



ACUPUNCTURE CHANGES LIVES

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In all of Eastern Medicine, there is one fundamental thread that lies at the heart of each of the various forms of treatment, of which Acupuncture is one; that thread is *chi*. So what is chi? Chi is... energy. That is the simplest explanation of a very complex subject.

Take a weather vane for example. The weather vane spins around with the force and direction of the wind. The external energy of the wind powers the movement of the object. So is the wind chi? Is chi the molecules in the air? Or is chi the energy that holds together the molecules that make up the solid weather vane itself? It's all of these.

We and the world in which we live are all composed of chi. It is an energy within us and the energy outside of us. It influences all cycles and movements of life in the universe. An examination of chi is like viewing an impressionist painting - if you step back and let your focus go softer, the picture suddenly becomes clearer.

Yet, in Acupuncture, it is also very important to examine the details. Each season brings with it a new cycle of recurring patterns of chi, which in turn, relate to a set of meridians and the physical and psychological issues associated with those meridians. In the Fall, the patterns that we typically expect to emerge are related to the meridians

of the Lung and Large Intestine.

As we transition into Fall, Acupuncturists often see patients in treatment for things like:

- Allergies
- Colds/flu
- Lung problems/dryness
- Skin irritations
- Digestive complications like constipation or diarrhea
- Chronic conditions like Crohn's or IBS
- Emotions associated with grieving or letting go, like the leaves falling from the trees

During the Autumn season, when chi tends to gravitate toward the meridians of the Lung and Large Intestine, any vulnerabilities that may exist in those areas of the body are exposed and can become easily exacerbated. But there are certain things that you can do to work with the flow of this energy and help to soothe the conditions that can surface.

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Pungent or Acrid foods nourish and cleanse the Lung and Large intestine:

- Onions, Garlic, Chives, Shallots
- Radish, Turnip, Cabbage
- Ginger, Horseradish, Mustard
- Pears

Cooking methods that combat dryness in the body are:

- Steaming
- Boiling
- Soups (brothy, more than creamy)

Herbs to keep on hand in Autumn.

Having these in your medicine cabinet, and taking them at the first sign of symptoms could stop a cold in its tracks, saving you the discomfort, a trip to the doctors, and antibiotics and their side effects. Wanna pick some of these up? Let me know and I'll call them into White Crane, or set up an order at Craneherb.com for you.

- Preventative Herbs: Ban Lan Gen, this can be taken to boost the immune system whenever others are sick around you. Safe, gentle.

- Flu, Fever/ Achy: Gan Mao Ling
- Sore Throat and Fever: Yin Qiao San
- Cough and Fever: Sang Ju Yin... if you tend to get coughs with fever
- Cough and Phlegm: Qing Qi Hua Tan Wan, there is both a pill and a syrup form
- tendency toward (or history of) chronic bronchitis or pneumonia: Chuan Xin Lian can be taken when fighting an infection to prevent the infection from taking root deeper in the lung.

Here's a great recipe for an Asian Herbal Pear to strengthen the lungs:

Ingredients

About 1 tablespoon fritillaria

(a.k.a. chuan bei mu, you can get this from me, or from White Crane)

1 large ripe pear, any variety, though the Asian pears are traditional

2 teaspoons honey, or to taste

Directions

- 1) *Optional:* Place the fritillaria in a coffee mill, spice grinder, or food processor and whirl into a powder (this may take some time, personally, I like it whole, or roughly chopped).
- 2) Wash (but don't peel) the pear. Cut off the top third of the pear and reserve. Cut out the core of the bottom part of the pear, making a hole but leaving the bottom and outside intact.
- 3) Place the fritillaria powder in the hole, then add the honey. Replace the top of the pear.
- 4) Transfer the pear to a steamer and cook, covered, for about 40 minutes, or until soft. (If you don't have a steamer, steam the pear in a glass or ceramic bowl placed in a covered pot containing an inch of water.)
- 5) Serve warm as a dessert or snack.

CLINIC UPDATE

Self Defense Classes [\(top\)](#)

I'm teaching a Men's Self Defense Class at 6pm on Mondays with two current openings.

If you're interested, please email me to sign up! The fee is \$15/class.

I'd be happy to teach a Women's Self Defense Class at a convenient time for those interested, should there be a response from 2-4 potential students. If you are interested in a Womens Self Defense Class, please email me

New Rates: Sliding scale & "All you want" acupuncture [\(top\)](#)

With the economy down it can be difficult to budget for those things that, while they make our life better, we can live without. Even more so if you are between jobs. So I'm opening up my weekday appointments from noon to 4:30 as income based, sliding scale treatments. If you've been skipping on acupuncture due to worry about money, I hope you'll take advantage of these rates and times.

I'm initiating a trial program for "as much as you need acupuncture". I want to try this out, and see how it works, and will have about 12 spots open. \$325/season.

As a small clinic owner, I get a deluge of advertisements from folks trying to sell me the "secret" to gaining more new patients than I can handle. I'm much more interested to hear your suggestions on how to interest new people in acupuncture. Do you have any ideas? If so, please email me.

Do you like to barter?

I am currently offering trade options for Acupuncture with these items requested:

- Toys for 2-3 year old kiddos (especially blocks of all kinds: wooden, legos, etc.)
- Outdoor slide, about 5' high. Plan to attach it to the back porch step.
- iPod for the clinic room (the old one died)

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