining these tools, a summary of how TCM identifies and diagnoses the cold and flu might be helpful. First, TCM predates knowledge of bacteria and viruses, but acknowledges the effects of them. Pathogenic factors are diagnosed by the symptoms they present. The cold and flu are a type of pathogen called External Pernicious Influence (EPI) as they are pathogens from outside the body attacking the outer portion or immune system of the body. The common cold is more specifically diagnosed as a Wind-Cold. This means the pathogen influenced the body by mechanism of Wind and presents with Cold (versus Heat) symptoms. Symptoms include a stiff neck, (the location of entry to the body), sneezing, runny nose with clear or white mucus, stuffy head, mild chills or aversion to cold, and possible cough. Conversely, a Wind-Heat, which is often the diagnosis for seasonal flu, exhibits more heat signs. A sore throat or cough are often the initial signs of a Wind-Heat, followed by fever (and chills), headache, and nasal/lung mucus of thick and often yellow color.

All systems of medicine are most successful in treating at early onset and most holistic medicines, such as TCM, thrive in preventative care. Optimum health is maintained by balancing the energies within the body and with its surrounding environment. If the external environment has extreme or rapidly changing conditions, this can weaken the regulatory mechanism in the body—the immune system. Thus the body is more susceptible to pathogenic influences and illness will ensue. Early treatment of the cold and flu with TCM can prevent a full-blown illness and treatment at a more advanced stage can still expedite recovery. Differentiating between common cold and flu is imperative for proper TCM treatment with Chinese herbs. However, some methods are similar for both viral infections: acupuncture treatment, plenty of rest, room temperature fluids, and easy to digest foods like soups. Prevention is the best medicine and preventing a common cold or seasonal flu is simple if you receive regular acupuncture treatments, at least once per month, to regulate the body's immune systems. Include additional precautions such as frequent hand washing, keeping your neck covered in windy, cold conditions and eating a diet of primarily cooked, warming foods. Consult with our TCM experts at Longevity Health Center to help customize a winter wellness plan for you and your family. If you unfortunately become affected by one of the wintertime viruses, either the Wind-Cold or Wind-Heat, please call us as soon as possible to schedule an immediate consult and treatment so we can customize a plan for you!

LIFESTYLE EDUCATION SEASONAL RECIPES:



HOT TODDY

Ingredients:

- Fresh ginger root
- 1 Lemon, cut into thick slices
- 2 Cinnamon sticks
- 8-10 Cloves (whole)
- 8-10 Cardamom pods
- 4 Cups filtered water
- 2-4 tsp honey
- Whiskey or Bourbon (optional)

Method:

- Add 4 cups of fresh water to a pot.
- Peel skin off 3 inches of ginger using a knife or a spoon.
- Slice ginger into ~1/4" pieces and add to pot.
- Add lemon, cinnamon sticks, cloves & cardamom.
- Bring to a gentle simmer for 10-12 minutes.
- Pour into cup and add 1-2 tsp honey, stirring to combine.
- Add 1-2 shots whiskey or bourbon, to taste. (optional)

Schedules

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HOLIDAY SCHEDULE

OUR OFFICE WILL BE CLOSED ON:
February 18, 2019 - Presidents Day

MOVEMENT CLASSES

SOMATICS

Tuesday 9:00 a.m. - 10:15 a.m.; Thursday 10:30 a.m. - 11:45 a.m.
Sliding Scale \$17-\$20

COMMUNITY ACUPUNCTURE

- Monday 3:00 p.m. - 6:00 p.m.
- Tuesday 3:00 p.m. - 6:00 p.m.
- Wednesday 10:00 a.m. - 1:00 p.m.
- Thursday 3:00 p.m. - 6:00 p.m.
- Friday 3:00 p.m. - 6:00 p.m. (Starting 2/15/19)



*Last appointment is 45 minutes before closing time.
Drop ins may be accepted, but appointments are encouraged.*