

Squamish Mountain Medicine

Acupuncture & Traditional Chinese Medicine

Brand New Website!

We have a fresh new look. With lots of sweat and a few tears the new website is up and ready to go. With lots of info and new articles posted weekly. If you have not check out the new site yet please visit and tell us what you think.

www.squamishmountainmedicine.com

Share Your Experience

Do you love acupuncture? Has it help you? We would love if you would share your experience with other. Tell us how acupuncture as help you and share how amazing acupuncture is!

www.squamishmountainmedicine.com/tesimonials/

Your input is important

What you would like to see on the new webpage. What information would you like to read about and what type of products would you like to see offered. Send your opinion to

info@squamishmountainmedicine.com



Winter Newsletter 2014

With only days away from Christmas I would like to wish all my patients new and old as well as all my Friends a safe and happy holiday season. We are now Fully into winter season of FUN! Us Squampton's love the outdoor in any season and winter is no exception. Whether your out snowboarding and skiing at Whistler, out snowshoeing in the back country or simply playing in the puddles on the trails here is some tips on how to keep you healthily through this holiday season and throughout the rest of the winter



Winter in Traditional Chinese Medicine



In Chinese Medicine everything is broken down into Yin and Yang. The winter represents the most Yin aspect. Yin is compared to yang. Yin is dark, cold, slow inward energy. Yang being summer, bright, hot, quick and expansive qualities. In the summer months we are outside for longer periods as there is more daylight and we are more energized by the extra sunlight. In winter, however we experience shorter

days, less sunlight, and less outdoor activities with the colder wet climate. In TCM diet plays a big role in our health and diet should change and reflect the seasons. In the winter months we should adapt our diet to nourish the yin and subdue the yang.

Us Squamton's love the winter. For some of us wintertime is energizing with the cold fresh air and being out on the mountain skiing, snowboarding or snowshoeing. However not everyone feels this way about winter. Some of us winter is a time to stay inside, hibernate and be less social and active. Winter can cause a reaction in some, such as sadness or seasonal depression with the lacking of Vitamin D from the sun and reduced activity. This however doesn't have to be the case if we live, eat and exercises according the seasons.

In TCM, winter is associated with the Kidneys. The Kidneys hold our body's most basic fundamental energy called our life essence. By harmonizing ourselves with the changing seasons we can stay healthy and prevent illness and disease. Because kidneys essence is associated with winter this makes it an exceptional time to strengthen the kidneys



Since winter is the most Yin aspect, rest is important during this season. Adequate rest during the winter will help rejuvenate and revitalize the kidneys. This is why many animals hibernate during the long winter season. Winter is also a good time to reflect and look inward. It is important to connect with yourself. Connecting with yourself on a deeper level will help support your kidneys, help calm your mind, help with better clarity and focus as well as give you emotional suability. Taking up meditation, yoga, tai Chi, or Qi Gong is a great way to start off you're New Year of 2015.



Eating according to the season is important to keep us in balance and healthy. During the winter season, especially here in Canada, many foods are not in season, as they cannot grow in our harsh climate. Some of the food that is beneficial to eat during the winter months is typical food that have a late harvest and long storage period. Such foods as potatoes, squash, pumpkin, root vegetables, wintergreens, apples, pears, mushrooms. In the winter, our bodies need more warm type foods that help nourish our kidneys. Veggies soups and bone broths are exceptional for the body this time of year. Other food that help nourish the Kidneys are black beans, kidney beans, bone broths, lamb, chicken, walnuts, chestnuts, black sesame, and dark leafy greens. Kidney is also associated with the flavor salt. Adding a little pinch of Himalayan or sea salt to your water or food will help tonify the kidneys and adrenals.



The principals of TCM have been around and practice for thousands of years. Harmonizing our bodies to the season will help our bodies stay in balance and healthy. The food we consume has a profound effect on our body, mind and wellbeing. There is a clear connection to our external environment and our internal one. Embracing the native foods along with locally grown, organic and pesticides and chemical free foods will help us stay in balance and nourish our bodies. Eating natural and local foods that grow in season is what our bodies crave.

Barley, Lentil & Vegetable Soup



- 5 cups water
- 1/2 cup organic pearl barley
- washed and drained 1/4 cup dry, green lentils
- 1/2 cup diced onions
- 1/4 cup diced celery
- 1/4 cup diced carrots
- 1/2 teaspoon sea salt
- 1/2 cup leeks, green and white part, chopped
- 2 teaspoons fresh parsley, minced, for garnish

Preparation: Place first three ingredients in a medium soup pot, cover and bring to a boil. Reduce the flame to medium-low and simmer 30 to 35 minutes. Add onion, celery and carrot. Cover and simmer 5 minutes. Add sea salt, cover and simmer another 10 minutes. Add the leeks, cover and simmer another 3 to 4 minutes. Serve garnished with parsley.



Beat the Bloat this Holiday Season

Help your digestion over Christmas. We're all susceptible to a little overindulgence at Christmas, and all that rich food and over eating place havoc with our digestion leaving us bloated, uncomfortable and suffering from indigestion. In TCM our digestive health is particularly important, determining our vitality, disposition, immunity, and more.

Here are some guidelines to try and minimize the stress we put on our stomachs during the holiday season.

1. Chew your food

Chewing food properly releases digestive enzymes into the saliva to break carbohydrates.

Undigested carbs cause bloating. Chewing properly can prevent distended bellies. Also, taking your time to chewing and tasting your food makes it more satisfying, meaning you may eat less.

2. Drink warm liquids

The smooth muscle of your digestive system likes warmth. Ingesting cold will weaken your digestion and make the muscles in your stomach contract. Warm liquids will relax and strengthen your digestive system over time, reducing bloating. Drinking a glass of warm water first thing in the morning will get your digestive metabolism going for the day.

3. Drink ginger tea

Ginger is revered for its ability to soothe the digestive tract and bring gastric juices back into balance. It has been used for centuries to treat nausea, & indigestion. Pour hot water over fresh ginger root and sip slowly both before you eat a big meal and after festivities. For more info on the benefits of ginger go to

<http://squamishmountainmedicine.com/2014/12/02/benefits-ginger/>

4. Move

If you're feeling lethargic and bloated, movement is essential. The best cure is a little walk after the big meal. It doesn't have to be for a long, just enough movement to help stimulate digestion. Plopping down on the couch will slow down your digestive system and stagnation causes the discomfort of bloating. Yoga can also be great help as twisting postures aid in the digestion.

5. Relaxation

Stress and anxiety can cause an upset stomach and the chaos and family stress of the Christmas period can lead to higher stress levels. Follow an evening of celebrating with some alone time to enjoy peace and quiet.

How to keep our pets healthy this winter season

In Wintertime just like us our pets tend to be less active. With the colder temperatures, shorter days and all the rain our pets would rather stay inside where it's warm and cozy. Our pets accept seasonal changes much better than we do. Sure they still want to go out for a walk or play but with the changing weather they are a little more hesitant to go out to do their business. They are more in tune with their environment and surroundings and therefore better able to go with the flow.

As was discussed previously winter is related to the kidney. This is the same for our pets.

How do we strengthen our pets kidney systems? As always, good nutrition and abundance of fresh water is vitally important to your dogs health. Watch if you feed your dog kibble as most kibble are full of sodium. Dogs love their salt but too much can create imbalances and overwork the kidneys. Your dog may hold his urine longer because its colder outside this can lead to bladder infection. The bladder lining can get irritated holding onto all that urine. To avoid this make sure you let your outside for several minutes a few



times a day.

Exercise is a little more difficult in the winter and the wet but making sure your pet gets enough even if its only a short walk can go along way for their health. Aside from keeping the body's water and electrolytes balanced, the kidneys produce a hormone that involves regulating the blood pressure. Regular exercise without a doubt helps the kidneys function properly. Also the kidneys are the creator of bone marrow according to TCM. Daily exercise maintains strength in the bones and nourishes the spinal column. During the winter, if your pet is limited by arthritis, he may exhibit more discomfort. Some gentle exercise can help alleviate stiffness and get the Qi flowing.

Acupressure can help boost the function off these organs systems by initiating the free flow of Qi, blood and vital fluids. Acupressure relieves any blockages in the body when the proper meridians are worked with gentle, healing touch; we try to restore this method to promote the much-needed circulation of Qi. So give back to your pet this holiday season and start doing some acupressure and doggy massage to show them all the love they deserve. They will love it and it will help their



Ginger Bones For Dogs

4 cups all purpose flour
2 cups whole wheat flour
¼ ground ginger
2 tsp. ground cloves
1 cup water
1 cup molasses
½ coconut oil

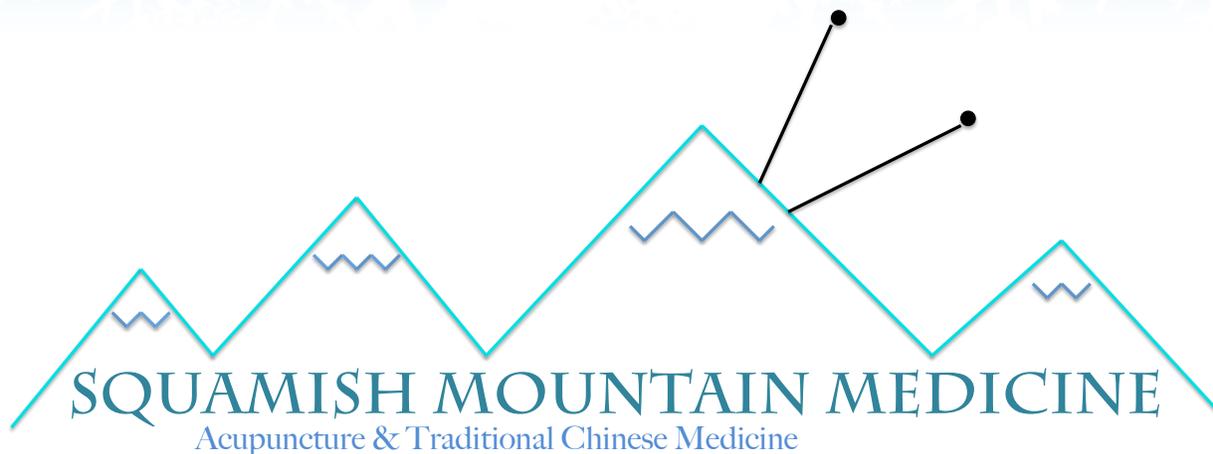
Combine first 5 ingredients. Stir in water, molasses and oil. Flour surface and roll dough to ¼ inch. Cut 3 inch bones with cookie cutter. Place on baking sheet. Bake 325 ° for 20-25 mins. Cool and store in airtight container



Katherine Smyth, R.Ac

In her Practice she specializes in injuries, acute and chronic pain, sport performance and recovery, allergies & asthma, Arthritis, Digestive function, women issues & pregnancy, respiratory & cardiovascular disorder, insomnia, depression & anxiety, as well as many other conditions. Katherine is a licensed acupuncturist by CTCMA. For more info visit

www.squamishmountainmedicine.com/about-us/



Squamish Mountain Medicine is proud to be apart of the Reach Physiotherapy Clinic

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