



*In this edition:*

- ❖ Announcements
  - ❖ Client feedback-our report back
  - ❖ Blood deficiency fact and resource sheet
  - ❖ Planning for the cold & flu seasons with Six Degrees
  - ❖ D.I.Y Lung help
- 

## Announcements

### Resource page

We have resource page! Go to our website to learn about Chinese medicine and self help tips. We have also included links to other health care practitioners, teachers and therapists with more financially accessible practices.

### Back to Health Treatment Package for 2010

Shake off the winter blues, recover from the revelry and support your new years resolve.

From January 2nd to 30th, Six Degrees will be offering our annual solar new years package with the addition of eastern nutritional services. Learn skills and get feedback around food and eating. Relax and recuperate with acupuncture and shiatsu.

This package includes:

- ❖ One Acupuncture Treatment
- ❖ One 30 min. Shiatsu Treatment
- ❖ One Eastern Nutritional Consultation with follow up.\*

\*This service includes a food diary and customized handouts specific to your needs and goals

**\$115 for new and existing clients - from January 2 to 31, 2010**

## Coming to Six Degrees in 2010

Six degrees is excited to be offering meridian exercise classes and eastern nutrition services next year.

### Meridian Exercise Classes

Meridian Exercise classes use yoga-like poses, acupuncture, imagery, and breathing techniques to open the meridians and guide the movement of Qi. These techniques are easy to learn and empower people to balance their own energy.

### Eastern Nutrition

Like acupuncture and herbs, nutrition is an important modality in Chinese medicine. Eastern nutrition helps us become aware of the energetic of food and how our eating habits create health and wellbeing. In response to growing interest, Six degrees will be offering Eastern Nutrition to our services in 2010.

Stay tuned for dates and details.

### Sliding fee scale rate increase

As of Dec 1st, 2009 our sliding scale will be changing & the price of 1 treatment per week will be going up.

Acupuncture works best with frequency. This new scale will make it possible for more people to use acupuncture more often.

It will also support Six Degrees in continuing to bring you quality acupuncture at reasonable prices.

Our new rates:

- ❖ \$25 – 55 for 1/week
- ❖ \$40 – 110 for 2/week
- ❖ \$55 – 165 for 3/week

## Client Feedback

Changes we've made from the feedback you gave us!

- ❖ New music
- ❖ Decrease in sound from the lobby
- ❖ Replaced one creaky recliner with a new one.
- ❖ New massage chair in the treatment room

Please take a look at our detailed report back from the first ever Six Degrees survey. It was really informative and we want you to know the details. Thanks to everyone. For detailed results go to pokeme.ca on our home page or ask to see a copy at the centre.

Thank you for referring us to your family & friends. We have cards by the door to help spread the word. Six Degrees, after all!

It takes 3 acupuncturists, 7 volunteers, 3 handfuls of barter-friendly professionals, 1 counseling group, 1 reiki class and many wonderful clients to make Six Degrees! Thank you for being a part of our community.

We have donated 30 treatments to various organizations in the past year and a half and will continue this into 2010. For possible donations please contact [info@pokeme.ca](mailto:info@pokeme.ca)

## A common health pattern we treat at Six Degrees: Blood deficiency

Blood deficiency is a very common and complex pattern we often see at Six Degrees. In response to this we've put together a thorough fact and resources sheet on the subject. We want you to understand Chinese medicine and to use it to take better care of yourself. This sheet explains:

- ❖ Concepts of Blood in traditional Chinese medicine, T.C.M.
- ❖ How Bloods functions
- ❖ Causes of Blood deficiency

We've also included:

- ❖ Case histories
- ❖ Blood deficiency in a personal and social context
- ❖ Foods to include and avoid
- ❖ Lifestyle/activity advice
- ❖ Professional resources

To read this article got to <http://www.pokeme.ca/resources>

Click on 'Blood deficiency fact Sheet' under 'Articles on Self-care'

## Planning for the cold & flu season with Six Degrees

“An ounce of prevention is worth a pound of cure”

Acupuncture is very effective at treating the common cold and flu. It can help to strengthen the immune system and prevent these illnesses. It's also very effective treatment when you actually have the common cold and flu because it helps to clear pathogens from the lung system and it can support your body's natural immunity.

Wei Qi (defensive Qi) is what protects us against pathogens. Wei Qi is made up from Qi from the Lungs and the Spleen. Wei Qi is especially concentrated along tai yang, the largest and most exterior meridian zone covering the back of the body. Wei Qi defends and protects us from invasion of wind and cold. Our Wei Qi becomes compromised due to:

- ❖ Overworking
- ❖ Overeating
- ❖ Lack of sleep,
- ❖ Increased stress
- ❖ Sudden shock
- ❖ Excess sexual activity
- ❖ Under dressing
- ❖ Exposure to pathogens like wind & cold

We can nourish and strengthen Wei Qi by strengthening the function and Qi of the Lungs and Spleen.

No one wants to spread a cold or flu. So, please.....

Stay home when you feel:

- ❖ A sudden onset of flu symptoms
- ❖ Diarrhea
- ❖ High fever
- ❖ Abdominal problems: nausea, cramping, pain
- ❖ Extremely shivery & shakey
- ❖ Deep exhaustion making it impossible to do simple tasks

Come in & get a treatment when you feel:

- ❖ Regular cold symptoms
- ❖ A cough, mild sore throat
- ❖ No fever
- ❖ Run down

You can support a strong immune system:

- ❖ Be aware of your thoughts & feelings about the "fear of contagion". Stress weakens Wei Qi. Be an active player in your health.

- ❖ Breathe through your nose and not your mouth as much as possible. The tiny hairs in your nose are built in protection against germs.
- ❖ Cover your hands, feet, head, neck and throat during the fall & winter months.
- ❖ Get regular, restful sleep & do your best to eat well and regularly.
- ❖ Carry a hanky or sneeze into your sleeve.
- ❖ Dress warmly

*Did you know?...*

You can also use Chinese Herbal remedies to prevent and eliminate the common cold & the flu. These remedies are inexpensive and safe to use. Please ask your practitioner for details.

### **D.I.Y. help for your Lungs**

Try this simple remedy to cool down the lungs, relieve a cough and clear phlegm.

Pear Compote Drink

Ingredients

- ❖ 4 pears, any type, chopped
- ❖ 1/3-cup rock sugar
- ❖ 8 cups water

Directions

Peel and core pears. Put ingredients in a double boiler, cover and boil at medium heat for 30 minutes. Stir and serve warm. Take three times per day.