



Chinese Acupuncture Healthcare

Fall News Letter 2007

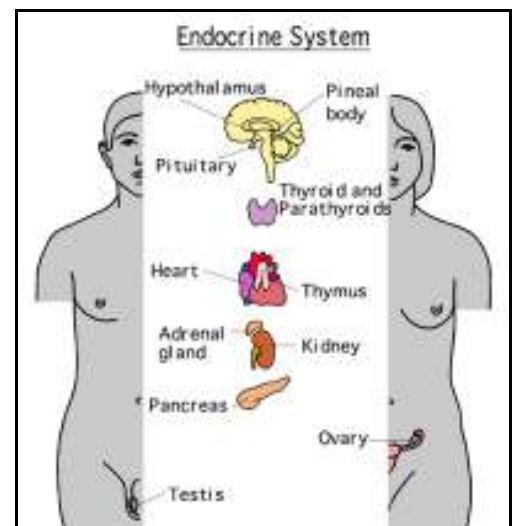
Princeton Integrative Health Center
11 State Rd.
Suite 300/400
Princeton, NJ 08540
609-921-8980

Bringing Balance to Your Hormones: a program addressing the thyroid, adrenal and sex hormones

Hormones are chemicals created by the body's endocrine glands such as the thyroid gland (which sets your metabolism like a thermostat), the adrenal glands (which regulate your sex hormones, sugar, salt and water balance) and the ovaries/testes (which oversee your libido, youthfulness, growth hormones, etc). These complicated chemicals act on all the tissues of your body like the brain, skin, muscles, bones, heart and many others you don't think about and they affect each other as well creating an exquisitely sensitive system of immediate and long term control of bodily functions.

Thyroid dysfunction can lead to problems with energy level, weight control, and moods. Adrenal dysfunction can lead to a feeling of constant stress, insomnia and mood also. Sex gland dysfunction can lead to early aging, bone loss, skin wrinkles and mood as well.

The program employs the technology of saliva testing to get a more fine-tuned picture of how much of the various hormones are actually reaching your "end-tissue" organs. While a blood test will give a broad picture of how much of the hormones are circulating, testing the output of the salivary glands gives us an idea of how much of those hormones are being taken up and used by your organs. In other words, the amounts of hormones found in your saliva can be related to how much is making it into your ovaries/testes, kidneys, liver, digestive tract, skin, muscles and bones.



Together, by analyzing your history and symptoms, Traditional Chinese Medicine diagnosis, Western Medical test results, and nutritional evaluation, your treatment plan and follow up will be decided on by the team. By following this program, you know you are getting the best of all worlds. When your hormones normalize, your physical and mental state should become balanced as well.

We are happy to introduce new members of the [Princeton Integrative Health Center](#):

Dr. Robert Levitt and Dr. Kimberly Levitt

We'd like to welcome Drs. Robert and Kimberly Levitt to the Princeton Integrative Health Center. They are a father daughter team of physicians. Dr. Robert Levitt is a board certified obstetrician and gynecologist who also practices dermatology. He has been in practice for over 35 years in the East Brunswick/New Brunswick region. Since he has retired from obstetrics and surgery, he is now practicing more dermatology and endocrinology.

Dr. Kimberly Levitt is a medical doctor with a Masters in Public Health who is a certified medical acupuncturist. Because she is trained in both Western and Eastern medicine, Dr. Levitt is able to use both disciplines in order to promote wellness and fight disease in her patients. Both doctors work in the context of the truly integrated medical program here at the health care center, working alongside Veronique Cardon, Helen and Jennifer Law, primarily focusing on the epidemic of endocrine dysfunction of the thyroid, adrenal and sex hormones. All of the healthcare providers employ a team approach and closely follow the progress of each patient together.

Here are two simple and tasty recipes for fall lung tonification:



Pears cooked with Yi Yi Ren (Job's tears, Coix seeds) are classically used to treat a dry hacking cough, but it is also good when there is no illness. You can have it as a dessert or snack.

6-8 firm pears
1 cup Yi Yi Ren (Job's tears, similar to barley)
1-2 cup warm water
Honey or agave nectar (optional)

Preheat oven to 375°. Peel and core the pears. Grind the Yi Yi Ren in a coffee grinder until it becomes a coarse powder. Mix the powder with warm water and honey or agave nectar to create a thick liquid. Simmer the liquid over low heat until the mixture becomes smooth. Place the pear halves in a casserole dish so the holes face up. Pour the Yi Yi Ren mixture into the holes and drizzle the rest over the pears. Cover the pears with foil or a lid. Cook for 40 minutes or until pears are soft. Eat warm.

Fall Tonification Stir Fry

4 cloves of garlic, minced
½ onion, chopped
5-6 carrots, chopped
.5 - 1 pounds mushrooms (oyster or shitake) halved
2-3 parsnips, chopped
Collard greens with stems removed, leaves chopped
1 pound tofu, cut into ¾ inch cubes
2 small pieces of fresh ginger
Sesame and/or olive oil
Rice or balsamic vinegar
Soy sauce
Salt and pepper to taste

Add sesame and olive oil to a preheated pan. Add ginger and garlic to the oil. Brown the tofu at medium-high heat. Once the tofu is browned, add the garlic and onions, cook until the onion is translucent. Add some vinegar and soy sauce. Add the carrots and parsnips, cook until the parsnip is tender - about 10 minutes. Add the mushrooms. Finally add the greens and cook the entire mixture, adding salt and pepper along with splashes of vinegar until the taste of the tofu is to your liking.

Prepare for the Winter by Living Well During the Autumn

"The three months of Autumn are the time of harvest. The energy of Heaven begins to blow swiftly and the energy of Earth begins to change color. One should go to bed early and rise early: maintain a peaceful mind in order to mitigate the decaying effects of Autumn; and restrain one's desires outwardly in order to preserve the energy of the Lungs. The Qi of Autumn controls nourishing and receiving. If one does not follow these rules in the Autumn, one will fall ill in Winter."

Autumn is here: a time of decrease and withdrawal. In today's busy world, people seldom change their behavior or routine when the seasons change. Most of us continue working the long hours and getting the same amount of sleep that we do in spring and summer at this time of the year. But those who live by Traditional Chinese theory know that autumn is a time when we should begin to conserve our Qi and energy in order to get us through the coming winter months. The autumn is the season associated with the Lung, so the following information will inform you about ways to protect your Lung Qi.

Food and drink: Because of the potential for damage to Lung Qi, we should eat foods that help to protect this vital substance. Foods with a pungent flavor tonify the Lung, such as aduki beans, pickles, olives, almonds and sourdough bread. Fall fruits such as persimmons, peaches and apples along with hearty root vegetables like sweet potatoes and parsnips are great to increase the warming energy in your diet to prepare you for winter.

Physical and social activity: Most of us live the same way during the whole year. We work hard and play hard regardless of the season. During the fall, excessive physical activity should be reduced. If you are used to going for runs, try taking long walks and start doing more meditative exercise, like Qi-Gong. Get to bed earlier and sleep in later. Although these lifestyle changes may mean saying no to certain social activities or television shows, by reducing your activity during the autumn, you will be rewarded with less illness and better health during the winter, and greater longevity as well.

Autumn is a season for a quieter lifestyle and protecting your Qi by keeping yourself warm, nourished and calm.

He Shou Wu (何首烏): A Natural Solution to Hair Loss and Graying Hair



Men and women alike face the problem of thinning, graying hair and hair loss. Some turn to hair treatments like Rogaine, hair transplants or hair dye to give them a youthful appearance. From a Chinese Medicine perspective, hair loss is caused by a deficient flow of Qi and Blood to the scalp and hair roots. Gray hair is due to weak Jing (精), or essence. Jing affects reproduction, sexual development and aging. When this is weak, aging occurs faster.

Chinese medicine doctors use natural herbs to promote hair growth and restore hair color. He Shou Wu (*Polygonum Multiflorum*) can nourish blood and Jing, and it even helps to relieve constipation. In several human clinical trials, He Shou Wu was able to help up to 60% of people with alopecia regrow hair within 3 months. In animal studies, He Shou Wu was shown to lower total cholesterol and triglyceride, and to promote learning and memory. In addition to these benefits, He Shou Wu contains multiple antioxidants.

While the exact mechanism is unknown, He Shou Wu seems to extend the growth phase of the hair follicle. This reduces the number of hairs in the resting and falling out phase. The effect is a greater number of growing hairs and fewer hairs falling out. Another benefit may be derived from the ability of He Shou Wu to block DHT (De-Hydro Testosterone) from binding to the follicle. DHT is a leading cause of male pattern baldness because it deactivates the hair by binding to the follicle. Men produce higher levels of DHT as they age.

There are few side effects to taking He Shou Wu. Since it is a tonifying herb, it may cause upset stomach in some people, but taking it with food often solves that problem. He Shou Wu should be taken consistently for 3-4 months before you see noticeable results. For those with severe or sudden hair loss, He Shou Wu can be found in a shampoo form that can be used topically in addition to internally.