

“MOST OF US LEARN EARLY ON HOW BEST TO WORK WITH WHAT NATURE HAS GIVEN US. IN THIS DAY AND AGE, THERE ARE AN ABUNDANCE OF AIDS TO ENHANCE HOW WE LOOK – AT LEAST FROM THE OUTSIDE.”

By Sheri Laine

Once we recognize that ‘real’ beauty comes from within, we can trim our outward beauty rituals. Overall, Qi and the cultivation of healthy ‘Enerqi’ can be your most vital beauty enhancement. Qi is the energy that circulates and lives within us all. Your own Qi (pronounced ‘Chee’) is a vibrant life force, your vital energy and root strength. Qi is a glowing electromagnetic current that vibrates and surrounds your body like a grid. ‘EnerQi’ is a term I coined after seeing patients who had strong Qi, yet are unbalanced. These people feel chronically anxious, have nagging aches, pains, and have difficulty sleeping or maintaining a healthy weight. (PMS is a frequent complaint). Seemingly healthy people lack vitality. Their outward glow (i.e. ‘I can’t take my eyes off them’ light) we all notice is missing. They lack “je ne sais quoi” — that certain something. Their EnerQi radiance is diminished. These people are not sick, yet they are not really well. And, they certainly do not feel beautiful.

We’ve all admired a great majestic tree. Our bodies are not unlike. A tree gets energy to grow and thrive by the quality of its soil. Its root system nourishes and enlivens its branches. Our root systems are nourished by how we live. Vitality comes from our root system and the ways in which we care for ourselves.

LIFESTYLE METHODS TO KEEP YOUR BEAUTY FLOURISHING, AND YOUR ENERQI GLOWING.

1. Are the contents of your refrigerator healthy, fresh, and free — or mostly free — from added chemicals? What is the ratio of processed foods versus newly picked organic natural foods? Choose seasonal colorful variety in your food, and snack on a variety of raw nuts and include healthy oils in your diet.
2. Drink 4-6 glasses of filtered water daily; fresh organic fruit and vegetable juice or smoothies once a day. Add ‘super green’ powder food to beverages. If you

are in the habit of drinking soda or diet soda, begin to wean yourself now. Limit caffeine consumption.

3. Assess your social drinking. Keeping in mind that less is always more. If your habit is daily you may need help. The same goes for recreational drug use.

4. Exercise 3-5 times a week. Movement is a priority. Vary your workout routine. Make stretching an integral part of your ongoing exercise practice.

5. Watch your self-talk. Do you think and speak in empowering ways. Are your thoughts uplifting? Do your words enable positive actions and reactions in yourself and others? Live in Integrity. Do what you say you will to do, when you say you are going to do it. Be your word.

6. It’s been said that prayer is for asking and meditation is for listening. Meditation quiets the mind and allows questions to become clear answers. There are many ways to find your way into a practice. There are many approaches. Make regular meditation a priority.

7. Sleep is beauty rest and gives your body time to recharge. Seven to eight hours is a normal range for adults. Healthy cell and immune regeneration occurs while the body sleeps and the mind rests.

8. Make time for healthy intimacy and sexuality. Allow yourself to be vulnerable. Create safety for yourself and others by being present with whomever you are engaged with. Communicate and listen. Treat others how you want to be treated, always.

9. Go outdoors. Fresh air oxygenates the cells of our body. Sights, sounds and smells of nature stimulate feel-good hormones in our brains. Take deep long languid belly breaths while you walk. I have not met one person who doesn’t feel better after a walk in nature. Have fun, laugh and enjoy yourself. Life is what you make of it. Create your reality.

11. Try acupuncture. The needles carry their own electromagnetic charge when placed strategically by a

knowledgeable professional. The magnetic pull of the needles balances and realigns your body’s Qi, blood and oxygen flow.

13. All things change. Life is like the tides; it offers up a constant ebb and flow. Nothing remains the same forever. If you don’t get things right today, move forward tomorrow. There will always be another opportunity to create anew, like the seasonal flowering of a great majestic tree.

Sheri Laine, L.AC is a Diplomat of Acupuncture, a herbalist and nutritionist with a 30-year practice in Santa Monica and Del Mar CA. With a focus on Integrative Lifestyle Medicine, Sheri’s newest book is “Living The EnerQi Connection”. She is a frequent speaker at national health conferences and writes a column in Counselor Magazine. www.BalancedEnerQi.com

FOODS that FIGHT INFLAMMATION



BERRIES dark reds and dark blues such as strawberries and blueberries.

VEGETABLES darker is better: spinach and kale for example.

WHOLE GRAINS such as oatmeal, quinoa, barley and farro.

HEALTHY OILS nuts and fish. Saturated fats, dairy, some meats aid inflammation.