

# *Chinese Acupuncture Healthcare Winter News Letter 2008*

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## Cultivating Life: Eating for Longevity in Chinese Medicine

For centuries, the study of longevity has been a key area of focus in Chinese medicine. The search for a long and healthy life is as old as the medicine itself. As the largest part of the American population starts to age, Chinese medicine practitioners are increasingly called upon to help guide people into healthy old age. In the past, people died at an earlier age because of disease and acute infection. Nowadays, with antibiotics and advanced healthcare methods, people can live with long term degenerative diseases.

Regenerative nutrition and herbs: In addition to eating plenty of organic fruits and vegetables every day, try to have yams, sweet potatoes, walnuts, peanuts, ginger and pickled vegetables. Cooked food is easier for the body to digest. Eating with the seasons will give you more energy and help you fight disease.

**Spring:** Sweet and spicy flavors. This is the best time to fast. Avoid salt, eat steamed or lightly cooked food.

**Summer:** Include a variety of brightly colored fruits and vegetables. Cooling fruits such as watermelon are good.

**Fall:** Sour and bitter flavors. Eat root vegetables like squash and sweet potato. Cook with sea salt and miso.

**Winter:** Salty and bitter flavors. Avoid raw foods. Eat plenty of soups and stews, pickled vegetables, beans and animal products.



## Season's Greetings from Helen Law and Jennifer Law & Staff

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### Congee Recipes

During the winter, there's nothing better than a hot bowl of congee to warm your body and soul. Congee is rice porridge that is often served for breakfast in Asian countries. It can be made sweet or salty and is beneficial for weak or sick people.

The following congee is prepared with astragalus root. Astragalus is a herb that is native to China. It is thought to relieve weakness and fatigue and to enhance stamina and immunity. In traditional Chinese medicine, astragalus is often recommended in the winter to prevent colds and flu, however, it is generally not taken once a cold or flu begins.



### Cold Winter Congee

- 1 oz. astragalus root
- 1/2 cup long-grain white rice
- 8 cups of water or stock
- 12 black dates, soaked and pitted
- 1 large or 2 small carrots, diced
- 1 T fresh ginger, minced
- 2 tsp. cinnamon
- 1/2 tsp. powdered ginger
- 1 tsp. powdered cardamom seed

Place all the ingredients in a large pot. Bring to a boil and then simmer for 1 to 2 hours until the congee is soft and the consistency of porridge. Remove the astragalus root. This congee can be served with a dash of cinnamon and a pat of butter.

### Chinese Acupuncture Healthcare now offers Advanced Allergy Therapeutics



Advanced Allergy Therapeutics (AAT) is a breakthrough technology that eliminates allergic reactions. Instead of just treating the symptoms, AAT treats the problem at its source by retraining the body so that it no longer reacts inappropriately to an allergen. Once treated, patients can be in contact with the substance that had previously caused the allergic reaction or sensitivity. AAT combines modern science with Chinese medicine to offer an effective alternative in the treatment of allergies.

Advanced Allergy Therapeutics uses gentle pressure to stimulate points on the back, or laser therapy on auricular points which correspond with the major organ systems. According to Traditional Chinese Medicine, this stimulation relaxes the body and temporarily strengthens each of the major organ systems. The patient is simultaneously exposed to very subtle and safe levels of the allergen. The body associates the positive stimulus with the exposure of the allergen and no longer perceives it as harmful. With this therapeutic breakthrough, the AAT treatment does not rely on the use of medications, herbal remedies or supplements. The treatment is safe, painless and available to all ages including infants.

Advanced Allergy Therapeutics can relieve issues related to digestion such as irritable bowel syndrome, respiratory problems like asthma, dermatological problems, headache, fatigue, multiple systems such as ADHD, as well as general environmental sensitivities. AAT can treat any substance or stimulus that causes a negative reaction such as shell fish, red and white wine, beer, chemicals, latex, fruit, food components, perfumes, berries, airborne irritants, eggs, dust, dust mites, nutritional supplements, nightshades, seasonal allergies, environmental, grains, animal dander, woods, metals, dairy, fabrics, upholstery, plastics, stinging insects, coffee, chocolate, detergents, softeners, sunlight and barometric pressure.



### **Just in time for winter: Loquat & Fritillary Sugar Free Herbal Cough Drops (Chuan Bei Pi Pa Tang)**

We were thrilled to find these sugar free cough drops, which are based on a popular and ancient Chinese herbal cough syrup. They are especially helpful for acute or chronic cough, with or without phlegm, sore or dry throat, throat pain or hoarse voice. These drops are also great for teachers, public speakers, singers and performers to protect the throat and vocal chords. Children and adults enjoy the sweet minty flavor.



### **Spring Wind Lip Balm**

Unlike other lip balms, Spring Wind Lip Moisturizer keeps lips naturally moisturized without the need for repeated applications. The Chinese herbs in the balm ensure that lips are nourished from the inside out. Variations of this formula have long been used in China to treat dry chapped lips. Spring Wind Lip Moisturizer contains no petroleum products or artificial ingredients.