

August Newsletter



By Ka Hang Leoungk



Hello...

It's August and that means we are now past the mid-way point of 2011. Can you believe how fast the year is going? But let's not get ahead of ourselves because summer isn't over yet.

Thank you to everyone who sponsored me on the walkathon in aid of Kidney Research UK. It was a fun day with amazing atmosphere for a great cause. All your support was very much appreciated.

Tips for August

I'm still keeping my fingers crossed that we will have a lovely summer in London (the wonderful weather we had in April and May doesn't count, that was spring!). Many people are taking a well-deserved break away during this time. If you're going to be staying in the city, take advantage of the (slightly) quieter days before everyone comes back for September.

In Traditional Chinese Medicine (TCM) summer is the season of the big yang and is characterized by the fire phase and summer-heat.

While the British summer doesn't immediately bring to mind images of sweltering heat, you can still take advantage of TCM nutrition and dietetics. Cold, raw food is typically not approved of in TCM due to the Spleen's function of transformation and transportation of qi.

However it is summer and warm stews and soups aren't particularly appetizing. TCM also recognizes that your body's relationship to the environment is paramount and whilst certain cooling foods would be too harsh in the winter, in the summer months it is needed to help disperse heat and build up body fluids and yin.

The Spleen functions best when it's given warm, nourishing food that's easily digested.

This is the time of salad (I like mine served at room temperature) with plenty of tomatoes, cucumbers, spinach. Avoid ice-cold food and beverages and ice-cream because they can damage the stomach's digestive energy. Treat yourself but don't be excessive. At the same time, avoid hot foods such as coffee and acrid, pungent spices as they are too warming. Save those for the colder months later on in the year. And no, a cold coffee frappuccino does not make it neutral, but good try! If you like the taste of liquorice, fennel tea is great.

From the blog: The lines on your face may tell a bigger story

I spend a lot of time treating people concerned about their lines and wrinkles using cosmetic acupuncture. A lot of it is down to genetics and our lifestyles and diet also play a huge role, but what if it goes deeper than that? What if the lines on your face told another story? Read more: <http://bit.ly/pLKFZA>

Gift vouchers

Pointspace gift vouchers are perfect if you want to give friends and family the feeling of feeling good that will definitely put a smile on their face.

<http://pointspace.co.uk/vouchers.php>

Referrals

If you have been kind enough to refer someone to me – I want to say a big THANK YOU. That is the highest compliment and it's warmly appreciated every time.

...And finally

Promise me that if the sun does make an extended appearance you will all use sunscreen. Other news: I got some gorgeous flowers from a very generous client for my birthday. A fish spa was introduced at earthspa, for a limited time only, which gave me some lovely tickles and soft feet.

That's all for this month

Enjoy this wonderful month and the rest of the long summer evenings. As always you can email me at hello@pointspace.co.uk. Be safe everyone!

A handwritten signature in black ink that reads "Ka Hang".

Coming Next Month

The September Pointspace Special

Tips to help you bridge the change from summer to autumn.

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