Health and Well-Being Lecture Series

5 Element Acupuncture

and use of the Seasons and the Chinese Clock

Monday, March 8, 2010 • 6:30 – 8:00 PM
Speaker: Laura Santi, LAc • Cost: $13
Location: The Movement Center, room D

Every two hours the body's energy is focused on one meridian – it is at "ascendancy", its most potent time of action. For example between 7:00 and 9:00 am the stomach energy is the strongest acting energy in the body. When your mother told you to eat your breakfast because that is the most important meal of the day she was right, as this is the time the body can most easily break down food.

Symptoms often occur at one organ's time of the day or around the juncture of switch from one meridian's time to another. Seasonally each meridian has its "hayday" too –for instance, in March, the wood energy is what creates the "symptoms", or personality, of the season.

In contemporary society we don't live close to nature and we have largely forgotten the power of living according to "what's going on" in nature. This talk will focus on how this approach aids the healing process through an awareness of the energies of the seasons and times of day, and teaches us how to live a life in balance with the energies of nature, thus preventing illness.

About Laura Santi

Laura Santi, L.Ac., is nationally and state licensed in Oregon. She graduated from the New England School of Acupuncture in 1991 and pursued further clinical training in Shanghai, China. She also attended the Traditional Acupuncture Institute in Maryland, learning the 5 Element Style of acupuncture, and competed further studies at the Oregon College of Oriental Medicine.

Laura applies acute style acupuncture to treat sudden problems such as back sprains or injuries from car accidents, and constitutional style treatment for chronic long term difficulties such as stress and depression. Her style is predominantly 5 Element, with a mixture of Chinese and Japanese styles which results in using fewer needles than one might find in most offices.

The Movement Center
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