

# Acu News

"A bit of fragrance clings to the hand that gives flowers"- Chinese Proverb

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## The Heart According to TCM/ Acupuncture & Stress

In Traditional Chinese Medicine, the heart can be considered the most important organ in the body. All other organs connect to the heart and help the heart function as best it can. According to TCM, regulated blood circulation depends on the heart's energy flow, or Qi. When the heart does not have enough Qi and is deficient in Yang, it can result in poor blood circulation, weak pulse, palpitations and chest pain.

A Heart Yang deficiency is associated with coldness. When Yang is not in balance, circulation slows resulting in extreme coldness and a pale face. A Yin deficiency happens when one is overworked and does not give the body and mind a chance to slow down. Fatigue and anxiety are symptoms of a Yin imbalance.

Imbalances in the heart can result in many other issues as well. When one is stressed, a domino effect happens in the body. The liver's function decreases when the body is in high stress, therefore it cannot support the heart.

According to TCM, the heart is also the source of consciousness and thinking. When one's blood

circulation is in balance, their thought processes and mental activities function well. If the heart's energy is deficient, one can experience anxiety, insomnia and restlessness.

TCM believes that acupuncture treatment can reduce stress and return the heart to health. When one is consistently stressed, there is an increased level in adrenaline and cortisol due to a raised blood pressure. When these stress hormones increase in the body, one is more susceptible to blood clots and a risk of heart attack.

Acupuncture works by lowering the body's blood pressure and heart rate, which then can lower cortisol and adrenaline levels. Specific acupuncture points are used on the body to relax the mind and address problems like hypertension and symptoms of heart disease.

Acupuncture works by addressing the body as a whole. When there is an imbalance in the heart, acupuncture points work to return the body back to its normal energy flow, which improves the function of the organs.



## 6 Healthy Foods for the Heart

Changing the way you eat is one of the best ways to improve heart health. By making an active choice to improve your lifestyle, you can see your heart health improve greatly as well. Below are superfoods to incorporate into your diet.

### Salmon

Salmon contains omega-3 fatty acids, which have been shown to help decrease the risk of an irregular heartbeat, lower plaque build-up in the arteries and decrease triglycerides, the main type of fat in our bodies. It is recommended by the American Heart Association to eat salmon or other fatty fish at least twice a week.

### Potatoes

Believe it or not, potatoes can be very beneficial for heart health. Potatoes are packed with potassium and fiber, which can help lower blood pressure and risk for heart disease. As long as they are not fried, potatoes can be a great food option.

### Nuts

You can't go wrong with nuts. Almonds, walnuts, pistachios, peanuts and macadamia nuts are rich with fiber and vitamin E, which helps lower cholesterol. Don't be skeptical by the high fat content of nuts, those who eat nuts regularly

have been shown to be leaner than those who don't. Walnuts among other nuts also contain high amount of omega-3 fatty acids.

### Green Vegetables

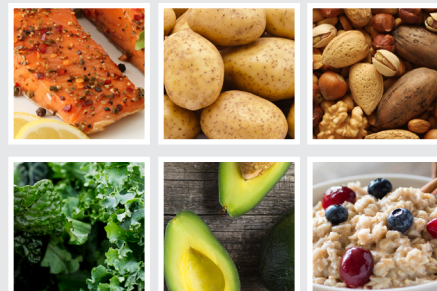
There are many benefits to vegetables such as broccoli, spinach and kale. These vegetables can especially help your heart because of the high amounts of vitamins, minerals and carotenoids, which act as an antioxidant. Including green vegetables into your diet every day not only can improve overall health but give the heart a boost.

### Avocado

Avocados are packed with monounsaturated fats that can help lower the risk of heart disease and help control cholesterol levels. This fruit is also rich in antioxidants and potassium, making it a superfood that can be easily incorporated into meals.

### Oatmeal

Oatmeal is not only practical and affordable, but high in soluble fiber, which can help lower cholesterol. Choose oatmeal or plain oats with no added sugar. Make sure to be especially careful with instant oatmeal, which a lot of times contains added ingredients.



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