



# CONTEMPORARY ACUPUNCTURE



## *Yang Within Yin*

### **Winter is Over & Spring Begins**

*Summer = Maximum Yang (Yang within Yang)*

*Autumn = Yin within Yang (Growth of Yin)*

*Winter = Yin within Yin (Maximum Yin)*

*Spring = Yang within Yin (Growth of Yang)*

Nature is coming alive during the spring months. This change is designed to enhance your energy. Emotions begin to change and people tend to smile more often. Our sleep patterns are readjusted with the time change.

The Yellow Emperor considered being the founder of Traditional Chinese Medicine, states in the ancient text “The Yellow Emperor’s Classic of Internal Medicine” that “The months of the spring season bring about the revitalization of all things in nature. It is the time of birth. This is when Heaven and Earth are reborn.

During this season it is advisable to retire early and arise early. Also, go walking in order to absorb the fresh, invigorating energy. Since this is the season in which the universal energy begins anew and rejuvenates, one should attempt to correspond to it directly by being open and unsuppressed, both physically and emotionally”.

Spring is the season for wind. I have spoken often of wind entering the body and creating a host of medical conditions. The reason is complex but can be explained in somewhat simple terms for this article. We as Americans live on what is known as yellow stone (i.e. Yellow Stone Park). This yellow stone is very yang in nature creating heat or yang energy. We often drink cold water as apposed to Eastern countries who tend to drink warm water. This is due to the yang. When Wisconsin & Illinois weather changes to warmer temperatures, our feet become warm as the yang rises from the earth. The wind is extreme yin and

blows across our bodies. When the yang rises and the yin sweeps, we experience a collision of yin and yang. The immune system weakness (flu, colds, dizziness, etc.). It is for this reason that we should always cover our feet and neck.

There are some things you can do to remain healthy and joyful during the spring months. Practice both self acceptance and acceptance of others, nurture yourself outwardly, nourish yourself well, keep warm, avoid wind and schedule acupuncture treatments for balancing. The AcuGraph with indicate which of the yin/ yang channels need to be adjusted during this season.

Remember, it is important that we do things to enhance our immune system. Avoid wind directly on the back of the neck.

Try to avoid wearing sandals until the summer season!



Qi - Bio Electro  
Magnetic Energy  
That Flows  
Continuously  
Throughout The  
Body



## SPRING EQUINOX CHUN FEN

### *THE SEASON OF WIND*

According to The Yellow Emperor's Classic of Internal Medicine, "The months of the spring season bring about the revitalization of all things in nature. It is the time of birth. This is when Heaven and Earth are reborn. During this season it is advisable to retire early and arise early. Also, go walking in order to absorb the fresh, invigorating energy. Since this is the season in which the universal energy begins anew and rejuvenates, one should attempt to correspond to it directly by being open, both physically and emotionally".

*Below is a short list of the more common conditions during spring season:*

**Headache**  
**Twitching**  
**Chills and Fever**  
**Seasonal Affective Disorder**  
**Dizziness**  
**Fatigue**  
**Migrating Pain**  
**Bell's Palsy**  
**Stiff Neck**

Some conditions are very serious and may increase your pain and disrupt your daily life style.

Spring is the season for wind. Wind is extreme yin and blows across our bodies. It is important that you cover the back of your neck when you go outside to avoid direct contact with the wind. If you use a fan to help you sleep at night, never point it straight at your head and never fall asleep with an overhead fan blowing directly on you. Fans produce wind that is concentrated and may be dangerous. Wind may also be associated with dampness, cold, or heat which may result in many more conditions not listed above.