

Harvest is the season of Earth...



Harvest or Late Summer is a short season, but in many ways, the most important, as it represents a bridge between the expansive yang energy of Spring and Summer to the quieter yin energy of Autumn and Winter. This extra season accords with the Chinese climate where many regions experience a very hot and humid spell.

After the energy of Spring and early Summer, comes a period when, if diet and lifestyles are not adjusted, it is easy to suffer from tiredness and feeling heavy or sluggish.

The nature of Earth is balance...



The Earth element, which is the mother of the elements, represents the nurturing, nourishing, and grounding.

The Earth element is regarded as the centre of the Five Elements and represents a balance of yang and yin, a time of stability.

Earth represents adulthood...

In terms of the life cycle it is a time for mental clarity, and a time to be empathetic. When Earth is out of balance, worry and anxiety can result along with feelings of emptiness and neediness.



Stomach & Spleen are the organs of Earth...

"The Stomach and Spleen are responsible for storehouses and granaries. The five tastes stem from them." Su Wen Chapter 8



In Chinese Medicine, the Spleen governs transformation & transportation, controls the Blood, dominates the muscles and the four limbs and houses thought or intention(Yi). The Stomach rots & ripens food and drink, controls transportation of food essences and is the origin of fluids.

The taste of Earth...

The taste associated with the Earth element is sweet.



Foods belonging to the Earth element are Yellow-orange vegetables: cooked carrots; winter squash (acorn, butternut, buttercup, delicata, hokkaido) sweet corn, rutabagas, sweet potatoes, yams.

The prevailing climate of Late Summer is dampness. Dampness, if it gets into the body, can represent excess weight, which is lingering and hard to shift.



Foods to remove dampness in late summer include warming spices such as cinnamon, dried ginger and orange peel; Aduki beans, mung beans and other pulses; Millet; Tofu; Green tea; Peppermint (try a mixture of peppermint and green tea).



Getting to the point...



Stomach 36 (Zusanli) is located on the leg, one finger-width from the anterior crest of the tibia. This is a very important and powerful point - in addition to being used for stomach and digestive problems, it is a very energising point, and it is said that the soldiers of the People's Liberation Army used to carry a heating stick in their packs to warm this point for energy when on the march.

Late Summer is the time to strengthen Earth...



When Earth is not nourished, it becomes difficult to realise ones own needs or the needs of others which can result in issues around sympathy plus feelings of worry and anxiety can emerge. Late summer is an ideal time to strengthen Earth by getting support from inside and outside.

Harry Sweetman Lic. Ac. M.B.Ac.C.

Registered Acupuncturist



BAcC Member
www.acupuncture.org.uk



Graduating from the College of Integrated Chinese Medicine in Reading in 1996, I have treated patients with a wide range of conditions, with focus particularly in the area of pain control. I also possess skills and experience in the area of pregnancy and child-birth.

I have a passion and enthusiasm for acupuncture and I enjoy opportunities such as presentations and talks where I can explain its effectiveness. I publish a seasonal newsletter with articles on acupuncture and have run workshops on acupuncture for medical students at the Brighton & Sussex Medical School.

Heathfield

Horam Natural Therapy Centre,
High St, Horam, Heathfield,
East Sussex TN21 0EL

Tel: 01435 812997

Website: www.shunyata.co.uk

Haywards Heath

PhysioTherapy Centre, 11 Heath Road,
Haywards Heath, West Sussex RH16 3AX

Tel: 01444 450162

Website: www.therapy-centre.net

Mobile: 07779 129966

email: sweetneedleman@gmail.com

Website: www.sweetneedleman.co.uk

ACUPUNCTURE

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HARVEST NEWSLETTER

Harry Sweetman Lic. Ac. M.B.Ac.C.



Acupuncture works to help maintain the body's equilibrium. It involves insertion of very fine needles into specific points on the body to regulate the flow of Qi, your body's vital energy.

Within the 5 Element system of Traditional Chinese Medicine, Earth is the element of Late Summer or Harvest. The 5 Elements are an amazing way in which we can understand and connect with the seasons. They are also a way in which health may be understood and thus acupuncture used to restore the balance.