

Published in the Valley Harvester, December, 2018

Natural help for holiday stress!

It's that holiday time of year again - time to take it easy, enjoy meals with friends and family, relax and cozy up with a good book by the woodstove. Or not.

For many of us, Christmas is not a relaxing season. We're running around shopping, decorating, baking, attending parties, and travelling in treacherous weather. We may be balancing money worries with the expectations of the season. Sometimes, spending all that time with relatives can be challenging; as well, the absence of loved ones becomes all the more acute this time of year. The holiday season can be stressful and exhausting. At this, the darkest time of year, our bodies naturally tend to want to rest, and the excesses of the season can take an extra toll on the body and mind.

Traditional Chinese Medicine is a fantastic way to deal with stress and its ravages on the body and mind. Acupuncture, often combined with Chinese herbal formulas, can restore the smooth and strong flow of energy, and bring balance. It can help not only at the time we are feeling stressed, but also with the long-term effects of stress on the body, such as insomnia, depression, anxiety, irritability, digestive issues, headaches, fatigue, and frequent colds and flus.

Once we make it through the holidays, it's often about damage control. In January, as the general over-doing it of the holidays catches up with us, acupuncture and herbs can give us a much needed boost. As well, where addictions exist (food, smoking, alcohol etc), ear acupuncture can be extremely effective in helping us keep our new years' resolutions.

Traditional Chinese Medicine has wonderful tools to keep us happy, healthy, and resilient. I am still amazed at how effectively and quickly it can bring healing. I've had clients, beside themselves with stress, come in for their appointment. They are delighted to find that after their acupuncture session, they feel grounded, calm and energetic, ready to go back out into the world with a new relaxed perspective. I can often feel the shift in the room. After several sessions, this new perspective starts to become the new normal, and clients feel more equipped to deal with life's challenges in a more positive way. "I'm encountering the same stresses on a day-to-day basis," a client reported recently, "but since doing acupuncture, I'm just not getting as worked up. I'm more able to let stuff go, instead of getting angry, anxious or stressed out."

Jane Marshall, D.TCM, D.Ac, has been practicing Traditional Chinese Medicine and Acupuncture for over 16 years. Her office is located at 112 Front St, in downtown Wolfville. For appointments, please call: (902)404-3374 or check out her website for more information: janemarshallacupuncture.ca