

## Fall Season Time of the Lung 9-19-10

Fall season is the time of the Lung energy according to TCM (Traditional Chinese Medicine). The Lung Qi is responsible for what is called the Wei Qi or protective energy. The Wei Qi circulates superficially and even extends out from the body a bit. It radiates out different distances for everybody depending upon its strength. Obviously the stronger you're Wei Qi the more it extends and the more resistant to environmental influences you are. The environmental influences are; wind, dry, damp, hot, and cold. The wind is said to be the spear head which carries environmental influences into the body. So on a windy, cold, damp day; the wind can invade the body with cold and dampness. At the back of the head, neck and shoulders there are specific areas or acupuncture points which are called wind points. These areas are more susceptible to the invasion than other areas. So, keep a scarf handy and protect the back of the head, neck and shoulders, especially on windy, cold, damp days. It would be a good idea to breathe into your collar or scarf so as not to breathe the cold damp air directly into the Lung. The symptoms of a wind cold damp invasion would normally be call a cold or the flu and thought of in terms of a Bacterial or Viral problem. In times of old when the concepts of TCM were being developed they had no way to identify micro-organisms. We identify or diagnose such a problem by inquiry, feeling the pulse, looking at the tongue, palpation of acupuncture points, listening and observation of the face, eyes, and general demeanor of the patient. If the diagnosis of wind, cold, damp is arrived at then we may call it an exterior attack and we would do acupuncture and give herbs to open the exterior, warm you and dispel the wind, cold and dampness. If not handled while on the exterior the attack will go deeper and be more severe. The treatment would then be different. So the next time you get a little itchy throat, headache, and stiffness in neck and shoulders, don't wait, get to your acupuncturist and handle the attack while it is still on the exterior. If you choose to use Western type remedies as well that's fine it will not interfere with your TCM treatment, and the acupuncture will speed the recovery.