

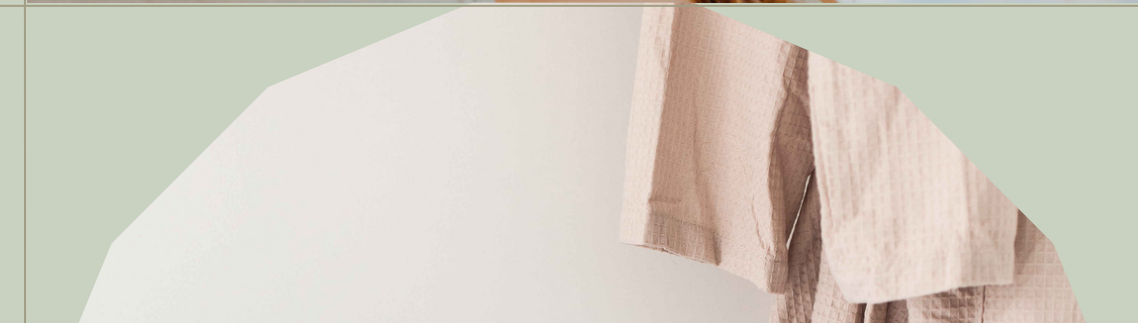
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UNLOCKING WINTER WELLNESS: A HOLISTIC IMMUNITY SEMINAR



PRESENTED BY DR. KAILEE ACUPUNCTURE





WHAT WILL WE COVER?

Intro

Winter Profile

Sickness

Acupuncture & Herbs

Acupressure Demo

Eating in Season

Heat Therapy

Rest

Questions?



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Dr. Kailee Carlson, L.Ac, DCM, RN



MY STORY

Credentials:

- Doctor of Chinese Medicine with a Sports Emphasis
 - Licensed Acupuncturist through the MN Medical Board
 - 900+ hours of clinical training
 - 3000+ hours of didactic learning
 - 3 National Board Exams
- Bachelor of Nursing
 - Registered Nurse

Passions:

- Endurance athlete
- Extremely passionate about holistic and integrative medicine
- On a mission to shift the focus from “sick” care to “health” care
- Taking a team/collaborative approach to health care



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WINTER IN CHINESE MEDICINE

ORGANS: Kidney and Urinary Bladder

COLOR: Black

EMOTION: Sadness and fear

TASTE: Salty

SENSE ORGANS: Ears

CLIMATE: Cold

ELEMENT: Water



WINTER SICKNESS...AND WHAT WE CAN DO ABOUT IT

Getting sick in the winter is NORMAL

But that doesn't mean there aren't things we can do to prevent getting sick and build up our immunity before it happens



REST, HYDRATE, NOURISH AND
SLOW DOWN





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ACUPUNCTURE

The insertion of very thin needles at specific spots in the body to bring balance.

Stimulates the central nervous system, nerves, connective tissue, muscles

- Builds up our Wei Qi aka our defensive system or immune system to keep the body in balance
- Increases production of red and white blood cells and T cells
- Decreases stress
- TCM sees disease as part of the body
- Customized herbal formulas to treat the root and acute conditions

STRENGTHENING THE IMMUNE SYSTEM WITH
ACUPUNCTURE & HERBS

WHY SHOULD YOU GET ACUPUNCTURE

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To improve:

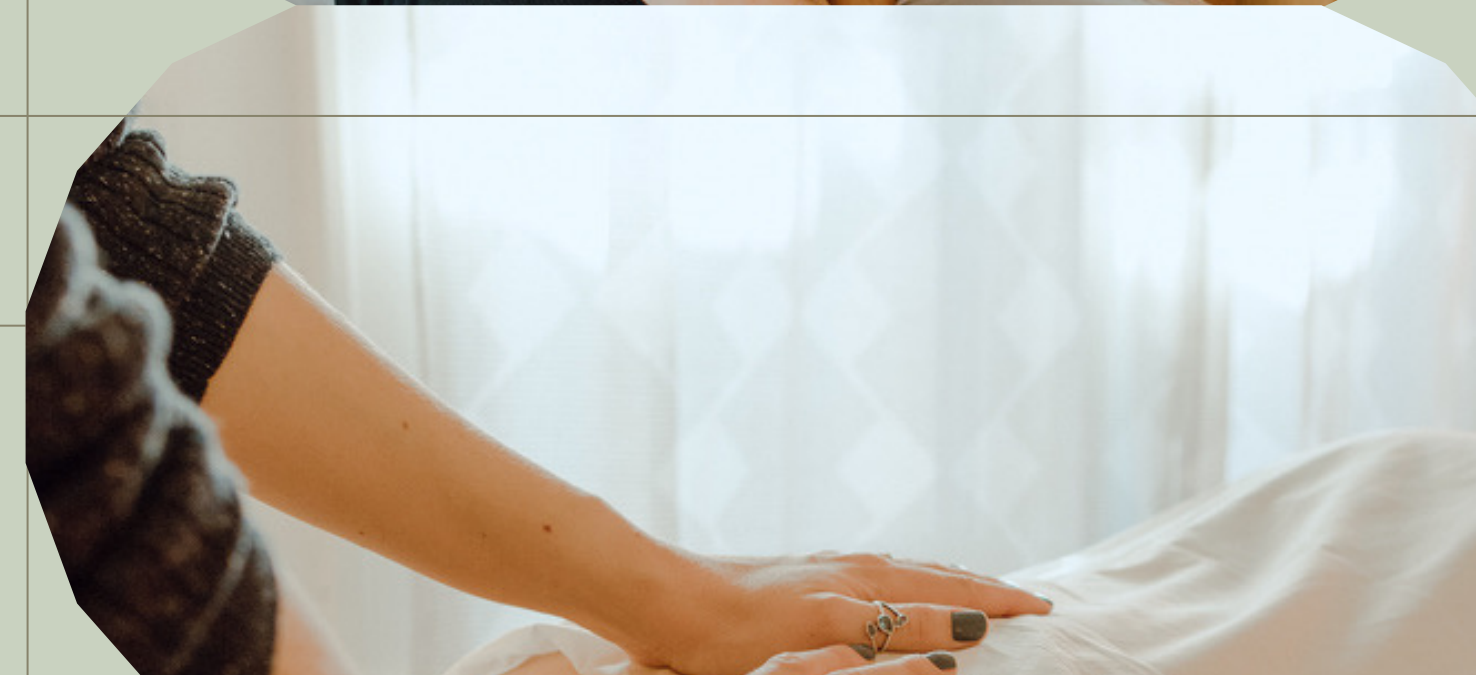
- Digestion
- Sleep health
- Muscle tightness
- Fatigue
- Mental health
- Pain
- Fertility
- Menopause (hot flashes, night sweats, etc)
- Hormonal balance
- Long-COVID
- Migraines/headaches
- Arthritis/joint pain
- Carpal tunnel
- Immune system



→

WHAT DOES A TYPICAL APPOINTMENT LOOK LIKE?

- 01 Comprehensive intake. You will be asked questions about digestion, sleep, mental health, menstrual health, pain, medications, allergies, health history, goals
- 02 Pulse and tongue assessment
- 03 Treatment: acupuncture, cupping, gua sha, tui na, electro-acupuncture, food therapy recommendations
- 04 20-30 minute "needle nap"
- 05 Go over treatment plan, at-home care, timing of your next treatment





ACUPUNCTURE & DRY NEEDLING

Acupuncture

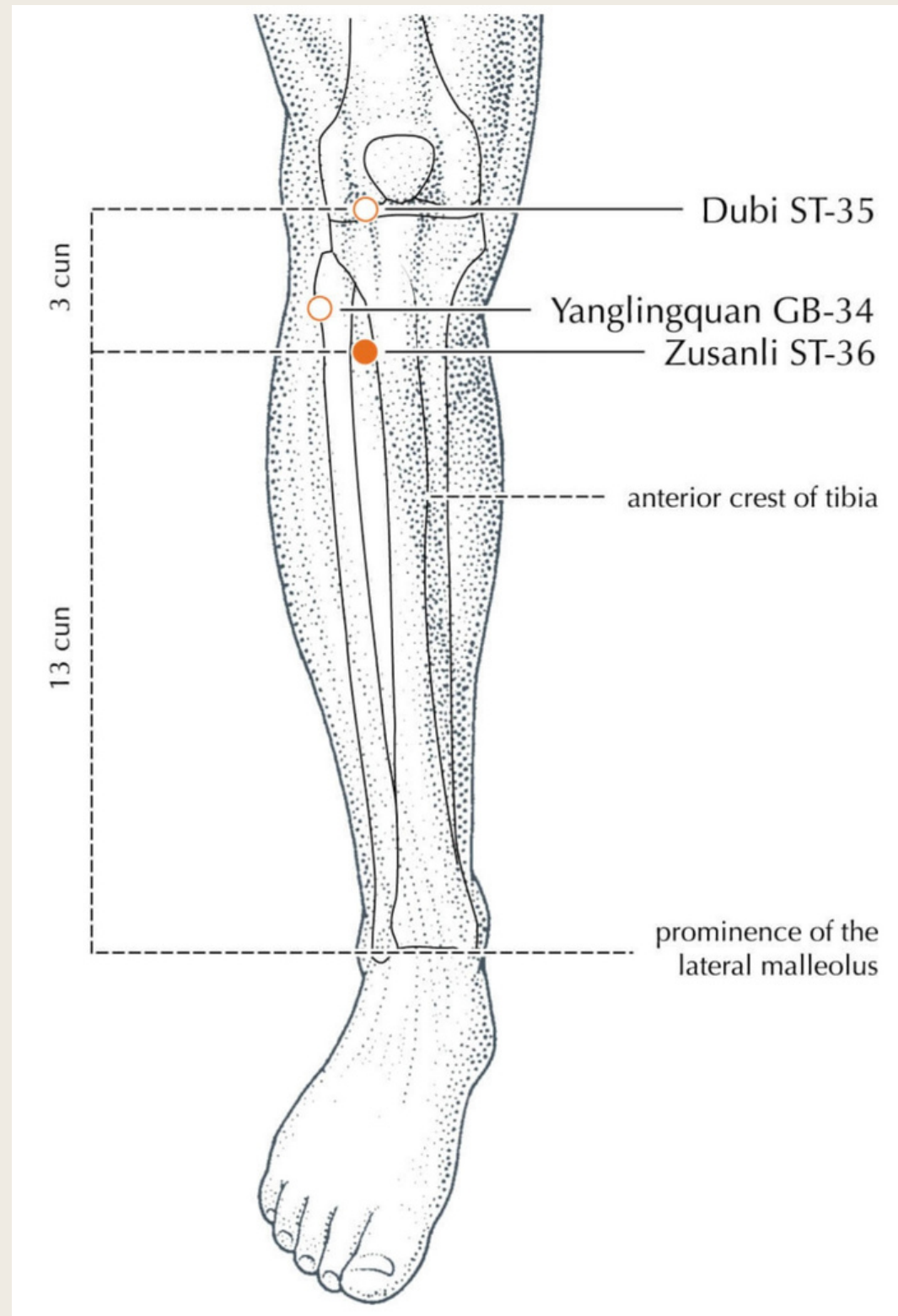
- The original form of medicine
- Requires 3-4+ years of graduate school with 600+ hours of clinical work and 3+ National Board exams
- Most commonly performed by Licensed Acupuncturists
- Typically more gentle
- Looks at the body as a whole and utilizes the meridian system
- Uses modalities such as gua sha, tui na, food therapy, moxibustion
- Treats pain and much more

Dry Needling

- A newer practice that was adopted from Chinese Medicine
- Learned in a weekend or a few month program
- Most commonly done by physical therapists
- Typically more uncomfortable and aggressive needling
- Doesn't use the meridian and whole body system of acupuncture
- Focuses on trigger points and points of pain



ACUPRESSURE STOMACH 36



Location:

- Below the knee, 4 finger breadths below the knee crease, one finger breadth lateral to the anterior crest of the tibia

Actions:

- strengthens immune system
- harmonizes the stomach
- tonifies qi and nourishes blood and yin
- alleviates pain
- calming



- 70-80% of the immune system resides in the gut
- Reduce inflammatory foods and drinks (processed foods, sugar, alcohol, dairy, coffee)
- Warm, cooked foods
- Winter foods:
 - squash, walnuts, warming spices (eg cinammon), persimmons, pears, soups, bone broth, congee, garlic, root vegetables, leeks, green onion, honey, lamb, beef
 - Black foods! Eg Black beans, black sesame seeds, seaweed, figs, pepper, mushroom, rice
- Find what's in season at www.seasonalfoodguide.org
- Hydrate!

EATING WITH THE SEASONS

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Congee

- boosts digestion
- add scallions and ginger if sick
- great for spleen qi
- warming properties

Bone Broth

- amino acids
- minerals
- collagen
- bone health
- skin health
- joint health



Recipes &
Resources ↑

EATING WITH THE SEASONS



LEMON, HONEY, GINGER TEA



LEMON

Rich in vitamin C and magnesium. Improves gut health and the lymphatic system. Eases the stomach.



HONEY

Anti-viral, anti-bacterial, and anti-inflammatory properties. Opt for raw, local honey for the most benefits.



GINGER

Anti-bacterial and anti-inflammatory properties, warming, naturally boosts immune system. If you have a sore throat, use peppermint instead of ginger.



“WHEN THE BLOOD IN THE VESSELS HAS BECOME STAGNANT, OR HAS STOPPED, IT CAN ONLY BE TREATED BY FIRE.” –LING SHU,

HEAT THERAPY

- socks and slippers
 - bottom of our feet connects to the uterus
- scarves
- warm baths
- sauna
- heat for sore muscles vs ice



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GIVE YOURSELF PERMISSION TO REST



“WE HAVE SEASONS WHEN
WE FLOURISH AND SEASONS
WHEN THE LEAVES FALL
FROM US, REVEALING OUR
BARE BONES. GIVEN TIME,
THEY GROW AGAIN.” –
WINTERING, KATHERINE MAY

It is NORMAL to not have the same amount of energy as we do in the summer

Make sleep a priority. Go to bed earlier (by 10:30pm) and wake up later.

Gentle movement. Yoga, tai chi, qi gong, breathwork, moderate walks

Daily sunlight exposure to regulate circadian rhythm and help with mental health. Awakens the yang energy.

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QUESTIONS?

- Blog and product recommendations at www.drkaileeacu.com
- Follow along on instagram @drkaileeacu
- Book appointment with Dr. Kailee to learn more
- Currently accepting new patients (HSA, FSA, and HRA plans accepted)





THANK YOU FOR COMING!

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