

Holistic Health Sustainability

by Shoshanna Katzman



Holistic medicine treatment takes the whole person into consideration. It views the various aspects of an individual as interconnected, rather than mainly focusing on presenting symptoms. Ancient healing wisdom of both Ayurvedic and Chinese medicine traditions provides a great deal of insight about how to manifest and sustain vibrant health.

Ayurvedic medicine originated in the ancient Vedic culture of the Indian subcontinent over 3,000 to 5,000 years ago. It is one of the world's oldest, holistic medical systems. Known as the "science of life," Ayurvedic tradition espouses the importance of preventive care, nutrition, herbal medicines, and Yoga for balancing the mind, body, and spirit.

Chinese medicine is another prominent holistic medical system that originated in China thousands of years ago. It specializes in balancing yin and yang energies flowing through the energetic body. Its modalities work to restore and maintain health through releasing blockages in the flow of Qi (vital energy) or reinforcing its deficiency. Methods employed include acupuncture, herbal medicine, cupping, gua sha, and Taiji (Tai Chi) and Qigong exercise.

Many other cultures have their own set of healing traditions – it's just a matter of taking time to explore what's out there to find the best fit.

The quest for holistic health wisdom and making well-informed health care choices could begin with research on the internet. Look to find the approach that matches your physical body, core values, and way of life. Discover answers to what they view as the cause of illness and what they recommend for restoring health. Find out how they see the role of the mind and the spirit along with how much importance is placed on daily behavior.



Image by Jill Wellington from Pixabay



Process this information and decide on the most appropriate path forward for establishing long-term health. Feel free to draw from several traditions. Then blend this ancient wisdom with

current medical care and ideas about holistic health sustainability. This allows you to benefit from the best of ancient eastern traditions and modern western paths to wellness.

Regardless of approach, the ultimate goal is to create a holistic health blueprint for reducing occurrence of disease and improving positive outcome for a long healthy life. A central theme is to establish daily living habits based on your specific needs and constitution. Another important component is making behavioral and dietary choices according to the changing seasons. Being vigilant about getting proper sleep and ample rest is further important. The end goal is to build and conserve vital root energy of the body, rather than squander it.

Getting outside to take walks allows for fresh air, keeps the body fit, blood circulation moving, and time to clear your head. Maintaining work-life balance is another must for reducing stress and reinforcing energy. Tending to emotional and spiritual needs is a key component to whole-body healing.

Many have found that integrating a more internal approach such as Yoga to their daily exercise regimen to be quite helpful for nourishing the body, mind, and spirit. As a gentle low-impact exercise, the practice of Taiji or Qigong is effective for sustaining long-term vibrant health. It encourages emotional, spiritual, and mental balance, builds and conserves internal energy, and produces harmonious flow. Practicing these exercises outdoors connect a player (as the microcosm) to the nature around them (as the macrocosm) thereby encouraging respect for the environment.

The combined impact of making simple changes empowers us in big ways – creating a life filled with great fortitude along with physical, energetic, spiritual, and emotional balance. The sooner these changes can be made the better. It requires being vigilant and holding to desired goals. Listen carefully within yourself to know how to proceed holding fast to the motto: “When in doubt, leave it out”.

Shoshanna Katzman, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center (www.healing4u.com) for 35 years in Shrewsbury, NJ providing acupuncture, Chinese herbal consultation along with Taiji and Qigong private and group classes. She is author of “Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy”, co-author of “Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness” and “Center of Power: Life Mastery through Taiji” a comprehensive online curriculum (www.yourcenterofpower.com). For more information call or text 732.758.1800.



Center of Power Life Mastery Through Taiji

a comprehensive toolbox for the Taiji player



Get ready for a journey of **energetic and physical discovery** through the world of Taiji (Tai Chi) with this online curriculum.

Experience a transformation of mind, body, & spirit that **awakens your entire being.**

Benefits of Taiji

- enhances balance
- reduces pain & inflammation
- boosts immunity
- stabilizes emotions
- develops mindfulness
- slows the aging process
- and so much more...

www.yourcenterofpower.com
call or text 732-758-1800

Red Bank Acupuncture & Wellness Center

- Acupuncture • Chinese Herbs
- Therapeutic Massage
- Taiji & Qigong Lessons

- Shoshanna Katzman, L.Ac., M.S., Director
- Heather Quinlivan, L.Ac., MSTOM
- Bonnie Anderson, LMT

We are a caring group of practitioners dedicated to helping you
heal naturally and balance your energy

Enhance Your Health Today by Calling: **732-758-1800**
830 Broad St. Suite A, Shrewsbury, New Jersey 07702 • www.healing4u.com
Gift Certificates Available