

# How to Create a Healthy Environment Internally and Externally

By MEGAN GORDON-HALL, RN, ACUPUNCTURIST

Have you done your spring cleaning yet? As you spray your windows clean, polish the floors, and disinfect the bathroom, are you considering the risks of chemical exposure? In this season when many people suffer from allergies related to pollen from plants and beautifully blooming flowers, it is wise to also consider the possibility of allergic reactions related to chemicals in your environment. Did you know that symptoms of chronic fatigue, depression, headaches, congestion, and lack of mental clarity might all be indications of chemical sensitivities?

It is the task of the immune system to identify all substances we come in contact with as either friend or foe. Any foreign material, or antigen, has the potential to create an immune response, whether it is pollen from a natural source (i.e. a plant) or an inhaled chemical (i.e. those found in insecticides, pesticides, and cleaning products). Additionally, we are being bombarded with chemicals in our foods in the way of additives, preservatives, antibiotic residue, hormones, and a host of artificial colorings.

While it may seem a daunting task in this day and age to rid yourself of these potentially harmful influences, there are measures you can take to support your health this spring. First and foremost, avoid exposure to unnecessary chemicals in your food sources as well as in your external environment. Eat foods which are locally grown and are free of additives and preservatives. Consider planting a garden! Also, seek natural cleaning products at your local health food store.



Additionally, Acupuncture can help support the body's natural defense system by bringing into balance the digestive track. Our immune system largely originates in the gut. Through the use of small filaments or needles, Acupuncture regulates the flow of Qi throughout the body. By keeping the Qi, or life force, in the digestive system unobstructed and efficient, Acupuncture helps the gut accomplish the daily task of protecting us against potentially harmful invaders and substances.

It is vital to establish an environment, internally and externally, that minimizes our chemical load. Acupuncture can support detoxification of harmful chemicals. While dietary measures such as increasing the consumption of raw vegetables, fruits, and water are essential tenants of a detoxification protocol, acupuncture also facilitates the elimination of harmful waste products.

Please consider that chronic health conditions may be related to multiple chemical sensitivities and explore the use of Acupuncture as a natural alternative to further chemical exposure. ✦

*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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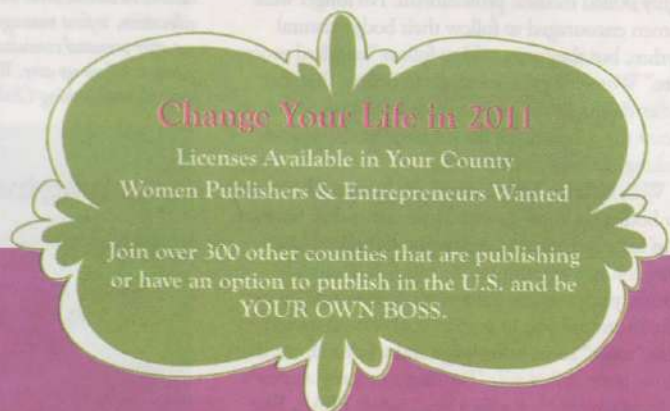


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