

Becoming Younger, as You Get Older



by Shoshanna Katzman

It is no surprise that two major causes of premature aging stem from exorbitant amounts of stress combined with unhealthy lifestyle habits. Whether stemming from work, chronic pain and suffering, financial pressures, social challenges or repetitive family crises – stress wears away at the body, mind and spirit day by day and year by year. The same is true for those poor nights of sleep, one drink too many, toxic food overloads, overindulgences in sex and multitude of accidents and traumas. Chinese medicine views these set of circumstances as direct causes of premature aging through squandering of the body's precious resources of the 'Three Treasures': Jing, Qi and Shen.

Jing is vital essence, the fluids that nourish and flow throughout the physical body in the form of blood, lymph, sexual fluids, joint lubrication and the like. Qi is vital energy, the life force that flows and provides energy within every living being. Shen is known as Spirit or Heart/Mind and refers to the precious, ethereal energetics that guides a person throughout their physical life. Proper amount of each of these 'Three Treasures' is essential for a healthful aging process, one characterized by a healthy vibrant body and relaxed, tranquil mind.

A major step toward protection of Jing, Qi and Shen is to strengthen the body's ability to handle daily stress. This

can be simply accomplished through learning the art of self-acupressure, practicing T'ai Chi and Qigong exercise, incorporating Chinese herbal and dietary recommendations, receiving therapeutic massage, or experiencing the healing power of acupuncture. These treatments maintain proper amounts, full flow, and ample storage of all 'Three Treasures'. Although most well-known for their Qi enhancement effect - when Qi is strong it provides energetic support for the two remaining treasures of Jing and Shen.

Qi fortification releases energetic blockages and restores proper and ample flow to the entire body – a literal massage of the energetics of the body. This aptly describes the experience of acupuncture which works through insertion of hair thin needles into acupuncture points located along meridian pathways of the body. Acupuncture treatments provide a 'life lift' and enhance the ability to flow through life, providing an innate knowing about how to navigate every turn with an invincible vibrancy of body, mind and spirit.

'Wei Qi' is another special form of vital energy enhanced through Chinese medicine treatments such as acupuncture. It is located right underneath the skin and responsible for defending the body from external pathogens, in addition to building energetic strength

and resistance. If it is poorly stored or wasted through excessive stress or poor lifestyle habits it leads to lowered immunity whereby exogenous pathogenic influences invade the body in the form of frequent colds, flus, allergies and the like. Keeping 'Wei Qi' strong is basic and essential as it contributes to a long and healthy life, free of debilitating disease.

Therapeutic massage increases Qi and blood flow leading to a radiant and youthful complexion, one with improved skin texture and tone. It also decreases the buildup of lymph which increases oxygenated blood to the skin to both prevent and reduce cellulite. With proper care, our skin maintains resiliency and functions as the physical body's first line of defense. This together with plentiful 'Wei Qi' provides essential, solid and well-functioning protection for the mind, body and spirit. When needed, additional immunity boost can be acquired through application of Chinese dietary therapy along with herbal medicine to better nourish the body through food and nature's flowers, roots, barks, seeds and berries, precisely chosen to balance one's specific energetic constitution.

Whether employed alone or in combination, these age-old Chinese healing techniques gently restore homeostasis and a vibrant state of centeredness, connection and renewed commitment to healthy lifestyle choices. This helps an individual remain forthright, upright and balanced from within to withstand the insidious bombardment from outside pressures. It strengthens vital organ function, balances hormones, boosts energy and calms the heart & mind – a powerful activation that maximizes innate healing through body wisdom. These ancient Eastern practices offer a greater chance for life enhancement through preservation and cultivation of the 'Three Treasures' – a giant step closer to becoming younger, as you get older!

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