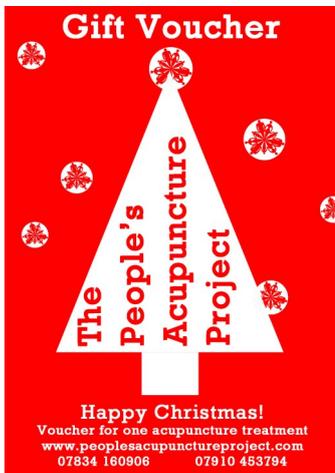


The People's Acupuncture Project

2013 Christmas Newsletter

www.peoplesacupunctureproject.com



Christmas Gift Vouchers: A gift of revitalisation and well-being

Stuck thinking about what present to get your friends and loved ones at Christmas? Bored of what the shops have to offer? How about a gift that will help someone feel relaxed and revitalised after all the busyness of Christmas? Or helping someone you know start the New Year on the road to better health? We are offering beautifully designed Christmas acupuncture treatment vouchers for just £15. You can either pick them up from reception at The Exeter Community Centre, St David's Hill, Exeter, EX4 3RG, or post a cheque to us and we will post them back to you.

Beat the Bloat – Helping your digestion over Christmas

We're all prone to a little overindulgence at Christmas, and all that rich food and overeating plays havoc with our digestion leaving us bloated, uncomfortable and suffering from indigestion. Chinese Medicine sees our digestive health as particularly important, determining our vitality, mood, immunity, and more. Here are some tips to try and minimise the stress we put on our poor stomachs during the party season.

Chew your food: Chewing food properly releases digestive enzymes into the saliva to break down carbohydrates. Undigested carbohydrates cause bloating, so chewing more can prevent distended bellies. Also, really chewing and tasting your food makes it more satisfying, meaning you may eat less."

Drink warm liquids: The smooth muscle of your digestive system likes warmth. Ingesting cold will weaken your digestion whereas warm liquids will relax and strengthen it over time, reducing bloating. Drinking a glass of warm water first thing will get your digestive metabolism going for the day.

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 hangovers and overeating. Pour hot water over fresh ginger root and sip slowly both before you eat a big meal, and after festivities.

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

Have time to relax: 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.

Rub your belly: In Chinese medicine, bloating and indigestion indicate that your digestive energy is obstructed, so self-massage can improve flow and regulate the digestive organs. Lie comfortably on your back, place your palm above your belly button and rub your abdomen in a circle around your belly button. Circle clockwise (as you look down at your belly) as this is the direction of your bowel.

Please Review us on Google



If you've had a good experience with us, we would love you to tell others about it. Just search for The Peoples Acupuncture Project in Google and our listing and map will appear in a box on the right hand side. You can leave a review in the listing

Student Observers

In November we hosted a couple of lovely acupuncture students, Lucy and Nia, who spent the day observing in the clinic. Observation hours are an important part of the acupuncture training and over the 3.5 years of college a student must complete 90 hours of observations. We are strong supporters of high quality acupuncture training as we know how important it is to the whole profession. Often having an observer will add an interesting dimension to your treatment. However sometimes you may prefer not to have an observer which is absolutely fine and we ask you to let us know if that is where you are at. We would like to extend our gratitude to all our patients for your understanding and support when we are hosting students in the clinic.

Healing Porridge – Congee



With all the excess and rich food of Christmas, we thought it was a good time to introduce you to Congee. Congee is a soothing, nourishing food which will help restore balance to your digestive system without depleting your reserves. Rice porridge is eaten for breakfast all over Asia and it is

given to those convalescing. You can add ingredients to address specific imbalances too, such as ginger for nausea or carrot for flatulence

How to prepare

Ingredients: Rice, Water

Congee is most easily prepared overnight in a slow cooker. All you would need to do is set it up and cook on low while you sleep. If you do not have a slow cooker, it can be simmered on the stove over very low heat. The rice to liquid ratio is 1:5 or 1:6. It is better to use too much water than too little, and it is said that the longer congee cooks, the more "powerful" it becomes. It is particularly excellent with a homemade stock.



The
People's
Acupuncture
Project

We aim to provide quality acupuncture treatment for everyone in the community.

Pay what you can afford - from £15-30 per treatment

find out more at www.peoplesacupunctureproject.com or get in touch with us: Eleanor 07834 160906, Charlotte 07910 453794 info@peoplesacupunctureproject.com

A little revolution in Exeter!