



TRADITIONAL ACUPUNCTURE

Wellness for Body, Mind & Spirit

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Autumn — The Season of “Letting Go”

We are a part of Nature. And in every season, Nature shows us how to be well. Autumn calls us to the value of letting go and going inward.

In this season, the trees show off their vibrant colors, then let the leaves drop to the ground, going into a dormant state, where they are alive, but we see no outward signs of it. Grass stops growing and takes on its winter color. Squirrels gather nuts to tide them over the winter.

The lesson of Autumn is this: old leaves (and other things) must be released to make a place for new ones to grow, and even grass needs a time to draw inward and rest. It is about values, holding what is precious, while letting other things go by.

The Lungs which are associated with Autumn demonstrate these ideas. In every moment, they rhythmically release the old breath, making themselves empty, so they can take in the new.

We can use the inward time of Fall to ask ourselves what really matters. Then we can choose to let go of anything that stands in the way, for the sake of making room for what’s important. And when we recognize what is important, we can strengthen the flow of Autumn energy, by practicing acknowledgment. If a family members or friends have helped you in some way you appreciate, tell them or, better yet, write a note that they can read again. and again.



Meet the Practitioner

Acupuncturist **Lillian Morgan** teaches acupuncturists-in-training at the Tai Sophia Institute. “In my class,” she says, “first year students learn how to do an intake on a new patient and make a diagnosis in Chinese terms. Some are surprised that, as we seek to understand the patient as a whole, we ask, not just what is wrong, but also what is flourishing in the patient’s life.”

Lil also works with students as they begin to treat their own patients under supervision. “I hold my students with affection, respect and kindness, so they can offer the same gifts to their patients.

Patient Corner

I came to acupuncture for help with my aches and pains. I had lower back pain, knee pain, pain down my one leg. I got help with those things and more.

My acupuncturist, Lillian Morgan, explained to me that her goal was to get my energy moving again, where it was stuck, and moving in a balanced way. I didn’t know what she meant at first, but now I can tell when my energy is out of whack. That’s when I feel various pains, and when I feel mentally scattered or upset. When I’m in balance, I’m feel better physically, mentally and emotionally. I am able to get things done without rushing or being upset.

When I go to a doctor, I feel tense. But I look forward to my acupuncture sessions. My acupuncturist deals with me in a loving, caring, almost motherly way. And I always feel better when I leave.

Bev Smith, York

WHO Recognizes Effectiveness of Acupuncture

The World Health Organization, a United Nations agency, has formally recognized that acupuncture can treat many common disorders, including:

- **Gastrointestinal problems**, such as irritable bowel, ulcers, indigestion, gastritis;
- **Urinary & gynecological issues**, such as incontinence, fibroids, sexual dysfunction, irregular or painful

(continued on the back)

Lil Morgan loves to talk about the wonders of acupuncture. If your group would like a presentation, call her at (717) 887-4478

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menstruation, infertility, morning sickness;

- **Respiratory problems**, such as sinusitis, asthma, allergies, tinnitus;
- **Circulatory issues**, such as hypertension, angina, arteriosclerosis, varicose veins.
- **Psychological concerns**, such as anxiety, depression, trauma, stress;
- **Bones, Muscles, Joints & Nervous System issues**, such as insomnia, headache, arthritis, dizziness, back pain, neck pain, shoulder pain, sciatica, tendonitis, post-operative pain, fibromyalgia.

Do you know someone who could benefit from acupuncture? Your referrals are appreciated.

Legislative Update

Now people in Pennsylvania must have a referral from a doctor before they can receive acupuncture treatment. This requirement creates unnecessary expense, inconvenience and delay, and many doctors are not familiar enough with acupuncture to be comfortable making the referral. Neighboring states, including Maryland have long allowed patients direct access to acupuncture

State Senator James Rhoads has introduced legislation to eliminate the referral requirement and allow Pennsylvanians to choose acupuncture on



Massage Therapist at Spring Garden Healing Arts

Look for our new sign this Fall, in front of the building, "Spring Garden Healing Arts." This names the vision of our founder, Amy Schlottag, massage therapist. Amy is a registered nurse, who remembers that touch is an important tool for healing. She studied and has been offering massage therapy for 17 years. She is particularly interested in combining energy work with deep tissue massage. Soon she'll be offering Hot Stone Massage.

their own. Please support this effort by emailing or calling your state senator and representative.

Thanks.

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Lawyers to Learn about Chinese Medicine

The York law firm, Stock & Leader, has invited acupuncturist Lil Morgan to speak at its "lunch & learn" series. On October 20, Lil will introduce the group to the theory behind acupuncture, and offer the attorneys and their staff the opportunity to experience auricular (outer ear) acupuncture. "Lawyers and their staff work in extraordinarily stressful endeavors, and ear points are known to relieve the effects of stress," Lil says. "I'm delighted that my friend, Lauren Richter, D.O., M.Ac., is making it possible for me to offer this opportunity to Stock & Leader.

Autumn invites us to let go, make space, breathe.

