



mote self-healing power and establish internal energetic harmony and homeostasis. This is exactly what is needed to prevent escalation of blood pressure symptoms.

Daily practicing of tai chi and/or qigong are excellent methods to work with alleviation of stress through “calming of heart and spirit.” It’s various postures and application of breathing techniques stimulates and activates the energies of all vital organs, works with balancing hormones and strengthens immunity.

This allows for qi (vital energy) and blood to flow freely throughout the body to help reduce elevated blood pressure. Qigong and tai chi are also forms of “meditation through movement” which help with centering and integration of the mind, body and spirit.

Acupuncture and Chinese herbal therapy are additional methods for reducing excessive levels of blood pulsating throughout the body. These are techniques that are provided by a trained Chinese medicine practitioner for body regulation, with similar working of healing of the whole body through addressing root energetic cause to allay physical imbalance.

For all of these approaches, it is typical for the energetics of the kidney and liver meridian systems to be targeted as the primary root cause. More specifically, a common Chinese medicine diagnosis would be “Liver Fire Rising” or “Kidney Yin Deficiency.” The root cause may also include qi stagnation or deficiency or excessive buildup of phlegm. Each person is treated in a unique manner as there may be other organ systems and factors of imbalance to be corrected through a targeted treatment plan.

The major contributing factors to hypertension include food choices and lifestyle habits such as smoking. Levels of stress, emotional state, one’s age, weight and hereditary factors also come into play. Of course, reducing intake of salt is the first step to take, in case it is a trigger. It is also helpful to drink plenty of water as well as limit intake of sugar, caffeine and alcohol.

Chinese medicine dietary recommendation also includes a more plant based diet as vegetables are more cooling (more yin) and are thus a better

Get Your Pressure DOWN

by Shoshanna Katzman

There is no doubt that life pressures can cause stress to build up within the body and lead to high blood pressure, also known as hypertension. In fact, it is a health issue that plagues 1 in 3 Americans and without proper management can become fatal. The most important thing is to catch high blood pressure early and gain control over it with healthy lifestyle habits. The very worst approach is for one to “put their head in the sand,” rather than integrating daily ongoing measures to keep it under bay.

The safe approach is to have a complete physical with a physician,

which of course includes having blood pressure checked. If blood pressure is high or borderline high, it is important to check it regularly at home with a blood pressure machine. Keep a log of the numbers and get back to see a physician if it stays elevated, as it may be necessary to take blood pressure medication to get it under control.

In the meantime, begin implementing a daily plan for lifestyle changes. It is also highly recommended to employ Chinese medicine as a method for addressing the root cause of hypertension. For centuries, it has been used to pro-

choice when working to keep blood pressure down. In the same token, hot spicy and fried foods (more yang) would be contraindicated. Choosing organic foods whenever possible is essential, as is eating the right amount so as to not overload the digestive system.

Chinese medicine is holistic and requires active participation from a recipient. There are many ways to secure optimal balance within the body, which may require combining these ancient healing practices with a western medicine approach. The most important thing is to keep oneself healthy and balanced through making significant changes in daily routines – thus lowering life pressure on a multitude of levels.

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