

# Abundant Splendor

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Summer 2007



*Abundant Splendor* is a publication of Center Point Healing.

It is also the name of an acupuncture point on the stomach meridian. One source says this point can give a glimpse of the abundance of the universe, a connection to a plentiful reservoir, and the possibility that we can receive what we need.

It is about the vitality that comes from feeling full and nourished by our lives. My hope is that the information in this newsletter will help you take a step closer to living a juicy, delicious life!



## Finding Your Joy! *Editor's Note*

Dear Readers,

Some of you may have noticed there was no Spring issue of *Abundant Splendor*. I've had rewriting the newsletter on my list of things to do for months, starting the day I completed the Winter issue. Since it was not something I absolutely had to do to keep my practice or my household going, it just kept getting pushed aside. It became a chore. And, it didn't get finished. Yesterday I forced myself to go out running even though I was tired and it was hot and humid. As I pushed into mile seven, I found myself thinking about that Spring newsletter. I didn't complete it precisely because it was a CHORE. Creating this newsletter has been something I have enjoyed so much in the past. What happened? And, why on earth was I forcing myself to run ten miles in that miserable weather?

I stopped for a moment and took a deep breath. I felt myself sweating, felt the sun on my arms, heard the birds singing, and I saw the fullness of summer all around me. And then I noticed a cluster of golden leaves on one of the trees. Summer is going to end. Like all living things, my embodied existence is going to end sometime too. I felt a rush of gratitude that I awoke that morning. It could have been otherwise.

And, I suddenly felt tremendous joy. I'm alive! I'm running! I have the privilege of treating my amazing patients with acupuncture and lifestyle coaching! And, I am so lucky that I get to go back to the office and write the Summer issue of *Abundant Splendor*!

Joy is a state of mind. It is inside you, right NOW. Open yourself up to the possibility that life is not a to-do list of chores that we have to slog through and check off as we complete them (or copy them to a new list if they don't get completed). Change your mind, change your life.

## Water, water everywhere?

You may need more water this time of year. In summer we spend time outdoors in the hot sun, swimming in chemically-treated pools, bathing more frequently (with drying soaps), and engaging in more physical activity.

Have you noticed that you feel tired? Are you feeling irritable? Experiencing headaches? It might be because your body needs hydration.

If you live in Maryland where we've been experiencing a drought, you have likely no-

ticed that your lawn is not vibrant and green. The grass feels dry and brittle. *We* can get dry and brittle too. Our bodies may become fatigued if we aren't getting enough water. And our moods may become more "brittle" — short-tempered and irritable.

Summer fruits and vegetables tend to have a high water content, so including more of these in your diet will also help to keep you hydrated. If you are doing strenuous exercise, you may want to use an electrolyte replacement drink.

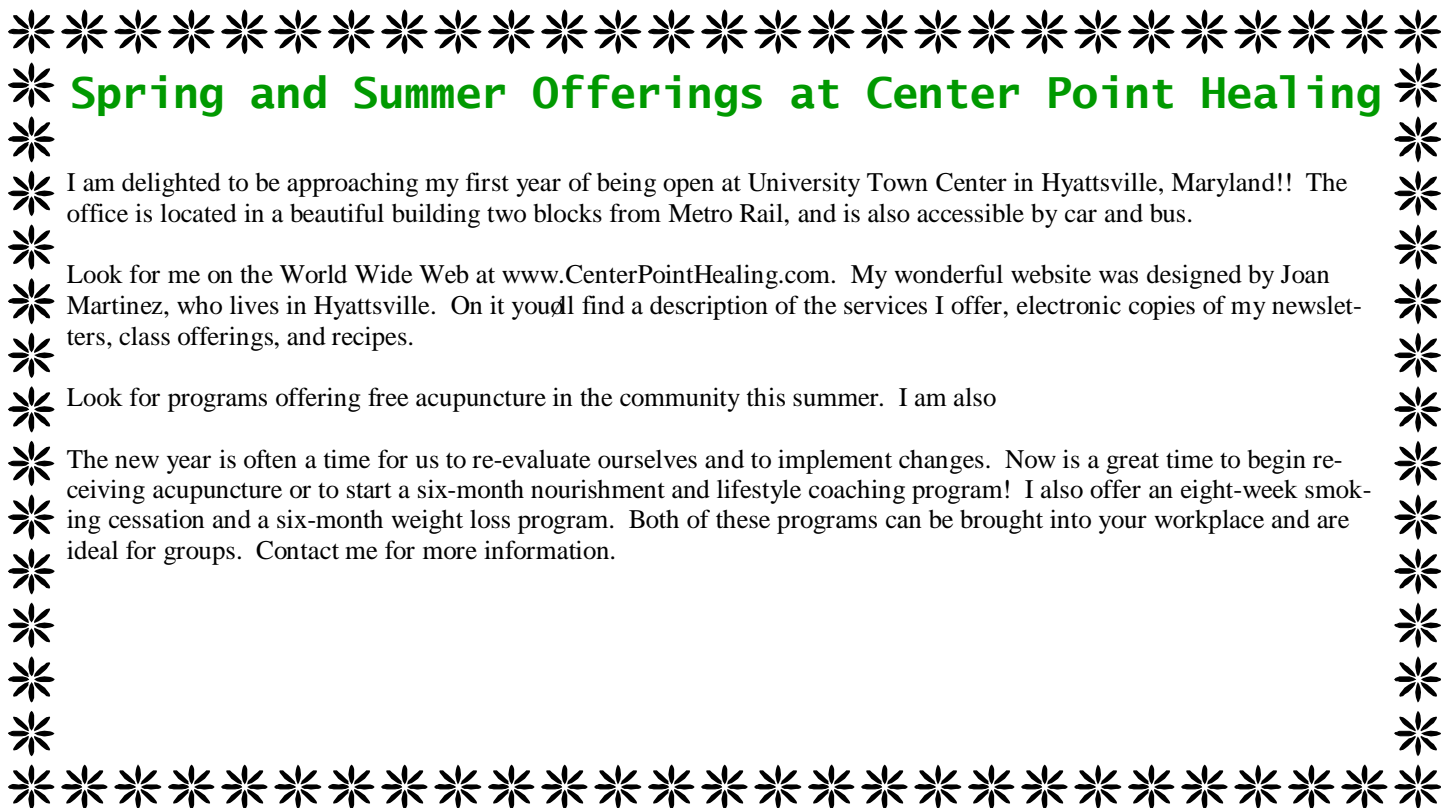
Did you know that the idea that eight glasses per day is the optimum amount is unfounded? There is no evidence that this is so. How much do you need?

Try this for a week: divide your body weight in half and drink that amount in ounces each day. Make some brief notes of what you observe at the end of each day and then at the end of the week. You can then decide how much water is enough for you.



# Chinese Medicine 101





## Spring and Summer Offerings at Center Point Healing

I am delighted to be approaching my first year of being open at University Town Center in Hyattsville, Maryland!! The office is located in a beautiful building two blocks from Metro Rail, and is also accessible by car and bus.

Look for me on the World Wide Web at [www.CenterPointHealing.com](http://www.CenterPointHealing.com). My wonderful website was designed by Joan Martinez, who lives in Hyattsville. On it you'll find a description of the services I offer, electronic copies of my newsletters, class offerings, and recipes.

Look for programs offering free acupuncture in the community this summer. I am also

The new year is often a time for us to re-evaluate ourselves and to implement changes. Now is a great time to begin receiving acupuncture or to start a six-month nourishment and lifestyle coaching program! I also offer an eight-week smoking cessation and a six-month weight loss program. Both of these programs can be brought into your workplace and are ideal for groups. Contact me for more information.

### Recipe Corner: Thai Yellow Pumpkin and Seafood Curry

This spicy, easy-to-prepare dish is perfect for a cold winter's night

#### Ingredients:

- 14 oz can coconut milk
- 1 Tbsp yellow or red curry paste
- (use 2 Tbsp for a spicier dish)
- 1 1/4 c fish stock (from bouillon)
- 3 Tbsp fish sauce
- 2 Tbsp sugar
- 3 lemongrass stalks, cut into thirds and bruised with the flat of a knife
- 3 lime leaves, optional
- 1/2 tsp turmeric
- 2 1/4 lbs. pumpkin, peeled and cut into large, bite-sized chunks
- 1 lb. Peeled raw shrimp
- 1 lb. Salmon fillet, skin removed (if desired) and cut into bite sized pieces
- Bok choy or other green of your choice
- Juice of 1 lime, to taste
- Cilantro, for garnish

#### Method:

1. Skim the top off the can of coconut milk, and put it over medium heat into a large pan with the curry

2. Still beating gently, add the rest of the coconut milk, fish stock, fish sauce, lemongrass, lime leaves, and turmeric. Bring to boil.
3. Add pumpkin and cook on a fast simmer until pumpkin is tender, about 15 minutes.
4. Add salmon and shrimp. Cook until done, about 3 ó 4 minutes.
5. Stir in your bok choy (or other greens), sliced chopped or shredded, and tamp down with a wooden spoon.

6. When greens are wilted, squeeze in the juice of half a lime. Taste to see whether that adds sufficient tartness. If not, add in the rest of the lime juice.
7. Take pan off the heat and pour into a large serving bowl. Sprinkle with cilantro.
8. Serve with more chopped cilantro for people to add as they eat, and some plain Thai or basmati rice.

*From Nigella Lawson's website, [www.nigella.com](http://www.nigella.com)*

Enjoy!!

This recipe nourishes the blood and supports yin. The spiciness is gently warming, which supports yang.



**For more recipes, a six-month plan to learn what foods and lifestyle habits will have you feeling and looking GREAT, and how to have fun cooking and eating — contact me!**



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Wellness for body, mind and spirit

Contact me to find out how  
acupuncture, food and lifestyle changes  
can help you feel great!

The Peace of Wild Things

When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water,  
and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought  
Of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and am free.

ô ó Wendell Berry



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