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NATURAL HEALING & ACUPUNCTURE INC.

## Natural Healing & Acupuncture Newsletter

**The Heart Edition**

**June 2014**

### In This Issue

Green Goddess Recipe  
Stoking the Digestive Fire  
Treating Hormonal  
Changes

### Dear Denise,

The heart of the matter: LOVE

I want to talk about the journey back to unconditional love. There is a place inside ourselves where we can watch a sunset, a YouTube video of a newborn baby, look into the eyes of a friend or a beloved and just feel present to that feeling in our hearts. We might hold onto it for a split second before the mind takes us away to the ever demanding to do list of life.

### Meet our Team



Denise Wiesner,  
L.Ac., FABORM,  
CEFP, Founder of  
Natural Healing &  
Acupuncture, Inc.

The approaching summer is the time of the fire element. From the Chinese medicine perspective this time is of the heart. It's a time when energy in nature expands to its maximum potential. We get to flourish and bloom and enjoy the fruits of our labor from the seeds we have planted. These seeds don't have to take on an outer expression. They might be a way of being, seeing or having more laughter and love in our life since the fire element has to do with JOY, laughter, and love.

In Chinese Medicine, the heart also opens us up to spirit. In the Buddhist practice of loving-kindness meditation (called Metta) it calls us to say, "*May I be happy, may I be healthy, may I live with ease.*" And then you repeat the phrases with, "*May YOU be happy,*" etc.. and then it goes into, "*May All beings be happy*", etc... The Buddha first taught this as an antidote to fear It helps us connect to



Carla Vidor, L.Ac.,  
DAOM, FABORM



Jolee Godino, CMT



Anna Cherekovsky,  
LMT

### What Do All Those Letters Mean?

L.Ac. Licensed  
Acupuncturist

FABORM Fellow of  
the American Board  
of Oriental  
Reproductive

compassion for all living things including ourselves.

Last night while at a meditation center I was instructed to remember to take refuge in myself. This idea permeated my being. It reminded me that I have everything I need inside of me. The quest to find it outside myself often leads to more suffering. It is not that I don't believe in all the joys life brings but that to cultivate real happiness I must return to the divine heart that lives within and from that place express love in the world.

Denise Wiesner, L.Ac., FABORM, CEFP

## Stoking the digestive fire: A healthy Spleen and Stomach

Imagine a cauldron gently resting over a warm fire. This is how Chinese medicine views the center of the body. A healthy, strong digestion and metabolism rely on keeping this fire burning, which means supporting the warming or Yang energies of the Spleen and ultimately the Kidneys.

In Chinese Medicine, the Spleen corresponds not only to how we digest and process food, but also how we digest and process thoughts. So even if we consume high quality organic foods, too much energy spent worrying about past or future events, leaves less energy available to properly digest or perform other important functions, like procreating or strengthening the immune system.

Over-thinking can also create blockages or stuck energy, which can manifest as digestive symptoms such as, constipation, gas, or bloating, and a host of other imbalances including, migraines, PMS, irregular cycles, or other endocrine imbalances.

Over-thinking is just one way we might compromise our immune system and energy, despite healthy food choices and adequate caloric intake. It's important to relax and enjoy the food you eat. A relaxed body opens itself up to become nourished.

Ways we dampen the digestive fire and energy of the Spleen:

Consuming too much of the following:

## Medicine

### CEFP Clinical Excellence in Fertility Program

### DAOM Doctor of Acupuncture & Oriental Medicine

### LMT Licensed Massage Therapist

### CMT Certified Massage Technician

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- sugar including excess amounts of fruit or fruit juice
- refined carbohydrates: white bread, pastas, or yeast
- dairy/soy products can also weaken the Spleen and cause dampness
- raw or cold-temperature foods: salads or foods eaten straight out the refrigerator
- and worrying, and especially worrying about food

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Carla Vidor, L.Ac., DAOM., FABORM

## Treating hormonal changes: Perimenopause to menopause and the fire within.

You know the signs: You are talking to a friend and then it comes upon you, a wave of heat. It is your very own personal summer. Then it passes. You might have other signs like sleepless nights and emotional changes that come out of nowhere. It might be that your periods are now irregular and you find yourself bleeding more one month and then not getting your period for a couple of months. Perhaps your sex drive is not what you know it to be. And then there is the dreaded night sweats that leave you having to change your sleeping attire in the middle of the night. You might only have one or two of these symptoms but many feel helpless in knowing what to do during this time period.

All is not lost. Many of these signs and symptoms can be helped with Chinese Medicine. This is a good alternative to taking hormones which are controversial. Women with a history or family history of breast cancer are usually advised not to take replacement hormones. Receiving regular acupuncture treatments, taking herbal supplements, avoiding certain foods, and exercising during this time can help alleviate your symptoms.

Studies and patient reports show that acupuncture can help reduce the severity of menopausal symptoms. There are even studies linking acupuncture to reduce incident of hot flashes in women who have had breast cancer and are taking a selective estrogen receptor modulator (SERM) called tamoxifen. Weekly acupuncture treatments can help during this important physical transformation in a woman's life.

Another beneficial strategy to help with peri and menopausal symptoms involves taking herbal medicine to help support the body. Botanical medicine has been around for thousands

of years. And the best news is there are few side effects from the use of herbs as they help boost the endocrine system, help alleviate negative symptoms and nourish the body. Plants are one of nature's gifts to help with optimal health and longevity. The most potent form of herbal medicine is when a practitioner individually prescribes it based on a patient's signs and symptoms. Herbal medicine is not a one size fits all approach. Here, at Natural Healing & Acupuncture, we blend custom herbal prescriptions geared towards each individual client. We address all symptoms and also help to regulate the menstrual cycle for those women who have bad PMS and irregular menstrual bleeding.

Lifestyle can also affect how a woman transitions during this time. Drinking caffeine, alcohol and eating a lot of sugar can exacerbate all symptoms. Meditation and yoga practices can provide relief.

In this harried world we live in, it is time to nourish our body mind and spirit to support this smooth transition with compassion and enter into the next heart-felt chapter.

Denise Wiesner, L.Ac., FABORM., CEFP

## Green Goddess Salad Dressing

I love a good salad during for lunch. However, I had made myself a promise, no more store bought salad dressing. The store bought dressings usually pack extra calories and fat, additives and preservatives, and mysterious ingredients -- no thank you! I've also been growing tired of the old standby, olive oil & lemon juice. I wanted a healthy dressing that I can make at home. After a seemingly exhaustive Google search, I found a few recipes that sounded good. I decided to create my own recipe with some inspiration from the recipes I saw online. I try to use as many organically-sourced ingredients as possible. I went to the container store and bought a few henge-top bottles (\$2-4) to hold the dressing. This salad dressing recipe is tasty, healthy and low calorie, as well as, very easy to make.

Makes 6-8 Servings

1/4 cup -- extra virgin olive oil (cold-pressed)

1/2 cup -- organic and free-range chicken/ organic vegetable broth

- 3-6 garlic cloves
- 2-3 scallions (green onions)
- 2 ripe lemons
- 1/2 fresh organic avocado
- 1 cup -- fresh basil
- 1/4 cup -- fresh cilantro
- 1/4 cup -- fresh flat-leaf parsley
- 2 tbsp -- dill (fresh or dry)
- 1 tbsp -- sea salt (to taste)
- 1 tbsp -- white pepper

Optional:

- 1 tbsp -- capers
- 3 - 4 cooked artichoke hearts (can use canned version)

Directions: Bring lemons to room temperature and roll them on the counter to bring the juice out. Cut the lemons, remove the seeds, and squeeze the juice into the blender. Lightly chop garlic and scallions to make blending easier. Then add the rest ingredients into blender. Blend until smooth. Add more broth to thin dressing. Put the dressing into container(s) and refrigerate. It should keep for at least one week.

Teresa Thomas -- Office Manager

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Natural Healing & Acupuncture

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Natural Healing & Acupuncture | 2001 S Barrington Avenue | Suite 220 | Los Angeles | CA | 90025