



## redbank acupuncture & wellness center

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Shoshanna Katzman, CA, MS, Director

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### **THE JOY OF SUMMER RED BANK ACUPUNCTURE & WELLNESS NEWSLETTER**

#### **SUMMER IDEAS ACCORDING TO THE LAW OF THE FIVE ELEMENTS**

The summer is the time of Fire according to the Law of the Five Elements which is one of the major theories that Chinese medicine is based upon. This is a time of yang energy which means that it is a time of heat, outgoingness, and moving outward in our lives. That is one reason that it is a great time to travel and a perfect season of the year to go on vacation.

#### **The emotion of joy marks the summer time of the Fire Element:**

- Joy about finally being summer once again when we can frolic and relax at the beach
- Joy about being able to swim outside in our pools
- Joy about taking a stroll around our neighborhood as we listen to the birds chirping after returning from down south
- And the joy of romance and love in the air as we enjoy fire and passion of summer

#### **The experience of awakening marks the summer time of the Fire Element:**

- Awakening to our selves and the amazing healing potential that we possess
  - Awakening to our partner and the unique gifts they possess
  - Awakening to our goals and what we want to achieve each and every day of our lives
  - And the awakening of the deep fire that exists within in our hearts to nourish ourselves
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The summer is the time that Chinese Medicine is used to balance the energies of the Heart and Small Intestine meridians. This is a time when the fullest potential of these organs to nourish and pacify our spirits comes into play. This is when we realize our life's greatest potential as we find joy in our hot summer days and warm summer nights.

Just as our trees, plants, grasses and seeds are growing and flowering at their full potential and offering the fruits of their labor, so are we doing the same in our lives.

Summer is the season to introduce some cooling foods into your diet. Here are some suggestions to keep you cool and balanced all summer long.

**These fruits and vegetables will help adjust your body temperature and protect you during the long, hot summer days:**

Snow peas, asparagus, bok choy, broccoli, cabbage, corn, celery, cucumber, zucchini, potato, carrot, pear, watermelon and watermelon juice, cantaloupe, peach, orange

**Also cooling foods are:**

Seaweeds, tofu, mung beans, chrysanthemum tea, mint tea, licorice tea

If you are feeling dehydrated, a tea made with watermelon rind will also do the trick.

**Some good spices to use during summer months are:**

Cilantro, mint, dill

**Here is a cooling dish for a hot summer day:**

**Fresh Mango Parfait**

Ingredients:

3 ripe mangos, peeled and diced

1/2 pint fresh strawberries, washed and quartered

3 ripe kiwis, peeled and sliced horizontally and halved

Fresh mint sprigs for garnish

1/2 cup of vanilla soy milk

2 tablespoons raw sugar, to taste

Preparation time: 10 minutes

Serves: 6

In a blender puree the diced mangos and the soy milk. Taste the mixture and add sugar if desired.

Pour into parfait dishes or wine glasses  $\frac{3}{4}$  full. Fill to the top with a combination of cut kiwis and strawberries. Garnish with the mint sprigs.

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It may seem silly to be thinking of having the flu or a cold when it's the summer season. In traditional Chinese medicine, summer time is the best time for preventative treatment. Such treatment is used to build the body's resistance to pathogens and to strengthen your immunity system. It is best to schedule these treatments in the warmer months of August and September. If you want to avoid the discomforts and inconvenience of colds and flu's this coming winter consider scheduling your acupuncture treatments today. Your investment in your wellbeing and health is important.

### **Drink Plenty of Water to Dampen Summer Fire**

Water is pure liquid refreshment and accounts for a large percentage of what makes each of us "human." The average 150 lb. adult body contains 40 to 50 quarts of water. Almost 2/3rds of our body weight is "water weight". Blood is 83% water. Muscles are 75% water. The brain is 74% water. Bone is 22% water.

Water is necessary for your body to digest and absorb vitamins and nutrients. It also detoxifies the liver and kidneys, and carries away waste from the body. And when it comes to digestion, it's just not happening without water. Fiber alone cannot aid proper digestive function by itself. In fact, without water as its partner, good fiber goes bad, causing constipation and extreme discomfort.

If you're dehydrated, your blood is literally thicker, and your body has to work much harder to cause it to circulate. As a result, the brain becomes less active, it's hard to concentrate and your body feels fatigued. Simple water -- when it's pure and free of contaminants -- is truly a "wonder drug." Without chemicals, additives, or anything unnatural, a steady dose of 8 glasses of water a day (ideally ½ your body weight in ounces of water) will: Improve Your Energy. Increase Your Mental and Physical Performance. Remove Toxins & Waste Products from your body. Keep Skin Healthy and Glowing. Help You Lose Weight. Reduce Headaches and Dizziness. Allow for proper Digestion. Help to keep you more Alkaline.

Many people underestimate their need for water. The average adult should drink six to eight 8-ounce glasses of water (or its equivalent) a day. You can meet part of that quota by consuming high water content foods.

Some examples include: Iceberg lettuce (95 percent water), cantaloupe (91 percent water), and raw carrots (88 percent water).

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It brings us a great deal of joy that **James De Bard** has been with our center for over a year and a half now. Our clients at Red Bank



Acupuncture have definitely benefited from his presence with us and love receiving acupuncture sessions with James. The thing that makes James so special is his enthusiasm to educate his clients as well as his expert acupuncture treatments. He has been trained in a Western medical setting and learned to integrate acupuncture within a hospital setting. For this reason, he brings a great deal of integrative medical information and expertise to the experience of having him as your health practitioner.

James has a great love for his work and does everything he can to help his clients heal through acupuncture. He is intelligent and filled with tremendous information that empowers his clients to not only understand Chinese Medicine but how to make lifestyle and environmental changes in their lives to promote greater health in their lives.

Many of our clients have commented about what a perfect balance James is to our center. Many of whom have visits with both James and Shoshanna to derive the best of both approaches to acupuncture healthcare.

James received his B.A. degree in Anthropology at Rutgers College and his graduate studies at Mercy College in Dobbs Ferry, NY where he received a B.S. degree and Master of Professional Science degree in Acupuncture and Oriental Medicine. He has over 1000 hours of experience as an Acupuncture Intern at Sound Shore Medical Center in New Rochelle, NY where he provided acupuncture in both their acupuncture and detox centers located in the hospital. James also has a working knowledge of Mandarin Chinese.

### **OUR WONDERFUL MASSAGE STAFF**

We have a wonderful staff of massage therapists. You can see each of their pictures and read their bios on our website [healing4u.com](http://healing4u.com). Each of the massage therapists provides a unique form of bodywork designed for your individual needs. We have therapists capable of varying levels of pressure depending upon your particular desire. We also believe in the utmost of quietude during our sessions as many having told us how disturbing it is to be talked to by their massage therapist during a session. We believe that the best way for you to relax and release stress during your massage is for you to go deep into a state of relaxation by emptying your mind and completely tuning into your body.

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## **LIME WITH A TWIST**

Shoshanna's "Qigong for Staying Young" DVD will be aired beginning in October on the **Lime Television Network**, available on Dish network (channel 264) and cable throughout the world. Please check out the following link on the **Lime Network** TV guide page to see if the network is available in your city. If not, there is a direct link to send your providing a letter requesting that the Lime Network be added to the channel line-up.

Shoshanna is enthralled about the LIME network, and is going to be contributing her knowledge and experience to the network beginning this fall. This way you will be able to do your Qigong along with Shoshanna on the Lime Network. Shoshanna is also creating a new show which will feature the learning of her Yang Style Tai Chi set combined with a tea ceremony where she will share healthful tidbits for a balanced mind, body and soul. She is seeking corporate sponsorship for this show, in case you know of anyone that would be interested – please let us know. Tai Chi has been proven to decrease the incidence of fractures in the elderly as it promotes a greater sense of balance and thus fewer incidences of falls. Tai Chi is also an excellent exercise that helps promote an overall sense of calm, helping us to deal with the heavy stresses of daily life at any age.

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***The LIME network is a new media organization aimed at spreading the message of healthy living and peaceful well-being to the world. LIME is owned by Revolution, a new company committed to building businesses that can truly revolutionize their industries. Steve Case, co-founder of America Online and CEO of Revolution, believes there is an enormous opportunity in creating a wellness-based lifestyle company. In LIME, he sees the potential for enormous growth with a benefit of bettering the lives of millions.***

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LIME brings multi-platform programming to the next generation of media consumers who want to live smarter, more connected and balanced lives. LIME is available through television, radio, internet, on demand, mobile networks and podcasts. Through LIME, you can find inspiration from leading authors, speakers, researchers, and colorful personalities.

Look for upcoming announcements in LIME and in the Red Bank Acupuncture & Wellness Center newsletters about her programs airing on the network. LIME welcomes Shoshanna to their lineup, and hopefully welcomes you to their audience!

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## SHOSHANNA IN THE MEDIA – SUMMER 2006



### Radio

#### **"The LifeStyle Show" with Frankie Boyer**

Monday August 14th @ 12:00 to 12:20PM

[www.lifestyletalkradio.com](http://www.lifestyletalkradio.com)

[www.frankieboyer.com](http://www.frankieboyer.com)

#### **Living Your Personal Best radio show**

Monday, August 14th @ 4PM EST

Topic of Show: Qigong and Weight Management

Show hosts: Amy Lundberg and Alice Greene

Join Amy & Alice for LIVE broadcasts every Monday at 4-5 pm EST/1-2 PST on **HEALTH RADIO NETWORK**.

[www.healthradionetwork.com/content/category/3/129/114/](http://www.healthradionetwork.com/content/category/3/129/114/)

[www.aimforfitness.com](http://www.aimforfitness.com)

Sunday, September 17, 2006 @ 8PM EST

Host: Acaysha Dolfen

Radio show Sundays 8-9 pm EST

[www.radio.photon.net/acaysha](http://www.radio.photon.net/acaysha)



### Print Media

Practice the "*Simple Soother*" exercise with Shoshanna – as seen on the

[Body+Soul website](#) --

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This exercise is designed to ground your energy, bringing you back to earth by reconnecting you with your breath and your center.

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Body + Soul Magazine, July/August 2006, "*Flow to Sleep*"

Energy Times Magazine, October 2006, "*Qigong and Pain*"

Article on '*Feeling Light Smoothie*' recently in National Examiner



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### QIGONG VIDEO TWO FOR ONE SPECIAL

We would like to also offer a two for one special on Shoshanna's video Qigong for Staying Young. This means that if you buy one video for \$20 you receive the second one free. This can make a perfect gift for your loved ones. The DVD will remain at the same price of \$25. We also have Shoshanna's Qigong for Staying Young book and her Feeling Light Book available at the office or via mail order. If you are interested in having it sent to you please log onto [qigong4u.com](http://qigong4u.com). Shoshanna's Feeling Light Book is also available at our center for \$6.

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Our center continues to offer the highest possible care and expertise in the arts of acupuncture and therapeutic massage. We also offer private tai chi and qigong lessons, energy medicine sessions, and Chinese herb consultations. We are open seven days a week and five nights which makes it easy for your busy schedule. We also welcome call ins and walk ins and love the fact that you are driving in the area, feel like you would like to have a session, pick up your cell phone and call and we pride ourselves in being able to get you in for a session right then and there.

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### CONGRATULATIONS ARE DEFINITELY IN ORDER

James De Bard and Amy Chan recently got married on their 7<sup>th</sup> year of being together, May 2<sup>nd</sup>, 2006, in Kareoke, Hawaii on the island of Oahu at the Byodo-In Temple. Reception was held at the Hula Grill on Waikiki Beach. Please check out their [wedding site](#).

Shoshanna was recently appointed the new Chairperson of the National Qigong Association Advisory Council.

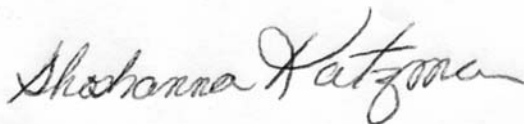
Shoshanna and Michael's daughter Hilary was recently promoted to the studio company of the Houston Ballet (5<sup>th</sup> largest in the US).

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**Many blessings for a joyful and peaceful summer.**

Make sure you come in and see us soon to balance and nourish your heart energy.

Warmth and love,



Shoshanna