



For people who are actively involved in their own health

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Renovation, Renewal & Ageing Gracefully - Bing Qian

Time is passing, and sometimes your body lets you know it!

Referral Draw

Refer your friends and family for a chance to win a selection of Bing's Things!

Pain, Energy & Diagnosis - Helen Blakey

The importance of information in relieving your pain.

Pain Management

What is the root of your pain?.

Recipe For Health

Spring Eye Exercises.

Staff Spotlight

Get to know Alvin.

Bing's Family Cartoon

Jack Sparrow solves your pain problem.



Renovation, Renewal & Ageing Gracefully - by Bing Qian

Wayne and I are doing some renovations at our house. We've been working on things quite steadily, and are excited to see the transformation - extra space and greater beauty and functionality - but it's also hard physical work!

We've extended the living area and completely renovated a bathroom so far - except for the bath which we just repaired a little with porcelain filler - tricky to mix, and apply; but we love the result.

Last time we worked on home improvements it didn't matter how long my days were, my body would recover quickly. This time, it keeps sending me messages when I try to do too much. Not so long ago, I would have dealt with any aches and pains with an extra stretching regime and a bit of extra rest. This time my ligaments are softer and they say: "We need to rest, not to stretch."

I try to listen to my body when it tells me what it needs, and not get impatient with my 'limitations'. It really doesn't matter how old we look or feel, the reality is that our body is ageing, and changing, and we need to listen to it.

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Referrer of the Month - Cherie Rigby



We Appreciate Your Referrals and Want To Thank You! - Your Chance to Win a Selection of 'Bing's Things'!

Bing's Things

What are 'Bing's Things'? Many of you complained that it was hard to find some of the herbs for our recipes in small quantities - so we've put together mixes for some of our favourite soups and teas.

Each referrer will be entered into a draw to win a FREE 'Bing's Things' gift bag. The more referrals you give, the more chances you have to win!

What do I need to do?

Just tell your family and friends how Bing's Natural Health has helped **you** and ask them to mention your name when they make an appointment.

Pain, Energy & Diagnosis - by Helen Blakey



Have you ever thought of mentioning a symptom to your Traditional Chinese Medicine (TCM) practitioner and hesitated because it seems so trivial or irrelevant? Many people think that way, so today I'd like to tell you to stop doing that - now!

“No Information is too trivial or too crazy in Traditional Chinese Medicine - tell us even if it seems irrelevant!”



In TCM all symptoms are relevant because they can provide us with the vital clue that tells us what is really going on in your body.

Spring is the time when our energy is changing and waking up. Some of the most profound physical changes take place in our body at this time, so it's important to prepare our bodies in order to avoid pain and injury.

Pain is an important indicator or exactly what type of warm-up your body needs. A dull, throbbing pain indicates a deficiency of some type and your practitioner will focus on tonifying and warming your body, where a sharp pain indicates some kind of stagnation and demands treatments that will get the blood moving. Your spring liver cleansing acts like a warm-up before exercise to help the energy to flow freely through your body without blockages and discomfort.

Pay attention to your pain, and talk to your practitioner about it - we love to listen and improve your health and comfort.

How Do I Relieve My Pain?

As you can probably guess if you've talked to any of our practitioners, the answer to this question is, 'It depends.' This cuts to the heart of Traditional Chinese Medicine where every condition is assessed according to the individual presentation.



Your practitioner wants to know more than just 'my back hurts' or 'I have a constant headache' because he wants to identify the underlying pattern of disharmony.

Let's look at **Headaches** to see what this might mean: **John** has a low-grade continuous headache, with some dizziness, fatigue, anxiety, and poor concentration. He can't identify a specific location since the pain keeps moving around his head. His practitioner recognises that this is caused by a deficiency of Qi energy and prescribes in-office treatments like acupuncture and cupping for the appropriate points and herbs that will support his system and address the deficiency.

Anna's headache is quite different - she has sharp shooting pains in a specific location that makes her grumpy and moody, and often creates migraine-like symptoms and light sensitivity. Her practitioner can see that this is a result of energy stagnation and plan a course of treatment that will get things moving again. It will probably look very similar to John's on the outside, but the specifics will be quite different.



Eye Exercises to Strengthen Your Eyes and Organs by Bing Qian

These exercises used to be an essential part of every day at school and with the amount of time we all spend staring at screens our eyes need special care. Ideally you'd spend 10 minutes doing these at least once each day but 5 minutes is better than nothing.

Pressure Points

These are gentle exercises to be done slowly, with your eyes closed. Each hand circles inwards toward the centre of your face, and the pressure is gentle. In the first 3 exercises you do 8 sets of 8 circles.



Exercise #1: Place your forefingers on either side of your nose between your eyes (as shown) and roll them gently over the pressure point in 8 sets of 8;

Exercise #2: Your fingers should be placed 2-finger widths from your nose, below your eye bone, then roll them gently over the pressure point in 8 sets of 8;



Exercise #3: Place your fingers on your forehead to stabilise your hand and roll your thumbs gently on your the inside point of the eyebrow at the bone pressing firmly. Do 8 sets of 8 circles;

Exercise #4: With your thumbs on your temple to support your hands, press the joint of your index finger closest to the knuckle on your brow bone and smooth it gently around your eye socket counting to 4 slowly twice - once as you roll across the top of your eye, and again as you roll around the bottom. Do 8 sets.



These simple exercises reduce eye-strain and improve energy flow and perception through the brain - something we can all use!

Renovation, Renewal, and Ageing Gracefully - by Bing Qian cont...

Accepting that my body is ageing, and my ligaments are softening isn't a sign of defeat. It's simply an acknowledgement that I need to take care of it a little differently if I want to remain healthy and pain-free (which I do).

On the positive side, I'm excited by the fact that all this extra activity and the demands I've placed on my body have enabled me to lose a few extra pounds easily and effortlessly, without making any extra effort to control my eating or add exercise - in fact, by taking more rest!

Sometimes I think we get too easily caught up in all the healthy things we 'ought to do', when what we really need is to listen to the cues our own body is giving us, and follow them. Resting is not always a sign of laziness and lack of discipline - it's often common sense!



Meet Alvin

You've probably spoken to Alvin on the phone or when you arrived for your appointment. He works in reception 3-days per week.

Alvin is a second year Science Student at University of Melbourne. He is looking forward to studying Engineering once he has completed his Science degree. Methodical, practical, and with a quiet sense of humour, when he's not studying or working, Alvin likes to read - particularly fantasy novels. His favourite authors include Robin Hobb & Brandon Sanderson.

He also enjoys Kendo (fencing with bamboo swords) and practices that regularly. He likes to relax outdoors, and prefers peaceful vacations in the mountains or forests, rather than in the city, although he'd love to travel around Europe one day.

