



# How Seasonal Acupuncture Can Help You in Summer?

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Summer is almost here! The days are long and the weather gets hot. With all the season changes going on around us, our bodies are naturally bound to react. Whenever there is a seasonal change, the energetic in the atmosphere shift and the Qi in our body shifts as well. You've probably heard about heat-related disorders and seasonal affective disorder related to the summer. Heat-related illness encompasses a spectrum of conditions that range from minor illnesses to life-threatening medical emergencies. Specific symptoms of summer disorder include but not limited to depression, loss of appetite, trouble sleeping, weight loss, anxiety, stroke, fatigue, nausea, headaches, muscle aches and cramps, and etc. According to Traditional Chinese Medicine each season is connected with particular organs or meridians of the human body. The start of the season is a traditionally recognized time to have acupuncture.

## Join me on *the blog* for more Summer Seasonal Treatments!

According to Chinese medicine each season is connected with particular organs or meridians of the human body. Treatment is more effective for these organs if done during their season. Summer organ/meridian connections are Heart, Small Intestine, Pericardium, and Triple Energizer. It is also recognized that Indian summer is connected with the Spleen and the Stomach. Summer is also associated with the "fire" element. Chinese medicine believes treatment is more effective for these organs/meridians if done during their season. Timing is important as well. Treatment is ideal if it is done between five days before the start of the new season and end no later than seven days after the start of the season.

Table of First Day of Each Season

	2014	2015	2016	2017
Spring	03/20	03/20	03/20	03/20
Summer	06/21	06/21	06/20	06/20
Autumn	09/23	09/23	09/22	09/22
Winter	12/21	12/22	12/22	12/22

People might argue, why go get a treatment for something if I'm not sick? The answer is this: Prevention. In western society we look on acupuncture as a way of fixing problems rather than preventing them. In China it is traditionally practiced as a preventative medicine. Seasonal treatment endeavors to foster this idea of preventative treatment. It is designed to help smooth over climate changes by giving the body's energy a gentle boost ensuring you feel energized and ready to face the changes with ease. Seasonal acupuncture is complete within a single session and a gentle acupuncture technique is

used to boost your immune system ensuring your body doesn't slip into "over-heated mode," but instead is refreshed, invigorated and strengthened, ready to fend off those nasty summer disorders.

Here are the top three reasons why you should come in for an acupuncture treatment at the beginning of Summer and every season:

1. Prevention – Help your body to not get ill in seasonal transition.
2. Maintenance – If you have had issues in the past like chronic illness or allergies, this is the time to get a tune-up!
3. How Acupuncture is designed – Acupuncture works **better** at prevention than intervention.

The helpful tips for getting a summer seasonal acupuncture treatment are: staying symptom free, getting lots of rest, eating well, staying active, and experiencing better health, more energy and balance in life.

Please contact me at 425-646-6888 or email me at [hongpingren@gmail.com](mailto:hongpingren@gmail.com) if you have any questions or like to schedule an appointment for the summer seasonal treatment.