



# NAPA VALLEY ACUPUNCTURE

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Acupuncture  
Therapeutic Massage  
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Dear Friends

*I hope you are all enjoying the wonderful sunshine we have, going on walks daily and exercising.*

*There is a new Tai Chi teacher in town: her name is Linda Brown, and she is fantastic. She has a class at 7 am M,W,F taking place in Fuller Park, and one at 6 pm on Th. I highly recommend it. Gentle to the body, it works on stretches and movements which promote free-flow of the internal energies and good health. Try it !!!*

*I am as always, available for massage appointments, and acupuncture treatments.*

*Take care..... Isabelle*



## CHINESE MEDICINE & INSOMNIA



"Insomnia" covers a number of different problems: inability to fall asleep easily, waking up during the night, sleeping restlessly, waking up early in the morning, and dream-disturbed sleep. Western Medicine tends to treat insomnia with tranquilizers that often have unpleasant side effects, and can be addictive. Chinese Medicine promotes sound sleep without drowsiness, addiction, or withdrawal.

Chinese Medicine focuses on treating the cause of the insomnia. There are two main patterns of insomnia:

- In Chinese Medicine (TCM), **the quality and amount of sleep depends first on the state of the Mind (Shen). The Mind is rooted in the Heart**, specifically in Heart-Blood and Heart Yin. If the Heart (Chinese sense of the word) is healthy and the Blood abundant, the Mind is properly rooted and sleep will be sound. If the Heart is deficient or agitated, it will not be properly rooted, and one will not sleep well. Too much emotional stress will affect the Mind, and insomnia may result.

- The *Ethereal Soul (Hun)* also is involved in the length and quality of sleep. If the **Ethereal Soul is well rooted in the Liver** (especially Liver-Blood and Liver-Yin), sleep is normal, sound, and without too many dreams. When Liver-Blood or Liver-Yin is deficient, the Ethereal Soul is deprived of its residence, and wanders off at night, resulting in a restless sleep with many tiring dreams. The Ethereal Soul can be affected by deficiency of the Liver or by any factor agitating the Liver: overexertion, worrying, excessive thinking.

When a person complains of poor sleep, we first check to see whether it is a temporary occurrence (coffee, change in sleeping quarters, pain, asthma...) or a chronic one. Then, according to Chinese Medicine's protocol, we make a diagnosis according to:

- The face, eyes, posture, and tongue examination.
- Voice, breathing and ways of expression.
- Answers to questions about the history of the insomnia, and bodily functions.
- Feeling of the pulse on both wrists.

A personalized treatment plan is then established, comprised of acupuncture and Chinese herbs. The focus is on eliminating the root imbalance which is the cause of the patient's insomnia.



Considerable research has been done in China on the effects of acupuncture and Chinese herbal medicine on different kinds of insomnia. If you are interested in learning more about it, talk to me, and I will share some books with you.



## Difference between Shen and Ethereal Soul

### SHEN

- Activity of thinking, consciousness (totality of thoughts as well as the state of being conscious), memory, insight (capacity of self-knowledge and self-recognition)
- Rational thinking
- Ability to recognize and feel emotions.
- Rooted in Heart-Blood and Heart-Yin
- Disturbed by deficiency of the Heart or by any factors agitating the Heart, emotional stress, unhappiness, being depressed or anxious.



### ETHEREAL SOUL

- Another level of consciousness different from the Mind, but closely related to it. Responsible for dreaming, both day and night, as well as goals.
- Intuition and inspiration.
- Important in the balance of emotions: maintaining equilibrium between excitation and restraint of the emotional life. (TCM believes that when emotions become excessive, they may cause diseases.)
- Rooted in the Liver, especially Liver-Yin.
- Affected by deficiency of the Liver or by any factor agitating the Liver: overexertion, worrying, excessive thinking. Resulting in insomnia, timidity, fear, and a lack of direction in life.

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