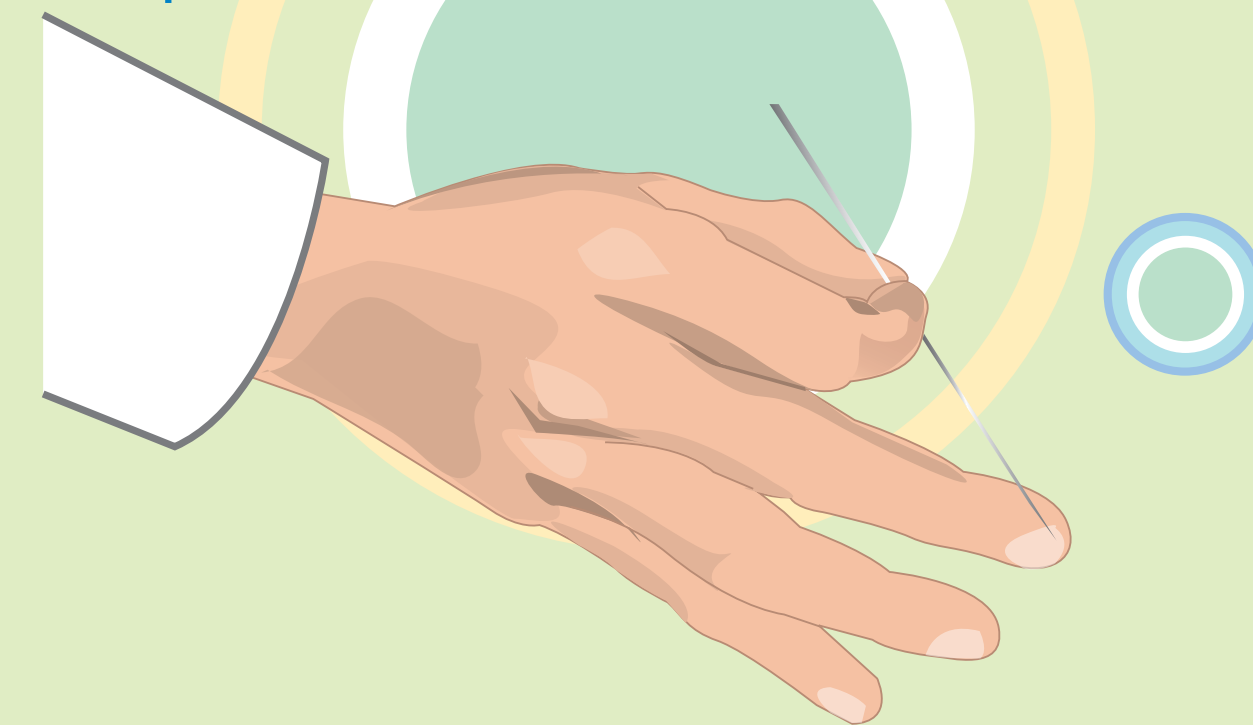




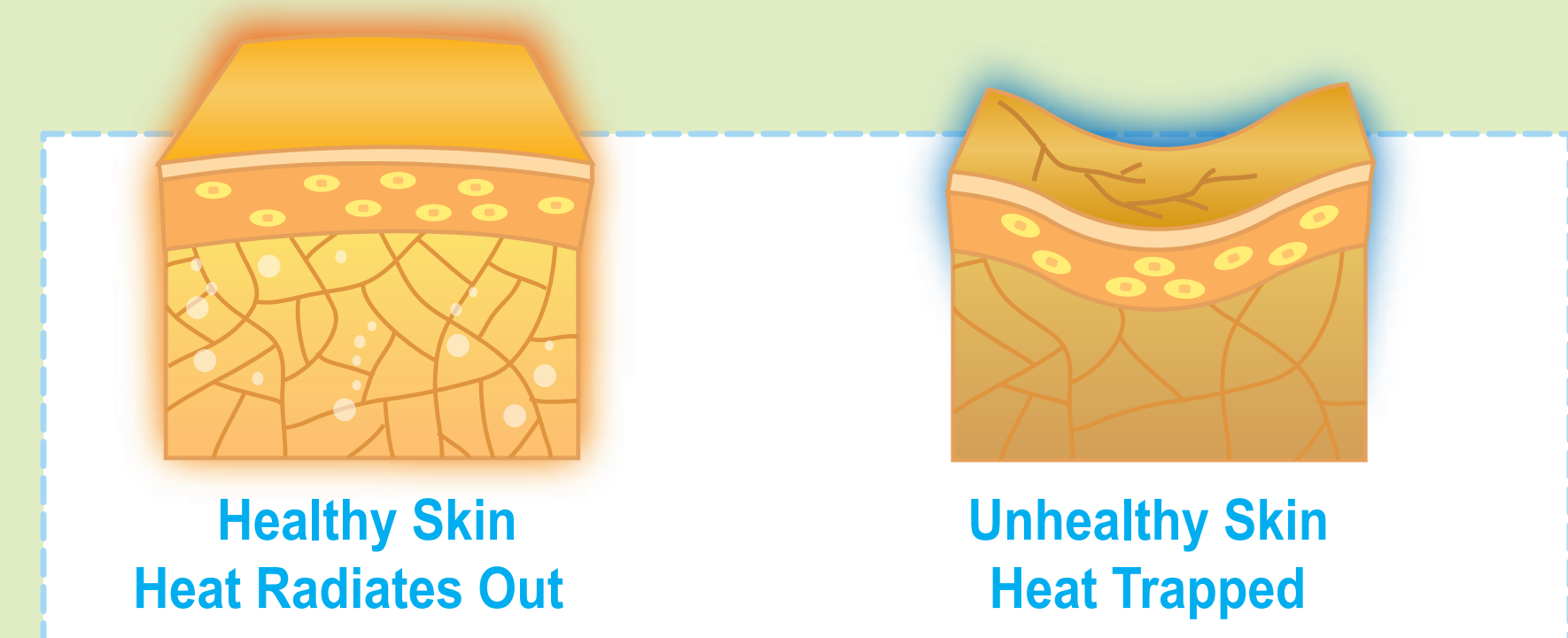
AUTUMN'S HEALTH TIPS

1 According to Traditional Chinese Medicine, Autumn is the time of the Lung and whole respiratory system-including your SKIN!!. As your lungs breathe, so does your skin. Your skin is your first line of defense against pathogens and it absorbs and excretes. So it is important to have the skin functioning well. The skin shouldn't be too dry and should help keep cold from creeping into your body. Don't get chilled.

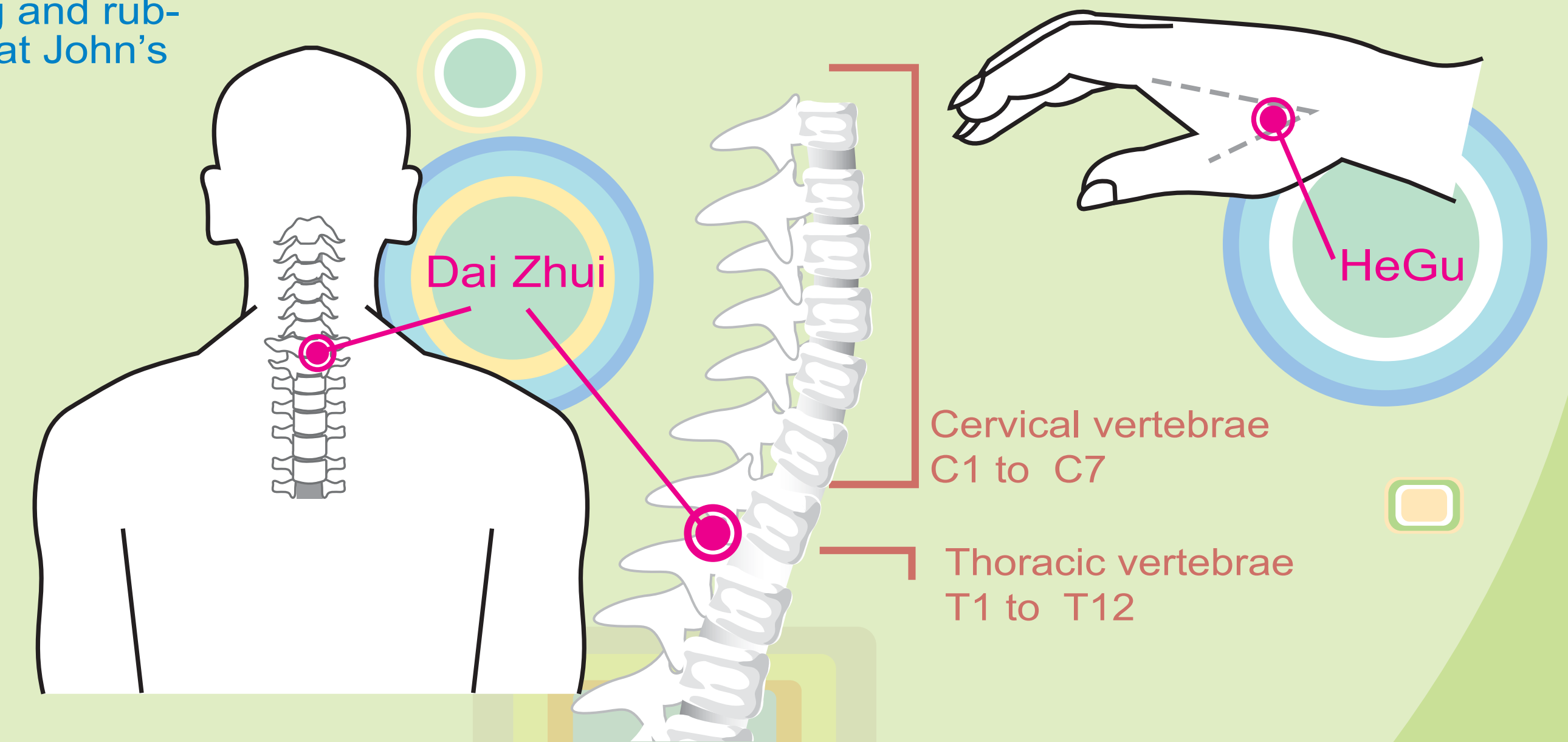
2 Stimulate the skin by dry brushing, scratching and rubbing the skin. Or try skin needling treatment at John's Acupuncture Clinic.



3 Warm the skin with moxibustion.



4 Gently massage the points HeGu (L.I.-4) on the hands and Dai Zhui (Du-14) on the spine below the neck



5 Occasionally, drink ginger tea with honey to radiate heat to the surface.

