

# 5 Ways to Stay Healthy with Five Element Acupuncture



By Joy Esler

**H**ave you ever wished that you were in total health? In Five Element acupuncture, we view health as the smooth flow of vital energy or “qi”. Qi affects not just your physical body, but your mind and emotions. To support total health, your practitioner may incorporate to varying degrees these 5 ways to stay healthy.

In Oriental Medicine, living within natural laws helps the body to heal itself. Some of these natural laws include the cycles of the seasons and the body’s biorhythms. One aspect of living within the seasons means eating fruits and vegetables harvested during that season. The body’s biorhythms follow tides of energy and have highs and lows. For example, the body may experience fatigue in the late afternoon and this is natural. Instead of having coffee or caffeine around 3pm, a more natural and hence healthier choice would be to rest for a short time.

Oriental nutrition deals not just with food, but takes into account other sources of nourishment like air, water, nature, community, and planetary energies. When talking about food, we look at the temperature, flavor, action, and organs affected by different foods. As an example, individuals that are blood deficient can include high quality foods in their diets like dark green leafy vegetables, beets, and figs. These foods assist in the development of blood.



Acupuncture is one of the oldest healing methods in the world. Its goal is to establish a smooth flow of qi throughout the body. Acupuncture accomplishes this goal by inserting hair-thin needles into specific points on the body. In Five Element acupuncture, we work with the levels of energy: physical, mental, emotional, and spiritual. All these levels need to be balanced and free flowing to achieve total health.

Chinese herbs are often customized and used to support an individual’s health either for acute illness or for chronic conditions. Chinese herbalism views the body as a delicate balance of two opposing and inseparable forces: yin and yang. Yin represents receptivity, while yang represents activity. All of life is a complex interplay of yin and yang. Chinese herbs take into account this complexity and address it using bio-active substances.

Qigong represents the concepts of qi and gong. Qi means air, breath of life, or vital energy that flows through the body and all things in the universe. Gong means cultivating and self-discipline. Combined, qigong means

cultivating vital energy. A medical qigong practitioner can regulate an individual’s qi, and suggest self-treatment exercises in movement, meditation, and breathing. Seeing a medical qigong practitioner and doing qigong exercises at home help individuals enhance the flow of qi in their bodies.

Joy Esler is an Acupuncture Physician, Medical Qigong Practitioner, and Registered Yoga Teacher. For more information, contact Joy at LotusCenterofHealing.com, Joy@LotusCenterofHealing.com, or 904-616-4934. See ad page 9.