

Cougar Spirit Newsletter

July 22, 2003

Hello all! I hope everyone is taking in these beautiful blue skies we've had lately. I'm sure vacations have ensued with delightful fervor. Summer is finally here! There's no better time than now to start balancing your energies for summer fun with a session or two of Shiatsu.

I wanted to remind everyone of Cougar Spirits four locations. For the convenience of the Cougar client we are now at:

214 Market Street, Brighton

651 Boylston Street, Back Bay

22 Mill Street, Arlington

10 Main Street, Northboro

Please call **617-407-4565** or visit the website for details or questions: www.cougarspirit.com.

Now as usual, I've enclosed a protocol for all my clients to take heed and mollycoddle their powerful but graceful and tenuous spirits.

Remember, summer is referred to as the season of fire & water. These elements administer the transformation of matter into energy. Humidity is another factor during summer to be mindful of; it has a huge impact on digestion. In Shiatsu the earth element, which governs the spleen and stomach meridians, has a propensity to become damp and humid. If your earth energy is off the humidity will disrupt digestion causing such symptoms as lack of appetite, nausea, hemorrhoids, and irritability. So all eyes on a healthy diet and balancing your energies with bodywork, whether or not that be shiatsu!

The fire element governs the solar plexus and regulates our body temperature and metabolism: digestion, absorption, and assimilation, amino acids and enzymes. When the fire element is in **excess** some physical symptoms can be heartburn, skin rashes, liver/gallbladder discomfort, intolerable to heat, fever, infections, anemia, inability to handle alcohol, digestive discomforts after 2 hours of eating, excessive thirst, yellow coating on tongue, difficulty sleeping, conjunctivitis, constipation or IBS, swelling of joints and other inflammatory diseases. Symptoms of a **depleted** fire element are lack of luster, degenerated metabolism, poor appetite, and poor circulation.

To counteract the symptoms of excess fire cut down on your intake of spicy foods such as black pepper, cayenne pepper, curry peppers, and jalapeno peppers. Cut back on sour and citrus fruits (i.e. oranges, grapefruits), which tend to aggravate excess fire energy. Fatty, fried foods and oily foods such as peanut butter and other nut butters (almond, cashew) can create nausea or headaches.

Instead follow a cooler protocol this summer:

1. Drink cooling (but not iced) drinks

2. Eat more naturally sweetened foods like apples, pears, melons, plums and prunes. **Watermelon** and **limejuice** are also good in the summer. Cut back on refined sugars (very bad stuff)
3. Avoid excessive oil (try sunflower/coconut oil instead)
4. Limit salt intake (Celtic salt is okay)
5. Exercise during the cooler part of the day (not between 11am-3pm)
6. Consume more steamed asparagus, broccoli, brussel sprouts, cucumber raita and basmati rice.
 - Other things to think about are **Green drinks**. These are powders or capsulated powders containing some Barley, Wheat Grass, Alfalfa, Chlorophyll, Spirulina, Parsley, Celery, Spinach and Watercress, etc. Try Ultra Green by Douglas, Progreens by ARG, or G.F.S. 2000.
 - Aloe juice
 - Try a liver cleanse using Major Bupleurum Formula by Honso or stop by BJ Wang's Chinese herbal store, Eshan Tang in Allston on Harvard Street and inquire about clearing liver stagnation.
 - Blood cleansing herbs are great during the summer season. Try Burdock, Red Clover, Neem, Golden Seal, Nettles, Yellow Dock, Sarsaparilla. Chlorophyll is a super blood tonic. Try it in liquid form by Murdock called Innerfresh Liquid Chlorophyll.

Anyone suffering from ringworm, dermatitis or other reactive skin conditions, Weber and Weber makes a great skin cream called DemaVex. Treat flu and allergy season with their AllerVex (esp. hay fever and other environmental seasonal allergies). Otoplex Liquid is available for children/adults that experience pain from congestion and inflammation in the ear and ear infections.

People may experience more hormonal related problems this season such as excess menstrual flow, try Slow Flow, increase PMS symptoms, try Woman's Phase 1, and for increase in menopausal symptoms try Woman's Phase 2 and Black Cohosh all by Vitanica.

Shiatsu is highly recommended for balancing your fire energies and it helps ease and diminish any one of these ailments listed above. Make your summer a blast and get Shiatsu! Please take care and have a wonderful summer!

With kindest regard,

Reneé Tracy
Owner & Founder

Emerson Ecologics is a carrier of most of these products in Cougar Spirit's Newsletter this month. You can find them at <http://www.emersonecologics.com>. If you wish to order these products and are having problems please let me know. I may be able to order them from my account with Emerson.

* Dr. Linda Reynolds has provided much of the information in today's newsletter. If anyone is interested in Ayurvedic medicine you can inquire with Whole Health Consultants at 978-897-0042 owned by Dr. Reynolds. Please feel free to tell her I referred you.