

TO YOUR HEALTH

Carleton-Willard Village Out-Patient Clinic - 100 Old Billerica Rd., Bedford, MA 01730

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Winter and Acupuncture

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Chinese medicine is thousands of years old and based on the principle of bringing

balance to the body's "Qi" or energetic system so that the body, mind and spirit are in harmony within the body, as well as with nature.

Each season has a relationship with the body. In Chinese medicine, Winter is Yin in nature. It is inactive, cold and damp. It is a time when we wear more layers of clothing, tend to stay indoors and warm ourselves. This is the opposite of Summer which is Yang in nature: active, hot and dry. In Summer we wear less clothing and are socially active outdoors.

The types of food we eat are different. In Summer we eat more salads, cold foods and fruits. In Winter we tend to eat warming foods such as stews, soups, root vegetables, beans and seasonal fruits, such as apples and pears.

Ancient Chinese medical texts advise us that Winter is the time to rest and nurture our Qi. It is the time to be reflective in spirit. It is a time to replenish and nourish our reserves that we have expended during Summer. We do this by becoming harmonious with the seasons in our clothing, diet and activities.

Winter is also the time when we may become more vulnerable to catching colds, flus and other respiratory illnesses.

Acupuncture can help prepare the body to better defend against these illnesses. Acupuncture has the ability to boost the immune system and strengthen the resistance to invading colds and winds.

Acupuncture can support the body's ability to nurture its reserve Qi by tonifying those Acupoints that connect to the deep essence of our core.

Acupuncture uses fine sterile needles to stimulate specific Acupoints along channels of Qi to increase circulation, strengthen the immune response, improve sleep and renew life energies.





The greatest benefit is derived from receiving treatment on a weekly basis for five sessions to bring balance and strength to our bodies immune and reserve Qi. After

that it is recommended to maintain good health by follow-up treatments on a regular basis based on personal constitutional needs. Each individual is unique in constitutional strengths. Each Acupuncture treatment is individualized to bring the most beneficial results of improved health and well-being to you.

Remember to enhance your immune system and renew your reserves during the Winter months for prolonged good health.

**Try Acupuncture!
Make an appointment today!
Mondays from 1:00pm—4:00pm
In the Village Clinic.**



BEDFORD DRUG PICK-UP

**The Bedford Police will pick-up expired and unused medications on:
Friday, November 14, 2014**

You can drop off any prescription or over-the-counter unused/expired medication at the Clinic between 8:30 am and 12 noon on Friday, November 14. Unfortunately, we can only accept the medicines during these times and on the date of pick-up.



Happy Thanksgiving

The Village Clinic will close at 1:00 pm on Wednesday, November 26 and will be closed on Thursday, November 27. Enjoy your Holiday! Regular Clinic Hours Friday, November 28.

**New Hours for Lou Femino the Clinic Audiologist
Appointments scheduled on the first and third Tuesday of every month from 8:30 am—12:00 pm
Walk in available from 12:00—12:30 for batteries / information only.**