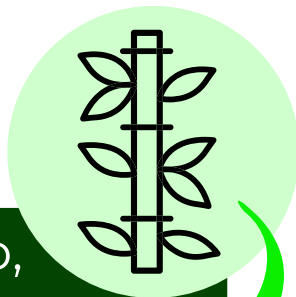


TCM SPRING CARE

Liver Channel | Wood Element

Mind Body

ELEMENT



Spring's element is Wood, like bamboo, with the qualities of strength & flexibility - quickly growing tall & the ability to bend with the wind.

EMOTION



The emotion to cleanse for Spring is anger. Stress, frustration, sighing, & tension are signs to move stuck Liver Qi & practice more patience.

VISION



The Liver channel opens to the eyes, ruling vision & planning. It's time to start projects with a new perspective & clear focus.

BODY



Tendons & sinews: Allow enough warm-up time before exercise with stretching to prepare tight ligaments & after to lengthen contracting muscles

ACUPUNCTURE



Harmonize your health with the seasons! Acupuncture & herbs can help adjust to seasonal change & enhance mind & body wellness.