



## Welcome the Year of the Wood Snake!

On January 29, we say goodbye to the creative, adventurous Fire Dragon, and hello to the mysterious Wood Snake. The Wood element's energy can stay rooted while expanding outward into the world. Snakes hold the power of transformation (think shedding skin). They are both insightful (knowing when to strike, and when to retreat) and efficient (traveling fast despite lack of limbs).

Rooting and Expanding; Efficiently using your Qi; Insightful Transformation – don't these sound like qualities that would serve us well right now? How will you use them to guide your year? We look forward to being on the journey with you as the year of the Snake uncoils.



## Practitioner Highlight

We're so happy to welcome Jonathan Edwards, the latest addition to our clinical team. Jonathan brings to MHS more than a decade's experience in East Asian Medicine, from acupuncture and moxa to his first love, herbalism.

Clinically, his focus is on internal medicine: digestive and gut-brain disorders, women's and men's health, psycho-emotional conditions, seasonal illness, and more.

Jonathan enjoys the challenges of being a generalist and working with folks of all ages, from teens to those in their 90's (and beyond!). As our resident YiJing (I Ching) maven, Jonathan also offers [consultations based on the ancient Chinese "book of changes"](#) and incorporates its

insights into his clinical work.



## Seaweed Season!

MHS is continuing our mission of curating nutrient-dense foods for you by carrying seaweed! If you've never used seaweed in your cooking, you're missing out on a mineral-rich food that also adds delicious umami to your meals.

In Chinese Medicine theory, Seaweed is a deeply nourishing food for Winter, the season of the Water element, which corresponds with the salty flavor and blue-black color of the oceans. Seaweed has the medicinal property of softening and dissolving phlegm, and is rich in antioxidants and prebiotics, making it a useful soup ingredient during cold and flu season.

Our source is from [TheSeaweedMan](#) who hand-harvests various types of seaweed from the clean waters of Maine. If you aren't sure how to use it, we are making it easy by carrying the Seaweed Soup Mix (aka the Gateway into Seaweed use)!

Pick up a small pack next time you're at MHS. It's a combo of Saccharina and Digitata kelp, in convenient-to-use flakes. Just add 1-3 tablespoons to any liquid-based dish that you're cooking for 30+ minutes: stocks, soups, curries, braises, beans, and grains. The seaweed will soften and dissolve, adding umami and a slight thickening to your dish. Your immune system and taste buds will be happy.



We are delighted to share this primal, nutrient dense, deliciousness with you! Please let us know what you think!