

# Health, Beauty, Rejuvenation

by Krista Essler, L Ac

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Our environment taxes the body daily. The rays of the sun can damage your skin. The air that you breathe contains petrochemicals from car exhausts, which can affect hormone levels. The water you drink and bathe in is contaminated with chlorine that can lead to inflammation of the tissues.

When the body is functioning properly, these pollutants are easily processed and eliminated by the various systems of your body. But if you live the typical American lifestyle, your body may not be functioning properly. You are most likely stressed out about work, family and finances, and are too busy to prepare fresh, nutritionally-balanced meals. You may lack the sleep you need. You feel bad and it starts to take a toll on the way you look and feel about yourself.

## A Time to Rejuvenate

Spring is a time of rejuvenation. The days are getting longer and warmer and the earth is becoming vital and lush once more. Now is the time to get in tune with nature and give yourself a boost. There are very simple changes you can make today to nourish your body, mind, and spirit and allow your inner beauty to shine through.

1) Breathe! As you breathe deeply, your lungs expand and massage the surrounding organs. This increases blood flow to these tissues and enhances the supply of oxygen and other nutrients essential for proper cellular function and health. With deep breaths, you receive more oxygen, thus requiring your heart to pump less. And with your heart rate at a lowered and normal level, and you feel calm and more at peace.

## Limit the Fast Food

2) Limit your intake of fast food. Most fast food is devoid of any nutritional value, has a high fat content, and is packed full of refined flour and sugar. According to *The Sugar Blues* by William F. Duffy, white sugar, white flour and white rice are anti-nutrients. When refined, they are stripped of any nutritional value leaving you with only empty calories. Your body needs the vitamins and minerals normally found in whole foods in order to digest and absorb

nutrients properly. For your body to digest processed foods, it will leach vital nutrients out of your bones and tissues! This leaves your body in a weakened state of health, more vulnerable to disease and chronically fatigued.

3) Lack of restful sleep can contribute to your feeling and looking run down. Modern Feng Shui principles indicate that in order to establish a peaceful sleep environment, you should rid the bedroom of clutter. Remove the television and computer from your sleep area. These items are "yang" (active) and their presence can disrupt sleep, a "yin" (sedate) activity. During the day allow sunlight and fresh air in to recharge the sleeping space with the energy or "Qi" necessary for your nocturnal revitalization.

## Detoxify the Body

4) Cleanse your body internally each season. When your body is free of toxins, your immune system can focus on the germs and microbes that attack your body rather than the additives in your perfume, make-up and cleaning products. As you detox, nutrients are more readily absorbed, sleep becomes restful, and mood elevates. Your body is in balance and able to heal and rejuvenate itself.

5) The liver is key to cleansing your blood. When the liver is toxic, you can have problems such as depression and irritability. Refined foods, especially those which lack fiber, cause mucus in the intestinal tract. This inhibits the absorption of nutrients and creates an optimal environment for parasites to prosper. When the kidneys become overloaded with toxins, you can be susceptible to recurrent UTI's (urinary tract infections) and in severe cases, stones may form in both the kidneys and the urinary bladder. Detoxifying the lymphatic system is most important. This maintains the health of all other body systems.

Cleansing the body should always be done under the care of a health care practitioner. Cleansing too fast can lead to a back flow of toxins in the body which can leave you feeling worse than when you started. Acupuncture and Chinese Herbology are healing tools to aid in the revitalization and purification of the systems of the body. As you give your body the

jumpstart it needs for cleansing, you will find that it makes your other attempts easier and more effective.

There is no magic pill for changing your old habits. Be patient with yourself as your new

habits take effect. Recognize how incorporating these small changes affects your overall feeling of well-being. By giving yourself true health of mind, body, and spirit, you can feel better and ultimately look better.