



# Living the EnerQi Connection

## Manifesting Positive Change

**Sheri Laine, L.Ac**

**Diplomat of Acupuncture**

Many of us have heard the words Eastern/Chinese/Oriental medicine, acupuncture, and chi, but we don't really understand what they mean or the long tradition behind the culture of it. We are westerners. We are used to doctors in white lab coats rushing to meet with us and write a prescription for whatever problem we have at the moment. *Living the EnerQi Connection* (HCI Books – \$12.95) presents a new idea in health and medicine and introduces us to what those words really mean.

The book discusses Oriental medicine as a whole, but one of the main points that it touches on is *qi* (pronounced “chee” and sometimes spelled *chi*). This is the energy that is constantly circling through our bodies. Sometimes the flow of our *qi* can become blocked in some way, because we're tired or run down which can leave our bodies susceptible to illness. **Sheri Laine, L.Ac.**, has developed a way through Oriental medicine to help us maintain our health and keep our *qi* flowing.

From Chapter 2: Drawing from Nature: The Elements of EnerQi

“Deep in their roots, all flowers keep the light. – Theodore Roethke

Oriental Medicine draws from nature to diagnose internal medical challenges. We have all admired a great majestic tree. Your health is like that great majestic tree. The roots are your immune system, your *qi* essence, and the power of your *qi* essence. The branches of your tree are

your subjective symptoms of a greater imbalance. The problem is not in a bad branch; it actually lies in the roots of the tree and within the soil that nourishes the tree, what is the underlying cause of distress?”

In *Living the EnerQi Connection*, **Laine** presents the L.A.I.N.E. system, which stands for: *Learn, Align, Inform, Natural, and Energy*. Each chapter of the book explains a part of her system to give us a better understanding of the concepts of the energy in our bodies and the energy around us. This will help us to take a more active stance in our lives, our health and our healing.

As a prelude to her career in natural medicine, **Laine** shows us moments from her childhood when she loved to play doctor to her friends and family. She created make believe shots by sticking them with cactus needles and gave them medicine from the plants in her back yard.

**Sheri Laine** studied for almost two decades under the Chinese medicine master, Richard The-Fu Tan Tan. It is a long tradition that an apprentice study under a master for many years to get such an extensive knowledge of the medicine, the science, and the tradition behind it. She is the president of Eastern Medical Arts, a licensed acupuncturist, herbalist and nutritionist, with a focus on Integrative Lifestyle Medicine.

## About the Author

**Sheri Laine** is a licensed L.Ac acupuncturist, a Diplomat in Acupuncture, and founder of the L.A.I.N.E system, author, lecturer, and educator. She is a frequent speaker at national conferences, a columnist for *Counselor* magazine, and a regular contributor to *Recovery View* online journal. Visit her at [www.BalancedEnerQi.com](http://www.BalancedEnerQi.com)

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## Author Interview

**Question:** What is Qi? And how do you say the word?

**Answer:** Qi is an invisible yet very powerful life force that is in all of us, and circulates around all of us. This force is with us every moment of every day from the time we are born until we die. Say “CHEE” to pronounce Qi

**Question:** What does the word ENERQI mean?

**Answer:** EnerQi is a term that I coined meaning the energetic vibration we give off from the lifestyle choices we make daily. This vibration we carry with us everywhere. EnerQi affects and enhances our vital life force which is our Qi.

**Question:** How does Acupuncture work?

**Answer:** Acupuncture works by circulating Qi, Blood and Oxygen throughout the body. The needles which are metal have their own energetic frequency, they magnetize with the bodies invisible force field, shifting the way the Qi, blood and oxygen move from within. By the strategic placement of the needles throughout the body, Acupuncturist's can illicit changes that are beneficial to specific needs of the patient.

**Question:** Does Acupuncture work for everybody?

**Answer:** Yes, because the needles balance the body's internal and external workings, while moving Blood, Qi and Oxygen. It is as if you took your car into the shop for a tune up, it just runs better.

**Question:** Do Acupuncture needles hurt; how do I overcome my fear of needles?

**Answer:** Pain is subjective. Most people report feeling a small pinch sensation as the needle is inserted. There may be light tingling, throbbing, a light vibration over the area where the needle is placed during the treatment or nothing but all over body relaxation. Acupuncture needles are very, very thin, and very small, they look nothing like a hypodermic needles. Once a person feels the needle and is able to relax during the treatment, they find the needles to be very non-threatening.

**Question:** What conditions does Acupuncture treat?

**Answer:** Acupuncture treats any condition that causes the body to become out of balance. While Acupuncture may not cure your syndrome it improves your chances of recovery by supporting the healthy functioning of the body's own internal network i.e.: immune system, nervous system, endocrine system, muscular system etc.

**Question:** How many treatments do I need to achieve positive results?

**Answer:** This will be something that you and your practitioner will determine based on your first initial intake. Plan on anywhere between 6-12 treatments initially.

**Question:** Are Herbs as effective as Prescription Medication, and what are their advantages?

**Answer:** Herbs are very different than prescription medication as they enhance the body's own ability to heal from within. They support your immune system in healing. The advantage is they are often less toxic, and have fewer side effects than some prescription medications.

**Question:** What are the specific benefits of healthy food choices to my health?

**Answer:** Healthy Food is fuel. The more balanced your diet, the stronger life force your body will have to support you in living strong.

*Available online and at bookstores everywhere or to order directly from the publisher, contact:  
(800) 441-5569 or [www.hcibooks.com](http://www.hcibooks.com)*

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