



**ALASKA CENTER  
FOR ACUPUNCTURE**

### **Monthly Featured Column in the Mat-Su Valley Frontiersman Newspaper**

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## **Feel Better by Spending Energy Wisely**

“Why don’t I have enough energy?”

We hear this question regularly in our acupuncture center. A lot of folks describe waking up tired in the morning and ending each day totally exhausted. Why does this happen?

Wouldn’t it be great if our bodies generated receipts that told us the energetic costs of all our daily endeavors?

We’d know exactly what it cost to walk the dog, to weed the garden, to incessantly worry, to digest a donut, to stress out in slow moving traffic, or to harbor resentment over the high price of gasoline.

Furthermore, an energy receipt could tell us how efficiently our bodies are running. Imagine how illuminating doctor/patient conversations would become if we knew exactly how much our bodies are being taxed by making poor lifestyle choices.

Patient: “Hey Doc, I was sick all winter long – what’s going on?”

Doctor: “Hmm, your energy receipt shows a dramatic output in November and December from excessive holiday cheer. But there’s not an equivalent investment in quality sleep and nourishing foods during the same time period. Basically, you spent more than you took in.”

Most of us are regularly doing the energetic equivalent of throwing away thousands of dollars on bad investments. If we knew the true energetic cost of every action, wouldn’t we be compelled to do our best to keep our expenses low so we’d have energy left over to enjoy the things that we love to do?

Fortunately, our bodies have a very useful system for measuring the cost of our daily undertakings. It’s called symptoms.

When the body puts out more energy than it has to give, symptoms show up. Stress, headaches, back pain, indigestion, frequent injuries, suppressed immunity, short temper etc. are the body's way of communicating that it has over-spent its energy reserves.

Attempting to medicate these symptoms away – via caffeine, sugar, nicotine or other drugs – simply allows us to keep pushing into our reserves until our bodies kick up more serious conditions that can't be ignored, like high blood pressure, diabetes, obesity, depression or ulcers.

Obviously, it would be ideal to learn how to moderate energy output and stop pushing into our reserves before any symptoms show up. Here's how to do it:

Approach every task with increased awareness. Consider the required effort level before starting. In other words, if a "B" gets the job done in an acceptable way, do you really need to go for the "A plus?"

Even better, consider if you need to do this task at all. Could you be more effective in the most important areas of your life if you learned to say "NO" to the things that are more peripheral and of a lesser priority?

Perfection is expensive, so it's important to determine which life endeavors warrant striving for perfection and which of those are merely driven by vanity and an underlying lack of self-esteem.

The bottom line is that indiscriminately spending your resources can lead to a lifetime of chronic ailments and unrealized potential. How you spend your resources is a clear statement of your priorities. Choose wisely.

In Chinese medicine, the secret to longevity and extended youthfulness comes from spending your resources frugally. A key measure of success is ending the day with as much or more energy than you started it with. This is accomplished by creating an appropriate balance of receiving quality nourishment and moderating output throughout the day.

Acupuncture, when combined with a wholesome diet, regular exercise, and appropriate sleep can help your body recover its natural state of vitality. Imagine what your life would be like if all of your energy was available to make your greatest potential a reality.

Samantha Berg and Kevin Meddleton are Licensed Acupuncturists who own the Alaska Center for Acupuncture in Palmer. Call 745-8688 for more information or visit on the web at [www.AlaskaAcupuncture.com](http://www.AlaskaAcupuncture.com)