



## *January 2008 Advanced Wellness Center Newsletter*

### **Things to know about the new location:**

We're enjoying the peace and quiet at our new office, which is a fair trade for the limited inventory we're now carrying due to the new space constraints. This means a little more planning on your part. All products are being drop shipped directly from the manufacturer to you. This means in order to maximize your shipping costs you may want to order more than one item at a time. You also need to plan in advance as it may take 3-4 days for your product to arrive.



I continue to seek the very highest quality products at the very best price. In my personal pharmacy I always keep extra bottles of Yin Cao, Chuan Xin Lian, Gan Mao Tang tea and Cang Er Zi San on hand. I suggest all my patients do the same. The herbs keep for several years and you never know when you are going to need them.

**The clinic will be closed for 2 weeks February 25, Monday - March 11th, Monday. I will be back in the clinic on Tuesday March 12th.**

### **Year of the Rat**

February 7th is the Chinese New Year of the Rat.

The Chinese Zodiac is based on a 12 year cycle with the Year of the Rat at the beginning of the cycle. You may see a variety of new beginnings this year. From a 5 element point of view the year 2008 relates to earth and water, much like a mountain atop the ocean. This formation is fragile as the earth is floating above the water. A more natural formation and a more stable formation would be the water atop the earth or mountain.



For your health in 2008 this is a great year to start a health program, it could include nutrition, exercise and meditation. In the 5 element system the water element relates to the kidney's and the earth element relates to your stomach. So be aware of possible digestive problems, kidney problems, and even muscular problems. Things to consider: eat frequent small meals (six small meals a day is better than three large ones), and move towards more organic foods and less processed foods. Some of the foods that benefit the kidney network are black beans, walnuts and blueberries. For the spleen and stomach network sweet potatoes are very good as well as cooking your food and not eating a lot of raw food.

### **Flu, flu, flu!**

The flu season has finally arrived – a bit late this year. I have seen two different viruses circulating at this time. One starts with vomiting and the other starts with a sore throat and a high fever. This is the time of year to be especially diligent about washing your hands, getting enough rest and paying very close attention to your body. Have extra Gan Mao Tang tea for the next few weeks and also take 3 or 4 Yin Cao Capsules every day to prevent any viruses from building up in your body.