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Advice column

Angeltek Alternative Therapies Newsletter

Ask the
acupuncturist
By Spring Moffitt

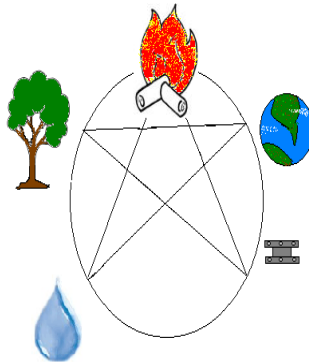
Dear Spring,

I've had tennis elbow off and on and it's really hurting my game. My wife finally convinced me to go to her Acupuncturist. The needles were ok, but I'm confused about the herbs they gave me. When I asked what they were for, the assistant told me they're doing something for my liver. Is this serious? Do I need to see my MD? Why are they treating my liver when the problem's in my elbow?

Signed, Tennis Tom

Dear Tennis Tom:
The reason your practitioner is treating your liver is because part of the liver's function is the health of the tendons and ligaments. It is possible that elbow injury may have been caused tendons and ligaments that were in a weakened state. Another

function of the liver is to ensure free flow of qi. Qi works with blood to help nourish the body and all of its parts. If there are any blockages or if qi is not flowing properly, then some parts of the body will not get properly nourished which allows for easier injury and a prolonged healing



process.

Dear Spring,

For over a year now, I've been dealing with Depression. I started seeing an Acupuncturist and the

treatments seem to be helping. One thing my practitioner said intrigued me: She said my "shen" wasn't clear. I asked her what it means, but I'm embarrassed to say I didn't really get her answer. Can you explain "shen" and maybe tell me where I can learn more about it?

Signed, Happier Gal

Dear Happier Gal:
The Shen is often considered comparable to a person's spirit. It is the part of you that connects your emotions with your thoughts. The Shen gives awareness to life provides vitality so that you enjoy life and grow as a person. You can find more information on the subject in most books about Chinese medicine.

Ask the Acupuncturist is written by Spring Moffitt an OMD. To write for advice send to P.O. Box 1515 Needle, MI 56017