

# Acu News

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## Stay in tip-top shape!

Here are a few easy pointers on how you can support and promote your own health this time of year:

- Sleep. Early to bed, early to rise, makes a person healthy, wealthy and wise. Go to bed early and if possible, wake up after the sun appears in the morning. Extra sleep will also benefit you if feel as though you are coming down with something. If you do become ill, naps may help you recover faster.
- "C" it. Load up on Vitamin C and other multivitamins. These can help support your health.
- Surround yourself with friends and family. If you can gather around a fire, all the merrier.
- Water, water everywhere. Drink water. Every cell of your body requires this liquid gold to keep it lubricated and running smoothly.
- Avoid the consumption of ice cream and iced beverages. If possible, drink liquids at room temperature. Too many colds foods, especially during the colder months, can disrupt your digestion.
- Stress. Try to avoid it as much as possible. If you can't, adopt habits that will enable you to de-stress, such as meditation, yoga, dance, reading, acupuncture, or painting.
- Exercise. You have heard it a thousand times, exercise, exercise, exercise. There is no substitute for the health-promoting benefits of this easy task. Get up to 20 minutes of heart pumping exercise daily.
- Take herbs that support the immune function. Astragalus, Osha root, Reishi and Shitake mushrooms are helpful. These have been used for thousands of years by acupuncturists to keep people healthy and strong.
- Come in for acupuncture treatments. Acupuncture works extremely well when you have a cold, and also as a tune up to stimulate the healing capacity of your body. If you begin to get the sniffles, body chills, or feel under the weather, give me a call, I may be able to help!



## Yoga, Yoga Everywhere



There are over 40 different styles of yoga taught in the United States. All of the types of yoga overlap and have a common goal - the union of mind, body and spirit. Each style of yoga is distinguished by particular practices. Some types of yoga are quite physical, building strength and flexibility, while others are restorative and meditative. Below is a short list of a few styles of yoga. Which one is right for you?

**Ashtanga yoga** - Developed in 1937 by Sri K. Pattabhi Jois. This style of yoga focuses upon building strength and heat in the body. It provides a fast-paced, and sometimes intense, workout through a series of challenging poses that are taught in a sequential order.

**Bikram yoga** - Be prepared to sweat. Bikram is performed in a room heated to about 100 degrees. This yoga consists of 26 poses that are repeated twice in the same order. The intense workout warms the body and muscles and increases flexibility. Bring plenty of water, a towel and possibly a change of clothes.

**Iyengar Yoga** - B.K.S. Iyengar developed this style of yoga in 1937. It is focused upon the correct alignment of the body in all poses which may be held for up to five minutes or more, in order to correct alignment and posture. Iyengar will build, strength, endurance and flexibility. The classes may also use props, such as, straps, blocks and blankets to get the body into the perfect pose.

**Kundalini yoga** - This ancient style of yoga has been practiced in India for centuries. It came to the United States in 1969 by Yogi Bhajan. Kundalini yoga incorporates breathing exercises, chanting, meditation and yoga poses designed to stimulate the nervous system and meridian organ systems in order to free up blocked energy.

**Acu yoga** - Acu-Yoga is a practical yoga method that can release blocked Qi energy by

applying acupuncture to specific points upon the body. Acu-Yoga increases the circulation of Qi flowing throughout the body in order to balance and strengthen overall health. This style of yoga incorporates yoga poses, breathing techniques, meditation and acupuncture.



## Winter Health Foods

During the winter it is healthy to cook with "warming foods." The weather is cooler, and your body needs to generate extra warmth in order to keep it functioning optimally.

Winter foods usually require a bit more preparation. These foods should be cooked longer and slower so they can provide you with meals that will keep you warmer. This is the time of year to stoke your inner fire, avoid raw foods, like salads and cold drinks, as these will cool your digestive function.

The winter diet should be made up of complex carbohydrates from whole grains, squash and root veggies, such as carrots, beets, turnips, potatoes, onions and garlic.

Thick and hearty soups and stews are especially good this time of year. They are nutritious, warming, easy to digest, and your home will smell wonderfully inviting.

Spice up your meals with a little ginger, a dash of cayenne, or garlic. These will add heat to your meals and warmth down to your toes.

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