

# *Staying Healthy Through Seasonal Changes*

*Using the Principles of Chinese Medicine to  
Enhance Health and Longevity*

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# Daoism and Dao De Jing

- Lao Tzu, father of Daoism, 6th century B.C.
- The Dao translated as The Way or The Path

# Important Concepts

- Path of least resistance
- Go with the flow
- No action
- Moderation
- Balance and harmony

# Dao De Jing

“...to Live in accordance with the Dao is to be in harmony with others, with the environment, and with oneself”.

- a holistic way of looking at the universe and our place in it
- humans are the connection between heaven and earth.

# Universal Symbol – Tai Ji



# Philosophy of Chinese Medicine

Qi (Yang) and Blood (Yin) are vital substances inherent in every one of us and required to sustain life.

“If the Qi and Blood are abundant and flowing smoothly in the body, the 100 diseases cannot happen.”

Qi disorders (deficiency, stagnation, counterflow) can lead to dis-ease: aches, pains, and other physical / emotional disorders

# Causes of Disease

Things that disrupt the balance

- External attack
  - Wind, cold, heat, dampness, dryness, summer heat
- Internal imbalances
  - STRESS (emotional), diet, and lifestyle

# What Can I Do?

- What are my defenses against the external and internal factors?
- Live and eat by the Seasons



# The 4 Pillars of Chinese Medicine

- Acupuncture
- Chinese Herbal / Dietary Therapies
- Tui Na / Bodywork
- Tai Qi and Qi Gong / self-cultivation

# Other Tools for Wellness

- **Balance work vs life.**

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- **Practice mindfulness –yoga, meditation, breathwork**
- **Aromatherapy -diffused, sniffed, body products, cleaning products.**

# The Meaning of Life

- Find Joy
- Choose Love
- Be Alive

# Suggested Reading

- **Between Heaven and Earth**  
(Beinfeld and Korngold)
- **Understanding Chinese Medicine** (Unschuld)
- **The Web That Has No Weaver**  
(Kaptchuk)
- **Healing With Whole Foods** (Pitchford)
- **The Way Of Qigong** (Cohen)
- **Essential Living** (Butje)