

STELLAR HEALTH NEWS

The Stellar Physical Medicine Newsletter

Fall 2014



Integrating Ancient Medical Wisdom with Modern Medical Science

Dear Friends & Patients,

The sense of Fall is definitely filling the air as we meander our way into cooler weather. At least cool for the Valley of the Sun. As we move into Fall, nature calls on us to be aware we are in a different season. Fall is the time to harvest, enjoy the fruits of our labors, and prepare storage for the oncoming winter.

Remember to schedule your acupuncture “tune up” for Fall.

In this issue let’s take a look at how to adjust our diet accordingly and some additional health tips in the news.

To your health,

Lloyd G Wright, LAc, DNBAO

The Nature of Fall is Dryness

According to Traditional Chinese Medicine the fall season changes from the hot and hot moist qualities of summer and late summer, we call it monsoon here in Arizona, to the climate of dryness. Now we are not concerned as much with cooling off as we are with maintaining moisture.

Keep in mind that there are three things that go into the equation of food selection.

1. External conditions, is the weather dry, cold, windy, hot, damp, or damp & hot?
2. Your internal condition: do you feel dry, chilled, achy or nervous, too hot, sluggish & waterlogged, or waterlogged & hot?

In This Issue

- Nourish fluids for Fall
- Quick Links—
[Stellar Physical Medicine](#)
- Hot off the press! The YouTube press that is.

WWE wrestling champion, **Daniel Bryan** chooses acupuncture & natural medicine over surgery. Get the full story on Total Divas Oct. 5th. or link here: [Daniel Bryan-acupuncture](#)

The essence of Chinese Medicine or [How Acupuncture Works](#), is now available on either YouTube or our website. This short discussion reveals the secrets of organ relationships and related symptoms.

Learn about the nature of your illness or injury.

Link here: [How Acupuncture Works](#)

3. Effect of the food: a food may warm you up or cool you off, or dry you out or moisten your tissues.

Our focus at this time of year is foods that moisten, however, because it is getting cooler we can bring in some warmer foods as well.

Foods to moisten & relieve dryness:

Fruits: pear, apple, grapes, peaches, honeydew melon, persimmon, loquat.

Protein: tuna, duck, quail, dairy, clam, crab, oyster, pork, tofu

Vegetables: cauliflower, carrots, olives, onions, mushrooms, pumpkin, asparagus, bok choy, gai choy (Chinese mustard greens), celery, spinach, white & black fungus, bell peppers, chard, garlic, onion,

Nuts: almond, peanuts, sesame.

Spices & herbs: , turmeric, basil, chrysanthemum tea, peppermint tea with honey, apple cider.

Always remember to balance your diet selection, never too hot or too cold.

And now for this month's recipe:

Sautéed Mixed Vegetables

Prep time: 5-10 min. cook time: 3-4 min.

Start here.....

Chop like this...

Finish like this... yum!



Ingredients:

- 1 lb asparagus, washed and cut into ½" long pieces
- 2 cloves garlic, crushed
- 1/2 Red onion, thin sliced
- 1/2 Red bell pepper, seeded and cut into strips
- 1/2 Yellow/orange bell pepper, seeded and cut into strips
- 2 small zucchini, cut lengthwise, then cut diagonally into small pieces. About 1/4" thick
- 1 tablespoon cooking oil
- 1/2 teaspoon sea salt or Himalayan pink salt
- 1/4 cup water

Directions:

Heat 1 tablespoon cooking oil and sauté the garlic and onion until the onion is tender, about 1-2 minutes. Add bell peppers and zucchini, stir to coat with oil, add 1/4 cup water, cover with a lid and cook in high heat for about 1 minute, then add asparagus and salt, stir and cook for another 30 seconds. Turn off heat, and transfer vegetables to a serving plate.

If you use salt for taste, we recommend Himalayan pink salt because it has a rich mineral content that includes over 84 minerals and trace elements. NO TABLE SALT PLEASE.

Time to collect our harvest, enjoy life and prepare for winter through eating the right foods.

"Let food be thy medicine" Hippocrates

Stellar Physical Medicine now on Facebook!

Follow us on FB at: [Stellar on FB](#), we are planning on sharing lots of information and having lots of fun doing so.

Our YouTube channel can be found at: [Stellar YouTube](#)

Help a Friend!

Our purpose is to help as many people as we can using natural medicine.

We are most appreciative of your kind referrals to our office. It is the highest compliment you can give us.

Refer a friend or family member today for a FREE 15 minute consultation to see if we can help.
480-423-3525.

With gratitude,

**Lloyd G Wright, LAc,
DNBAO**

If you have any questions on food or would like to attend a special cooking class give us call or drop an email.

Bon appetite,

Lloyd & Kathy Wright



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