

Natural Path to Health: Five Element Theory ~ Metal

By Dr. Carol McIntyre

Today we visit Metal. The element of Metal is associated with the lung and large intestine. It is related to Refinement; Structure; Firmness; Maturity; Essence; Reflection. When thinking of Metal, imagine the Earth building up to create a mountain after the Wood has been burned by Fire. Metal is thought to be grown in the Earth for this reason and is represented by the color gold (or shiny elements in general that are found in the earth). Think of the reflection of the mountain in the lake. The majestic statement the mountain makes with its defined ridges and white snow capped peak.

The color of Metal is White. In Qigong, I often focus on the breath using imagery of bringing in the pure white/

crystalline breath and pushing out all the old stagnation~ replacing it with a renewed healing bright white light. Its flavor is pungent, like that of ginger root.

Emotionally, Metal is associated with sadness, grief, judging, thinking, and being conservative or analytical. There is a sense of loneliness. Therapeutically we address this element when treating tobacco addiction, not only because the lung is a metal organ, but because of the emotional connections people have with the act of smoking.

Metal itself has the ability to reflect. In the past, metal was used to make mirrors. It can also be thought of as a reflection into one's mind. Again, Metal is represented by the mountain and the mountain is produced from the Earth and reaches to the Heavens. The air at the peak is pure and the water that

runs down from the peak is pure~ pure and refined like that of a precious metal.

Too much refinement will disconnect one from the universe which causes sadness and lack of self-esteem or self-worth. People who are out of balance with Metal will be very outwardly, seeking something they need to bring structure into their lives. In fact, what they need to do it reflect upon themselves to find the answers that lie within. Here lies the pure reflection of Metal.

Taking it to a more physical understanding; the lung purifies the air we breathe and the large intestine expels the waste from the foods we take in after they have been purified. This shines light on the complexity and practicality of Chinese medicine.

On another note... I would like

you all to know that I have a personal infrared sauna in my office. Benefits include: increased circulation, muscle relaxation, detoxification, weight loss, anti-aging and much more! Stop by and check it out. If you haven't tried it before you are welcome to a free 10 minute session.

I will be posting a sign-up sheet for dates and times. There will be 15 min slots for \$10 and 30 minute slots for \$20. The unit is located in the waiting area so the space is not completely secluded~ but no worries, you use the sauna fully clothed! I hope you will all come to discover the multiple benefits it can provide. Thanks again for joining me. Next month we will discuss Water. Until then~ Be Well.



Schedule as of April 1, 2013

Nehalem Valley Fixed Route

Mon, Wed, Fri Leaves Vernonia 6:15am & 4:30pm

Dial-a-ride Service Available

Tue & Thr for 5 hours per day 503-366-0159

Please visit the website for fare schedule

<http://www.columbiacountyrider.com>

Please have exact fare ready. Drivers do not give change.

Columbia County Rider

	General Public	Seniors, Disabled, Students & Children <small>Children under 12 must be accompanied by an adult.</small>
FIXED ROUTES RATES (All fares are one way)		
Per boarding within a Boarding Zone	\$5.00	\$4.00
Per Additional Zone (add) - per boarding	\$1.00	\$1.00
MONTHLY PASS RATES - Scheduled Routes Only		
1 Zone	\$75.00	\$60.00
2 Zones	\$130.00	\$110.00
All Zones	\$150.00	\$130.00

Bridge Street Bits

FROM PRESIDENT JACK HARVEY: THANK YOU to all who made the Senior Center Plant and Home Sale a huge success. We took in over \$2000 to go towards operating expenses. Watch the Voice for a separate informative article on this annual event.

VETERAN'S NEWS: Community Action Team's Veteran's Officer RUSS CLARK will be available July 11 at the Vernonia Learning Center for the day. Call him at his St. Helens Office with your veterans concerns: 503-366-6580.

LOTS OF GOOD DONATIONS here at our Thrift Store. Good buys, good bargains.

COLUMBIA COUNTY FAIR will be here soon! Come join the fun on Senior Day and support our Vernonia Senior Princess Ann Mitchell. Watch this column for future information.

COMMUNITY ACTION TEAM services offered to qualifying Columbia County Residents: Energy Assistance, Meals on Wheels, In-home care services for

seniors, Respite care for caregivers, call Karen Miller 503-429-0273 for information for Vernonia residents. Or 503-397-3511 in St. Helens.

GAME DAY here at the Center is Friday. More players are always welcome. Come join in the fun.

CARING.COM is a site for advice for your caregivers for help in coping with this deeply rewarding, but sometimes overwhelming, job. Advice on Putting it into Perspective, Sticking up for Yourself, and Seeking the Support

you Need are just a few areas of encouragement for you.

HOP A RIDE Monday June 24 to Scappoose for lunch at the senior center. Donation of \$2.50 is appreciated for the transportation. Call us here for departure time. 503- 429-3912 Look forward to July 29 in Rainier, August 26 in St. Helens, September 30 in Clatskanie and October 28 in Vernonia.

SENIOR SIGN OFF: On Money: Money never buys real happiness, and credit cards don't do much better.

Vernonia Senior Center • 446 Bridge Street • 503-429-3912

Church Directory (in alphabetical order)

Assembly of God

Sunday School: 9:45 AM
Morning Worship: 11:00 AM
Sunday Evening Prayer: 6:00 PM
Wayne Marr, Pastor
662 Jefferson Avenue
503-429-0373

Church of Jesus Christ of Latter Day Saints

Sunday Schedule:
Sacrament Meeting: 10:00 AM
Sunday School & Primary: 11:20 AM
Relief Society, Priesthood and Young Women: 12:10 PM
Marc Farmer, Branch President
1350 E. Knott Street
503-429-7151

Covenant Church Vernonia

Sunday School: 9:45 AM
Worship Service: 11:00 AM

Wednesday Prayer Meeting: 7:00 PM

John D. Murray, Pastor
359 "A" Street
503-860-3860

Nehalem Valley Bible Church

Sunday School: 9:45 AM
Worship Service: 10:45 AM
Wed. Ladies Bible Study: 10:00 AM
Wednesday Service: 7:00 PM
Sat. Men's Prayer Meeting: 6:30 AM
Gary Taylor, Pastor
Grant & North Streets
503-429-5378

Pioneer Baptist Fellowship

Sunday School: 9:30 AM
Worship Service: 11:00 AM
www.pbfalive.com
John Cahill, Pastor
939 Bridge Street

503-429-1161

St. Mary's Catholic Church

Wednesday Religious Education: 3:15-4:30 PM
Sunday Mass: 12:00 PM
Rev. Luan Tran, Administrator
960 Missouri Avenue
503-429-8841

Vernonia Christian Church

Sunday School: 9:45 AM
Worship Service in Youth & Family Center: 11:00 AM
www.VernoniaChristianChurch.org
Sam Hough, Pastor
410 North Street
503-429-6522

Grace Family Fellowship

Sunday School: 9:00 AM
Worship Service: 10:30 AM

Wednesday Prayer: 6:15 PM

Greg Justice, Interim Pastor
957 State Avenue
503-429-6790

Vernonia Foursquare Church

Sunday Worship Service: 10:30 AM
Children's Sunday School
Carl Pense, Pastor
850 Madison Avenue
503-429-1103

Vernonia Seventh-day Adventist Church

Sabbath (Saturday) Services
Sabbath School: 9:30 AM
Worship Service: 11:00 AM
www.VernoniaSDAC.org
Larry Gibson, Pastor
2nd Ave. and Nehalem St.
503-429-8301