

Got Qi?

Volume I, Issue III

Spring 2009

KUNG HEI FAT CHOI HAPPY NEW YEAR! 2009, YEAR OF THE OX

THE YEAR AHEAD:

The OX year is a conservative year, one of traditions and values. This is not a year to be outrageous. It will be a slow but steady year of stability and growth where patience and diligence pay off. The OX will bring us a year of Harvest—when we reap what we have sown. We must take care of business and remain steadfast in order to thrive. We must hold hands and unite, seek inner peace and tranquility, maintaining Zen in our personal lives. Here at TCM Healing Center, we are devoted to your health and well-being. We strive to offer you the highest quality care and we want to thank you for your trust and patronage.

PEOPLE BORN IN THE YEAR OF THE OX:

People Born in the Year of the OX are stable, strong, dutiful, reliable, tenacious, practical, industrious, determined, honest, loyal, sincere, persevering, down-to-earth and tolerant. They can sometimes be lonely but they form firm bonds within the home and family. OX people value their privacy and are not usually very adventurous. They know the way to succeed by a slow, steady sustained effort. OX people are great traditionalists.

2009 CHINESE HOROSCOPE FOR PEOPLE BORN IN OX YEARS:

1901, 1913, 1925, 1937, 1949, 1961, 1973, 1985, 1997, AND 2009



Inside this issue:

- Year of the OX 1
- Chinese Five Elements Theory 1
- Welcome to the World! 2
- Ask the Expert 3
- Acupuncture News 3
- Book List 3

Traditional Chinese Medicine Theory of Five Elements

As the year progresses from winter into spring, the energetic principles of Yin transforms into Yang. Yang-Qi enters in the spring and will last through the end of summer. Naturally, our body, mind and soul synchronize with the earth's shifts as they gradually move into alignment with the current season.

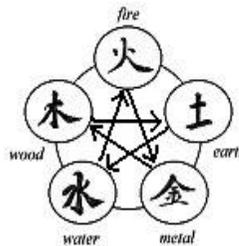
Remarkably, these shifts have a direct influence on our constitution, and we become more susceptible to external factors such as wind, heat, dampness, and or dryness. During the different seasons of the year, TCM practitioners look to the Chinese Five Elements Theory as a guide to improve our health and well-being through proper nourishment of Jing (essence), Qi (energy), and Shen (spirit).

To properly nourish our Jing, Qi, and Shen; let us take a deeper look into the Chinese Five Elements Theory. This theory fo-

cuses on the interdependent relationship between the physical body, conscious mind, and ethereal soul and their connection to the earth's cycle of seasons.

The Chinese Five Elements Theory extends into an intricately woven network of five seasons, five elements, ten meridians/channels, five sense organs, five body tissues, and five peak times of the day.

As we journey through five seasons, including late summer, we must recognize that each season corresponds to the natural order of the five elements: spring/wood, summer/fire, late summer/earth, autumn/metal, and winter/water. Respectively, wood generates fire, fire generates earth, earth generates metal, metal generates water, and water generates wood. This unique connection between each



element is a reflection of the connection between each season.

Spring—The Wood Element

Spring is a time of renewal, when nature awakens from winter slumber. The earth will find warmth from the sun, and the winter ice will slowly melt away. Due to the body's intrinsic nature, it will shift into a warmer phase as Yang-Qi rises and enters the season of spring.

The Liver and Gall Bladder channels reach their energetic peaks at this time of year. The Liver is predominant from 1:00 a.m. to 3:00 a.m. and the Gall Bladder is predominant from 11:00 p.m. to 1:00 a.m. This pair will ultimately lead the body's systems into a new phase of energy flow. Spiritually, this is the best time to keep a peaceful heart and a happy attitude.

As a preventative measure, it is best to sleep before 11:00 p.m. This is when the body

(Continued p. 2)





Congratulations Expecting Mothers!

Lily D.
Katherine D.
Tina B.
Diane C.
Jennifer C.
Molly R.
Janet R.
Samantha G.
Corrina W.
Brooke L.
Camille L.
Maya M.
Elise P.
Margaret R.
Valerie B.
Charlene M.
Karen V.
Shera R.
Debra M.
Elle B.
Laura M.
Diane S.
Catherine B.



***“In the midst of
movement and
chaos, keep
stillness inside
of you.”~
Deepak Chopra***

Welcome to the World!

Jude Solomon



Born to Sheila and Jason
on November 10, 2008
(6lbs. 9oz, 19.5 inches)

* *



Born to Alexandra and
Alexander in
May 2008

Grant Lee



Born to Julie and Michael
on December 3, 2008
(8 lbs. 6oz., 21.5 inches)

Lila Frances



Born to Mindy and Mark
on November 10, 2008
(7lbs. 10oz, 20 inches)

Traditional Chinese Medicine Theory of Five Elements (continued)

shifts into the Gallbladder channel, in which any activity after 11:00 p.m. may disrupt the body's natural rhythm. During sleep, the body is able to complete its transition from Yin to Yang, and by sunrise, the body will naturally wake up around 5:00 a.m. to 6:00 a.m. and join the Yang-Qi flow.

The function of Yang-Qi is to promote the body's microcirculation, enhance the body's normal function and defense against sicknesses such as a cold, flu, and pneumonia. Bacteria and virus attacks are notorious in the springtime, since warmer, windy weather works to their advantage.

In the springtime, we may also experience dryness, which affects the condition of our skin and face. Therefore, it is important to stay hydrated by drinking plenty of liquids such as water and herbal teas. Green tea, in particular, is a wonderful choice.

A spring diet should consist of green vegetables such as celery, broccoli, asparagus, artichokes, cucumber, radish, spinach, and lettuce. High-fiber foods invigorate the colon, cleansing and detoxifying the body. This allows the digestive system to absorb more nourishment to the body. Foods less sour, but sweeter such as dates, yams, and carrots, are also recommended for this season.

The function of the Liver is vital to the digestive process, in which the Liver produces bile that is necessary for digestion. The Liver also stores and distributes blood (nourishment) to the rest of the body, strengthening the body's muscular system including ligaments, joints, tendons, and sinews. Yoga and stretching exercises are best for strengthening the Liver channel. Spring is the best time of year to detoxify the body. Here at TCM Healing Center, we offer a yearly liver cleansing program to help those who would like to start the year with a physical and spiritual cleanse!

Summer—The Fire Element

Summer is a time when many of us look forward to spending time outdoors. We long to feel the cool breeze as we rest under a shade, while others welcome the hot embrace of the summer sun.

The Heart and Small Intestine channels reach their energetic peaks at this time of year. The Heart is predominant from 11:00 a.m. to 1:00 p.m., and the Small Intestine is predominant from 1:00 p.m. to 3:00 p.m. The Heart performs many energy functions that are vital to the health of the entire human body, mind, and spirit. The Heart houses the Shen (spirit) and is the control center for the four aspects of the Soul: Yi (thought and Spleen), Po (physical and Lung), Zhi (willpower and Kidney), and Hun (ethereal soul and Liver). To have true health is to maintain a peaceful Heart and a joyful mind.

The condition of the Heart relates to the appearance of the tongue. Therefore, a tongue diagnosis could very well reflect the condition of one's Heart. An individual with a healthy-balanced Heart usually has a tongue red in color. Whereas, a pale tongue may be a sign of insufficient blood and a purple tongue may be a sign of blood stagnation.

The tissues of the Heart are blood vessels. Because the face has many blood vessels, one way to understand the state of one's Heart is to observe the complexion of one's facial color. For example, if an individual has a pale face, he or she may have insufficient blood flow to the Heart, whereas, if an individual has a red face, he or she may have excess heat.

Foods recommended for this season are cooling, alkaline-forming foods such as fruits and vegetables. It is best to avoid sugar, dairy, yeast, gluten, and processed foods. Tomatoes, cucumbers, watermelon, strawberries, and peaches are great bites to indulge in during this season, including late summer.

Late Summer—The Earth Element

The latter part of the summer is a season of transition, when Yang begins its transformation into Yin. In preparation, Yin energy will rise for the colder seasons, autumn and winter.

The Spleen and Stomach channels reach their energetic peaks at this time of year.

(Continued p. 4)

Ask the Expert

Is acupuncture safe for the baby during pregnancy?

Acupuncture, as a form of holistic medicine, does have precautions and contraindications. If performed properly by a highly experienced practitioner, acupuncture is an extremely safe modality. There are virtually no potential complications or side effects, even in children and during pregnancy. Not only does acupuncture not have any harmful effects on the baby or mother during pregnancy, it can improve blood flow to the uterus, thereby nurturing the

fetus and creating an easier pregnancy and healthier baby.

Are the herbs safe to use during pregnancy?

Chinese herbs have an experiential history that span thousands of years. As with any other medicine, single herbs may have side effects and contraindications, especially during pregnancy. However, if a traditional Chinese medicine gynecological specialist prescribes the herbs, there are rarely any side effects at all. The goal is to create a specialized formula

that continues to balance the body's hormonal levels, while maintaining a normal pregnancy, and avoiding any potential risk factors related to medical conditions. The result: A healthy baby and mother! A Chinese herbal medicine prescription depends solely on the patient's body, symptoms, signs, a correct pulse finding, and proper diagnosis. Usually, the customized herbal formula is safe for the specified condition during the specified time.



Acupuncture News: "Herbal Medicine: What It Is, What It Does"

By: Editorial Staff (Full story at: acupuncturetoday.com)

Herbal medicine is an integral component of traditional Chinese medicine (TCM). It is also one of the oldest (and most popular) forms of health care. Studies have shown that as much as 40% of all American adults use herbal products, with the amount of money spent on herbal remedies in this country each year in the tens of billions.

The use of herbal medicine is even higher overseas, with some countries reporting a

usage rate of 75% or greater.

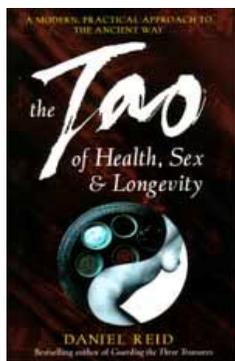
The term "herbal medicine" refers to the use of a plant's seeds, berries, roots, leaves, barks or flowers for medicinal purposes. While the scientific study of herbs in the United States began just over two centuries ago, herbs and botanicals have been used to treat a wide range of health problems in Asia for thousands of years.

When used to facilitate

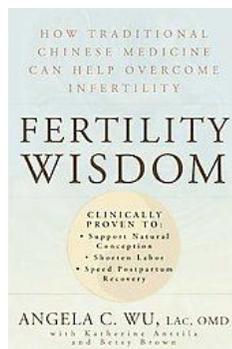
healing in chronic, ongoing problems, herbal medicine has a great deal to offer. Studies have shown that herbal products can treat a variety of conditions, including colds, digestive disorders, insomnia, headaches, arthritis, skin disorders, asthma, and a host of other problems usually treated with pharmaceuticals and prescription medications.

"We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves."~ Buddha

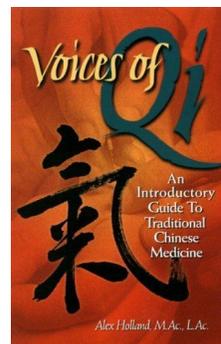
Book List



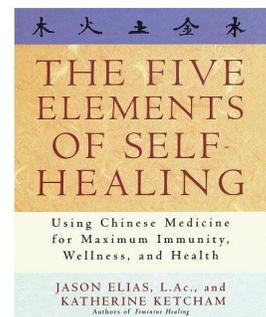
Daniel Reid



Angela C. Wu



Alex Holland



Jason Elias and Katherine Ketchum



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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.

Traditional Chinese Medicine Theory of Five Elements (continued)

During the day, the Stomach is predominant from 7:00 a.m. to 9:00 a.m. and the Spleen is predominant from 9:00 a.m. to 11:00 a.m. The healthy function of this organ pair is crucial for the digestive process as well as several other important functions in our bodies.

Food combining is beneficial to the digestive process. Mixing complex carbohydrates and proteins can cause a blockage in the intestinal tract therefore, it is best to mix proteins with vegetables. Warm teas such as peppermint or chamomile can also aid in digestion. One recipe we recommend during this time of year is Mung Bean Soup. This recipe is great for nourishing the Spleen and Stomach channels and helping the body avoid dampness. At TCM Healing Center, we carry this recipe complete with ingredients all-year round. If you are interested in purchasing this delicious recipe, please contact our receptionist!

Autumn—The Metal Element

Autumn is the season of harvest, and we prepare for the colder season ahead. During this time, the body will shift from its current energy flow, Yang Qi, into a new energy flow: Yin Jing.

The Lung and Large Intestine channels reach their energetic peaks during this time of year. The Lung is predominant from 3:00 a.m. to 5:00 a.m. and the Large Intestine is predominant from 5:00 a.m. to 7:00 a.m. The Lung governs the formation and distribution of Qi, and is responsible for the movement and circulation of blood and Qi.

The nose is the opening of the Lung, therefore when the nose is clear; the Lungs are in good condition. However, a congested nose may indicate an invasion of pathogens in the Lungs, such as a cold or allergies.

During this season, it is best to nourish Yin Jing by eating foods such as white fungus, sugar cane, soymilk, sesame seed, and blackened chicken soup. Fiber-rich foods such as daikon radish, spinach, broccoli, chard, and other dark green leafy vegetables are also recommended for this season. Fruits that are less pungent, but sourer such as apples, grapes, mango, lemon and hawthorn berries are also suitable in nourishing Yin Jing.

Winter—The Water Element

Winter is a season of rain and snow, and is a time for reflection and restoration. The days are shorter and the nights are longer, and all the mechanics of life slow down. The Kidney and Urinary Bladder channels reach their energetic peaks during this time of year. In the wintertime, the Urinary Bladder is predominant from 3:00 p.m. to 5:00 p.m. and the Kidney is predominant from 5:00 p.m. to 7:00 p.m.

The Kidney nourishes the bones, marrow, brain and spinal cord and is the primary source of Qi in the body. It is important to drink plenty of warm fluids, especially warm water to tonify the body systems. The Kidney's main function is to obtain nutritive body fluids created from food essence and distribute this nourishment throughout the body. At the same time, the Kidney organs clear the body of waste fluids produced by the body's processes.

A winter diet should consist of warming foods such as steamed vegetables, whole grains, and ocean foods such as seaweed and fish. Meat such as lamb, beef, and chicken are also superb in nourishing the body's essence. Soups are ideal for this season as well. Chicken soup and fish soup served with brown rice are great for the wintertime. Individuals should also eat whole grains daily. Other foods recommended for this season are pecans, yams and sweet potato.

In the wintertime, we tend to sleep earlier and wake up later than usual. During this season, it is best to dress warm, avoiding the cold weather and maintaining Zen through relaxation and meditation. During the cold seasons, physical activity such as Tai Chi, is best in order to cultivate Yang-Qi.

From a Traditional Chinese Medicine view, ultimately, each individual has their own particular constitution; therefore, seasonal diets may not always be appropriate. During the autumn season, for example, one who exhibits an excess of heat (Yang), may find it beneficial by eating cooling foods such as cucumber and watermelon.

For more information regarding seasonal diets and guidelines, please ask your acupuncturist.