

TRADITIONAL  
CHINESE MEDICINE  
HEALING CENTER

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# Got Qi?

Fall 2014

## TCM Healing Center is happy to announce: We are now offering the ALCAT Food Intolerance Test!

After great patient interest, we are pleased to now provide the ALCAT food sensitivity test, a blood test that measures the body's cellular response to a variety of foods, food additives, colorings, molds, environmental chemicals, medicinal foods, and herbs.

*As the late philosopher and Roman poet Lucretius declared, over 2000 years ago, "What is food to one man may be poison to another."*

In general, food sensitivities (food intolerance) have been linked to the following:

- Gastrointestinal complaints
- Skin diseases
- Neurological and Mental disorders
- Respiratory diseases
- Metabolic diseases
- Endocrine disorders/Hormone imbalance
- Musculoskeletal and Joint disorders

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## Traditional Chinese Medicine for Longevity and Anti-aging

It seems as if we wake up one day to the changes...dry skin, wrinkles, graying or thinning hair, aches, pains, hormone fluctuations. In western culture, we are bombarded with articles and products touting solutions, so-called "fountains of youth." The anti-aging industry is booming. While some of these products might do as they claim, many products focus more on superficial, exterior symptoms, neglecting the root cause, what's going on inside.

**Continued, Page 3**

## Welcome Fall! Nutrition and lifestyle tips

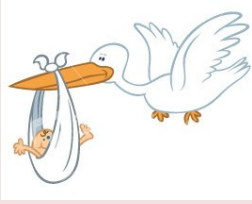
**TCM and the Fall Season — The Metal element**  
This year, September 22<sup>nd</sup> officially welcomed fall with the Autumnal Equinox. Goodbye summer — and hello fall! Despite the recent heat wave in Southern California, fall is a time for crisp cooler days, turning leaves, and brilliant colors. As we transition from the yang energy of summer to the yin energy of winter, winds pick up, we inhale the fresh new air, and we exhale that which no longer serves us.



**Element:** Metal  
**Color:** White  
**Nature:** Yin

**Organs:** Lung/  
Large Intestine  
**Emotion:** Grief

Fall belongs to the lung, skin, and large intestine. The lung encourages us to move inwards with introspection, to inhale. There is also the balance of exhalation, letting go. With the winds of fall, there is also dryness. Dryness can directly affect the lung and large intestine, so it is important to preserve our yin, to add more nourishing yin foods to the diet (like pears, steamed vegetables, and warming soups) to promote body fluid, to soothe the lungs, and protect our lungs from dryness. Fall is the time of year we see more frequent cases of coughing, dry noses, sore throats, dry skin, dry hair and scalp, dry mouths and cracked lips, and hard and dry stools. As the body is particularly susceptible to wind, cold, and dryness during the fall, it's also important to keep our hands, neck, and feet warm, even when temperatures are moderate. Autumn is seen as a pivotal time between yang and yin, a time to gather one's spirit and energy, to store up for winter. Fall is an opportunity to release, to move forward. **Welcome fall!**



### Expecting Mothers:

Jennifer J.  
Nancy K.  
Diana B.  
Jenna H.  
Sonja W.  
Michelle M.  
Zabrina H.  
Denise M.  
Lynn C.  
Courtney S.  
Julie L.  
Jessica C.  
Lisa L.  
Lenore T.

## Welcome to the World!

**Dalston**



Born May 21, 2014  
10 pounds, 5 oz., 22 inches  
Welcomed by Kelly and Scott

**Stella**



Born July 15, 2014  
7 pounds, 8.6 oz., 20 inches  
Welcomed by Tracy and Brian

**Ellie**



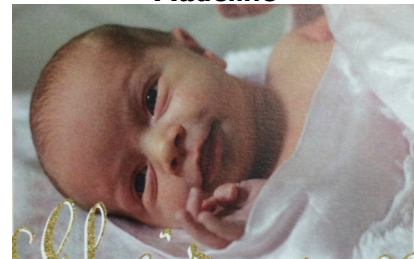
Born September 1, 2014  
6 pounds, 2.4 oz., 18.89 inches  
Welcomed by Annalee and Trey

**Catherine**



Born September 1, 2014  
6 pounds, 1 oz., 19 inches  
Welcomed by Fainche and Simon

**Madeline**



Born January 23, 2014  
7 pounds, 3 oz.  
Welcomed by Flor and Erin

### Ingredients

Whole pears, or halves  
Spices: Nutmeg,  
Cinnamon, Cloves,  
Goji Berries



## Fabulous Fall Recipes: Poached Pears

### Instructions:

1. Put pears in a pot with whole nutmeg, cinnamon stick, and a few whole cloves.
2. Sprinkle in goji berries (if desired) and add spring water to about 1/2" above pears.
3. Cover, bring to boil.
4. Reduce to simmer for approximately 10 minutes, until fragrant and tender.
5. Remove pears
6. Reduce cooking water to a glaze and drizzle over pears in a serving dish.

**Functions:** Poached Pears are a perfect snack or light dessert for Autumn. In Chinese nutrition, pears nourish and moisten the lung system. As this is the season for frequent colds and flus, lung dryness, allergies, and skin infections, incorporating more pears into the diet will help to boost immunity and to balance the lung meridian. Goji berries are also known for their special tonifying properties for the lung (and kidney meridians). Try this easy recipe today!

## Traditional Chinese Medicine for Longevity and Anti-aging



### Continued from Page 1

From TCM perspective, we can age both gracefully and in good health. Aging is a natural, inevitable process — a beautiful process. With self-care and proper preventative measures, TCM addresses the root cause of aging, preventing and mitigating unwanted side effects. Skin and hair regain luster as blood and cells are nourished, our sinews and bones become more supple and strong, and hormones are rebalanced.

As well, TCM works to reduce or eliminate chronic inflammation in the body— helping us both look and feel better.

While a degree of acute inflammation is healthy (for example, if we fall and get a cut or bruise), chronic inflammation in the system can compromise proper functioning of the immune system and increase the presence of free radicals and cellular damage.

In TCM theory, the meridian system most directly related to aging is the kidney. According to the “Yellow Emperor’s Classic,” dating back to about 200 B.C., the kidney meridian is responsible for brain development and function, encompassing hearing, bone matrix and function of bone marrow, sexual function and fertility, and regulation in the bowels and urinary tract. The kidneys control mental functions of will power and motivation and emotions derived from fear.

To age gracefully, it is important to protect and nourish the kidneys sooner rather than later. As we age, it is natural for kidney qi (energy), kidney jing (essence), and kidney yin (fluids) to decline. As this occurs, we find ourselves with manifestations of kidney deficiency: hearing loss, sore low back and knees, decreased bone density, infertility, and/or incontinence are just a few examples. With kidney yin deficiency, the body’s fluids dry up, leaving inadequate resources to moisten the skin, hair, and joints. We see this in women post menopause, manifesting as night sweats, dry skin, and brittle hair and nails.

TCM provides an alternative to these common complaints. Through acupuncture, herbal therapy, meditation, and exercises like qi gong or tai chi, the body is supported, nourished and balanced for optimal longevity. By incorporating healthy lifestyle choices, acupuncture, and proper support for the kidney system, increased vitality in body, mind, and spirit will follow.

In Southern California, it is hot, sunny, dry, and stress levels are high. As such, we have to be more mindful of preserving yin than if we were in a more humid and moderate climate. Consider diet, and make dietary adjustments for the dry climate, such as drinking warm liquids and room temperature water, increased seasonal fresh fruits and vegetables, eating for the seasons, and adding a wide variety of organic whole foods.

It is also important to limit exposure to toxins and avoid chemicals, harsh cleaning supplies, artificial flavorings and colorings, heavy alcohol consumption, cigarette intake and second-hand smoke, thereby reducing inflammation in the system. Despite our best efforts, some exposure is inevitable. To counter any toxicity, regular acupuncture treatments help the body gently detox and restore balance to the systems.

It is also important to incorporate time outdoors in nature and to enjoy some time in the sunshine. Consider a form of yoga, tai qi or qi gong to boost circulation, to keep blood moving through the channels, and the joints lubricated and healthy.

Aging gracefully is not just about the body. Nurturing the mind and spirit is just as important. For a healthy mind, practice gratefulness and compassion; live simply, mindfully, and graciously.

*-Jennifer Canfield, L.Ac., Dipl. OM*



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**Alcat Food Intolerance Test, continued from page 1**

**TCM Healing Center is happy to announce:  
We are now offering the ALCAT Food Intolerance Test!**

The ALCAT test is not a Type I (histamine) allergy or IGE test; instead, it measures the body's white blood cells reactions to challenges. In this way, the ALCAT can assess the body's immune response to the items tested. While food sensitivities are much more common than Type I histamine allergies, the reaction to food sensitivity is often delayed, and oftentimes goes undiagnosed. ALCAT testing provides us with a tool for identifying possible dietary and environmental triggers of inflammation.

As we discussed in our last newsletter, the body's immune system is a powerful tool to protect us from acute attack and infection. However, when the immune system works in overdrive, there is a reverse effect—the body can attack healthy cells instead of protecting them. This immune response or sensitivity can result in systemic inflammation in the body.

Scientists and doctors have found that when the body sees a food, herb, or environmental or chemical agent as pathological, the resulting inflammation can manifest in a myriad of ways. Some clinical conditions that have been improved or eliminated with a food elimination diet (based on food intolerance) are as follows:

- Migraine headaches
- Sinus headaches
- Irritable bowel syndrome
- Acid reflux
- Arthritis
- Asthma
- Chronic/Recurrent sinusitis
- Chronic fatigue
- Depression/Anxiety
- Obesity
- Eczema
- Recurrent vaginitis
- Recurrent urinary tract infection
- Allergic rhinitis

**For more information, please call the  
front desk to schedule a consultation  
with Dr. Canfield or Dr. Lim:  
(310) 826-5288  
We look forward to working with you!**

If the body's immune system is functioning properly, food and environmental sensitivities are much less likely to occur. While a short elimination period of foods with high reactivity is recommended, we feel the combination of acupuncture, Chinese herbs, and nutritional counseling can more strongly "reset" your system and strengthen your immune system — so you don't have to avoid the foods forever. Our goal is to ensure your immune system is functioning optimally and strong and to assist you in both the detox and rebuilding phase of wellness.

**Fabulous Fall Recipes: Blood Building Soup**

This is a very nourishing and mineral-rich soup, which is great for any kind of fatigue, colds, or flu. It also strengthens the entire immune system.

**In a large soup pot, combine:**

- |   |   |
|---|---|
| 5-7 large beets (peeled)                | 4 chopped carrots   |
| 1 chopped onion                         | Any other veggies you like: celery, zucchini, etc.        |
| 1/8 cup each of crushed garlic & ginger | A 3-4 inch piece of kombu, dulse or wakame seaweed        |
| 1/2 cup lentils                         | 3 Tbsp. dried nettle leaves                               |
| 1/2 toasted buckwheat (Kasha)           | 1 Tbsp. burdock root (or 1/2 fresh burdock root, chopped) |
| 1/4 cup chopped parsley                 | 1 Tbsp. each: dill weed, dill seed, and caraway seeds.    |

\*For seasoning: tamari or miso, a dash of lemon or vinegar, and a dash of cayenne.

Add 1 gallon of water. Bring to a boil, lower heat, cover and simmer 2 hours. Strain, reserving broth. Or, don't strain, and eat as a hearty soup with all the ingredients still in the broth. Season to taste with: tamari or miso, and a dash of lemon or vinegar, and dash or two of cayenne. You can also freeze the broth and save for future use.