

## 2006 Summer Newsletter

**Billy Zachary, L.Ac.**

**billyinaustin@gmail.com**

**(512)825-3305**

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### 1. Farmer's Market

We (Medical Arts Acupuncture) will be out at the Farmer's Market this weekend. It is located at 4th and Guadalupe, and opens at 9am, closes at 1pm. As always, we'll be doing free, mini-acupuncture treatments. If you know someone you'd like to introduce to acupuncture, it's a great chance for them to come out and try it.

### 2. So what does Chinese medicine say for summer?

Summer corresponds to the element of fire and the organs and meridians of the heart, pericardium, small intestines and the triple burner.

In Chinese medicine the heart is thought to be the "nest" of our consciousness. When healthy, the qi ("chi") of the heart shines through the eyes, the mind is clear and untroubled, complexion is clear, and intuition is strong. The heart is vulnerable to heat, which causes agitation, restlessness, or mania. The heart can also be affected by phlegm, which clouds the senses and creates confusion, disorientation and dissociative disorders.

The pericardium is the tissue around the heart. It protects the heart from strain, stress, heat and the other organs of the body. Acupuncture points on the pericardium can be used to treat insomnia, nausea (including morning sickness), irritability, and fullness of the chest.

The triple burner, or san jiao, is a concept that roughly corresponds to parts of the lymph system, the basal metabolism, the absorption of glucose, and all other functions of the body where nutrition moves from one part to another. The san jiao is sometimes described as sets of passage ways, including the passage ways in which qi from the kidney travels to all other organs giving them clear instruction on how to do their jobs.

The small intestine is responsible for filtering what comes into the body. On a psychological level points are useful when a person is having trouble sorting out relevant and irrelevant, valid and spurious data, in order to come to a decision.

The summer is related to the element of fire, the color red, the flavor is bitter, the emotion joy. It corresponds to midday, its energetic is expanding.

### 3. Summer foods.

We recommend eating seasonal, local, fresh, organic food. In general, this is the perfect time for more salads, and vegetables that have been barely steamed or sauteed. Meals consisting of more vegetables and grains, less of meats, oils and proteins are appropriate for the summer. As always, these recommendations are generic, contact one of us for dietary recommendations more specific to your needs.

#### 4. About nightshades...

If you have rheumatoid arthritis, MS, or another autoimmune condition, you should probably avoid all foods from the nightshade family.

The nightshades aggravate auto immune conditions. The "worst of the bunch" seem to be potatoes, tomatoes and eggplants, followed by bell peppers and spicy peppers next. It can be quite a trick to remove potatoes and tomatoes from a standard American diet (potato starch is pervasive, but not as bad a corn...).

I googled around for a few links..

[http://en.wikipedia.org/wiki/Rheumatoid\\_Arthritis](http://en.wikipedia.org/wiki/Rheumatoid_Arthritis)

<http://remedyfind.com/rm-3740-Diet.asp>

<http://www.noarthritis.com/arthritisbook.htm>

[http://www.vitaminevi.com/Concern/Rheumatoid\\_Arthritis.htm](http://www.vitaminevi.com/Concern/Rheumatoid_Arthritis.htm)

It can take a few weeks to a month to kick in. One way to test it out, avoid ALL for a month, then have an indulgent night (imagine pasta with bell peppers and egg plant, maybe with french fries...)

#### 5. What would you like to hear about?

I've been brainstorming lists of topics for future newsletters, but I am particularly interested in know what you would like to hear about. Send me an email and let me know, I'll work to get your questions answered and curiosities satisfied in future emails.