

EASING IN TO NOURISH & RELEASE

Edition #2



October 2024

WITH TRANQUILITY



With crisp, fresh morning air and a beautiful unravelling of colour, there is no doubt we are appreciating the shift into autumn - inviting us to calm, contemplation, and renewal.

Welcoming October, we hope you are enjoying the wild and mysterious adventure that is life.

Tranquility has been ramping up while we collectively return to consistency. Dr. Zach has been loving seeing new faces along with their goals to optimize health.

As well, you may see a new face here at Tranquility. We are very pleased to welcome Sarah to the team!

We are also building a supply of Chinese Herbal Medicines to aid the acupuncture treatments.

Last month, we introduced the cold plunge and it has been awesome to hear the rave reviews. We love all those feel good vibes.

That pretty much sums up what's been happening for us! Now to get into the juice. All the best to you for an amazing October!

Dr. Zach's Top 5 Formulas



As a Doctor of Acupuncture, I often rely on a core group of herbal formulas to address various health concerns. Each of these formulas have unique properties that support the body in different ways. Here are my top five formulas and why I love using them in my practice.

1. **Gui Pi Tang**

Great for those feeling mentally drained or dealing with insomnia and anxiety. It strengthens Spleen Qi and nourishes the Heart, supporting energy, digestion, and emotional balance.



2. **Tian Wang Bu Xin Dan**

Perfect for calming the mind and promoting restful sleep, especially when there's insomnia or restlessness related to Yin deficiency. It nourishes both the Heart and Kidneys.

3. **Dan Zhi Xiao Yao San**

Ideal for emotional stress and hormonal imbalances, especially for women. It harmonizes the Liver and Blood, providing relief from PMS, irritability, and digestive issues.

4. **Suan Zao Ren Tang**

For those struggling with sleep due to stress or overthinking, this formula nourishes the Liver and calms the Shen, helping to promote deeper, more restful sleep.

5. **Jin Gui Shen Qi Wan**

An excellent tonic for Kidney Yang, it boosts energy and vitality, particularly in cases of fatigue, cold extremities, or frequent urination, promoting healthy aging.

It's Metal Season

Metal, found deep within in the Earth, is the element of autumn. And its' essence, in TCM, is release. As we cozy up and hone in, we are called to contemplate the emotions unfurling from within. There is less focus on "out there," and more understanding "within me." It is a time to look to yourself for answers, guidance, clarity, and direction. Connection with your body is prevalent, encouraging you to regard the precious metals within. "What is my way forward? What is my path? What makes me an asset to myself, my life, my-wellbeing, and to those around me? What is my natural greatness and strength that I am building upon?" And equally as important; "What needs to go? What am I no longer giving energy or thought to?" Pulling from these gemstones of your own destiny - you are now at the crux to really understand.

The lungs and large intestine (LI) are the organs associated with metal. In autumn, it is most beneficial to nourish these organs with wet, warm, and pungent foods (cook/steam your veggies as often as possible). Each organ is also associated with emotions. We are in the season of grief, sadness, and despair. By nourishing the lungs and large intestine, we can soothe these emotions and really enjoy the beauty of this transitory time.

Balance Metal

with white, pungent foods:

- onion
- garlic
- ginger
- turnip
- horseradish
- cabbage

Nourish Lung & LI

with vegetables high in chlorophyll or beta-carotene:

- kale
- spinach
- pumpkin
- swiss chard
- broccoli
- winter squash

Cleanse Lung & LI

with fibrous foods:

- pear
- bran
- lentils
- oats
- avocado
- artichoke

Robyn's Top 5 Cold Plunging Tips



I began my journey into cold plunge approximately three years ago. A coworker introduced me to the Wim Hof breathing method and she sent me his book. I was intrigued with his cold exposure experience and wanted to learn more and experience more. I started off slow, taking cold showers. Only for 20 seconds, I would have to work my way up to staying in longer slowly, by just repeating this everyday, even if it was for 2 seconds longer. Eventually I was able to take only cold showers and felt I wanted more, this is when I purchased my first cold plunge portable tank. I thought I could do this no

problem. Well, cold showers and full cold dunk and sitting it were very different for me lol.

I signed myself up for a Wim Hof weekend retreat in Bragg Creek with a certified instructor who took a group of us through the amazing process of cold exposure and breath work. It was beyond life transforming.

These are the top five tips I would tell beginners now:

- 1. Start slow, it's not a competition**
- 2. Don't scream, slow deep breaths**
- 3. Focus and feel, be present in everything you feel**
- 4. The first 20 to 35 seconds are the hardest, but after that your brain will register and regulate and it gets easier, your breath will calm**
- 5. Keep your hands out of the water when you first start, and get neoprene booties, this can make a huge difference when you start out, it can provide a more enjoyable experience to the craziness of cold plunging.**

Always remember this, you can do hard things, you are capable of anything!

Peace and love!

Robyn

**surrender,
love,
&
let go.**

**your journey, your life
is beautiful.**

**What Am I
Steadily Focusing
On, Nourishing, &
Building?**

Libra - Your ability to heal, hear, and touch the unseen.

Scorpio - Your truest self.

Sagittarius - To Love, through all of the worlds.

Capricorn - Mind over matter; reshaping, re-cellularizing your body.

Aquarius - The sacred Mother; wisdom.

Pisces - The dreams, answered. Future, here, now.

Aries - Beauty unfolding, evanescence.

Taurus - Intuition; voice of thy soul.

Gemini - Connectivity, congruency, and blossoming of you in relations.

Cancer - Receptivity. Being a student and opening again.

Leo - Accepting abundance, transforming beliefs; worthy and whole.

Virgo - Cycles of Life; freedom.

... may you release all that does not serve you

