



“The day you were born is the day God decided that the world could not exist without you.” -Rabbi Nachman of Breslov

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Holiday Hours

I'll be out of the office from December 15th to the 19th, and then on the 25th, and the 1st. Otherwise, I plan to be open my normal Sunday through Thursday hours and days.

Gift Certificates - Three Pack for \$120 (normally \$195)

What's a better way to show someone you care, than by sending them in to me to get a bunch of needles stuck in them? Er...Um....I mean....What's a better way to show someone you care, than by introducing them to the wonderful health promoting and de-stressing effects of acupuncture and Chinese Medicine.

For anyone new to acupuncture, or new to the clinic. On sale through December.

“I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11

**“... we and all sentient beings fundamentally have the buddha nature as our innermost essence....”
- Sogyal Rinpoche**

Qi in Winter

During the cold winter weather, just like with sap in the trees, qi sink deep into our bodies. Not only because we need to stay warm, but also because the natural cycle in this season calls for life to slow to a resting pace.

Think of the seed buried beneath the cold ground through the frost: the subtle changes within the tiny seed during the time of dormancy allow for the high energy of new growth to come forth in Spring. We go through

something similar in winter. This is when role of Yin becomes most prominent in our systems and it is especially influenced by the Yin energy of the Kidney Meridian.

Kidney Qi lies at the deepest layer in the body, and when our general qi settles into its territory during the cold weather, we become more aware of its activity and influence over the other systems. The Kidneys act as a sort of master controller over all other organ systems within the body. Kidney Qi guides the growth and development of other organs during early life, and then goes on to orchestrate their function in daily living. Interestingly, some ancient texts in Traditional Chinese Medicine teach us that Kidney Qi is partly inherited from our parents, and partly passed down to us from the supreme divinity, known as the Great Emperor. The Kidneys become something like the storage and conductive system of our most basic essence, and in the microcosm of our own bodies, they exhibit the qualities of the Great Emperor, or architect, in our bodies.

When Kidney Qi is imbalanced or unhealthy, any other organ systems can be affected. Often, chronic health conditions, especially those that are hereditary, can be traced back to the Kidneys. Because the Kidney Qi is hereditary, like DNA, it is commonly affected by historical family health concerns. And because it governs all other systems, if we only treat a recurring condition in the lung by treating the lung (as an example), and not treating the kidney, it will inevitably return. We must treat the lung first and then treat the imbalance in the kidney to set the system back in order and prevent those symptoms from returning.

The pace that life and work demand in our modern culture tends to create a heavy strain on our kidney qi, which often results in an imbalance of Yin and Yang and disrupts the highly integral cycle between them. The Yin energy of the kidneys is dramatically disparate from Yang energy in this meridian. They almost function as two separate systems. But Yin is born from Yang is born from Yin, and so they have an intrinsic influence over one another, each relying on the other to for nourishment. The Yang kidney energy gives us the motivation, drive and energy to pursue a goal. Our dreams in life arise and are pursued based on the Yang energy supplied by the kidneys. The Yin energy then delivers us the reward for that exertion, which is a sense of satisfaction. Yin is also what allows us to sit back and reflect, evaluating our accomplishments and determining their actual worth in our lives. Skipping this part and jump right into the next task without creating the space to let the cycle complete, results in a Kidney Yin deficiency, which ultimately creates a sense of listlessness, lack of energy and can lead to depression or chronic fatigue.

How do we restore kidney Yin in Chinese Medicine? We do nothing. That's right - actively DO NOTHING. To nourish your kidney Yin this winter season, create an intention to do nothing, and plan for nothing for at least some portion of your busy holiday schedule. Allow your body the time to rest and recuperate by just being alive. This is an activity purely of Yin, and it is just as vital as eating, sleeping, exercise, or any other effort toward sustaining our health. Coming in for acupuncture treatments, of course, is also very effective to jump start the process of restoring balance and vitality to our bodies most important, overworked and under-nourished organ system, the Kidneys.

Facebook

<http://www.facebook.com/AcupunctureChangesLives>

I've finally got a Facebook page for the clinic. If you're a Facebook user, could you recommend ("like") the site? I plan to use the site to post any articles re: health and natural health, as well as last minute openings at the clinic. Anything else you'd like to see on it?

2010 Rates

Seasonal Rate: \$325.00

Ten Pack: \$600

Three Pack: \$210

Single \$80

Yelp?

Do you [Yelp](#)? Or use [Angie's list](#)? [Google Maps](#)? [Linkedin](#)? Now that I'm working on an online presense, I would like to ask if you could write a quick review for me on any site you use.

Women's Self Defense starting in January

Mondays at 7pm, at the clinic. RSVP if you'll be there.

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