

# Sunflower Petals

Sunflower Community Newsletter



## Acupuncture & Winter Wellness

Acupuncture and herbal medicine can help you maintain good health throughout the winter's cold months. This is because regular acupuncture treatments help to keep the Qi and blood circulating, and boost the body's defenses against colds and viruses. An acu-nap also provides you with an hour of

undisturbed rest, which is extremely rejuvenating for the body, mind and spirit. In addition, many herbal formulas contain herbs which have antiviral qualities, move stagnation, clear heat and transform phlegm. Schedule your appointment now. *Together, let's keep you feeling well all winter long!*

### Eating Right For The Season

Suggested foods and dietary tips for winter months: Apples, pears, cranberry, dates, pomegranate, persimmon, tangerines, and dried fruits such as apple, apricot, coconut, mango, pear, papaya, prune and raisins. *Veggies* like bok choy, broccoli, brussel sprouts, cabbage, carrots, cauliflower, chard, kale, leeks, onion, garlic, parsnips, sweet potato, yam, ginger, potato, parsnips, turnip, squash, pumpkin, spinach, and beets. Vegetables should not be eaten raw.

*Grains* such as amaranth, barley, buckwheat, millet, oats, quinoa, rice, rye, wheat (organic), corn (organic). Beans such as aduki, black, blackeye, garbanzo, great northern, kidney, lentil, lima, navy, peanut, soy (organic). *Seeds* such as flax, pumpkin, sesame, and walnuts. Beverages preferably served warm or hot- teas like green, bancha, kukicha, jasmine, herbal and hot lemon water. *Water should be consumed without ice. Iced beverages and cold smoothies are not advised.*

## Auricular Acupuncture



The ear is a micro-system for the entire body. Ear acupuncture is used for many conditions, such as addiction, trauma, anxiety and depression, insomnia, pain and many other issues. The points on the ear help regulate and harmonize the body's internal organs and function and the nervous system. In western bio-science, it has been shown to stimulate the release of endorphins, the body's innate "feel-good" chemicals. As many of you know, Jill loves using ear points and incorporates them into your treatment if she feels it will be helpful for your particular condition. Ear seeds may be used as well, which may be left in the ear for a few days, and provide stimulation to ear points for a longer period of time.

## Winter and the Five Elements

Winter is the season of the water element. It is the time for going inward, of hibernation, for gathering in front of the hearth fire, reading a book and taking a snooze. It is a good time for retiring early and sleeping late. It is not a time for excessive habits or behaviors. When the snow covers the earth, and the temperatures turn frigid, it is the season for going within and spending time in quiet contemplation. Gentle exercise such as walking, stretching, and Qigong are very beneficial.

(Okay, maybe a little skiing and skating too, if it isn't too cold! We are in Colorado, after all).

If your water element is out of balance, this can be a difficult season, as symptoms of this imbalance can come to the forefront when temperatures turn cold. A healthy diet with warm nutritious foods and keeping yourself warm are of utmost importance during the cold months. Remember to keep your feet toasty and always cover the back of your neck with a scarf. *And come in for balancing treatments!*



### Happy Holidays from our family to yours!

December is a great month to share acupuncture with a friend! Bring in a friend (*new to Sunflower*) and get a 2 for 1 treatment! We will waive the introductory paperwork fee for all new patients this month, too. Your support and sharing about Sunflower Community Acupuncture is vital to our continued success!

If it has been awhile since your last treatment, we encourage you to come back in and remember how good acupuncture makes you feel! We are so grateful to you, our community!

Far away in the depth of the mountains  
 Wandering here and there I carry no thought  
 When spring comes I watch the birds;  
 In summer I bathe in the running stream;  
 In autumn I climb the highest peaks;  
 During winter I am warming up in the sun  
 Thus I enjoy the real flavor of the seasons.

- SHIH TAO



### Calendar

#### *December Hours:*

Mon & Fri 1-6 pm

Tues & Thurs 9-2 pm

Closed Sat/Sun

(and Wed in Dec. only)

Closed Dec. 24, 25, 27, 30  
 and New Year's Day.

11753 North 75th St.  
 at 17th and 75th in

#### Hygiene

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 Jill Andreozzi, L.Ac, Dipl.O.M., RN

720-684-8865

Monday - Wed - Friday  
 1:00 pm - *last appt*; 5:30 pm

Tuesday - Thursday  
 9:00 am - *last appt*; 1:30 pm

*Closed Saturday & Sunday*