



The Centre of Health

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Autumn 2007 Newsletter

Welcome to The Centre of Health November newsletter.

Winter is nearly upon us, which for some can bring warming thoughts of log fires and red wine but for others the cold seems to penetrate into the bones and can affect the mood as well as general health.

How oriental medicine views colds and flus

The weather will affect you differently depending on your inherent constitution - this is a well understood concept in oriental medicine. Simply put, if you have enough heat in your body to repel the cold you will be less likely to get sick. If on the other hand you are not able to generate enough heat to defend your body you will be more prone to 'invasion' from the cold. A simple check is to notice if your feet and hands stay warm easily.



The Centre of Health was recently featured in several magazines including Vogue and Red as a way to help beat the winter blues. See www.thecentreofhealth.co.uk for more details.

What you can do

The best medicine is **preventative**. Cold is thought to penetrate vulnerable areas such as the nape of the neck and lower back, so keep these areas covered and out of cold drafts. Keeping your feet warm will also help your energy to flow more freely and protect your body. Eat warming foods that are easy for your body to digest like stews and soups.

How can Acupuncture Help

Acupuncture helps by treating at the root of the condition to strengthen your body so that it can defend itself from the cold. Acupuncture can also be effective in reducing the symptoms of a cold and help your body to recover quickly. It is best if treatment can be given in the early stages of a cold. If you are feeling in the need of a boost before winter kicks in call me any time to book in a session. Sessions last 1 hour.



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