

est. 2016

balanced healing

with juliann

a holistic approach to your overall wellness

Traditional Chinese Medicine's Guide to Spring

seasonal wellness

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In Spring

we focus on the liver

The Liver and Spring in Traditional Chinese Medicine

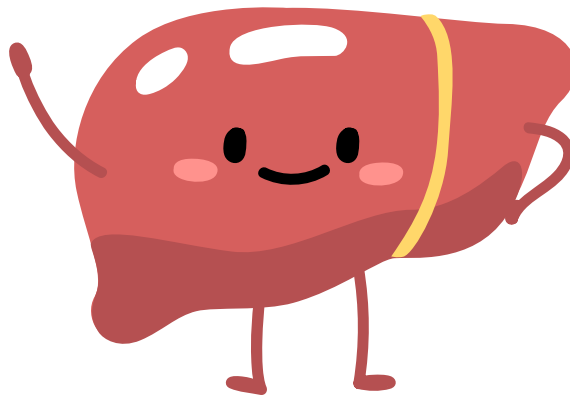
In Traditional Chinese Medicine (TCM), each season corresponds to a specific organ. Spring is associated with the liver, and its corresponding color is green. By supporting the liver during spring, you help promote balance and harmony between your internal systems and the natural world around you.

The Liver in Western Medicine

- Filters blood coming from the digestive tract
- Detoxifies chemicals
- Metabolizes drugs and hormones
- Produces and excretes bile
- Metabolizes fats, proteins, and carbohydrates
- Activates enzymes
- Stores glycogen, vitamins, and minerals

The Liver in Eastern Medicine

- Directs the smooth flow of qi and blood throughout the body
- Stores blood
- Is the "storage house" for emotions
- Assists in digestion
- Supports the health of the eyes, nails, and tendons
- Regulates the menstrual cycle



Food Therapy

to support the liver

In Traditional Chinese Medicine, spring is a time of upward, expansive energy... just like new growth in nature. To support your liver and align with the season, incorporate more green vegetables and fresh, light produce. Foods with upward-moving energy, like leafy greens, sprouts, asparagus, and young shoots, help gently cleanse the body, move qi, and encourage renewal from within.

Spring Food Therapy Inspiration:

- Cabbage
- Microgreens
- Sprouts (e.g., mung bean, alfalfa, broccoli)
- Asparagus
- Leeks
- Bok choy
- Fresh aromatic herbs (parsley, mint, basil, cilantro, chives)
- Radishes
- Dandelion greens
- Arugula
- Mustard greens
- Kale
- Collard greens
- Endive
- Spring mix
- Brussels sprouts
- Citrus (lemon, lime, orange, grapefruit)

Food Therapy

continued

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Basic TCM Theory on Food During Spring

- Enjoy more gently cooked foods
- Eat less fatty foods, less rich foods
- Limit alcohol
- Avoid foods overly spicy
- Focus on fresh fruits & vegetables, especially those with an upward and outward energy (things that quickly sprout up from the ground)
- Incorporate healthy carbohydrates to support your body as it becomes more active (yams, sun chokes, parsnips, carrots, beets)
- Drink plenty of water with added trace minerals / electrolytes for hydration support
- Avoid / limit iced drinks & cold foods like ice cream & froze fruit smoothies

The Liver

loves teas



favorite homemade

**FRESH GINGER
ROOT - PEELED -
SLICED & BOILED**

**FRESH MINT -
STEEPED**

**GINGER LEMON
TONIC**



METHODS

THE MOST IDEAL WAY TO DRINK TEA IS TO PURCHASE LOOSE LEAF AND STEEP. TEA BAGS ARE MOST COMMONLY MADE WITH MICROPLASTIC PARTICLES, NYLON AND BLEACHED PAPER WHICH WHEN STEEPED AT BREWING TEMPERATURES ARE RELEASED INTO THE CUP AND CONSUMED.

ACCESSORIES

STAINLESS STEEL TEA INFUSER | ELECTRIC KETTLE



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Supporting

detox pathways

TOPICAL

- Dry Brushing
- Castor Oil Soaks
- Rebounding
- Acupuncture
- Physical Exercise & Stretching
- Clay Detox Baths

SUPPLEMENTS

- Vitamin C
- B Complex
- GI Detox binder
- Liposomal Glutathione
- Liver Sauce by Quicksilver
- Optimal Electrolytes by Seeking Health
- Xiao Yao Wan chinese herbal formula

DRY BRUSHING

Dry brushing involves using a coarse bristle brush to brush your body in a particular pattern.

BENEFITS OF DRY BRUSHING:

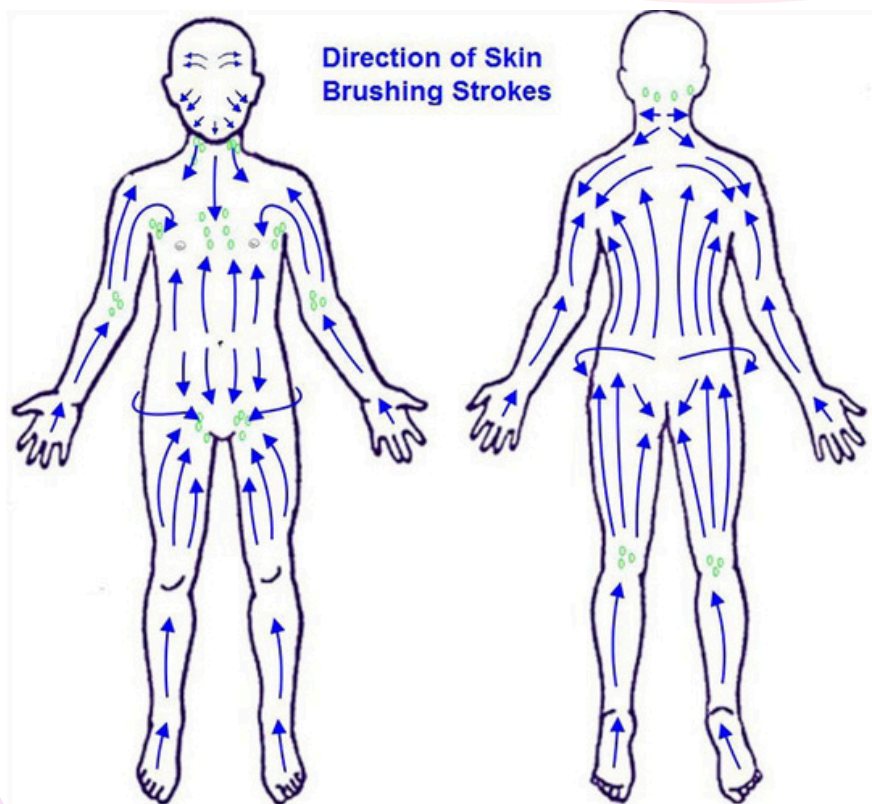
It encourages and promotes lymphatic drainage, increases circulation and detoxification. It can also be used to even skin & reduce cellulite.

HOW TO:

Using small firm strokes, brush your skin. Start at the feet and work up to the groin. Go from hips to groin, belly button down to groin, belly button up to heart. Hands to armpit. Chest to heart. Refer to the chart for a visual!

PRO TIP:

Dry brush DAILY after your shower once you're towel dry. Then thoroughly moisturize.



PRODUCT RECOMMENDATION:
DRY BRUSH (FROM PLANT FIBERS NOT BOARS HAIR)

CASTOR OIL SOAKS



CASTOR OIL BENEFITS:

- Reduces inflammation
- Alleviates pain
- Helps support the shift into a parasympathetic nervous system state
- Supports the lymphatic and digestive systems
- Encourages optimal liver function
- Supports a healthy immune system
- May help alleviate skin ailments
- Stimulates the thymus gland & lymphatic tissues
- Moisturizing
- Reduces scar tissue

INSTRUCTIONS:

Fill a bathtub with hot (but comfortable) water. Add 2 tbsp of ascorbic acid to the bath water, this will help neutralize the chlorine. Massage a generous amount of castor oil over key areas of your body - the abdomen, liver (right side under ribs), and armpits. Once thoroughly massaged, get into the bath tub and enjoy a nice soak for 20 minutes. Thoroughly wash with soap and water.

PRODUCT RECOMMENDATION: [ORGANIC CASTOR OIL IN GLASS BOTTLE](#)

BE MINDFUL:

- Castor Oil is purgative so applying it to your abdomen MAY induce a bowel movement
- Do not use castor oil during menstruation
- Do not use castor oil while pregnant
- Do not use castor oil from a plastic bottle as it will absorb the xenoestrogens from the plastic



REBOUNDING

LET'S TALK LYMPH!

"Every day people encounter toxins in the environment. Food contains chemicals, hormones and preservatives that challenge our digestive systems. People are more sedentary than ever, so many of those toxins stay trapped in our cells. The circulatory system has your heart to pump blood throughout your system, but the lymphatic system has no organ to circulate lymph. It relies on muscular contractions to work against gravity. Any form of exercise is beneficial, but one of the most effective involves rebounding. Rebounding on a trampoline is an exercise almost anyone can perform, and it kicks the lymphatic system into high gear. The force of gravity on the body fluctuates, going from a heavy load at the bottom of your bounce to almost zero at the top. Stimulate the one-way valves in your lymphatic system to remove toxins without stressing your joints." - [Cellercise](#)

WHAT IS REBOUNDING

Bouncing / jumping on a mini trampoline! Rebounding is low impact and gentle on the joints.

BENEFITS

- Removes toxins via lymphatic stimulation
- Regulates the amount of fluid in our tissues
- Supports immune functions
- Improves digestion



HOW TO:

Gently bounce / jump on the rebounder, starting with 10 minutes a day, working up to 30. This can be broken up into multiple sessions.

FUN FACT:

NASA research found that "The external work output at equivalent levels of **oxygen uptake** were significantly greater at 68% *while trampolining than running.*" -[source](#)

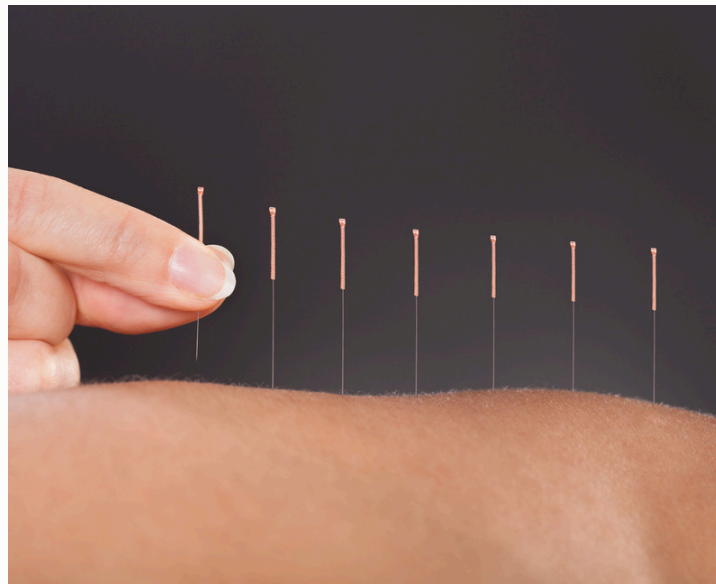
PRODUCT RECOMMENDATION: [REBOUNDER](#)



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ACUPUNCTURE



Acupuncture supports the body by helping it return to a state of homeostasis. We particularly like to use maintenance acupuncture to help "bring you into each new season" for optimal wellbeing.

PHYSICAL EXERCISE & STRECHING

BENEFITS

- Supports the lymphatic system & strengthens immune function
- Reduces inflammation
- Stimulates the growth of new brain cells and helps prevent age-related decline
- Reduces risk of heart disease, heart attacks, stroke & cancer
- Can help regulate blood sugars
- Linked to longer telomeres at the ends of chromosomes *aka* slows aging!
- Improves mood
- Boosts energy
- Supports healthy weight
- Reduces stress
- Improves memory
- Supports improved quality of sleep

fitness gurus TO FOLLOW



MAD FIT
Fitness Trainer



QIGONG WITH KSENY
Qi Gong Instructor



YOGA W/ ADRIENNE
Yoga Instructor



PRODUCT RECOMMENDATIONS:

NON TOXIC YOGA MATS: [SUSTAINABLE RUBBER](#) / [CORK](#)
[RESISTANCE LOOP BANDS](#)



CLAY DETOX BATH

ABSORPTION VS ADSORPTION

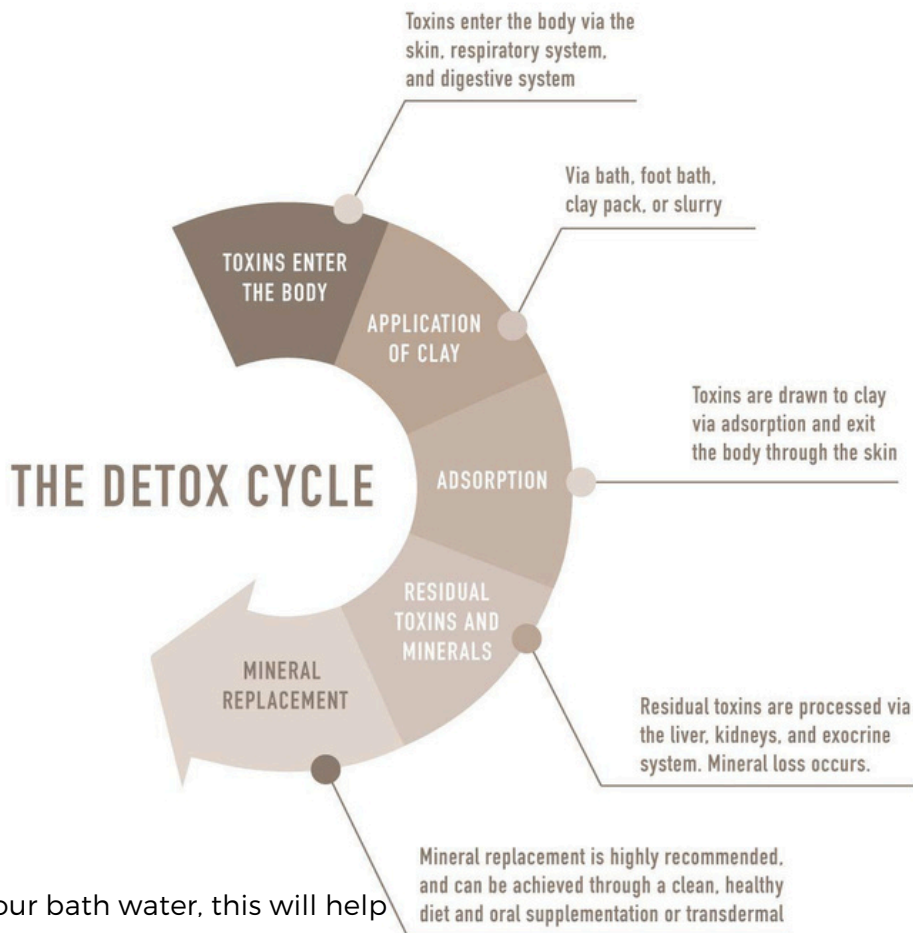
Absorption is when fluid is dissolved by a particular substance. **Adsorption** is the adhesion of ions and molecules to a surface. The high adsorbency clay *draws* bio-accumulated toxins from within the body, and down the drain.

EXPECTATIONS:

Clay detox baths are extraordinarily relaxing. You may notice a deep sense of calm post bath. Your skin should feel smoother and therefore is a great option for anyone suffering from eczema or psoriasis.

PRO TIP:

- Add 2 tbsp of ascorbic acid to your bath water, this will help neutralize the chlorine
- After your bath thoroughly moisturize with a CLEAN (toxic free) moisturizer
- Take trace minerals to help your body replenish any lost



PRODUCT RECOMMENDATIONS:

ENVIRONMEDICA MAGNETIC CLAY DETOX BATH

OPTIMAL ELECTROLYTE OR NETTLE TEA FOR REHYDRATION

CALENDULA OINTMENT (FOR IRRITATED SKIN / ECZEMA / PSORASIS)

TALLOW (FOR ALL SKIN TYPES)



Meet the Founder

Balanced Healing with Juliann (formerly Balanced Healing of Jacksonville) was founded by Juliann Abecassis-Walsh in 2016 with a heartfelt mission: to create a space where patients felt seen and where healing is possible. Juliann built a thriving practice in Jacksonville, Florida, where she led a team of wellness professionals and also worked part-time as an acupuncture physician at Mayo Clinic's Department of Integrative Medicine. Over time, she transitioned away from her clinical director role to focus more intimately on individualized patient care. After the birth of her son, she closed her physical office and embraced a telehealth model—with the exception of bi-monthly injections offered at Sanders Chiropractic in Jacksonville—allowing her to continue serving patients with flexibility and focused attention.

Through Balanced Healing, Juliann offers a telehealth experience that meets patients where they are - creating a connected, accessible, and deeply personal approach to wellness. Her clinical focus includes complex or "mysterious" illness (often related to mold toxicity, Lyme disease, and co-infections), hormone and gut imbalances, stress-related conditions, and restoring the body's natural ability to heal through integrative care.



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