

Sara Ruth Kane, M.Ac., L.Ac.

Five Element Acupuncture

Chatham Wellness Center, 199 W. Salisbury Street, Pittsboro, NC 27312

200 W. Weaver Street, Carrboro, NC 27510

Telephone: (919) 337-7645

Email: sarakane5@gmail.com

- AUTUMN 2007 NEWSLETTER -

AUTUMN GREETINGS -

This is my first seasonal newsletter since coming to beautiful North Carolina. Moving from Miami to the Pittsboro area has been a major life change for me in so many ways. In Florida, I was an acupuncture practitioner, clinical supervisor, teacher and dean at the Academy for Five Element Acupuncture. When my school decided to relocate to Gainesville, I decided the time had come for me to move to North Carolina and fulfill a long-held wish to live near my sister, who lives near Pittsboro.

Since arriving here in March, I have been able to devote my full attention to my private practice, opening an office at the Chatham Wellness Center in Pittsboro as well as one in Carrboro. I have been touched and encouraged by the response of the community to my work and, after a lifetime in the heat of south Florida, it is very exciting to me to be living where the seasons change and to see the arrival of autumn.

I hope you are well and enjoying the fall. In this newsletter, I will write a little about this season and its element, Metal. Also included are some reminders and offers, and info about two classes, one that I will be teaching and another class that also may be of interest.

AUTUMN AND THE METAL ELEMENT

The ancient Chinese closely observed the natural cycles, especially the progression of the seasons. They saw these cycles and seasonal qualities within our bodies and our lives, and called them the Five Elements (or Phases) of Water, Wood, Fire, Earth and Metal.

Just as each season is important in its time, each of these elements plays an essential role within us. When they are in balance, the wheel of our life turns well. All the aspects of life have their place - from growth, joy and harvest to times of letting go and rest. When these energies flow smoothly, the body's wonderful powers of self-healing are optimized.

Autumn is the time of the Metal element. Its image is that of the tree letting go of its leaves, finally to be left as an elegant silhouette against the sky. If we had not been through the cycle before, we would think the earth was dying, but we know that the falling leaves will nourish the explosive growth of springtime and the tree once again will be clothed in green. With this understanding, we can appreciate the fall time of letting go and even the winter time of stillness and dormancy.

Fall is a good time to reflect on what we are letting go of, to allow ourselves to feel the loss and say good-bye, and to be at peace with the empty space for a while. This allows life the space to bring new gifts and growth to us in due time.

The Metal element is associated with the lungs and the colon. What does this odd pairing mean? What relationship can the lungs and the colon have? The lungs receive the pure energy from the breath and the colon

releases the dead matter. If we can't let go of the waste, it becomes harder to take in the vital energy in the air. The Metal element is also about discerning what is of value and what is not. Looking at it from another level, when we can let go of things in our lives that are no longer full of life for us, then it becomes easier to receive fresh life and inspiration. Fall is a good time to clear our homes of accumulated items that we no longer need. If they still have value, then pass them along so someone else can make use of them. By doing this, the atmosphere in our home during the wintertime will be more clean and peaceful.

SEASONAL TUNE-UPS

Chinese medicine recommends the value of acupuncture treatment each time the seasons change. This helps to keep us in harmony with the environment at a time when it is easier to become sick, and allows imbalances to be detected and corrected in the early stages. Please call me at (919) 337-7645 for any questions or to schedule an appointment.

GIFT CERTIFICATES

Give the gift of health! Contact me for special offers for your holiday giving. Acupuncture treatment is very caring and nurturing gift for those you love, and you can depend on me to treat them gently!

CLASSES

1) I will be teaching a 2-hour class on Saturday, November 3rd, 2:00 to 4:00, at Unity Books and Stuff in Pittsboro. The subject is "What Is Five Element Acupuncture?" The cost is \$25. Please call (919) 545-0619 to register. Hope to see some of you there!

2) Dr. Thornton Streeter will offer a seminar about Polycontrast Interference Photography on December 6-9. I include this because it demonstrates that, although the meridians and acupuncture points are invisible to the eye, they indeed can be seen with certain technologies such as this form of photography. For further information, please call Holly Steflik at (919) 619-0165.

I wish to express my appreciation once again for the warm welcome I have received since relocating to this wonderful place. I hope to be an asset to the community for many years to come.

All my best wishes to you,

Sara

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