

# ACUPUNCTURE



## NEW YEAR RECOVERY

### *From Holiday Exhaustion to Genuine Vitality*

*If you're starting the new year feeling more exhausted than excited, you're not alone. The holiday season—while joyful—often leaves us depleted, overstimulated, and struggling to find our rhythm again. Those ambitious New Year's resolutions? They can wait until you've truly recovered.*

*This month, we're exploring how Traditional Chinese Medicine views the winter season as nature's invitation to rest, restore, and rebuild your reserves. Let's discover how acupuncture can help you recover from holiday burnout and step into the new year with genuine vitality.*

**"True recovery requires rest, warmth, and nourishment."**

## Understanding Post-Holiday Depletion in TCM

In Traditional Chinese Medicine, winter is governed by the Kidney system—the reservoir of your body's deepest energy reserves, called "Jing" or essence. Unlike Western medicine which views kidneys solely as filtration organs, TCM recognizes the Kidneys as the root of your vitality, willpower, and capacity to recover from stress.

The holiday season depletes these reserves through late nights, rich foods, emotional intensity,

and disrupted routines. According to TCM theory, when Kidney energy is low, you experience profound fatigue, lower back pain, frequent urination, cold extremities, and difficulty recovering from stress.

**The good news?** Winter is actually the ideal season to rebuild this foundational energy because nature itself is in a restorative phase. Understanding Kidney depletion helps explain why you can't just "push through" holiday exhaustion.



points like Kidney 3 (Taixi) and Kidney 7 (Fuliu) are known to rebuild essence and strengthen your core energy.

## How Acupuncture Supports Post-Holiday Recovery

**Restores Deep Energy Reserves:** Acupuncture treatments targeting Kidney meridian points help replenish your body's fundamental vitality. Specific

**Regulates Sleep Patterns:** The "tired but wired" phenomenon is extremely

common after the holidays. Acupuncture calms your overstimulated nervous system while nourishing the Yin energy that promotes deep, restorative sleep. Studies show acupuncture increases melatonin production naturally.

**Rebalances Digestion:** Rich holiday foods can overwhelm your digestive system, which TCM associates with the Spleen. Acupuncture helps restore digestive balance, reducing bloating,

irregular appetite, and energy crashes after meals.

**Reduces Stress Hormones:** Research published in the Journal of Endocrinology found that acupuncture significantly reduces cortisol levels, helping your body shift from stress mode to recovery mode.

## The "Tired But Wired" Phenomenon

One of the most common patterns we see in January is what TCM calls "tired but wired"—your body is depleted (Kidney and Spleen deficiency), but your nervous system is still overstimulated from holiday stress (Liver Qi stagnation with Heat rising).

Regular sleep medications often don't address this root imbalance. Acupuncture works by regulating your autonomic nervous system—specifically calming the sympathetic "fight or flight" response while strengthening your body's restorative capacity. We use specific points that anchor your Yang energy downward instead of letting it float up and disrupt sleep, while nourishing the Yin that's been depleted.

Most patients notice improved sleep quality within just 1-3 treatments.



## Winter Wisdom: Permission to Rest

In Chinese medicine, winter is the season of conservation and storage. Just as nature pulls inward during winter, your body craves rest, warmth, and nourishment. The pressure to launch into ambitious goals immediately in January actually works against your body's natural rhythm.

Think of January as your foundation month—a time to rebuild your energy reserves so that when spring arrives, you'll have genuine vitality to draw upon.

## TRY THIS AT HOME

### Kidney 1 Warm Foot Massage *Yongquan (Bubbling Spring) Point*

1. Before bed, soak your feet in warm water for 10 minutes
2. Locate Kidney 1 point—in the center of your foot's sole, in the depression below the ball of the foot
3. Using your thumb, apply firm circular pressure for 1-2 minutes per foot

4. Finish by vigorously rubbing your entire feet until warm

**Pro Tip:** Perform this ritual nightly through January while visualizing energy flowing up from the earth into your body.

## Herbal Spotlight: Black Sesame Seeds

### Black Sesame Seeds (黑芝麻 Hei Zhi Ma)

In TCM, black sesame seeds are prized for nourishing Kidney Jing (essence) and building Blood—perfect for post-holiday recovery. They're classified as a sweet, neutral tonic and are known to strengthen the lower back, support healthy aging, and lubricate the intestines.

For those dealing with exhaustion, this food-medicine works by directly replenishing your deepest energy reserves. Traditional practitioners recommend black sesame seeds during winter because their dark color and rich oil content resonate with the Kidney system's needs.

### Simple Recipe: Kidney-Nourishing Black Sesame Paste

#### Ingredients:

- 2 tablespoons black sesame seeds (toasted, ground)
- 1 cup warm almond or oat milk
- 1 teaspoon honey
- Pinch of cinnamon



**Preparation:** Mix ground sesame seeds with warm milk until a smooth paste forms. Enjoy warm.

**When to consume:** Daily at breakfast while still warm

**Note:** You can prepare sesame powder in batches for convenience

## What to Expect from Winter Recovery Treatments

During your recovery-focused acupuncture sessions, we'll:

- Assess your specific pattern of depletion through TCM diagnosis
- Target Kidney and Spleen meridian points to rebuild core energy
- Address sleep disruption and nervous system regulation
- Provide personalized dietary and lifestyle guidance for winter wellness
- Create a treatment plan that honors your body's need for rest

Most patients benefit from weekly treatments for 4-6 weeks to fully restore their energy reserves. Many notice improved sleep and reduced anxiety within the first few sessions, with energy levels building progressively over time.

**Dr. Ariela Rozegold, L.Ac., NCCAOM, DAOM**  
Licensed Acupuncturist & Doctor of Chinese Medicine

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