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Dear Friends,

Welcome to spring, and the first edition of this newsletter. This is a time of birth, renewal and all things green. Warmer days full of light are ideal for fresh starts, expansion, and planting seeds (both literal and figurative) for the future.

I'm happy to announce a fresh start of my own. On May 1 I'm moving my practice to:

Back to Center · 200 E. 25th Street, Vancouver

I've had a remarkable experience at Spirit of Health and will take with me the many friendships I've made there as well as a heart full of wonderful memories.

If you want more information or an appointment to help your body shed the remnants of winter as you enter this season, please contact me at 360-798-7625. I look forward to helping you meet your healing needs in my new space.

Read on to learn more about the gifts of spring and Chinese medicine. Feel free to forward this newsletter to anyone you think might enjoy it.

In wellness,  
Susan



## Formula Focus

If spring brings allergies into your life along with the bursting of new life everywhere, you might want to consider trying Pe Men Kan Wan For Seasonal Allergy Relief. This formula contains the following herbs: magnolia flower (Xin yi hua), xanthium fruit (Cang er zi), isatis root (Ban lan gen), pogostemon (Huo xiang), chrysanthemum (Ju hua), saposhnikovia divaricata root (Fang feng), centepida minima herb (E bu shi cao), mentha (Bo he), and perilla leaf (Zi su ye).

This Traditional Chinese Formula is used to treat hay fever, other allergies, and even the ear pain caused by pressure from the sinus cavity. The herbs in this formula address a wide range of issues including relief from nasal discharge and congestion, soothing nasal passages and clearing the head. Relief occurs without the side effects commonly associated with allergy medications such as drowsiness, sleepiness, and nasal dryness.

## The Gifts of Spring

In Chinese Medicine spring is associated with the wood element, the liver, and the gallbladder. At this time of year when everything seems to be awakening, blooming or being born, honoring the wood element will help you get the most out of the longer, brighter days.

Wood represents progress, growth, overcoming obstacles, and upward expansive energy. It is the most active (yang) of energies. Because of that, now is a great time to start new projects with the increased energy, focus, and drive the season brings.

A wonderful way to show esteem for the wood element is tree planting. According to the USDA, one acre of forest absorbs six tons of carbon dioxide, and puts out four tons of oxygen, enough to meet the annual needs of 18 people. If you don't have room in your yard, consider a donation to an organization like The Nature Conservancy for their Plant a Billion Trees campaign.

As with everything in life, spring can also present challenges. The emotional energy of spring includes anger, stress, and frustration. Being aware of this energy can help you take care of yourself by staying centered, balanced, and patient.

Exercise, especially anything done outside, will help dissipate stress and anger. Sunshine (when we can find it), fresh air (always available here), and movement of any kind will lift your spirits and inspire you to take action on the projects budding in the green energy of this season. A simple walk around your neighborhood, in a local park, or a more strenuous hike on one of the many amazing trails in our area, will never fail to make you glad to be alive. Consider trying Catherine Creek in the Columbia River Gorge, known for its panoramic beauty and incredible abundance of wildflowers.

Along with more movement, fresh air, and a greener lighter diet, acupuncture can help harmonize your body, mind, and spirit with the changing seasonal energies.

# Greens for Health

Green is the color most associated with spring, and definitely a color to keep in mind when making food choices that will help your body maintain the new energy born of the season. Shop for greens in any form: sprouts, dark green leafy vegetables, baby greens. Consider light and fresh when planning meals, avoiding the heavier comfort foods of winter such as meat and dairy. The Vancouver Farmer's Market opened on March 17, providing both a great source for fresh vegetables and a reason to be outside in the spring air.



This is also a perfect time to help your liver detox so that it can better meet the many demands placed on it daily. The following foods are good for not only that but also for supporting joints which get more of a workout as you become more active after winter's generally slower pace:

- Dark leafy greens such as kale, broccoli, chard, Brussels sprouts.
- Seaweed
- Onions and garlic
- Flaxseed, olive and fish oils
- Juices from carrots, beets, apples and ginger
- Green tea

Try this dressing on some lightly steamed greens or your next fresh salad:

## Mediterranean Dressing

- ¼ c sesame oil
- ¼ c olive oil
- 1 tsp sesame seeds, roasted
- 1 tsp honey
- 1 tsp fresh garlic, minced
- 1 tsp coriander
- ½ c fresh squeezed lemon juice
- ½ tsp cumin

Put all ingredients except the sesame seeds into a jar and shake well. Sprinkle seeds over food as desired.

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## One Person's Story

In 2001 I was very sick with meningitis and pneumonia, thought to be of viral cause. After seeing many doctors and specialists, and being so tired of terrible daily headaches, fatigue and fibromyalgia-type body pain (along with multiple other symptoms), I made an appointment with Susan. She took time to listen to my story and to do a specialized body assessment, unlike any previous assessment I'd had.

I remember my first appointment: being a bit apprehensive, nervous of needles being stuck into my body. I discovered the needles didn't hurt when inserted. Instead I felt a slight tingle. Susan taught me how to breathe in a way that helped my relaxation. The bed was warm, and with the heat lamp and music, pretty soon I pictured myself lying on warm sand, on the beach, with the sun shining down.

Once done with the treatment: headache RELIEF! Like I had not felt before! My body responded with relaxation and calm. I am forever grateful for the relief from headaches, body pains, and the restoration of balance and harmony to my body. Because of my ongoing health issues, which Susan helped me discover the root cause of, I will continue to see her and be ever grateful for her assistance in my comfort. Because of her I am still able to work and balance my active life.

Cheryl

