



## **Seasonal Affective Disorder (S.A.D.) and Acupuncture What is S.A.D and How Can Chinese Medicine Help?**

**By Atara Noiade, DAOM, MBioSci. 703.488.0366 Acupuncture/Herbal Medicine**

Are you or is someone you know feeling a strange melancholy which seems to come on with the change in seasons? You are not alone. Seasonal Affective Disorder affects a large population, with most unaware that the symptoms they are experiencing are part of a larger condition that has a name. The symptoms of S.A.D. include feeling tired, moody, and, as the name implies, sad. This is a condition brought about by abrupt changes in daily sunlight, so it is most typical in the autumn, but some experience this in spring as well. An average person with normal health can suddenly feel out of sorts, have trouble sleeping, lose their appetite, have trouble focusing, and have depressed thoughts, all because of change in daily sunlight. For those with ongoing issues with depression, the feelings can be enhanced during the winter months when the sun goes into hiding. Fortunately, there is hope!

### **How can Chinese Medicine help with Seasonal Affective Disorder?**

In treating S.A.D. with Chinese medicine, the experienced practitioner will spend a substantial amount of time with the client, taking a thorough medical history and listening to the patient's recent experiences and symptoms as well. The practitioner will take the pulse, look at the tongue, and will be observing the patient's color, posture, and a host of other tools to best determine the right Chinese medicine diagnosis and treatment plan. Once a treatment plan is determined, the choice of acupuncture points is not the same for each person: this will be a combination of points that the practitioner feels is best suited based on both the Chinese medicine diagnosis, and the individual and their particular imbalance.

### **How does it work?**

Once the needles are inserted, the needles work together on energy pathways called meridians. The intent of the manipulation of this energy network by the practitioner is to assist to rebalance the body, teaching the body the most optimal way of operating by redirecting the Qi, or energy of the body. The treatments typically take about 20 minutes, depending on the person's age and disorder. The patient may feel a range of emotions during the treatment, and most people feel very relaxed afterward. The number of treatments required to harmonize the body will vary according the individual, and the practitioner may also recommend dietary or lifestyle changes, and may recommend herbs to support the body in its recovery efforts. For the average person with good health, a few treatments with acupuncture can restore their energy and outlook. For those with more complicated histories, a few more treatments may be necessary, and counseling is typically recommended concurrently. Chinese medicine can be a huge support to help you get successfully through those long dark days until the spring sun makes its reappearance!

**CONTACT Atara Noiade for your consultation and treatment  
703.488.0366**

**First session 90 minutes \$145**

**Any additional sessions approx. 45 minutes \$100**

**About the Practitioner...**

Atara Noiade is committed to providing excellence in healthcare via the centuries-old system of Chinese Medicine. The effectiveness of acupuncture is well- documented and is endorsed as a system of primary health care by the World Health Organization.

Atara Noiade practices Chinese Medicine including Acupuncture and holds a DAOM (Doctor of Acupuncture and Oriental Medicine), M.BioSci. from Johns Hopkins in Biosciences/Regulatory Affairs. She is an NCCAOM Diplomate in Herbal Medicine and has served as Chair of the Herbal Medicine Committee of the American Association of Acupuncture and Oriental Medicine. She has been actively involved with promoting and protecting access to Chinese Medicine since 2001. She assisted the Washington State association by serving on their Executive Board of Directors in passing the law permitting East Asian Medicine Practitioners to recommend and treat using Chinese herbs. Formerly on Bainbridge Island, she now practices in the Del Ray neighborhood, bringing her expertise in Chinese Medicine to Alexandria.

Call now to see Dr. Noiade 703.488.0366

Read more about her philosophy and practice at [www. AcupunctureHerbMedAlexandria.com](http://www.AcupunctureHerbMedAlexandria.com)