



3/4 or Running on Empty?



The gas gauge in my husband's van is faulty. Once it gets down to the last 1/4 of a tank, the needle gets stuck and stops dropping. He knows not to go too much farther once it reaches that point because he can't tell how much gas is really left.

The gas gauge in my car is more accurate and a light goes on when it reaches the last 1/4 tank. Our bodies also have "warning lights" that go on when our reserves are starting to run low, although many of us ignore them until we actually have to stop because of illness or extreme fatigue.

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Rough and Ready Turnip Potage

This easy recipe comes from Terra Firma Farms in Winters. I usually make it with chicken (or bone) broth, leave out the milk, and add the chopped turnip greens at the end before pureeing with a hand blender.

Ingredients:

6 leeks

1 1/2 cups Potatoes

6 small turnips

1 1/2 Tbs butter

a few thyme sprigs
sea salt
freshly ground pepper
milk or cream
chopped parsley or thyme.

Slice and wash leeks crosswise, quarter turnips. Melt butter in soup pot, add veggies & 1 1/2 cup water & thyme. Simmer 5 mins, add 5 cups water and 1 1/2 tsp salt. Boil, then simmer until tender 25-30 mins. Add spices to taste, stir in milk, cream or sour cream if desired. Garnish with parsley or thyme.

Variation: use veggie stock to enrich flavor, don't let it cook down so much, puree and add light cream. Add some greens simmer until tender, chop and add to soup. Garnish with thyme and its blossoms.

Health Savings Accounts

Some of you may still have money in your FSA or HSA that you need to use by December 31st. Acupuncture is often one of the covered services, so check with your plan.

December Office Hours

I will be following a regular work schedule through December 19th.

During the last two weeks of December, I will be scheduling appointments on Mondays and Tuesdays (Dec. 22nd and 23rd, and Dec. 29th and 30th) only.

To make sure you get your choice of times, you can schedule your appointment by going to the "Schedule an Appointment" [page](#) on my website or by clicking [here](#).

Gift Ideas

Looking for a unique gift? Want to support the health your friends or family members? Here are a couple



ideas for you:

Ear Seed Kits are in! Each \$15 kit comes with 120 ear seeds, a chart of the ear showing points to use, and tweezers. Kits are available for the following conditions: Anxiety, Back pain/siatica, Headaches/migraines, Insomnia, Memory, Menopause, Stop Smoking, Stress, and Weight Loss.



Gift certificates are available in any amount you choose and may be used for any of the services I offer. I have them in my office, so please contact me, if you are interested in purchasing one.

A few 1/2 oz. size jars of Emily Skin Soothers (Unscented and Super Dry) are available for \$2. These were developed by an acupuncturist when his daughter had eczema as an infant. They do not contain colorants, parabens, petroleum products, or synthetic ingredients, only olive or sunflower oil, beeswax, and a few Chinese herbs. I am considering carrying these in larger sizes, so if you give them a try, please let me know what you think!

Thank You for Your Referrals!

As you may know, my practice is built primarily with referrals from current and previous clients. I really appreciate you sending me such wonderful people to work with!

I'm always happy to talk with you, or your friends and family, about any health concerns and what Chinese medicine has to offer. Just give me a call, or ask me at your appointment.

Happy Holidays!

Best wishes for a deeply restful holiday season! I hope that each of you will have time and space for some nourishment for your body and soul. May you have a peaceful transition to 2015!



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