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Yang Healing Ways

by Shoshanna Katzman

Chinese medicine offers every man the opportunity to maintain a state of everlasting vitality. It provides a holistic pathway for men of all ages to procure a stronger body, clearer mind, gentler spirit, and higher energy levels. Long-term benefit is achieved by addressing the underlying root cause of an issue along with associated symptoms.



This ancient healing paradigm classifies a male body as predominantly yang which represents qi (vital energy) and heat. Health is "ruled by qi" whereby abundant levels of vital energy are key for the body to function at its highest capacity – including better athletic performance. A primary goal of treatment is to manifest health and well-being by nourishing and balancing yang energy.

A man's sexual health is further viewed as a reflection of the harmonious and plentiful levels of the Three Treasures of jing (vital essence), qi (vital energy) and shen (spirit). Ample amounts of these three vital substances result in peak sexual vitality and performance, maximized fertility, along with improved prostate and urinary function. Chinese medicine

practitioners also focus on balancing yin energetics to maintain sufficient levels of blood flowing throughout the body. These ancient healing ways result in full vitality at each stage of life – including a stronger mind-body-spirit connection.

Many men today seek to nourish and balance their yang qi, blood, and Three Treasures through incorporating acupuncture, herbal medicine, food therapy, and the exercises of Taiji and Qigong into their health and healing strategy.

These time-honored holistic modalities are known traditionally to build immunity, digestion, and cardiovascular health. This includes much needed support for healthy aging by managing blood pressure and improving metabolism. They allay anxiety and thwart insomnia by calming the nervous system and nourishing the heart

and shen spirit. Reputed for releasing pain, tightness, and inflammation, makes them excellent for treating sports injuries and reducing their occurrence. This means help with acute or chronic injuries such as sprains, tendonitis, tennis elbow, and frozen shoulder.

Acupuncture in particular brings fresh blood and qi to an injured area to speed up healing. This is accomplished through releasing energetic blockages and restoring abundant flow throughout the body's meridian pathways. As such, insertion of thin stainless steel needles into acupuncture points helps injured areas of the body heal faster with less pain in the process.



The acupuncture experience is deeply relaxing and helps a man's body achieve homeostasis. It encourages him to reconnect with himself and access his innate healing capability.

The addition of Taiji and/or

Qigong exercise allows him to become more centered, grounded and better equipped to withstand high levels of work and family stress. These forms of exercise are also reputed for building and sustaining high levels of jing, qi, and shen.

General dietary guidelines for building yang qi include eating foods that have been slow-cooked or simmered for long periods of time. It is helpful to add moderate amounts of warming spices like ginger, shallots, or cinnamon to foods. Male fertility is strengthened through nutritious foods such as nuts (especially walnuts), seeds (especially pumpkin seeds), fatty fish, oysters, leafy greens, berries, tomatoes, eggs, and oats. Ginseng tea has been used throughout the centuries to increase kidney yang energy thereby boosting libido and building energy.

Lifestyle adjustments include commitment to creating work/life balance, not allowing stress to become overwhelming, and getting enough rest, relaxation, and sleep. Expressing anger rather than bottling it up while continually listening to one's feelings thereby maintaining emotional balance. Simply take baby steps and choose one area of your life to work on at a time. Before you know it, you will possess the energy, optimism, and motivation to tackle the next one.

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.

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I'm always asked,
"What's your secret?"

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-Shoshanna Katzman, MS, LAC
Taiji instructor for over 50 years



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