



## COMPLEMENTARY HEALTH CENTRE

### **April 2021 - 7 reasons for Acupuncture this Spring**

After almost a year of varying degrees of lockdown we are emerging into a version of spring we have never seen before. We are tentatively starting to broaden our social horizons but can still be suffering from the usual symptoms that this time of year can bring.

In acupuncture each season is linked with an organ system in the body, and spring's system is Liver. This means that the Liver, as it adjusts to taking over the seasonal reigns, is especially vulnerable.

When the Liver is vulnerable, the functions throughout the body for which the Liver is responsible have a tendency to get out of kilter. Here are seven signs that your Liver may need some acupuncture love:

#### **You feel extra tense**

In acupuncture, Liver is the system that's responsible for smooth flow throughout the body. When the Liver is not functioning optimally, things like emotional stress, rigid posture, shallow breathing, and jaw clenching may become exacerbated.

#### **You have headaches and other aches and pains**

When things aren't flowing smoothly, we start to experience what acupuncturists think of as stagnation-type symptoms. These include pain, and specifically pain that feels like pressure, tightness or restriction. Tension headaches and menstrual cramps are commonly worse this time of year.

#### **Your muscles are really stiff**

The Liver and its associated system, Gallbladder, nourish the body's connective tissue, tendons and ligaments. You may notice increased stiffness, tension or tightness in your muscles and joints in the coming weeks.

#### **You feel irritable and frustrated**

Are you feeling more annoyed than charmed by the springtime sound of chirping birds? The emotional symptoms associated with Liver imbalances mimic the physical stagnation that happens. You may notice yourself feeling extra irritable or frustrated, perhaps more easily annoyed.

#### **Your fuse is shorter than usual**

All organ systems in acupuncture have an associated emotion. Liver's emotion is anger. A healthy dose of anger helps complete a balanced emotional profile. However, when the Liver isn't appropriately keeping things in check, there is a tendency for anger to rise up. Along with feeling irritable, you may have a harder time than usual controlling your anger.

## Your digestion is messed up

Healthy digestion is heavily dependent on consistent and smooth movement throughout the whole body. When the Liver fails to maintain flow, digestive disturbances can easily occur. There's also the whole brain-gut connection. When emotional stress is higher than usual, digestive function naturally declines.

## Your eyes are bothering you

Just as all organ systems have an associated emotion, they also have an associated sense. Sight goes with the Liver system, so any issues related to eye health are usually attributed, at least in part, to a Liver imbalance. This can include poor vision as well as eye pain and fatigue, and dry eyes.

*Reference & source: Suzie Maddison; Acutake; Sarah Calabro*