

SPRING CLEANING WITH CHINESE ACUPUNCTURE

The end of winter and the start of spring is marked by the fire festival in Valencia "Las fallas". A time for celebrating, moving on.

The energy of spring is a time of rebirth, the beginning of the growth cycle, a time of creation and development. After our hibernation in winter and the conservation of our kidney energy, it is now time to hook back the windows, enjoy the morning sunlight and breathe in deeply the fresh morning air. The heavy winter clothes we needed to protect us in the winter can now be stored away. Spring is the start of new visions, creations and personal development. We are moving into the wood element - associated with the Liver energy, a time for dynamic growth and development, our ability to mature. So what are the signs that show you need a spring clean?

If the wood/liver energy is weak, the person may be unable to move on and feel stagnated and resentful therefore causing feelings of regret and frustration. Anger is the main emotion associated with a liver disharmony. Inappropriate anger (becoming angry for no logical reason), may cause the person to avoid any situation which could provoke/produce conflict, therefore their life may stagnate rather than grow in response to their own needs creating feelings of frustration, irritability and resentment. These emotions can be so strong that physical symptoms appear - menstrual irregularities, dry eyes, throbbing headache, spasms in the muscles, tinnitus, and ridged nails. As a traditional Chinese acupuncturist I will need to understand if there is an underlying emotional cause and not just a physical one.

The direction of the wood energy is always up and out (like the branches of a tree). Plan to exert a little more energy than usual, join a Yoga class, have an energising massage or walk that little bit further. Look at the branches of a tree and see how they move gracefully in the breeze, become those branches rather than the solid rigid trunk.

We are so lucky here to have such a wide variety of beautiful luscious fresh fruits, which are fantastic to help detoxify and cleanse the liver. Spring is the time to spring clean the liver. As the liver cleanses, resentments and anger are also eliminated.

Ancient Chinese Proverb Say:- *"The journey of a thousand miles, begins with a broken fan belt and a leaky tyre".*

Happy spring cleaning.

Janet Brownrigg