



## Health Tips for Fall Season



It is getting colder and colder each day. This year, autumn equinox and full moon happened on the same day. This will not occur until 2029 again.

According to Traditional Chinese Medicine, Fall is related to Metal element and beginning of yin element. Lungs, large intestines, skin, hair, and the nose are related to this element. We tend to be susceptible to have a cold and flu, sore throat, cough, asthma, and other lung conditions during this season.

Lung is connected to emotion of sadness, grief and depression. When the lungs are weak, people experience overwhelming sadness and grief which can lead to depression. It is good time to go inward and let go of old emotions.

Breathing exercise will help strength the lungs. Yoga, Tai-chi, Qigong, walk in the crisp air with deep breathing, all good to keep the lungs strong.



"The wise man should consider that health is the greatest of human blessings. Let food be your medicine."

- Hippocrates

### Eat Seasonal Food

In Japan, people called autumn "Minori no aki" meaning "the season of harvest". You can enjoy variety of food at peak nutritional value when its flavour is at its best. And seasonal food is usually the time when the item is the cheapest and the freshest on the market. You feel the abundance of nature and appreciation.

### Today's Health Tip



#### Steam Inhalation

Herbal steams are used to deliver the medical qualities of herbs and essential oils directly to the respiratory tract. They hydrate, warm and decongest the mucus membranes of the nose, sinues and throat. They can be used to help fight infection in these area and the lung, and are helpful in calming cough.

#### Good Essential Oils

**Eucalyptus** (general congestion, sinus infections,  
**Thyme** (coughs, infections),  
**Lavender** (calming and soothing),  
**Hyssop** (coughs, infections),  
**Bitter orange**, (antibacterial, sedating),  
**Chamomile** (coughs, colds, calming).

#### Instruction

Boil 2-3 cups of water and remove from heat. Add 5-10 drops of essential oil (see suggested oils above) Position yourself so that your head is above the container of water, no closer than 9 inches. Drape a towel over your head and the container, forming a tent. Inhale the vapor with slow deep breaths for 5-10 minutes.

### Autumn season food

- ▶ **Vegetables:** sweet potato, carrots, pumpkins,
- ▶ **Fruits:** grapes, apples, pears, chestnuts, figs, blackberries, plums
- ▶ **Others:** mushrooms, sword fish, turkey

During this time, too much dairy, raw/cold food or juices are not recommended. Pungent food such as garlic, onion, cinnamon and ginger is good to add to your diet.

We are offering **Nasosympatico treatment** at Natural Holistic Wellness Center. This is more powerful treatment stimulating sinus drainage using special blend of essentials oils.

### > Announcements <

#### ➔ Free 15 Minutes Consultation

Not sure about if naturopathic medicine is right for you? Come to meet Dr. Takashima for 15 minutes to get to know her and learn about our clinic.

#### ➔ IV Nutrient Therapy

IV Nutrient Therapy is now available. Injecting nutrients directly into the vein is a highly effective way of intruding high dose nutrients into the system, bypassing the gastrointestinal tract. It will only take about 15 to 20 minutes.

#### ➔ New Programs are Available

We offer several packages at reduced prices to meet your optimal health goals. For more information, please go to [our website](#).

#### ➔ Energetic Medicine

Energetic medicine brings you into deep relaxation state and gently release energy blockages that are stores in your body. We are now offering 3 sessions at the rate of \$175.00 (\$264.00 value) .

#### ➔ This Month's Products



#### Cold and Flu tincture (Winter formula)

This product consists of echinacea, golden seal, elderberry

and vitamin C, which are all scientifically proven to prevent and help cold and flu symptoms. Highest quality and

### Yoga Pauses for the Lungs



#### Cobra Pose

1. Lie prone on the floor. Stretch your legs back, tops of the feet on the floor. Spread your hands on the floor under your shoulders. Hug the elbows back into your body.
2. Press the tops of the feet and thighs and the pubis firmly into the floor.
3. On an inhalation, begin to straighten the arms to lift the chest off the floor, going only to the height at which you

can maintain a connection through your pubis to your legs. Press the tailbone toward the pubis and lift the pubis toward the navel. Narrow the hip points. Firm but don't harden the buttocks.

4. Firm the shoulder blades against the back, puffing the side ribs forward. Lift through the top of the sternum but avoid pushing the front ribs forward, which only hardens the lower back. Distribute the backbend evenly throughout the entire spine.

5. Hold the pose anywhere from 15 to 30 seconds, breathing easily. Release back to the floor with an exhalation.

From [Yoga Journal](#)

### Recommended Book For October



#### The Language Of Letting Go by Melody Beattie

This book offers you a wonderful daily meditation and guidance to empower and uplift while in the process of healing and "letting go".

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## A Message From an Owner



who is a native Japanese and graduated from Bastyr University in Doctorate in Naturopathic Medicine

It is such a beautiful season of the year. We created new services and treatments to provide better service at our clinic. We look forward to meeting you to achieve your health goals. We appreciate your support. Thank you very much.

About the owner:

Dr. Takashima is a licensed Naturopathic Doctor

potency guaranteed. This this an original product at Natural Holistic Wellness Center and only sold at our clinic.

\$20.00 for 2oz \$36.00 for 4oz

### Tests

**Candia testing** only \$32.00

**Vitamin D test** only \$39.00

**Pap laboratory fee** only

\$60.00