



AUGUST 2017

Dr. P's Corner

Chinese Medicine and Fatigue



Traditional Chinese Medicine (TCM) is all about balance—energy balance, in particular. Whether you visit a Western or an Eastern practitioner for fatigue, you're likely to get the same advice: incorporate more balance into your life. TCM will provide you with various tools for achieving balance. If you experience fatigue with no known medical reason, you might want to consider trying some TCM approaches that address the root causes of this pernicious condition, not just the symptoms.

Anyone can consume an extra cup of coffee or (worse yet) gulp down energy drinks each day. Not only will that approach *not* solve your fatigue issues, over the long run, it will make them worse.

Western medicine views the body as a set of cells that perform specific functions and disease as a problem with cellular function. TCM takes a different view of the human body, in which the body emerges as system of energy, called "qi" (pronounced "chee"). Qi runs throughout the body via paths called "meridians." Generally speaking, Qi consists of two main complementary energy forces: yin and yang. Yin energy is slow and cold. Yin derives from quiet activities like resting, meditation, and deep breathing.

Yang energy is fast and hot. Yang energy comes from challenging physical and mental activities, such as exercise, concentrated effort, and external forces that cause stress.

Approaches like acupuncture, mindfulness, dietary changes, and Qi Gong practices, on the other hand, may put your fatigue to rest for good.

Upcoming Events

NEW Tai Chi/ Qi Gong Classes with Master Shifu Orlando Schiaffino

Mondays and Wednesdays at 10:30am
Starting August 7th

Don't miss out on this fascinating journey

New Meditation class with Ingrid

Tuesday evenings at 6:45pm
Starting on August 1st

Try this unique experience in zero gravity position. Relax, Unwind and Rejuvenate

Feature Modality

Electro Lymphatic Drainage



Electro-Lymphatic Drainage Therapy is non-invasive, painless very calming and relaxing. It is similar to having a light touch massage, but instead the certified lymphatic therapist uses an instrument that has two small wands that are lightly and slowly moved across the body a

In a specific direction that correlates to the body's lymphatic flow.

A combination of vibration, light and electrical waves help stimulate the flow of the lymph by breaking up congested lymph.

An impaired lymphatic system often results in compromised immunity rendering our bodies more susceptible to: Colds, Flu, Sinus problems, Edema and Excess water retention, Heart disease, Fibrocystic and Tender breast, Cellulite, Enlarged prostate and cancer. It also can cause the body to become defenseless against attacks by virus, fungi and bacteria

Sensoria

Try a Rosemary Essential oil blend for FATIGUE

Rosemary essential oil contains a high concentration of an oxide called 1.8 cineole. 1.8 cineole is a remarkable chemical component that is associated with increasing cerebral blood flow. Increased cerebral blood flow can help reduce fatigue. A recent research by the Journal of The Neurological Sciences in 2010 shows that people having chronic fatigue, a stronger form of tiredness, have decreased cerebral blood flow. Though rosemary essential oil fights fatigue, it is not proven that it can help cure chronic fatigue.



Sensoria Rested Essential Oil Blend

www.sensoriawellness.com

Wellness Studio

Tai Chi & Qi Gong for Health and Wellness

If you want to increase vitality and improve overall health, Tai Chi & Qi Gong is the answer.

This easy to learn set of exercises are renowned for their rejuvenating properties. Its gentle, fluent and harmonious movements are aimed at improving energy circulation (Qi flow) within the whole body, to loosen the joints, tone up and oxygenate the muscles and to relax the nervous system.

Tai Chi cultivates and stimulates the internal energy circulation within the body system, which keeps you rejuvenated, refreshed, fit and healthy.

Tai Chi of the Eight Immortals is done in slow harmonious movements and with a regulated breathing pattern, in a tranquil musical background.

Nutrition

Nutrition Response Testing is a study of how the different points on the surface of the body relate to the state of health and to the flow of energy in each and every organ and function of the body. NRT has two parts: the analysis and the personalized health improvement program (using designed clinical nutrition).

The analysis is performed simply by using your body's own muscle group in combination with acupressure points to determine where the underlying weakness is in the body and then, using the same technique, a natural health improvement program is designed to help you handle what is found in the analysis. The analysis is done through testing the body's neurological reflexes and acupressure points.

The neurological reflexes are derived from the part of the nervous system whose job is to regulate the functions of each and every organ.

Located in the Fountains Plaza at 34876 US Hwy 19 N. Palm Harbor, FL 34684 •

Call us at 727-216-3972