



## Lìxià, Start of Summer

The Asian lunisolar calendar marks early May as the beginning of Summer. The season of Summer is associated with the Fire Element. The Heart Official is known as the Supreme Controller and is the *yin* organ associated with the Fire Element. Its *yang* partner is the Small Intestine.

In Western medicine, the heart is considered to be the center of the circulatory system, the pump that controls the flow of blood through the body.

In Chinese Medicine the responsibilities of the Heart are also extended to emotional and spiritual realms- the supreme monarch responsible for maintaining internal peace and harmony. It is responsible for intelligence, wisdom, and spiritual transformation.”

As Qi Bo explains to Huang Di in *The Yellow Emperor's Classic of Internal Medicine*, “The heart is the sovereign of all organs and represents the consciousness of one’s being. It is responsible for intelligence, wisdom, and spiritual transformation.”

- If you're feeling tense and defensive, think of the Heart Protector. The Heart Protector is the gate that allows positive energy into the Heart.
- Make yourself available to the abundance all around you. Visit a you-pick farm, harvest wild blackberries, or pick a bouquet from your yard.
- Eat bitter foods to regulate the Small Intestine: endive, escarole, kale or chard
- Laugh! Enjoy a silly movie, tell jokes with your family.

## Alumni Announcements

### Eric Moore, Class 37



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### Tia Hendrickson Sims, Class 32



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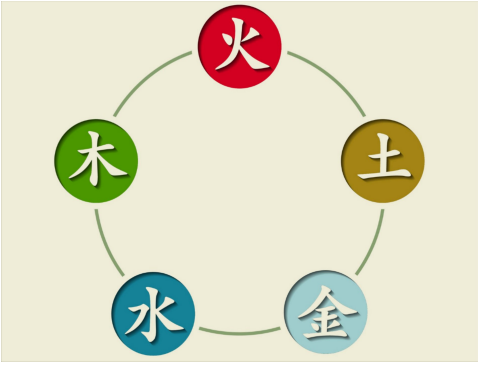
[Register Online](#)

### Preview Day November 2

Meet our staff, learn about our programs, experience our learning environment and find out more about our philosophy of treatment. Family and friends are welcome. Lunch is included. Opportunities for free Five Element acupuncture treatments.

## Continuing Education

### Coming Soon



### Classical Chinese Obstetrics: From Fertility to Delivery

This exciting workshop with Diane Gioioso, Class 12, will be our first fully online CEU/PDA offering. Course scheduled to start in late October, 2024.

Registration opening soon.

### Registration Open



### Medical Qigong & Mindfulness for Mental Health

Dr. K.A. Shakoor  
June 8-9, 2024

Health and wellness strategies for daily living, and particularly how they relate to mental health conditions.

[Read More](#)

## When you make a gift to the Academy, you are making an investment with an everlasting impact.

For information on making a gift to Academy for Five Element Acupuncture, please [reach out to Rebekah Johnson, Executive Director](#).



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