

**TRADITIONAL
CHINESE MEDICINE
HEALING CENTER**

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Got Qi?

Fall/Winter 2012

Health Advice for the Fall and Winter Seasons

Are you feeling well?

Are you suffering from a chronic cold, runny nose, sinus congestion, asthma, coughing, skin rash, a headache, achy joints, fatigue, or all of the above? Are you feeling sick to your stomach? There is a way to help you!

During the Fall and Winter months, TCM Healing Center offers immune enhancement treatment programs to help you quickly feel better and improve your energy levels so that you can have a healthy, joyful Fall and Winter season!

Living in Harmony with Nature

In TCM theory, each season corresponds to a specific natural element – Wood, Fire, Earth, Metal, or Water. Fall belongs to the Metal element and is characterized by cooler, windy weather and an overall cold and dry energy. The Winter belongs to the Water element, which is characterized by cold damp and windy energy. There is a Chinese folk saying that goes “Stay warm during the Spring and cool during the Fall and Winter.” While this may sound like an oxymoron, it reminds us to avoid overheating ourselves during the cooler seasons. Furthermore, the dryness associated with Fall can aggravate heat symptoms in the body such as dry cough, thirst, constipation, etc. The quote, therefore, is to remind us to avoid overheating ourselves so as to stay healthy and avoid symptoms of dryness and dehydration during the Fall and Winter seasons. A few of the ways we can do this is by avoiding over-exercising and eating too many stimulant types of foods such as spicy foods, alcohol, coffee, sugar, and greasy, fried foods in order to prevent health problems during the Fall and Winter months.



Physical Challenges During the Fall and Winter

From a physiological perspective, the Fall season greatly affects the respiratory (Lung channel) and digestive (Large Intestine channel) systems. If the energy flow through the Lung channel is congested or stuck, symptoms such as runny nose, dry or productive cough, sore throat, or itchy skin may result. Imbalance or congestion of the Large Intestine channel, on the other hand, can result in digestive issues such as nausea, diarrhea, and constipation. The Winter season, on the other hand, is associated with the Kidney and Urinary Bladder channels, which correlate with the reproductive and adrenal systems, the bones, and water metabolism. If the energy flow through these channels is weak or obstructed, issues such as infertility, chronic fatigue, aches and pains, edema, and a worsening of arthritic symptoms may result. Below are some ways that we can prevent or alleviate these issues and keep the energy in our Lung, Large Intestine, Kidney, and Urinary Bladder channels freely flowing through the Fall and Winter months!



Advice for a Healthy, Happy Fall Season

Meditate by paying attention to your breath. Meditation places your body in a resting state and allows healing to take place on all levels. Breathe slowly and deeply, and clear your mind of all clutter. Bring your awareness to the breath

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Congratulations Expecting Mothers!

Zoe L.
Rebecca H.
Christina K.
Kristina A.
Laura G.
Stephanie O.
Michelle H.
Heather M.
Lisa A.
Allison M.
Danielle B.
Paula F.
Melissa B.
Denise V.
Jennifer S.
Kristen G.
Brooke B.



“A moment in my tummy,
A lifetime in my heart.”

Welcome to the World!

Grace



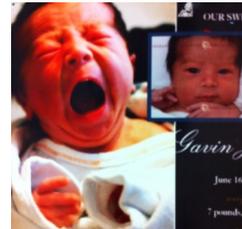
Born to Erin & Flor
On August 13, 2012
8 lbs. 5 oz., 20.5 inches

Chloe



Born to Allison & Larry
On June 27, 2012
6 lbs. 14 oz., 20.25 inches

Gavin



Born to Jennifer & David
On June 16, 2012
7 lbs. 3 oz., 20.5 inches

Dylan



Born to Jessica & Ahmet
On September 27, 2012
6 lbs. 3 oz.

Kenan



Born to Jessica & Ahmet
On September 27, 2012
5 lbs., 7 oz.

Jackson



Born to Rosanna & Scout
On September 7, 2012
7 lbs. 10 oz., 21 inches

August



Born to Ursula & Oscar
On October 4, 2012
6 lbs. 1 oz., 19 inches

Earl



Born to Charles & Christy
On September 24, 2012
8 lbs. 3 oz., 22 inches

Liliana



Born to Deborah & James
On October 10, 2012
7 lbs. 9 oz., 20 inches

Cont'd from Page 1

passing in and out of the nose. Feel the breath gently filling up your lungs. Imagine the breath nourishing your cells and tissues with life-giving oxygen.

Exercise. Moderate exercise helps to dissolve stagnation, improve circulation, and keep the lung Qi healthy and moving. Qi Gong is an excellent form of exercise which combines movement, breath, and meditation. Other forms of exercise such as walking, yoga, tai chi, or light jogging are also great.

Eat in a pleasant, unhurried atmosphere in order to optimize your digestive function and relax the colon. Balance warming foods such as hearty stews and soups with cooling foods that benefit the Lungs and Large Intestine. Examples include Bai He (White lily bulbs), pears, and daikon radishes, which strengthen and nourish the Lung and Large Intestine functions and prevent the overheating, drying effects of Fall and Winter. Eat moderate amounts of warming herbs such as ginger, cinnamon, fennel, and cardamom, which help aid digestion and stave off the cold energy of the Fall and Winter. Stick with seasonal organic fruits and vegetables such as apples, pumpkin, squash, sweet potatoes, spinach, beets, and other locally grown greens. A diet rich in sea vegetables such as hijiki, kombu, and wakame seaweed can help to alkalize the body and prevent health issues such as hypertension, kidney stones, thyroid issues, and other age-related kidney diseases.

Practice letting go of anger and resentment. Reflect on your values and what is important to you in your life.

Remember that every loss and every end comes with a new beginning. It's okay and necessary to grieve over your losses, but it's just as important to focus on what lies ahead. Ask yourself, how can this loss serve me?

Create rituals. Rituals are good for the soul and enhance spiritual growth. Make a ritual of watching the sunrise or sunset each day, listening to your favorite music or podcast while you cook dinner, or saying a prayer or meditation before going to bed.



Steamed Pear and Fritillaria Bulb Recipe

As a child, I remember that whenever I was sick with a “heat” type of cough (can manifest as sore throat and/or yellowish, thick phlegm that’s hard to cough up or stuck in the throat or chest) during the Winter months, my mother would often make me eat a steamed pear with a slightly bitter powder placed in the middle of the scooped-out cavity of the pear. Although like most people, I did not exactly cherish the bitter, dirt-like taste of Chinese herbs, I was always happy to eat this steamed pear with the ground-up Fritillaria Bulb powder inside. To me, it was a comforting food to eat during the cold days of Fall, and it also alleviated my coughing issues!

In China, the pear is known for its ability to nourish and moisten the Lung and Large Intestine channels, and it is often used to treat dry cough and dry constipation. The Fritillaria Bulb, which in Chinese is called Chuan Bei Mu or Chuan Bei Fen (“fen” means “powder”), is usually sold as a ground-up powder in most Chinese supermarket or herbal stores. Chuan Bei Mu moistens and clears heat from the Lung channel, so it is an excellent herb to use for dry or non-productive coughs.

Below is an easy-to-make recipe that is excellent for the Fall and Winter months. If you are suffering from a dry cough, dry throat, or other respiratory issues and are using this dish for therapeutic reasons, it is recommended to eat this dish once a day for at least 4 to 7 days. Enjoy!

Ingredients

- 5-10 grams Fritillaria Bulb (Chuan Bei Mu), whole. If bought as powder, use about 1 packet of the powder (which is equivalent to about 10 grams of the raw herb)
- One pear (any kind)
- 2 tsp honey or rock sugar



Directions

1. If buying whole Chuan Bei Mu, place in a coffee or spice grinder and grind into a powder. This step is optional if you prefer to eat the Chuan Bei Mu whole.
2. Cut off the top 1/3 of the pear, and set it aside (but don't throw away). Scoop out the core of the pear, but do not scoop out all the way through the bottom. Leave the bottom of the pear intact.
3. Pour the Chuan Bei Mu powder (or whole Chuan Bei Mu) into the core of the pear. Top off with about 2 tsp honey (or rock sugar). Cap the pear with the top 1/3 that was previously cut off.
4. Place the pear in a small bowl and steam, covered, for about 30-40 minutes. Let cool and enjoy!

Laughter... The best medicine!





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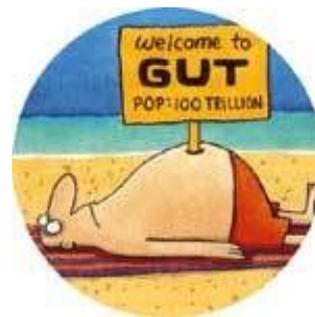
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Chinese Herbs Help Promote Beneficial Gut Flora and Improved Immunity

In the past few years, scientists have begun to understand the huge impact which gut microflora have on our overall health. The millions of bacteria, fungi, and micro-organisms that reside within the body make up 10 times the number of cells in the human body as our own cells! Another little factoid: About 3.3 million genes are contained in the bacteria of the human gut, far outnumbering the estimated 20,000 to 25,000 genes that people inherit from their parents. It's no surprise, then, that having beneficial bacteria in the gut is crucial in preventing a host of health problems such as autoimmune diseases, obesity, and other inflammatory conditions.

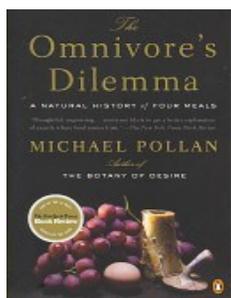


In Traditional Chinese Medicine (TCM), the Spleen ("Pi" in Chinese) governs our digestive function and intestinal health. When someone has deficient Spleen energy ("Pi" deficiency), this often manifests as a tendency towards lowered immunity and easily getting sick, chronic respiratory or sinus issues, low energy, low appetite, diarrhea or loose stools, inability to absorb nutrients from your food, obesity or having a difficult time gaining weight, poor circulation, cold hands and feet, and hormonal deficiencies. As TCM practitioners, we have seen excellent clinical results when we prescribe Spleen strengthening formulas and herbs. We know from experience that prescribing these formulas results in more energy, improved digestive function, enhanced immune function, and overall improved health. Perhaps one of the reasons for this is that TCM herbal therapies directly impact health through their beneficial effects on the gut! Recently, scientists have begun to study the impact of TCM herbal therapies on Spleen function as it pertains to intestinal microflora.

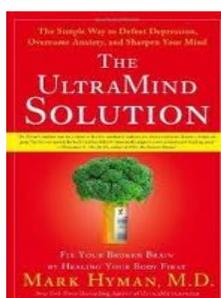


A research team led by Professor Li from the School of Pharmacy of Shanghai Jiao Tong University, China, used a special molecular method called ERIC-PCR (enterobacterial repetitive intergenic consensus-polymerase chain reaction), in order to identify and assess the intestinal microflora of Spleen deficient rats and study the effects of four TCM herbal therapies on these rats. The researchers found that four major TCM clinical formulas typically used to strengthen Spleen function had a beneficial, therapeutic effect on the rats' gut microflora. Another study showed beneficial effects on the gut microflora of weaned piglets when a type of Ginseng (*Acanthopanax senticosus*) was added to their diet. The number of Lactobacillus (good bacteria) increased, while that of E. Coli (pathogenic bacteria) decreased in piglets fed the diet supplemented with the herb. The study suggests, therefore, that the Chinese herb encouraged the growth of beneficial gut bacteria and suppressed the growth of pathogenic bacteria, thus promoting a healthy intestinal environment. At last, science is beginning to offer clues as to how the thousands-of-years'-old tradition of Chinese herbs actually helps improve our overall health and immunity!

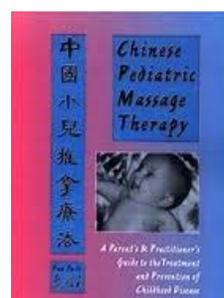
Recommended Books



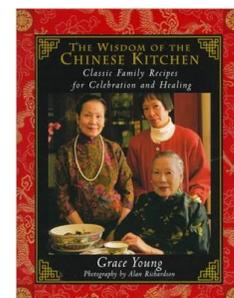
Michael Pollan



Mark Hyman, M.D.



Fan Ya-Li



Grace Young