

STACEY SIMONE ACUPUNCTURE

achieve balance maintain wellness

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Winter Self-Care

Immunity Boosting Tips



Eating healthy looks different depending on the time of year. Superfood smoothies are great in the summer when our bodies have external heat to compensate for the extra work our digestive system needs to process the icy cold drink. However, in the cold winter months, our body is already working double-time to circulate the blood that nourishes our organs and keeps us warm. So imagine how hard your body is working to digest a cold smoothie or a crisp salad when it's already under the stress of a cold day! Eating according to the season not only prevents the body from overworking itself but can even help facilitate healthier functioning. Digestion and bowel movements may be easier, cognitive function clearer, and ideally, improved immunity.

So what does healthy eating in the winter months entail? For starters, opt for warm, cooked foods. Raw vegetables for example, when eaten, our body has to break them down. While highly nutritious, this can be laboring to the system. Simply steaming the vegetables first cuts down that breakdown process significantly and provides the body with the extra benefit of warmth.

Warm Weather Friendly Foods	Cold Weather Friendly Foods
Salad (raw veggies, refreshing ingredients)	“Warm salad” (cooked grains like quinoa or rice, cooked veggies, nourishing ingredients)
Soothies, Iced Coffee, Cold or room temperature drinks	Room temp smoothie (just skip the ice), Hot Coffee, Hot Tea (bonus points for fresh lemon, ginger, and honey)
Mint, almonds	Cinnamon, ginger, garlic, walnuts, peanuts
Watermelon, Pears, Mung Beans, Cucumbers	Pumpkin, carrots, peaches, scallions, cooked cabbage

*Always remember, **everything in moderation!**

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Immunity

- Simple but **CRITICAL**. **Proper and frequent hand washing!**
- **Stay home when you're sick.** This sometimes feels like a privilege because we can't always afford to stay home. But even staying home from work or school for 1 day when you're under the weather prevents countless people from coming into contact with that illness.
 - When you absolutely need to stay home: if you have a fever! Fever = contagious. Isolate until you have not had a fever for at least 24 hours without the use of NSAIDs (Tylenol, Ibuprofen, etc.). This is a bare minimum standard, meaning you can still be contagious without a fever.
- **Stay hydrated**
- **Get plenty of sleep**
- **Vitamins and minerals** to add for immunity:
 - Vitamins A, C, D, E, and zinc are the foundational vitamins and minerals that our body needs to support healthy immune function.
 - Elderberry- often found in combination with the aforementioned vitamins is a great addition when you need an extra boost (example: already feeling early stages of sickness; known exposure; working in an environment with high risk of exposure).
- **Dress appropriately** for the weather and/or the environment you're spending most of your time in. Layers are your best friend!
 - Adding a hat and scarf will further protect the most vulnerable parts of our body.
- **Dry your hair** before leaving the house
 - Strange but true!
 - Exposing a wet head of hair to the cold air brings the body temperature down and weakens our immune system, thus making us vulnerable to germs.
- **Regular exercise**
 - Promote blood flow and healthy circulation.
 - **EXCEPT...**when you are under the weather. There's a common misconception that exercising when you're sick will help the illness run its course faster. In reality,

exercising when sick can make the illness worse and longer lasting. The BEST thing you can do when sick is rest, rest, rest!! Sleep it off, don't work it off.

Have you met Emily?

Emily Cuomo is a Licensed Acupuncturist with a passion for holistic health and well-being. From an early age, she held a strong work ethic and a steadfast conviction that regardless of the career path she chose, it would always revolve around making a genuine and positive impact on the lives of others.

In search of this path, Emily began pursuing a career in Occupational Therapy at Stony Brook University. Alongside her studies, she sought solace in weight training as a means to navigate the common stresses of college life. Yet, this newfound passion was abruptly halted when Emily grappled with debilitating back pain that defied conventional treatments. It was only when she sought the care of an acupuncturist that the seemingly miraculous happened. In that pivotal moment, Emily realized that she wanted to impart that same sense of transformative healing to others. Determined to understand the wisdom behind the effectiveness of this ancient medicine, she knew her calling had been found.

She holds a Bachelor of Science in Integrated Health from Arizona State University and a Master of Science in Acupuncture from the esteemed New York College of Traditional Chinese Medicine.

Through her comprehensive clinical training, Emily's experience spans a wide range of conditions. Her clinical rotation at Jamaica Hospital's Nursing home afforded her the opportunity to work with a diverse patient base, each presenting unique concerns. Emily received accolades from her clinic supervisors for her treatments targeting conditions such as TMJ, neck pain, generalized anxiety, plantar fasciitis, and acne.

Emily's specialized skills include a keen focus on the application of gua sha and cupping therapies, adding an extra layer of effectiveness to her treatments. Her approach is always tailored to the individual needs and concerns of her patients. She brings a gentle and caring nature to every session, driven by a sincere desire to enhance their overall well-being.

In addition to her professional accomplishments, Emily is an active member of ASNY, demonstrating her commitment to the advancement of acupuncture and traditional Chinese medicine.

Outside of her practice, Emily embraces an active lifestyle, finding solace in activities like hiking, kayaking, and yoga. She also enjoys the vibrancy of live music, often attending concerts. A true animal lover, Emily cherishes her time spent with Jojo, her beloved 5-year-old rescue dog.

With a unique blend of expertise, empathy, and a holistic approach, Emily is dedicated to empowering her patients on their journey to optimal health and wellness.

