



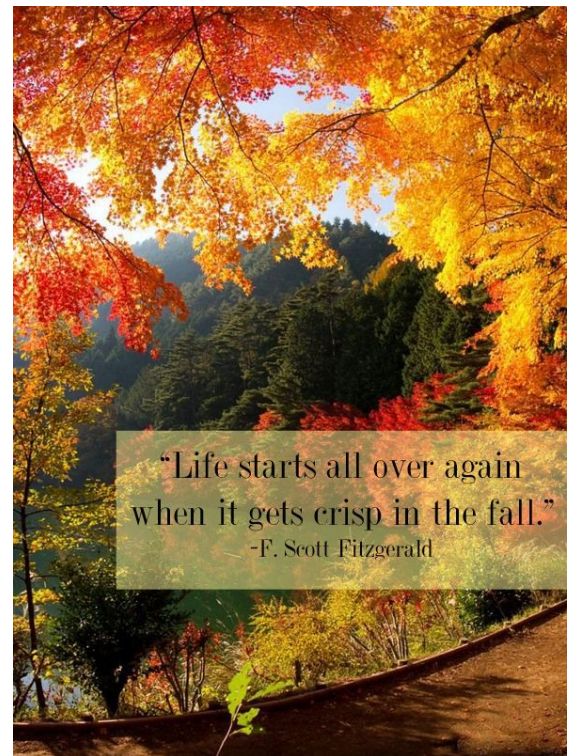
DR. LINDSAY CHIMILESKI ND LAC
DR. MATTHEW ROBINSON ND

Happy Autumn! 🍁

In Traditional Chinese Medicine, Fall is the season associated with the metal element- qualities of organization, order, communication, setting limits and boundaries. It is also the season of the lung and large intestine. The lung is called the "delicate organ" because it is sensitive and vulnerable to illness, but it is responsible for regulating the flow within our bodies. The large intestine helps release waste and together these work to let go and make space for the new. You can think- the trees of this season, as they do the same as the leaves fall.

For nutrition, TCM centers around warm cooked meals for Fall. Transitioning from the lighter, more cooling foods from Summer like salads and smoothies, its appropriate to switch to more nourishing and moistening foods such as flax, mushrooms, sweet potato, avocado, tahini, nuts/seeds, etc and limit those cold and raw foods which can cause phlegm and dampness. Opt for more soups and teas and incorporate warming spices like cinnamon, nutmeg, curry, etc.

Focus on slowing down, breathing, letting go, and prioritizing rest. Make sure to get enough sleep and maybe practice some yin yoga, which is slower paced and has longer holds to really get into the tissues. 🍂



"Life starts all over again
when it gets crisp in the fall."
-F. Scott Fitzgerald

HAWTHORN 21 DAY FALL CLEANSE

Our next Fall Cleanse is approaching quickly!!

Join us October 3rd-23rd for a comprehensive wellness plan to rejuvenate and renew balance within.

You can expect 21 awesome days of clean eating, self care, incorporating healthy habits, detox, and growth! It will consist of an anti-inflammatory diet where you choose which foods to eliminate, and of course, eating the rainbow. You will receive doctor formulated teas and supplements alongside the detailed, packed full of goodness cleanse book written by Dr. Chimileski, and don't worry, there's journal pages, a daily checklist, and our community to keep you on track.

You are also more than welcome to do the cleanse on your own timeline as well!! Whatever works best for you. The kits are made to order so sign up in advance! You can call the office at (203) 553-7392, send a message through the patient portal, or purchase through our online apothecary store.



Don't forget to follow our cleanse buds instagram @hawthorncleansebuds for nutritional inspo, info from previous cleanses, and community interaction

Discounts on IR sauna treatments, tongue scrapers and more for our CLEANSE BUDS too



Wei Forti-FIRE CIDER

Astragalus, Schisandra, Reishi, Hawthorn, Dandelion Root, Ginger, Horse Radish, Daikon Radish, Garlic, Red Onion, Lemon, Pear, Jalapeno.

- In Traditional Chinese Medicine, Autumn is the season of the metal element.
- The metal element is connected to the **Lungs and Large Intestine**.
- The lungs house our **defensive, wei qi, which we can think of as the barrier and immune system**.
- The lungs and wei qi must be nourished, especially in autumn, to fight infections off.
- Think about the crisp cold air and how it can dry you out. To counter that we can build fluids internally with **moistening foods like pears** and apples, they build lung yin.
- **Sipping the fire cider with honey and warm water can lubricate a sore throat or dry constipation.**
- Pungent foods give the fire cider the extra kick- onion, garlic, turnip, ginger and horseradish.
- **Pungent foods disperse mucus and phlegm to clear the infection, toxins or inflammation it is designed to move out.**
- **Spicy peppers help to expel the cold invasion from entering the system.** They help raise the body temperature and **break a sweat** to prevent it from settling in. They also help **move phlegm** and stagnation, especially in those who tend to be cold all the time. In moderation, chili peppers also stoke the **digestive fire and metabolism**. Digestive fire plays into our ability to process and absorb nutrients from food to rebuild our qi and nourish the system.
- In addition, we added some of our favorite defense boosting herbs **Astragalus, Schisandra and Reishi**.
- **Bonus action on the liver, skin and lung detoxification pathways, to move out those summer indulgences.**
- And Hawthorn because we can always benefit from **protecting our heart and spirit too** <3



Have you tried out our [discounted teaching](#) shift yet?? **Wednesdays 2-6pm**

Dr Chimileski is overseeing 4th year medical students for affordable care and access to naturopathic medicine, especially for those without naturopathic coverage or insurance.

How does it work? Dr. Pascucci or the student clinicians talk to you about your concerns, then steps out and counsels with Dr C. They discuss the case and plan and return to explain all the details to you. For acupuncture visits, Dr. Chimileski is the one doing the needling. Dr Chimileski will always be on site, overseeing all of the visits and treatment plans. This shift is a great option for acute problems that arise, especially when Drs. Chimileski and Robinson's schedules are full too.

Nutritional Consults & Detailed Diet Planning
Physical Medicine, Ultrasound, Stretching
Education
Acupuncture, Cupping, Gua Sha, TCM Massage
Hydrotherapy and IR Sauna

Stress Adaptation Counseling
Bach Flower Remedy Intake and Prescribing
Constitutional Homeopathy Intake and Remedy
Nasosympatico Sinus Treatments
Herbal Facials and skin consults

Hawthorn Autumn Calendar & Events

- Ongoing Now – Student Blood Pressure and Naturopathic Greetings at Thyme and Season Health Market (weather permitting): Wednesdays ~ 3-5 PM with Dr. Pascucci & 4th year student clinicians
- Sept 30-Nov 4th – Medicinal Mushroom Course with Dr. Chimileski: Thursday Nights 7-8:30 PM <https://www.fungially.com/products/medicinal-mushroom-online-class>
- Oct 3rd – Mushroom Foray with COMA Babcock Preserve Greenwich, CT www.comafungi.org/
- Oct 21 – Anthony Pascucci, ND – Stress & How it Impacts the Body: Thurs, October 21st at 7 PM via Zoom Thyme & Season
- Nov 4 – Matthew Robinson, ND – Acid Reflux: Thursday, November 4th at 7 PM via Zoom Thyme and Season
- Nov 19-20 – Connecticut Naturopathic Association Conference Nov 19-20th Drs Chimileski & Robinson both have lectures



Did you know our docs both lectured at the American Association of Naturopathic Physicians Conference in July! They are working on smiling for the camera at the same time though.

Thyme and Season Fall Talk Series

Join our docs Dr. Robinson and Dr. Pascucci for live lectures brought to you by Thyme & Season Health Market in partnership with The Common Bond Market as part of their Fall Health Talks series! For more info about the series, refer to <https://www.thymeandseason.net/events>

Anthony Pascucci, ND – Stress and How it Impacts the Body. Thursday, October 21st at 7 PM via Zoom

In this talk, Dr. Pascucci will discuss stress, and its effects on the body. Beginning with what stress is, from physical stressors to psychological stressors, this discussion will connect the different types of stress to how and why we experience them. And ultimately, it will illustrate what that means for the different systems of the body, and our overall health. At the conclusion will be a demonstration of one important thing you can start doing today to influence the way you respond to stress.



Topic: Stress Talk Time: Oct 21, 2021 07:00 PM Eastern Time (US and Canada)
Join Zoom Meeting: <https://us02web.zoom.us/j/84288538182?pwd=UkpWNzJEMkNld0dwZhdXSIF4ZnVrOT09>
Meeting ID: 842 8853 8182 Passcode: 056109



Matthew Robinson, ND – Acid Reflux- Everything You Need to Know. Thursday, November 4th at 7 PM

Join us for an informative talk on digestion and the causes of acid reflux, an all too common problem. Dr. Robinson will describe the numerous causes of heartburn, reflux, and indigestion. He will also discuss some of the strategies to naturally relieve and possibly correct this problem, while restoring health and vitality to your life.

Topic: Acid Reflux Talk Time: Nov 4, 2021 07:00 PM Eastern Time (US and Canada)
Join Zoom Meeting: <https://us02web.zoom.us/j/83041478274?pwd=TUI6bUxRSSY5TFNVVWVd2MEFYMERhUT09>
Meeting ID: 830 4147 8274 Passcode: 981887

Hawthorn Weekly Guided Meditations

Tune in to our **free Guided Meditation & Breathing Exercise sessions with Dr. Anthony Pascucci live every Tuesday at 7:30 PM** via Zoom (the link is below, or it is posted on the Hawthorn Holistic Health Instagram and Facebook accounts weekly @hawthornholistichealth) or Instagram Live (also on the Hawthorn Holistic Health account). Can't make it live, or want to watch it again? Don't fret, the recordings are made available on the IGTV section of our Instagram account, and on our YouTube page to watch any time and view past sessions!

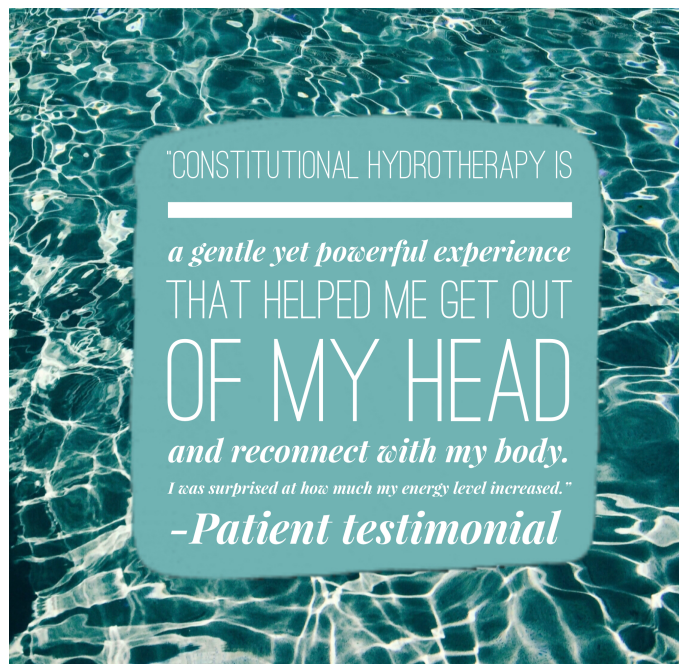
[Hawthorn Holistic Health https://www.youtube.com/channel/UCleLtJdU7eq9FM_C9_sAtdg](https://www.youtube.com/channel/UCleLtJdU7eq9FM_C9_sAtdg)

Seasonal Supports

Nasosympatico is a therapy that consists of inserting cotton-tipped applicators through the nasal fossa to rest at the openings of the maxillary, ethmoid, and frontal sinuses. Nasosympatico is used for enhancing sinus drainage so it can provide great relief from acute and chronic sinus infections. The cotton-tipped applicators are dipped in an essential oil blend that has antimicrobial properties, and is diluted with a carrier oil to avoid irritation.

Warming Teas, Broths and Drinks

- Jamaican Chai
- Golden Milk
- Fire Cider
- Immuni-TEA
- Immune Defense Broth Bases



Magic warming sock treatment

What's so "magic" about wet socks?

"Magic" warming socks is a hydrotherapy treatment used for relieving inflammation or congestion around the head and neck. It can be used for sore throats, ear infections, sinusitis, headaches, migraines, and more. It works especially well when congested from the common cold. Cooling the feet creates a vasoconstrictive effect in the feet, hands, nose and ears as the body shunts blood away from the periphery toward vital organs. As the feet heat back up the blood returns, carrying white blood cells, our main immune infection-fighters. The best part: It's cheap, easy, and much safer than using over-the-counter decongestants.

Supplies:

- 1 pair white cotton socks
- 1 pair thick wool socks
- Towel
- Warm bath or shower

Directions:

1. **Have your child take a warm bath or shower.** Do not start the magic socks if your child is cold.
2. Take the pair of cotton socks and soak them in very cold water. Wring out the excess water.
3. Place the cold wet socks on the feet. Cover with thick wool socks.
4. Keep both layers of socks on overnight. In the morning you will find that the wet cotton socks are dry!



Dr. Anthony Pascucci combines a deep regard for traditional naturopathy, including hydrotherapy and botanical medicine, along with current approaches to functional medicine & clinical nutrition. He has a particular passion for mind-body medicine and will be leading **free guided meditation and breathing exercise practice for our patients once a week, Tuesday nights at 7:30 for 20 minutes.** In addition to Naturopathic Medicine, he is a certified Level 1 Pranic Healer, and has received training in Mindfulness-Based Cognitive Therapy (MBCT). He practices general medicine with special interest in nutrition, lifestyle counseling, physical medicine, chronic disease, and men's health.

Dr. Pascucci graduated from the University of Bridgeport School of Naturopathic Medicine, with Dr. Chimileski as one of his teachers. You may have seen him completing over 200 hours of observation with Dr. Robinson and Dr. Chimileski over the past few months here at Hawthorn too. His style of practice and roots, naturopathic medicine fits right in. He also trained with Dr. Peter D'Adamo at the Center of Excellence in Generative Medicine, specifically focusing on his famous blood-type and genotype diets, as well as genetics, epigenetics, and the gut microbiome. Blood type specific nutrition consults with Dr. Pascucci are also available. Prior to attending medical school, Anthony received a Bachelor of Science in Medical Science, with a minor in Advanced Clinical Nutrition from Misericordia University in Pennsylvania.

Schedule with Dr. Pascucci for

TMJ and Jaw Pains

Migraines

Posture/Alignment Assessments

Blood Type Nutrition Consults

Meditation Coaching

Chronic Constipation

Insomnia

Men's Health & BPH

Eczema & Psoriasis

Joint Pain

Fibromyalgia

Gut/Mind Connection

Guided Meditation & Breathing Practice Tuesdays 7:30-7:50pm

Free to everyone! Hawthorn Patients- please feel free to share the link with friends and family

These are certainly best live, and it allows us to develop a sense of community, but we will be sharing the videos the next day on our facebook page as well.

Watch on INSTAGRAM TV Live, or via the Zoom link which will be shared on our social media weekly and here:

<https://us02web.zoom.us/j/9565939728?pwd=eHZvZjc0ZXdBODh0ME1XdF15R3lhZzQ9> Meeting ID: 956 593 9728

Or ANYTIME on our YOUTUBE channel

Orofacial Myology & Jaw Targeted Therapies

Orofacial Myology targets the muscles of the face, lips, cheeks, tongue, neck and jaw to realign the entire body's dynamics. Activating these targeted muscles through specific exercises stimulates neurological re-education, and can influence jaw tension habits that are sometimes with us since birth.

Abnormal movement patterns of the face, mouth, and jaw (think TMJ disorders) can present in children, teenagers, and adults. These are maladaptive patterns that may interfere with the normal function of the muscles and bones of the face and mouth. This impacts eating, swallowing, talking, and breathing (mouth breathing and snoring), and may play a role in signs & symptoms such as:

- **Temporomandibular joint dysfunction (TMJD or TMJ).** Pain around the TMJ, Radiating pain to the head and neck.
- **Earache, tinnitus, ear fullness,** popping or other noises in the TMJ when opening & closing mouth.
- **Mouth breathing, difficulty breathing through the nose.**
- **Thumb and finger sucking habits**
- **Teeth clenching/ grinding.**
- **Breast feeding difficulties.**
- **Snoring, obstructive sleep apnea.**
- **Chronic facial, neck and back pain**
- **Headaches**

Call now for a free 15 minute consultation with Dr. Pascucci so he can assess and give you personalized feedback on if this unique therapy is going to be beneficial for your unique concerns. These can be done via telemedicine or in person. Already a patient working with one of our other docs? These consults can also be scheduled the day of your visit with one of the other docs to save you an extra trip to the office.

These therapies work hand in hand with the acupuncture and physical medicine our office already offers.

