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## Stay Healthy This Summer!

Summer is a happy time filled with beautiful clear blue skies and sunny days. After work, you can enjoy chatting with family and friends under the warm sun or even take pleasure in a romantic dance under the sultry moonlit sky. As with everything in life, even summertime can have harmful effects. Therefore, it is important to maintain a harmonious balance with Mother Nature; what we in the TCM world like to call Yin-Yang balance.

Summer belongs to the elements Fire and Earth. Fire relates to heat, the Heart and Small Intestines. Earth relates to dampness, the Spleen and Stomach. During this season, it is quite common to experience heat induced symptoms or digestive disturbances.

The hot weather produces internal heat causing the body to sweat, thus creating dampness. Perspiration

opens the skin's pores and makes us more susceptible to invasions by external pathogens. In the summertime we like to wear thin-layered clothing and open-toed shoes, and although this makes us feel very comfortable in hot weather, we are constantly exposing ourselves to a rapid fluctuation in temperature (i.e., going into air conditioned buildings or cars). This provides the perfect environment for heat and cold to attack the body creating a variety of problems such as allergies, body aches, fever, chills, difficult concentration, cloudy thinking, depression, low libido, and even sciatic pain.

When our bodies perspire, qi and blood rise to the surface in order to vent heat, causing a lack of qi and blood in the middle part of the body, especially in the digestive system. In hot weather, we have a tendency to crave

## Balance is the Essence of Life

cold drinks and foods which can create stomach discomforts such as nausea, vomiting, chronic fatigue, diarrhea, and poor appetite. The dampness associated with summertime can further aggravate pre-existing conditions of chronic viruses, Candida or other kinds of fungal infections.

Heat stroke is also quite common during summertime. In TCM, we refer to this as Summer Heat / excess fire. The symptoms are high fever, burning heat sensations of the skin, irritability, delirium, dizziness, vertigo, thirst with desire to drink cold fluids, dry lips and tongue, sudden collapse, unconsciousness, and profuse cold sweating.



### Tips on maintaining the bodies homeostasis:

- Carry a long sleeve shirt and wear it when you enter air conditioned rooms
- Cover your neck with a towel after exercising
- Do not sleep with the air conditioner/fan on, or bedroom window open, especially if you are prone to allergies.
- Eat more cooked fresh food or room temp., not extremely hot or icy cold
- Eat less (smaller portions)
- Eat Ginger or Mung bean soup (recipe on p.4)
- Try to stay away from heat or damp producing foods such as alcohol, red meat, dairy, rich foods, spicy foods, oily foods, fried foods
- Drink plenty of electrolyte enhanced water

- Use sun block when going outside
- Do not hike or overexert yourself in extremely hot weather
- We can prescribe herbal formulas or dietary recommendations to drain damp heat





## Welcome to the World!

### Congratulations Expecting Mothers!

Holly T.  
Mindy O.  
Holly S.  
Julie L.  
Lisa E.  
Karen C.  
Wendy S.  
Margaret S.  
Belinda C.  
Lisa M.  
Sheila K.  
Kelly M.  
Alexandra K.  
Lilas L.

**“We are what we think. All that we are arises with our thoughts. With our thoughts we make the world.” -  
Buddha**

### Elijah



Born to Lucienne and Adam on April 10, 2008, weighing 6lbs 11oz and 20 3/4in.

### Kayman



Born to Claire and Andrew on December 21, 2007, weighing 6lbs 13oz.

### Daron & Kyle



Born to Lisa and Paul on May 27, 2008, Daron weighing 6 lbs 13 oz., Kyle weighing 5 lbs 12oz.

### Ellie



Born to Arsha and Jason on April 2, 2008, weighing 8 lbs 1 oz. and 20.5in.

### Success Stories

**Mrs. P** is a delightful easy going woman who loves life and children. Before coming to TCM, she was being treated by a western infertility specialist, which proved unsuccessful. At 43 y.o., after 3 months of consistent acupuncture and herbal treatment, she successfully conceived and 10 months later had a beautiful baby girl.

After giving birth, she continued to receive treatments to balance her hormones, help with breastfeeding, and post-partum depression. She natu-

rally conceived once again and is now in her 1st trimester at 44 1/2 y.o. Congratulations Mrs. P! She says patience and a positive attitude are key!...and we agree.

**Brad** came to TCM seeking treatment to enhance fertility. His semen analysis showed a low sperm count, poor motility and abnormal morphology. After his initial consultation with Dr. Lu, Brad disclosed a history of asthma, seasonal allergies, eczema, fatigue, and a propensity to easily catch colds. He sought the help of various western specialists for

treatment (dermatology, allergy, internal medicine, fertility etc.) and was prescribed anti-histamines, steroids, and antibiotics. Most of these western medications are immunosuppressants, and although they provide immediate symptomatic relief, they do not eliminate the underlying infection (bacterial, viral, or fungal). When the immune system is suppressed it becomes weaker and provides an opportunity for the infection to penetrate deeper into the body only to manifest as another illness later in life; in Brad's case infertility. (cont'd p.4)

### Please Welcome Dr. Li!



In order to provide a high quality of care to our patients, we are expanding our business hours. A wonderful practitioner, Dr. Li Jian Feng, has agreed to be available to our patients after general TCM hours, by appointment only.

Dr. Li is a fourth generation Chinese Medical practitioner and has been practicing for over 30 years. He worked as an orthopedic specialist in Bei-

jing Chao Yang Hospital from 1974-1989. Since moving to the United States, he has maintained a successful private practice.

#### Specialties:

- Orthopedics (the diagnosis and treatment of the musculoskeletal system)
- Tui Na Manipulation (a hands-on-body treatment where the practitioner may

brush, knead, roll/press and rub the areas between each of the joints to treat both acute and chronic musculoskeletal conditions, such as minor displacements between bones and joints, as well as many non-musculoskeletal conditions.)

- Asthma Treatment— For over 10 years he has treated many asthma patients and received excellent results

## Ask the Expert

### Should my acupuncturist treat all my complaints at once?

It is better to focus on one complaint at a time. Keep in mind that in many instances all of your various symptoms are most likely derived from the same root cause. If this is the case, a long-term approach is advised. For specific symptomatic relief your acupuncturist should concentrate on one thing at a time. Your body will respond better to this type of treatment because it knows

exactly where to focus. It can be likened to driving a car – you can't turn right and left simultaneously. If you ask for more, often times you get less.

### If the acupuncturist uses more needles and herbs will this produce better results?

Quality is more important than quantity. Less is more because the energy is more focused. I prescribed a formula for a patient to help with cough, after a

few days of trying the formula, it didn't work. If I had added more ingredients, we would still get the same results, so rather than adding more herbs I took out a few, and the formula worked like a charm. The same can be said with needles. Sometimes two needles work great, and if you insert a few more, the treatment becomes less effective. Of course, getting good qi is key.



## Acupuncture News: “When East Becomes West” by Tina Beychuck

For years, traditional Chinese herbal medicine has stood as an alternative to Western medicine. Studies have been conducted to prove that TCM can produce the same, or better results as Western medicine, with the added benefit of being less invasive and having fewer side effects.

Now, however, it appears there is a trend among some herbal manufacturers to not only emulate the Western drug model, but to actively partner

with some of the biggest global pharmaceutical companies in order to market remedies – not as herbal medicines, but as Western drugs.

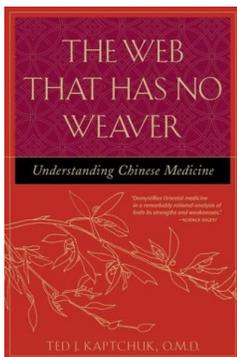
Last August, Chi-Med Hutchinson, a Chinese TCM pharmaceutical company, announced it was entering into a research and development partnership with the global pharmaceutical giant Eli Lilly and Company to develop oncology and anti-inflammatory drugs using Chinese herbal

formulas. In November 2006, Chi-Med Hutchinson also entered into a research partnership with Merck, which markets the most popular asthma medication on the market.

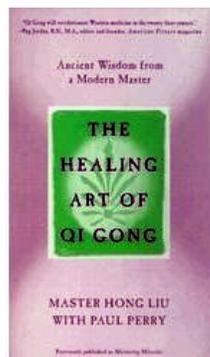
Chi-Med Hutchinson's most recent announcement on Feb. 29 of this year stated that it is starting to enroll patients in a global trial of its experimental anti-inflammatory drug HMPL-004 (a compound extracted from Chinese herbs) to treat ulcerative colitis.

*“A man sooner or later discovers that he is the master-gardener of his soul, the director of his life” - James Allen*

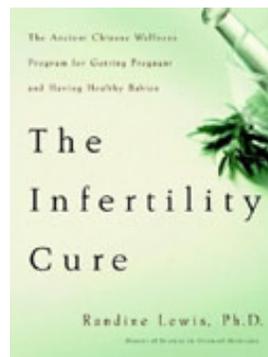
## Book List



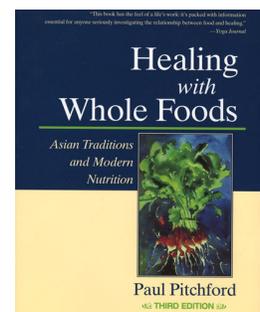
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Randine Lewis



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Where body, mind, and spirit come to heal...

Our Profoundly knowledgeable practitioners integrate the wisdom of thousands of years of medicine into our daily practice and always strive to provide the highest quality of treatment to our patients. At TCM Healing Center Clinic, we offer comprehensive Traditional Chinese Medicine healing techniques that include: acupuncture, herbal medicine, electric acupuncture, moxibustion, ear coning, nutritional counseling (which uniquely addresses the energetic properties of foods and their contribution to your health and state of imbalance), meditation, seasonal cleanses, and Qi Gong exercises.

We find that the best results are based on mutual respect and trust between our patients and practitioners.

**Summertime Recipes and Herbal Remedies** (can be purchased in our clinic)

**Mung Bean Soup**

- Mung bean (120-150g)
- Yi Yi Ren (80-100g)
- Lian Zi Ren (20g)
- Rock sugar (2 pcs)

Cooking Instructions:

Put all the ingredients into a pot, add 14-15 cups of water, bring to a boil for ten minutes, then simmer for 1 hr. Let the soup cool down. You can serve 1 cup 3 times a day or you can make it into a smoothie and drink it for dessert.

**Shu Shi Gan Mao Chong Ji**

Indications:

Severe summer heat causing nausea, vomiting, diarrhea

Use: 1 pack 2 times per day

**Qing Re Qu Shi Tang**

- Wild Chrysanthemum flower
- Rough haired Holly root (Gan Mei Gen)
- Dang Shen
- Milkvetch root (Yin Chen Hao)
- Virgat worm wood herb (Chang Zhu)
- Atractylodos Rhizome (Huang Qi)

Indications:

Fatigue, poor appetite, dry mouth, feeling of heaviness in the body due to summer heat and dampness

Use:

Mix 1 bag in 1 cup of water, drink 1-2 times per day

**Ginger soup or Ginger tea** (1 cup per day)

**Brad (cont'd)**

From a western perspective, it may seem implausible that Brad's infertility and his past medical history are related. However, according to TCM theory, all systems of the body are connected and greatly influence each other. The root cause of Brad's infertility was his many childhood ailments that persisted through to adulthood. His official TCM diagnosis was Lung qi / wei qi deficiency causing Kidney essence exhaustion. The focus of treating Brad's infertility has thus been to eradicate the pre-existing conditions by strengthening lung and wei qi while enhancing kidney energy; achieving yin-yang balance.

Initially, Brad was experiencing only minimal results from acupuncture and after three months his case seemingly made a turn for the worse - he developed a staph infection on his legs. He became alarmed and sought the advice of an M.D. who prescribed antibiotics. Although he did not take the antibiotics, he continued to see an M.D. while receiving acupuncture treatments, took the prescribed herbal formulas, followed Dr. Lu's dietary advice eliminating shell fish and heat producing foods, and his staph infection disappeared. Dr. Lu explained to him that the staph infection was the result of years of accumulated toxicity finally being expelled from the body. From a TCM viewpoint, this was a great turning point because it meant that the body was finally becoming balanced.

Not only did the staph infection disappear, Brad's overall health improved immensely. He had no more bouts of eczema, felt an increase in energy, his immune system grew stronger, and most importantly his semen analysis greatly improved. We are proud to announce that he is now a soon-to-be father!

		<u>Results</u>	<u>Normal</u>
<b>Sperm Count</b>	22.1 mill/ml	72.9	40-250
<b>Motility</b>	20% 5um/s	49%	> 40%
<b>Progressive Velocity</b>	20.8 um/sec	36.5	32-53
<b>Morphology</b>	6.5%	21%	>15%