



# THE STARTER WELLNESS GUIDE

2026 Edition

Rooted in ancient wisdom and guided by principles found in the ancient texts, this guide introduces the foundations of Traditional Chinese Medicine and its holistic approach to health. Inside, you'll discover simple, practical ways to restore balance, support your body's natural energy, and cultivate lasting wellness.

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**ACUPUNCTURE**

## The Starter Wellness Guide

Welcome to your wellness journey. This plan introduces Traditional Chinese Medicine (TCM) principles into your daily routine to support your body's natural rhythms and build lasting vitality.

- Part I: Nourishing Your Digestive Fire
- Part II: Movement That Builds Energy
- Part III: Restorative Practice for Balance
- Part IV: Services Offered at Our Office
- Part V: Your Personalized Wellness Path

### **Disclaimer:**

The information provided in this guide is for educational purposes only and is not intended as medical advice, diagnosis, or treatment. Reading this guide does not establish a provider-patient relationship. Always consult your primary care physician and a qualified healthcare practitioner before beginning any new diet, exercise, supplement, herbal, or wellness program—especially if you are **pregnant, nursing, have a serious medical condition, or are taking prescription medications**. Individual results may vary. If you are experiencing a medical emergency, seek immediate medical attention. You assume full responsibility for how you choose to use this information.

## Part I: Nourishing Your Digestive Fire

In Traditional Chinese Medicine, your Spleen is like your body's power plant. It takes the food you eat and turns it into the energy your body runs on.

When your Spleen is working well, you feel energized, think clearly, and your immune system is strong.

When it's not working as well, you might feel tired, mentally foggy, bloated, or like you're getting sick more easily.

### Protecting Your Spleen: The Basics

Think of your digestive system as a small fire that needs to stay burning. Cold and raw foods are like throwing ice on that fire—they put it out. Your Spleen needs warmth to function.

#### What weakens the Spleen:

- Cold and iced beverages
- Raw foods (especially in large amounts)
- Eating while stressed out or rushed (on the go)
- Overeating or irregular meal times
- Too many sweets, dairy or greasy foods
- Excessive worry or overthinking

#### What Strengthens the Spleen:

- Warm, cooked foods
- Regular meal times (especially breakfast)
- Eating in a calm, relaxed state
- Stopping when 80% full
- Warm or room temperature drinks
- Easy-to-digest foods like soups and stews

#### Simple Meal Timing

The body's energy follows a natural rhythm throughout the day:

- *Morning (7am-9am)*: Your Spleen and Stomach are strongest. This is the time for a warm, nourishing breakfast. This is not a time to skip meals.
- *Midday (11am-1pm)*: Peak digestive time. Make this the largest meal when possible.
- *Evening*: Keep dinner light and eat at least 2-3 hours before bed so your body can rest instead of digest.

### **Easy Guidelines to Follow:**

- Start the day with something warm (never skip breakfast)
- Drink warm or room temperature water, especially with meals
- Choose cooked vegetables over raw salads most of the time
- Spices like ginger and cinnamon are warming and may aid in digestion
- Eat sitting down, without distractions
- Chew your food well

## **Part II: Movement That Builds Energy**

In TCM, the right kind of movement doesn't drain you—it creates more energy. The goal is to circulate energy smoothly through your body, not to exhaust yourself.

### **The Key Principle**

Move in ways that leave you feeling energized, not depleted. If you're exhausted after exercise, you're using up more energy than you're building. This does not mean that you cannot partake in weight lifting, and strength training. It only suggests to balance heavier training with restorative practices.

### **Best Practices for Energy Cultivation:**

- **Tai Qi**: Slow, flowing movements with breath awareness (15-30 minutes daily)
- **Qigong**: Gentle exercises that build and balance energy (10-20 minutes daily)
- **Walking**: Moderate pace (outside if possible), breathing through your nose (20-40 minutes)
- **Gentle yoga**: Restorative or yin styles that stretch and release tension
- **Swimming**: Smooth, rhythmic movement that's easy on joints
- **Stretching**: Daily gentle stretching to keep energy moving freely

### **Simple Guidelines:**

- Move daily, even if just for 15 minutes
- Breathe deeply and steadily through your nose
- Never push to exhaustion
- Morning movement is ideal
- Stay consistent rather than intense
- Listen to your body and rest when needed

## **Part III: Restorative Practices for Balance**

The body needs regular support to maintain balance and prevent small issues from becoming bigger problems. Think of these practices as essential maintenance, not luxury treatments.

### **Why Regular Acupuncture Matters**

Acupuncture restores the smooth flow of energy through the meridians, removes blockages, and brings the body back into balance. Regular treatments prevent problems before they start.

### **Treatment Frequency:**

- **Active Issues** (pain, illness, recent injury): Weekly or twice weekly
- **Maintenance** (feeling generally well): Every 2-4 weeks
- **Prevention:** Monthly treatments to stay balanced
- **Seasonal Tune-ups:** At each season change, to help your body adapt

### **Supporting Practices**

These modalities may complement acupuncture and enhance healing mechanisms:

- **Cupping:** Suction cups on the skin, used to increase blood flow, reduce pain, ease inflammation and release tense muscles
- **Moxibustion:** Warms and strengthens yang energy
- **Gua Sha:** Gentle scraping of the skin, originally used for pain relief—now very popular as a facial treatment

- **Infrared & Red Light Therapy:** non-invasive treatment using low-level, red and near-infrared light

#### **Self-Care Between Treatments:**

- Prioritize sleep, aiming for 7-9 hours, ideally asleep by 11pm
- Practice stress reduction daily
- Take warm baths
- Do gentle self-massage
- Rest when your body asks for it

### **Part IV: Services Offered at Our Clinic**

We provide a comprehensive range of Traditional Chinese Medicine treatments tailored to your needs.

#### **Acupuncture Services:**

- **Traditional Acupuncture:** classical treatment addressing your specific health concerns (both Traditional Chinese and Japanese styles)
- **Acupuncture + Infrared/Red Light Dome:** combined treatment for enhanced therapeutic benefits
- **Facial Rejuvenation Acupuncture:** Natural cosmetic treatment for skin health and vitality
- **Needle-Free Treatment:** Effective alternatives for needle-sensitive individuals
- **Community Style Acupuncture:** affordable shared treatments for regular maintenance (only available to those on Medicare at the moment)
- **Electroacupuncture:** Enhanced treatment with gentle electrical stimulation
- **Dr.Tan's Balance Method:** Innovative system for immediate pain relief and balance
- **Cupping:** Traditional suction cup therapy for pain and tension
- **Moxibustion:** Warming therapy to strengthen yang energy
- **Gua Sha:** Scraping technique for pain relief and circulation
- **Magnet Therapy:** Gentle, needle-free treatment using acupuncture points

## Treatment Styles:

**Japanese Style:** Gentler needling, ideal for sensitive patients

**Chinese Style:** Traditional approach w/ stronger stimulation

## Your Personalized Wellness Plan

True wellness is about consistency and gradual progress. When incorporating these practices, it's common for people to start with one at a time, and build from there.

### I'd recommended starting with:

1. Adjusting meal time to protect Spleen Qi
2. Adding 15-20 minutes of gentle movement daily
3. Scheduling regular acupuncture treatments

The body has an innate capacity for healing. Your acupuncturist's role is to support what your body already knows how to do.

### Ready to begin?

Book your first visit easily online at [www.acuwithv.com](http://www.acuwithv.com). I'll assess your unique needs and create a personalized treatment plan that fits your life.

*This wellness plan is designed as general educational information based on Traditional Chinese Medicine principles. Individual treatment plans will be customized during your first appointment.*