

Abundant Splendor

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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!



The Gifts of Winter: Being Peaceful in Unknowing

I dedicate this issue of my seasonal newsletter to my father and teacher, James Lancaster. He is my teacher because one morning early this year something started to bleed inside his brain and he lost the ability to speak and to move the right side of his body. We don't know why this happened. What we know is that he is still, blessedly, with us and that he is receiving excellent care (including acupuncture).

This season of winter is the time of mystery. Our ancestors marked the season of darkness by spending more time indoors, resting, and praying for the return of the light. In our times, we can have light any time we want it. We have unseasonably warm weather that allows us to be outdoors much more than we would in the cold. Do we take time to consider what a time of rest and dormancy could mean for us?

We also exert a lot of energy attempting to know and explain everything. Our desire to know all of the answers might give us the illusion that we have some control over life. We do not. Life will be lived through us. Our joyful work is to step out of the way and allow it to flow. As another teacher of mine reminds us, "we don't know which comes next — our death or tomorrow".

I don't know what's next for my beloved father. I know that he seems at peace with the process and that my fighting the flow doesn't help him. So, I step back, breathe, clasp his hand in mine and let life take us wherever it will.

Be Well, Stay Well, Get Some Sleep!

An amazing health practice is one you already do every day — sleep. Studies have shown that people who get the proper amount of sleep live longer and weigh less. You might know from your own experience that getting a good night's sleep allows you to feel more energetic, have a more positive outlook, and get through your day without needing sugar or

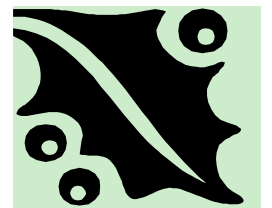
caffeine as a "pick-me-up". Unfortunately many of us are not getting enough sleep night after night. As in all things related to your health, moderation and consistency seem to be crucial. Using the weekends to catch up for chronically sleep deprived weeks is not optimal.

Here are some tips for getting a good night's rest:

- Set a sleep schedule

and stick to it — to bed and out of bed at the same time every day.

- Create a sleep-conducive environment — dark, quiet room; comfortable sleeping temperature.
- Spend a few minutes before bed stretching, sip some chamomile tea, unburden your mind of thoughts and



New Year – New You?

New year's resolutions . . . How many of us vow at the start of each new year that we will “get healthy” – eat better, exercise more, quit smoking, lose that extra weight? You've probably noticed how crowded the local gym is these days, but in a few weeks things will return to normal as most of us get discouraged or simply feel we can't keep up with our grand plans for self transformation.

When I work with clients who want to make changes, I first ask them to tell me what “get healthy” means. Setting an achievable goal for oneself requires one to get very specific. So we create a list of what specific changes the client wishes to make – “eat better” might mean incorporating one or two more green vegetable servings into each day, not snacking after 8:00 p.m., drinking an additional glass of water, etc; “exercise more” might mean walking five or ten more minutes each day for the first two weeks, going to an exercise class one or two times per week, using the stairs instead of the elevator at work; “losing weight” would mean setting a goal that is realistic, based on an embodied experience of having been that weight as an adult and actually feeling better, not a number selected off a weight table or what one weighed in high school.

People who are able to successfully



change habits over the long term start out with specific plans, motivation, a support network, and the understanding that there will be missteps along the way. The missteps are part of the journey too, not a reason to give up.

In my experience, the more specific the plan, the more likely it is that it will succeed. The plan should also include making small, doable changes that build one on the next. I advocate the philosophy of ‘crowding out’ – adding more fruits and vegetables to each meal, for instance, instead of taking something away. Eventually, the additional servings of vegetables will replace or crowd out whatever else is on the plate that is not part of the plan. It's the same thing with a smoking cessation plan – adding deep breathing exercises, meditation, short break times spent outdoors without a cigarette can replace some of the underlying reasons that someone smokes in the first place.

As for motivation, ask yourself why you want to make these changes. Instead of saying, “I want to lose weight so I can be healthy”, make a list of all the things you will be able to do without the excess weight. Perhaps you will have more energy to play with your children or grandchildren or take up a hobby that has always interested you. Be certain that you are making the change because you want to do it for yourself. If you are working someone else's plan for you, chances are you will not stick with it.

Having a strong support network is so important. Enlist a buddy – your spouse, a friend, or a coworker – who will agree to remind you why you are making these changes. Let



that person know that their support will help you be a better spouse, friend, or coworker to them. Let that person (or persons) know you will be calling on them for support when you need some encouragement and acknowledgment, and give them some specific instructions about what you will want – “when I'm too tired to exercise in the morning, I need you to remind me that this walk will help me to feel more energized and to be in a better mood with the children today.”

Finally, understanding that the missteps are part of the journey. Studies have shown that the people who are successful long-term with weight loss and other lifestyle changes are the ones who know they will “fall off the wagon” from time to time and who don't dwell on the fall or use it as an excuse to give up. Take each fall as a lesson and move on. Spending any energy berating yourself for the misstep is wasting energy you could be using to get yourself back on the path. Knowing this will happen and being prepared for it will allow you to recover more quickly and to keep moving forward toward your goals. Be as loving and compassionate with yourself as you would be to a friend who asks for your help.

New Year Offerings at Center Point Healing, Winter 2007

I am delighted to be celebrating my first six months 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. 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.

I have a large, comfortable space and will be hosting many programs in addition to providing acupuncture and holistic health counseling. During the month of February, mention this newsletter and receive **50%** off your first acupuncture treatment!

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

- paste. Let it sizzle, and beat together until combined.
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 – 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.

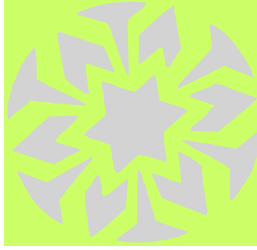
From Nigella Lawson's website, www.nigella.com

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!

Stopping by Woods on a Snowy Evening

--- Robert Frost

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep.
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.



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