



HEALTH REPORTS

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KEEPING THE CHI ENERGY FLOWING WITH ACUPUNCTURE AND HEALTHY LIVING

Acupuncture has a long history of helping people live their lives with high energy while enjoying an excellent level of health. People working with a professional acupuncturist become very familiar with how the body and the mind work in harmony as well as how chi (also called qi), the universal life energy, affects the body.

In Chinese Medicine, chi is known to travel on pathways in the body called meridians or energy channels. Acupuncture can be used to stimulate various points along these meridians to keep the energy flowing or to unblock the flow when something occurs to reduce its flow. The unblocking of a meridian can go a long way to restore good health to a person suffering from some malady.

In conjunction with Acupuncture, or at times when Acupuncture is either not readily available or used, there are some excellent lifestyle considerations and actions that can help to promote the healthy flow of chi. A good, solid energy foundation can be enhanced and life energy boosted by following these good lifestyle practices.

- A healthy, balanced diet is very good for promoting the proper flow of chi. Vegetables, fruits and nuts will be an important component, but meats, fish and fowl are also encouraged. Some excellent chi-fortifying foods include brown rice, carrots, onions, chicken, fish, lamb, potatoes and eggs. Herbs are also important including ginseng, nutmeg and china root. Mainly, it's important to choose natural foods with no chemical additives. Consistency in food intake is also considered important with the warning to avoid both over- and under-eating.
- Breath is an vital part of life and breathing deeply brings in more oxygen and activates chi.
- Believe it or not, bright colors in a person's life are also excellent for chi enhancement. This includes the wearing of bright colored clothing and having colorful flowers in the environment.
- Items and activities known to be "chi robbers" should be avoided. These would include spending too much time in crowded areas, watching an excessive amount of television, talking too much or having too many negative emotions. On the other hand, pleasant and spontaneous activities that a person enjoys are known to enhance the flow of chi.

Keep the energy flowing with Acupuncture together with a healthy lifestyle that enhances chi. And, just as an acupuncturist will tailor an Acupuncture program specific to a person's needs, so can the acupuncturist be a source of lifestyle, diet and herb suggestions specific to good health and the proper flow of chi energy through the meridians of your body.

Source: Acupuncture.com. "Boost Your Chi Naturally."
September 2008 http://www.acupuncture.com/newsletters/m_sept08/boost%20chi.htm
and "Secrets of Longevity." http://acupuncture.com/newsletters/m_aug03/main1.htm