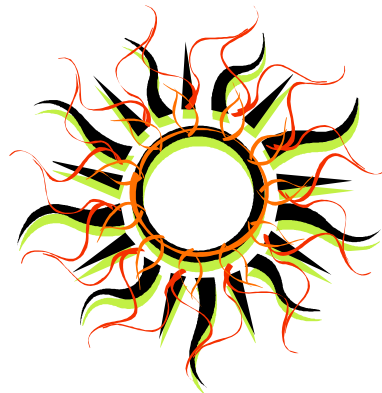


SERVING THE SOUTH SHORE'S HEALTH CARE NEEDS FOR OVER 25 YEARS

## Director's Note: Summer's Fire

Traditional Chinese Medicine (TCM) recognizes early summer as being influenced by the element of Fire which in turn manifests in the human body as the energy of the *Heart and Small Intestine*. This yin/yang pair of organs support and complement each other's energetic functions. Summer is a yang season where we observe yang in the bright sunshine for more hours of daylight, have the experience of hot temperatures, and observe plants blossoming into their fullness bearing flowers and fruit.

People are more active and busy with outside activities like gardening, biking, swimming—all signs of a yang state. With increased physical activity there is always a chance of becoming overheated and dehydrated so we must honor the balance and polarity of yin and yang by strengthening our yin; drink plenty of pure water. [See Bob Thompson's article "Nourish Yourself with Yin this Summer" on page 2]



Fire energizes the Heart and Small Intestine and causes the two functions of circulation and heating to be manifested in the body. According to TCM, the Heart houses the spirit and mind. The Heart energy is fullest from 11:00 am to 1:00 pm, the most yang active part of the day. We experience true joy and have the ability to laugh when Heart energy is balanced. The Heart energy in a woman's cycle represents ovulation, "bearing the fruit." [See Kathleen Duggan and Monica Shield's article "Polycystic Ovarian Syndrome" beginning on page 2]

The Small Intestine - the Heart's yang partner, functions to receive, digest, and assimilate nourishment. It sorts out and extracts the good from what we ingest. It is known as the separator of the pure from the impure on the physical, mental and emotional level. According to Gail Reichstein, author of Wood Becomes Water; "the Small Intestine energy separates truth from untruth. The source of our 'gut' feelings, the Small Intestine screens our thoughts, determining whether 'I'm sorry' or 'I love you' is true before we say it.". This concept shows the interconnectedness of that yin/yang relationship between the Heart and the Small Intestine.

As with most things I write in the newsletter, my intention is to teach, enlighten and inform. Chinese Medicine, however, is a huge body of knowledge. Given the space limitations of a newsletter, I encourage you to come into the Center to experience all that TCM has to offer. You will learn so much about yourself and humanity by adding TCM to your life. Enjoy the Summer and the Fire!

—Genevieve Lane, MAOM, LicAc, DiplAc

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### The Lane Center Hours of Operation

**Monday-Thursday**  
9am– 8pm

**Friday**  
9am– 7pm

**Saturday**  
8:30 am-4pm

**Sunday:** Closed

# Acupuncture Points

## Nourish Yourself with Yin this Summer

### Acupuncture Packages

#### 10th treatment is free!

Purchase a package of 10 treatments for \$630, a savings of \$70—like getting the 10th treatment for free!

#### Referral Program

If you refer friends or family you can receive a \$10 savings on your next treatment.

Please call or ask at the front desk for details.

When viewed through the lens of Chinese Medicine, summer is the most *yang* time of the year. Some of the attributes of *yang* are: hot and dry while *yin* is conversely associated with cold and wet. *Yin* and *yang* are the first divisions of *qi* or energy and they must remain balanced for good health.

If you are deficient of *yin* and excess of *yang* you are likely to feel uncomfortable during the summer. Increasing your consumption of *yin* will help to cool you down. The easiest way to do this is by ingesting omega fats. One way to accomplish this is by increasing your intake of fresh fish such as salmon or plants such as flaxseed. If you do not get enough in your diet, then consider taking supplemental liquids or gel caps.

Patients who added omega oils to their diet report reduction of symptoms such as: nightsweats, sweaty hands/feet, hot flashes, palpitations, insomnia, anxiety, red face, eyes dry or red, or dry noses, mouths and throats. Consistently normal blood pressure readings is another benefit of omega oils in the diet. If you experience any of the above symptoms, or have more severe conditions, call us to learn about more ways to balance *yin* and *yang*.

Adding *yin* in the summer is generally a good thing; however, for patients who experience excess sinus or chest mucous, carry extra weight or run *extremely* hot, I recommend contacting The Lane Center for individualized recommendations. If you want assistance in adding omega fats to your diet, please contact our Nutritionist, Jessica Lane.

### Heart Healthy Foods

Balance your Fire

For those with a weak Fire element, a more warming and cooked food diet is required. Whole grains such as buckwheat and millet are two good foods that warm and heat. Spices and herbs like cayenne, ginger and curry will add fire to the blood and improve circulation.

People who have an excess Fire condition need a cooling diet consisting primarily of fresh organic fruits and vegetables and lots of water. Cucumbers and citrus are especially cooling.

## Polycystic Ovarian Syndrome (PCOS)

Polycystic ovarian syndrome (PCOS) is a hormonal disorder that affects 5-10% of women of childbearing age. Normally 15-20 follicles begin to mature inside the ovaries each month. Ovulation occurs when 1 follicle matures and is released while the others die off. For women with PCOS often there is no maturation of a follicle and all 15-20 remain in the ovary and become cysts. These cysts begin to produce androgens (male hormones) which creates a hormonal cascade, often times preventing ovulation. Insulin resistance is also associated with PCOS, hence many women will experience glucose intolerance and difficulty losing weight. Other symptoms that may occur in women with PCOS are irregular or absent periods, obesity, acne and excess body hair.

As practitioners of Traditional Chinese Medicine (TCM), we use herbs and acupuncture to address the constellation of symptoms associated with PCOS, including the complex hormonal cascade that causes ovulation imbalances. From the perspective of TCM, symptoms of a disorder are understood and treated within the context of a person's entire being. For example, one of the most common manifestations of PCOS in women is 'dampness' or 'phlegm'. In addition to using acupuncture and Chinese herbs to treat this accumulation of dampness and phlegm, your acupuncturist may suggest dietary changes which encourage the movement of fluids, thereby decreasing the body's dampness and

*Continued page 3*

## Polycystic Ovarian Syndrome (PCOS) continued from page 2

phlegm. Often, your acupuncturist will focus on balancing the Liver to enhance its' ability to metabolize the excess amounts of circulating estrogen and LH found in women with PCOS. From a TCM perspective, the Liver controls the smooth flow and distribution of blood. Enhancing the function of the Liver with acupuncture helps to remove obstruction or constriction of blood circulation in the pelvic organs.

When a couple is trying to conceive, the focus often turns to measurements and outcome—FSH levels, egg quality, embryo division, etc. From the perspective of TCM, the health and vitality of the couple attempting to conceive is just as important (if not more important) as the external measures. We believe in widening the lens and shifting the focus from an 'outside in' approach to one that is more 'inside out'. Whether you and your partner are attempting to conceive with or without the help of ART; acupuncture, herbs, and dietary therapy can be used to nourish and strengthen the body's internal environment, fortifying the very root of the energy so that the body is prepared for conception, pregnancy and delivery.

—Kathleen Duggan, LicAc, DiplAc  
Monica Shields, LicAc, DiplAc

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## Body Care

### Take Heart With Massage

Experts estimate that 80 to 90 percent of disease is stress-related. Massage can reduce that percentage by helping us discover how to relax. Massage promotes physical changes in your body which can have a positive effect in many areas of your life. In an age of technical, and at times impersonal medicine, massage offers a drug-free, non-invasive and humanistic approach, enhancing the body's natural ability to heal itself.

We all know that massage feels good but did you know:

- ♥ Massage increases circulation allowing the body (Heart & Lungs) to pump more oxygen and nutrients into the muscles and vital organs.
- ♥ Massage stimulates the flow of *lymph*, the body's natural defense system.
- ♥ Increased circulation of blood and lymph improves the health of the body's largest organ; the skin.
- ♥ Massage releases endorphins (the body's natural pain killer) and is being used in chronic illness injury and recovery from surgery to control and relieve pain.

As a society, we are touch-deprived and this can lead to disease or emotional dysfunction. From the cradle to the centurion and beyond, tactile stimulation and the emotional assurance of caring touch bring about a sense of well-being and security. Take action this summer. Get a massage. It reduces stress and benefits your most important muscle—your healthy heart.

—Meg Meagher, LMT, RMT

### Gift Cards

Looking for a gift selection that allows the recipient to choose the perfect product or service?

**The Lane Center** offers Gift Cards that can be used for any service or product we offer.

### Massage Packages

**6th massage is free!**  
Purchase a package of 6 massages for \$330, a savings of \$60—like getting the 6th massage for free!

**Referral Program**  
If you refer friends or family you can receive a \$10 savings on your next massage.



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## Nutrition Bite: Summer's Bounty

Summer is a great time of year to experience the vast array of delectable foods grown and offered in the New England area. A former teacher of mine always told us to think of the acronym "SLOW" when seeking nourishing food year round. S for seasonal, L for local, O for organic, and W for whole. In summertime, we tend to eat lighter foods—like fruits and vegetables.

Seasonal produce, whether it's grown in your backyard or from your favorite local farm, provides the body with nutrients and nourishment that is appropriate to the season. In Massachusetts, June kicks off berry and salad season with scrumptious strawberries and abundant greens, cucumbers, radishes and bell peppers.



Locally grown food direct from the ground or grower provides fresh vital energy and supports the local community and economy as well. Go to [www.massfarmersmarkets.org](http://www.massfarmersmarkets.org) to locate farms and farmers markets closest to you.

Organic fruits and vegetables often have more flavor—whether they are more nutritious is an unsettled debate. However, if choosing between an organic cabbage from Mexico or a local "conventional" one, talk to the local grower. You may find the local is grown without pesticides but has just not been certified organic by the USDA.

Whole food means that it comes from as close to the source and as complete as possible. In other words, an orange is whole, orange juice is not, an ear of corn is whole, corn chips are not.

So, kick back and relax this summer and remember to take food **S.L.O.W....**

—Jessica E. Lane, MS, RD, LDN

### Yoga and Pilates at The Lane Center

Offered by *Dee Lyon and the staff of the Real Life Yoga and Pilates Studios*

**Tuesday 6:00-7:00pm**—Beginners Hatha Yoga & Pilates    **Thursday 9:30-10:30am**—Prenatal Yoga  
**Friday 9:30-10:30am**—Beginners Hatha Yoga    **Thursday 6:30-7:30pm**—Kripalu/Hatha Yoga  
\$12.00 drop-in

Call **The Lane Center** @ 781-982-1616 to sign up today!