



THE
WELLNESS
PRINCIPLE

DISCOVER EVERYDAY WELLNESS

Three Easy Additions to Your Day With
Big Health Benefits

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A WELCOME FROM THE WELLNESS PRINCIPLE TEAM



WHAT IS EVERYDAY WELLNESS?

What does an integrative approach look like?

Our goal is to help people discover their strongest and healthiest selves through an integrative lens and approach. What's this mean? It's essentially the pearls of wisdom and empirical research from Chinese medicine, which was born thousands of years ago, complemented by modern medical science. The goal is quite simple: when we find the perfect balance between every bodily system (mind-body-spirit)-we achieve harmonious health and wellbeing.

To achieve this delicate balance, we utilize the power of Chinese medicine theory, principles, and the energetic channels or "meridians" that traverse the body. On these meridians lie our beloved acupuncture points. Each point is selected to address the imbalance.

Whether you're experiencing ankle pain or insomnia, the body's patterns must be examined head to toe, with the knowledge of the East and West. Acupuncture, herbal medicine, mindbody exercise, and other therapeutics can shift the balance and flow of Qi (energy), blood, and body fluids as well as repair communication between the internal organs and systems. It really is genius.

But, as we tell our patients, these shifts are often subtle and gradual. As they say, "Rome was not built in a day"—so the years of routine and holding onto muscle patterns, trauma, and emotion just can't be undone in a day. And if anyone tells you that's possible, run! While there are a multitude of recommendations and approaches we share with our patients, we've got to start somewhere—and keep it simple. Read on for basic, practical, integrative tips and tricks to include in your daily routine that can offer insight and ideas to optimize your wellness.



HEALTHY HYDRATION

Kick Start Your System with Warm Lemon Water

How: Before your morning gets ahead of you with scrolling, emails, and to-dos, turn the kettle on, squeeze half a lemon into your glass and drink 12-18 oz of warm water.

Why: An estimated 75% of Americans are chronically dehydrated. Hydration is vital for every cell in your body. It regulates temperature through sweating and respiration. It transports nutrients via water in the blood. It flushes waste through urine. It is a shock absorber for the brain, spinal cord, and fetus if pregnant. It forms saliva to aid digestion and lubricates joints. If THAT isn't enough to leave a tall glass of water on the nightstand, here is the Traditional Chinese Medicine (TCM) why as well!

TCM Why: Water is the foundation of our immune system. It nourishes yin and fluids of the body, maintaining soft and supple energy. According to the Chinese body clock, the large intestine functions best from 5-7 am. So, a large glass of water first thing in the morning can help flush your digestive tract and promote a bowel movement (even better than that morning coffee).

TCM Pro-Tip: Stop drinking ice water! The temperature at which you drink your water is as important as the volume. Our stomach is like a hot pot of soup on the stove, full of hydrochloric acid. When we drink cold water or other icy fluids (we hate that morning smoothie routine...), it puts out our digestive fire, dilutes our stomach acid, and makes it harder to metabolize our food. Drink room temp or warm water (hot is ok, too), avoid ice water, and try to drink water away from large meals.



BENEFITS OF BREATH

Your Body Wants You to Rest and Digest

How: Simply take a deep inhale through your nose, making sure to fill your lungs until your rib cage and abdomen are fully expanded. Exhale through your mouth until you can exhale no further. Repeat! This may sound cliché, but take time at various points during the day, every day, and especially when feeling stressed and you will notice a difference.

Why: It is popular knowledge that taking a deep breath sets off a chain reaction that tells the body it is time to “rest and digest”. This is parasympathetic nervous system activation.

TCM Why: Breath is Qi. We need our Qi to flow smoothly. It is vital to the health of our lungs, which control our pores and sweating, respiration, circulation, skin health, immune system, energy levels, and voice.

TCM Pro-Tips:

- Your Lung Qi needs smooth cyclical breathing. We tend to hold our breath when we're in pain, focusing, stressed, and sitting too long—and that's not good. Focus on deep belly breaths, and check in with your posture and alignment of the spine. Feel your belly button rise and fall, guiding that deep breath to your power center just below the navel.
- Try adaptogenic herbal tonics. Medicinal herbs such as American Ginseng, Astragalus, and Cordyceps Mushroom can be added to your cooking or boiled into a tea and consumed daily. Of course there are also tinctures and customized herbal compounds we'd be happy to prescribe! These 3 herbs are especially beneficial to the lungs and boost energy and immunity. Strong lungs equals healthy breathing, which yields so many benefits.
- Cupping can also be very beneficial. It is a TCM massage technique used to increase circulation, oxygenate tissues, and cycle out stress hormones and toxins. Cupping on the upper back between the shoulder blades or on the pectoral muscles below the collar bone can greatly improve lung function, alleviate cough, and help dispel mucus and phlegm to promote deeper breathing.

GET YOUR GOOD SLEEP ON

Set a Bedtime Routine

How: Give yourself a bedtime (just like our parents made us do when we were little) and set an alarm for waking, 7 days a week, and aim for 7-9 hours of sleep. Pick times that work for both weekdays and weekends. The key is to stay consistent. We love the opportunity to sleep in on the weekends, and every once in a while it's okay, but otherwise stay on schedule. The circadian rhythm needs continuity.

Why: Research suggests a consistent sleep schedule can get you better quality rest and regulate your circadian rhythm. This results in better heart health, because heart rate, blood pressure, and other cardiovascular functions follow circadian patterns. Better sleep optimizes mindbody health, including mental functioning.

TCM Why: During the day, the yin and yang energies in our bodies wax and wane. At night, yin (associated with coolness and stillness) is predominant in the body, and during the day, yang (associated with heat and activity) takes over. To keep these two opposing forces balanced, we need a proper amount of good, quality sleep.

TCM Pro-Tip: We realize sleep health can be tricky, from falling asleep to staying asleep. This is when herbal medicine and customized supplementation comes in clutch. We love Suan Zao Ren Tang, a commonly prescribed Chinese herbal formula for insomnia that can relax the mind and ease restlessness and overthinking. Taking this formula 30 minutes before bed can work wonders alongside methods such as hot foot soaks or showering before bed, meditation, deep breathing, stretching, or aromatherapy. We've always got more sleep hacks to share!





EVERY DAY COUNTS

These few recommendations may seem obvious, but there's always something to learn, consider...and maybe something new to try? We can't emphasize enough—it's through the collective, small, everyday health decisions we make (especially when they outweigh unhealthy decisions) that the mindbody responds and begins to balance itself naturally.

Want more tips? Check out our blog on our website!

www.tcmwellnessprinciple.com