



Dear Clients, Friends and Colleagues,

Haven't we been lucky this summer! We have been in the right place for cooler-than-usual temperatures *and* recovered rainfall levels. Hope you have been enjoying it. Wishing you continued good health and happiness.

Gentle blessing,

*Lindy*

*In this newsletter*

- *Classical information about the Fire Element of Asian Medicine*
- *Spectacular August specials on HABA skin care products*
- *Upcoming events for the Fall*

**The Fire Element** is most active in summer. The climate is hot and dry and the Earth is abundant in this season of maturity, when plants flower and bear fruit. Fire is associated with four Meridians: Heart, Small Intestine, Pericardium and Triple Heater. It rules the circulation of blood and lymph.

Fire is very active by nature. Likewise, summer is naturally a season of peak outdoor activity. Hiking and swimming are great cardiovascular exercises. Asian medicine considers exercise as good for the anxious or depressed spirit as it is for the circulation. Fire represents a joyful and content spirit able to regulate and balance our emotions. When the Fire Element is balanced in us, we feel content in the activity, warmth and abundance of summer. Even when our joy escalates to exuberance, we act with decency and appropriate behavior, honoring and respecting our Mother Earth and fellow human beings. This is the power of Fire.

[Click here for additional information.](#)

### **HABA SKIN CARE SPECIALS**

HABA Skin Care products are so amazing. My skin is smoother and softer than it has been in years! Everyone who uses it loves it as much as I do. This skin care line surpasses industry standards for purity and is award winning in its effectiveness against aging.

[Click here for details](#)

### **Coming This Fall**

- Free lecture in the Downtown Mall at the Spring Street Dress shop during Boutique Week, September 7-12 – exact day and time TBA
- Introductory Shiatsu classes – day & time TBA

Intro to Chakras and how to work with them – day and time TBA

For more information please visit [www.LindyFerrigno.com](http://www.LindyFerrigno.com)