

TRADITIONAL
CHINESE
MEDICINE
HEALING CENTER

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Inside this issue:

Chinese New Year— Year of the Rabbit	1
Welcome to the World!	2
FAQ	2
Advice for Asthma/ Emphysema Patients	2
Chinese New Year continued	3
Featured Books and CDs	3
Restoration Porridge Recipe	4

Got Qi?

Spring 2011

Chinese New Year - Year of the Rabbit A Year of Peace



I am in tune with the pulse of the universe.
In my quiet and solitude, I hear the melodies of the soul.
I float above commonplace dissent and decay.
I subdue by my ability to conform.
I color my world in delicate pastel hues.
I epitomize harmony and inner peace.
I AM THE RABBIT.

This year we are very lucky to be in the year of the Rabbit, which begins on Thursday, February 3th. After the restless uphill battles of the Tiger year, we are finally able to get some rest and relaxation! A leisurely, peaceful atmosphere will predominate, and money can be made without too much labor and with less stress. Rules and laws will be less rigidly enforced. Even though aggression, violence and war will still exist, but the Rabbit year is in favor of peaceful solutions and diplomacy, so there will be an overall feeling that all is not lost and that hope is still alive. Nevertheless, we must not let ourselves become too self-indulgent or complacent. The influence of the Rabbit may spoil those who like too much comfort, resulting in laziness and ineffectiveness.

Famous people born in the year of the Rabbit: Henry Miller, Orson Welles, David Rockefeller, Ingrid Bergman, Albert Einstein, Queen Victoria, King Bhumibol of Thailand, Angelina Jolie, Brad Pitt, Johnny Depp.

How will YOU fare in the year of the Rabbit? It all depends on what your Chinese zodiac animal sign is! See below:*

If you are a Rat – The Rabbit year will bring serenity to the Rat, who will find a network of new contacts this year. The Rat will come across many lucky coincidences, and his natural charm will often pave the way for streaks of great fortune, but he should still be cautious and look at the fine print in any contract he signs. Problems may arise from miscommunications, so make sure promises are made in writing. Most of the activity and excitement of the year should be over by summer or fall.

If you are an Ox – The Rabbit will bring both joy and sorrow to the Ox this year, but overall he can come out ahead if he is careful and exercises patience. Problems with no easy solutions will present themselves, and it is important that the Ox not make matters worse with his strong temper and stubbornness. The Ox should follow a straight and narrow path and remain focused and hard-working. The Ox believes in strong commitment, while the Rabbit's influence may be to take the path of least resistance. This is a year to find balance by exploring interests that bring peace to the Ox, amidst frustrations that will occur.

If you are a Tiger – This is an excellent and prosperous year for the Tiger, in business and in matters of the heart, as long as he or she is not too impatient and demanding. The Rabbit has a way of making a Tiger complacent, so this is also not a time to let down his guard. All of this good luck should not make the Tiger too optimistic. He should always check his facts and figures before jumping to conclusions. The Rabbit year favors skillful negotiations and working through one's allies. This is a good year to find new hobbies or interests or go on exotic vacations with family and friends.

If you are a Rabbit – This is a year to take advantage of opportunities that come your way! Unexpected blessings will appear whether in business or pleasure. The Rabbit, however, must pay close attention to details, especially in her own year. Be cautious and questions things that seem too good to be true. The Rabbit will be a big star in her own year, with masterful communication to negotiate her way around. At times, the Rabbit can be narcissistic and self-absorbed, so this year be sure to take interest in the activities of those around you and participate more in the community or charitable events.

* Excerpts were taken from *The Handbook of Chinese Horoscopes*, written by Theodora & Laura Lau (continued on page 3)



Welcome to the World!

Congratulations Expecting Mothers!

Stacy K.
Seana K.
Michelle W.
Robin C.
Shoshana R.
Beth G.
Kristy T.
Shadab B.
Julia B.
Helena H.
Jin Ah P.
Sayaka K.
Missy Y.
Mary M.
Lia T.
Jenny M.

Maximus



Born to Giovanna & Jesse
On September 6, 2010
8 lbs. 13 oz.

Dashwood



Born to Mary Jo & Jonathan
On November 26, 2010
6 lbs. 15 oz., 18.5 inches

Jack



Born to Lenore & Andrew
On October 22, 2010
5 lbs. 14 oz., inches

Elise



Born to Anna & Herwig
On December 12, 2010
7 lbs., 19.5 inches

Griffin



Born to Sheila & Breen
On October 14, 2010
7 lbs. 8 oz., 19.5 inches

Dylan



Born to Amy & Kevin
On October 10, 2010
6 lbs. 4 oz., 18 inches

Tate



Born to Elaine & Tyler
On December 7, 2010
8 lbs. 3 oz., 20.5 inches

Theodor



Born to Alexandre &
Katherine
On November 6, 2010
3.63 kg, 52 cm

Yoga and Qi Gong for Fertility Lessons at TCM Healing Center

The specialized set of Yoga and Qi Gong for Fertility exercises taught at our clinic are composed of breathing and stretching exercises specifically designed for women with fertility issues who wish to conceive. They incorporate traditional Chinese medicine principles and help to open up the meridians and channels that are responsible for conception such as the Chong, Ren, Du, and Spleen channels, as many of these channels tend to be blocked or congested in women with fertility issues. Each phase of the menstrual cycle—bleeding phase, follicular phase, ovulation phase, and luteal phase—requires different restorative and balancing postures that help to optimize the functions of that particular phase. When practiced regularly, these exercises will greatly enhance your fertility success and overall health. Please ask our front desk or speak to Dr. Lim for more details.

FAQ: Why are points on the arms and legs needed so often?

Answer: To put it simply, the nerve endings in our extremities are more abundant and highly sensitive. Our hands and feet are very mobile, active areas of our bodies which we constantly use to navigate through our environment, perform everyday activities, and avoid danger. They are also near the ends of their pathways *from* the brain for motor nerves or near the beginning of the pathways *to* the brain for sensory nerves. There is more energy flowing through the extremities which acupuncturists can tap into. When needle stimulation is applied to the parts of the body located below the knees or below the elbow, there is a marked physiological effect and a stronger reflex action of the subcortex of the brain than when stimulation is applied at the location of pain or disease itself. Research has shown that the further away from the brain and/or problem site the stimulation is given, the stronger the reflex action to the brain.

Food and Self-Care Advice for Patients with Asthma/Emphysema

- Avoid the cold, such as exposing your body to chill and wind. Keep the chest, neck, and upper back warm and covered, such as with a scarf or shawl. Bathe in warm water only, and avoid chill afterwards.
- Avoid cold foods and drinks, as well as raw foods.
- Avoid or at least minimize the following foods: ice water/ice tea, wine, soft drinks, pineapple, banana, coconut, bread or anything with yeast, pickled vegetables and cheese (they are salty, which makes the phlegm stay in the lungs), tofu (unless deep fried or fried with green onions), salted fish, shellfish such as prawns and crabs, refined and processed foods, sugar, spicy foods, chicken, beef, mutton, raw eggs, dairy products. Free-range, organic chicken, beef, or mutton are fine to eat.
- Preferred protein sources include pork, fish if cooked with ginger, hard boiled eggs, and red or black beans.



(continued from page 1)

If you are a Dragon- The year of the Rabbit will be a calm year for the Dragon, for the most part. There will be tranquility in family and romantic relationships, although minor health issues may nag the Dragon. She can expect to accomplish quite a bit, if she works hard and smart and is not too proud to seek help or advice from the right people. This is also a year for the Dragon to let others take care of her for a change, which will help recharge and invigorate her so that she can concentrate on more important issues. This is a good year to set the stage for the future – marriage, a new business, long-term friendships. All of these will have strong beginnings.

If you are a Snake – This is a very busy year for the Snake, so the Snake will have to prioritize in order to keep balance in her life. All of her hard work will pay off, though. The Snake's natural skepticism and sharp analytical skills will come in very handy during this Rabbit year, as the Snake cannot let the innocent-looking Rabbit fool her. The Snake has expensive taste and should make sure not to overindulge in material purchases. She should make sure these are worthwhile investments and not go into debt for such purchases. On the whole, this is not a good year for the Snake to speculate or take big risks.

If you are a Horse – The Rabbit year will bring good luck to the adventurous and spirited Horse. This will also be a good year to plan for big trips, as the Rabbit year gives the Horse an easy road to travel on. The Horse should explore and have an open mind. This is a year for the Horse to be thorough and not rush through things, as sometimes the Horse has a short attention span. Also, the Horse must watch his tongue and be careful of speaking his mind too frankly, as he could harm his reputation if he is not careful. The Horse must be mindful of the affections of others and avoid alienating others by being too independent and selfish, as he tends to fall in and out of love easily.

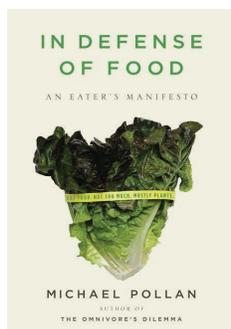
If you are a Sheep – As the long as the Sheep does not take his luck for granted and keeps his commitments, he could end up with many gains this year. The Sheep will enjoy the beginnings of fruitful relationships and may see nice gains in his finances and on the job. People tend to take advantage of the Sheep's good nature, so he should be careful not to trust too easily this year and must seek advice from those he trusts. This is also a year for the Sheep to resist overspending and being overly generous with friends and loved ones. The summer is an excellent time for the Sheep and his loved ones to go away on a holiday and recharge. He is much more productive when he is relaxed and happy.

If you are a Monkey – The year of the Rabbit will be a good time for the Monkey to explore new opportunities and venture out to unfamiliar territories, whether of a personal or business nature. In the Rabbit year, the Monkey must find consensus and cooperation and work in a group. Teamwork is essential in bringing out the best in everyone. The Monkey's leadership and expertise will be appreciated. A nice, long holiday in the fall or winter will do her a lot of good and allow her to release her creative juices .

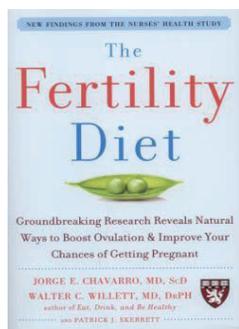
If you are a Rooster – The colorful Rooster and quiet Rabbit are often at odds against each other, so during the year of the Rabbit, the Rooster must learn to respect the authority of the Rabbit this year. The Rooster has to exercise some humility and find success by seeking out strong mentors and working through intermediaries. During the year of the Rabbit, the Rooster must resist controversy and be careful not to rub people the wrong way. Discretion and caution are the keywords for the Rooster this year. The Rooster must also make sure to pay attention to put special care into his home and love life. If the Rooster is aware of his surroundings and plans accordingly, this could turn out to be a better than expected year.

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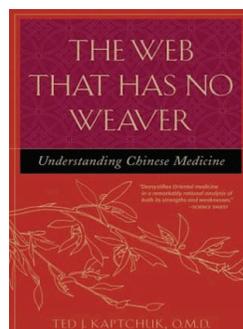
Featured Books, CDs, and DVDs



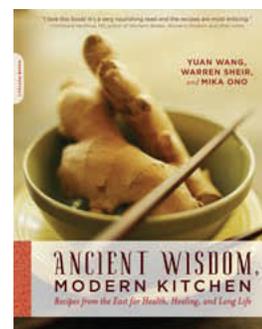
Michael Pollan



Jorge E. Chavarro &
Walter C. Willett



Ted Kaptchuk



Yuan Wang, Warren
Sheir, & Mika Ono



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(cont'd from pg. 3)

If you are a Dog – Although the Dog loves to fight for just causes and to defend the oppressed, this is a year for the Dog to care for his own interests and not get too involved with anyone else's, since the Rabbit tends to put self-interests first. The Dog will find new friends and new opportunities this year, which could result in new love or a new career. If the Dog is able to team up with others and take expert advice, he will be able to weather anything that comes his way. On the whole, this is a peaceful year for the Dog.

If you are a Boar – The Boar will have more ups than downs this year as long as she puts work into all her endeavors to see things through. Romance and family will be relatively peaceful, and new relationships may occur which may be beneficial to the Boar. This is a year for the Boar to be extremely careful with her budget as well as her waistline, for her tendency to spend and enjoy the good things in life is heightened by the influence of the Rabbit. Overall, people will be happy to work and cooperate with the Boar this year. Although the Boar loves to spread goodwill all around, she must be careful not to spread herself too thin and keep time for herself and her loved ones.

The Rabbit belongs to the Wood element in nature, which corresponds to the Liver element in traditional Chinese medicine. As many of you may already know, the Liver is responsible for the smooth flow of Qi throughout the body and a healthy digestive system, which is ruled by the Spleen and Stomach, or Earth, elements. The Liver is easily affected by the emotions and stress and can therefore become stagnant when bombarded by too much stress, too much work, too many thoughts, etc. Support your Liver this year by finding ways to minimize stress, whether it be through regular meditation practice, yoga, qi gong, exercise, or going on a long-awaited vacation. Make the Rabbit year a chance to rejuvenate yourself both physically and spiritually. Find the peace that lies within you.

Happy Chinese New Year to all our friends and family at TCM Healing Center! We wish you much peace, love, and good health this year and always...

Restoration Porridge

Rice porridge is easy to make and has always been a staple of Chinese cooking. It helps to nourish the Spleen and Stomach's digestive functions and is particularly good for those with diarrhea or poor appetite due to Spleen deficiency, or those who are recovering from illness. This easy-to-digest breakfast or snack recipe was taken from *Ancient Wisdom, Modern Kitchen*, written by Yuan Wang, Warren Sheir, and Mika Ono. Serves 3 to 4 people.

Ingredients

- 3 to 4 medium pieces (10 to 15 grams) dried Chinese yam (shan yao), broken into 1/2-inch pieces
- 1 Tbsp coix (Job's tears, *yi yi ren* in Chinese, or *hato mugi* in Japanese)
- 1 heaping Tbsp of lotus seeds (*lian zi*)
- 1/2 cup uncooked short-grain white rice
- 4 to 5 cups water
- A pinch of salt (optional)
- Honey or brown sugar

Directions

1. Combine the Chinese yam, job's tears, lotus seeds, rice, water, and salt (optional) into a medium-size pot and bring to a boil. Lower the heat and simmer with the lid slightly ajar, for 45 to 60 minutes. Stir occasionally. Add a little extra water if you see that the congee is drying out or becoming too thick for your liking.
2. Serve warm, drizzled with honey or brown sugar.

Variations

You may also add Poria (*fu ling*, about 10 grams) broken into small 1/2-inch pieces. You may also use long-grain instead of short-grain rice. In this case, the porridge will have a less creamy consistency. You may also start with leftover rice, in which case less water and a shorter cooking time are needed.

