

Autumn and Acupuncture

BY MEGAN GORDON-HALL, RN, M.A.C.

I woke up this morning and my nose was stuffy and I had a little cough. My allergies haven't bothered me for a very long time I thought to myself. As I rolled out of bed my shoulder squawked. Ouch!! I spent the last few weekends moving my teenage daughters off to college. Lugging furniture and miscellaneous items from Target is probably why my shoulder hurts and as I realize my left thumb is aching, I attribute that pain to the moving events as well. I feel a bit sad as I reflect on the last few weekends and, as I think of how quickly the summer has past, I grow all the more weepy.

The final straw... my stomach begins to ache! I'm falling apart!! I am falling, falling, falling. Should I go to the orthopedic doctor for my thumb and shoulder? Perhaps a visit to the allergist for my nose and cough is in order? Maybe my priority should be a gastrointestinal specialist? A psychiatrist might tell me my multiple somatic complaints are all in my head!


And then I realize I am having a difficult time transitioning into the season of the Metal element. What? I need a visit to my Acupuncturist! The ancient medical art of Acupuncture suggests that the life force, Qi, which animates all living things, begins to sink during this time of year. As it does, it may affect



certain energetic pathways which course through, and correspond functionally to, the physical organs of the Lung and the Large Intestines. The Lung meridian or pathway of Yin Metal Qi begins near the shoulder and runs down the arms through the inner aspect of the thumb. This is counterbalanced by the Yang Metal meridian of the Large Intestines which begins on the index finger and runs up the outer aspect of the forearm, over the shoulder, up the neck and directly to the nose. Voila! All of my physical symp-

toms are aligned with the trajectory of these two Metal element meridians.

Through the Acupuncture lens, emotionally and spiritually, it is no coincidence that I am experiencing sadness. As my daughters depart to college and leave me an "empty nester," I am experiencing the appropriate emotional energetic of the season of Metal which is grief. To let go, just as leaves fall from their branches in autumn, is what I must do with my children. I must fill my lungs with a deep refreshing breath of crisp autumn air and acknowledge the bounty of another season past.

After my Acupuncturist has read my pulses and looked at my tongue, she will gently insert fine needles into very specific points along the Lung and Large Intestines meridian. In so doing she will rebalance the Qi and I will go on to enjoy the beauty of the season and this time in my life. I wish the same for you. 

Megan Gordon-Hall's passion for and commitment to the art of Acupuncture is deeply rooted in her keen observation of the laws of Nature, the essential tenants of this ancient tradition. She balances her strong philosophical beliefs with well grounded foundations in Eastern and Western Medicine. Megan holds a Masters Degree in Acupuncture, and is national board certified by the National Certification Commission for Acupuncture and Oriental Medicine. Megan's career as a Registered Nurse began over 20 years ago at The Johns Hopkins Hospital in the field of Psychiatry and chronic pain management.

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