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ANY OF THE ARTICLES
FEATURED PLEASE
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Nine Springs News

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Autumn/Winter 08/09

Global Warming - Is it all Yin and Yang?

Another extraordinary year of strange and turbulent weather leaves us pondering if this is the pattern to come in our age of global warming.

At a recent acupuncture seminar a speaker likened world climate to how Chinese Medicine views patterns of symptoms in the human body. I found this particularly thought provoking and would like to share it with you.

Chinese Medicine views the balance between Yin and Yang in a person as being one of the keys to health. This is the balance between polar opposites, between being hot and cold, wet or dry, slow or fast etc. If we sway too far from that equilibrium then we develop an imbalance that can give rise to symptoms of pathological disease. For example excessively dry skin, feeling hot (especially at night), dehydration, being frenetically "on the go", poor sleep etc would be too much Yang (or deficiency of Yin). But swollen puffy ankles, feeling cold, slow metabolism, poor digestion would be too much Yin (or deficiency of Yang). It is like a see-saw (though of course people are often a complex mixture).

Yin represents our deeper, more solid stores of energy, such as blood and bones, whilst Yang is the 'action energy' that is more immediately available from our food; it is more dynamic. So if we become depleted in our Yin we become more Yang - that is more frenetic, unsettled, 'running on empty' and this can in turn lead to more severe symptoms and the, sometimes sudden, onset of disease (e.g. tremors, strokes, inflammation).



We can take this model to a 'planetary' (or macrocosmic) scale. As we burn up fossil fuels we are depleting the earth of its vital Yin (stored) energy, which in turn causes the planet to become hotter (more Yang) - the earth is losing its Yin/Yang equilibrium. Just as this can lead to health instability in humans, perhaps the same thing is happening to our world. Unpredictable and turbulent weather patterns are the equivalent of tremors on the human scale.

Furthermore, since we are inextricably linked to our immediate environment, could this planetary imbalance be causing humans to mirror those symptoms of too much Yang? A recent survey showed that the pace at which people move in 32 cities around the world has increased by an average of 10% over the last 10 years (news.bbc.co.uk/2/hi/asia-pacific/6614643.stm).

Have we all sped up in response? Could this explain the high levels of stress in our society?

What can we do? In my opinion, if we change what is happening in our bodies and lifestyle, the imbalance can be minimized and possibly corrected. What does that involve? Spending more time in a 'reflective state'. Doing yoga, tai chi, meditation, walking, gardening, going to church or just 'being' - activities that quieten the mind and nourish the body/mind/spirit. Winter is such valuable time for this, as it is the season when nature is resting. Also, avoid excessive amounts of stimulants such as coffee, sugar and Red Bull as this can make a difference.

The relationship between the microcosm and the macrocosm is always an interesting one, particularly in Eastern philosophy. If we strike a better balance in our microcosms as humans perhaps the balance can be allowed to gradually change in the macrocosm of the universe.

Jane Robinson BAc MBAcC

Affordable Acupuncture

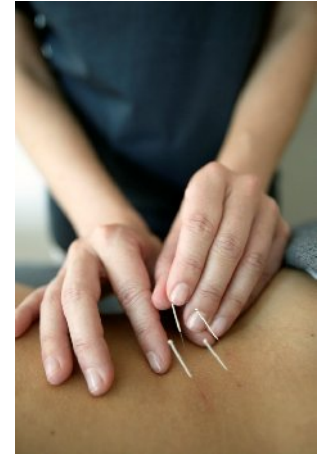
We are delighted to announce the official opening, by **David Laws MP**, of the new multi-bed **Community Acupuncture Clinic**. This will take place on **Friday 9th January at 6pm**. The Clinic is already up and running on a Tuesday and Thursday afternoon.

Jane and Lesley are using a large room with four treatment couches, screened off from each other. This means that they are both able to move from one patient to another without leaving anyone unattended. Initial consultations will be held in a separate private room in order to maintain confidentiality.

Their aim is that the Clinic will make acupuncture affordable and available to a wider community in and around Yeovil so if you have not tried this particular therapy before perhaps it is the opportunity you have been waiting for, and if you are already an acupuncture aficionado do spread the word and let your friends know about the new clinic.

Costs will be £40 for the initial consultation and £20 for each subsequent treatment.

Do come along and find out



Art at Nine Springs

We have recently made contact with Dorset Art Weeks and begun to build a link with a number of artists in the area who have agreed to exhibit their work in the Clinic. We are delighted to be able to offer clients and friends the opportunity to view and buy the work of these artists. Each exhibition will run for approximately four months.

The first two artists to put up their work are Judy Tinsley and Carol Biss and we would encourage you to look around the corridors and studio next time you come along to Nine Springs to enjoy the fruits of their labours.

There is further information about the artists in the Clinic, should you wish to know more about them, as well as price lists for the work on show.



**Artwork by
Judy Tinsley now on
show in the Clinic**

Christmas is coming!

Have you seen our
"Christmas Corner"

in the Clinic. We hope that you might find that perfect present while you are waiting for your treatment. We have a number of Ainsworth Homeopathy kits available for purchase as well as the beautiful artwork already mentioned above and some note cards by one of the artists. And do not forget our **GIFT VOUCHERS**. These can be purchased in any denomination and can be used for each of the treatments provided in the clinic. What could be better than looking forward to a relaxing session of massage or reflexology? Alternatively they could be used to help someone who comes regularly reduce the cost of their normal sessions. Ask at Reception for more details.

New Workshops for the New Year

Watch out for some new workshops coming to Nine Springs as well as the return of some of our regulars.

- Dr Jane Philpott will be returning with more Healthy Eating cookery classes
- Tim Jones is now able to run his singing course
- Rosie Jackson will be putting on her "Writing as a Way of Healing" session
- Dean Carter will be running another Overtoning Soundbath which was very popular recently

In addition new courses to look for are:

- Workshops using The Feldenkrais Method by Barbara Simons
- Expressive Therapy workshops by Ray & Carole Mansfield—a new approach from Australia
- Family Constellation Workshops by Gaye Donaldson

GATEWAY WORKSHOPS

This company also uses Nine Springs as a venue to run workshops for Health Practitioners—for more information check out their website www.gatewayworkshops.com