



## Welcome, Summer Solstice!

In Chinese medicine, summer is the season of the Fire Element, of yang energy at its peak, of long light and outward movement. And this particular summer arrives inside the Year of the Fire Horse, a cycle that only comes around every 60 years. Horse is already a fire sign in the Chinese zodiac — so this year carries a double dose of heat. Fast, passionate, bold, momentum-driven energy is the backdrop for everything, including things that are happening at MHS! (see below for the changes)

Summer is the natural time to connect and share your warmth with others. Keeping our fire nourished means balancing activity with rest, cultivating meaningful connections (instead of saying “yes” to EVERY party), and naturally keeping cool — think cucumber! Watermelon! Green tea! And of course, some acupuncture and herbs to cool what’s inflamed and calm what’s agitated when the summer heat gets to be too much. Enjoy the vitality this season is offering!

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## Practitioner Shuffle at MHS

We’ve so enjoyed having Ellie Blom with us at MHS but she is on to bigger terrain—literally: she’s moving to Montana! If you’ve been seeing Ellie for acupuncture, please know we’ve brought on two wonderful new (to us) practitioners to make sure you’re in good hands when she goes.



We are delighted to welcome [Patrick Marron](#) as our newest veteran practitioner! While Patrick is new to our team, he has been practicing Chinese Medicine for over 10 years in Raleigh and Chapel Hill. In addition to his long-time work in women's health and fertility, Patrick has worked as a licensed massage therapist helping people with their pain. He treats many conditions affecting the whole person with a special focus on fertility and menstrual health, pain, neuropathy, and allergies.



In July, [Emily Mann](#) is joining our clinic after 10 years of practice in Asheville. More about Emily will be in the next newsletter!

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## Summer-Sippin' Chinese Tea



When it's 100 degrees out, you may not want your tea piping hot. Here's [a SUMMER way to enjoy the beautiful teas](#) that we source directly from Chinese tea farms. Our favorite summer teas are Jasmine and Green, which bring refreshing mountain aromas with every sip. Plus, you can just feel the antioxidants and L-theanine giving your brain a calm, focused boost!

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### Water Update:

We're fully in support of Durham's water restrictions while maintaining high standards for a clean, healing environment. If you'd like to help reduce water usage, **please bring your own clean sheet, blanket, or towel to lay on during your treatment.**

This is a small act, but isn't our tiny life in this big world made of small acts?

