

Chinese Herb Highlight: Pàng Dà Hǎi

Pàng Dà Hǎi is also known as Sterculia Seed. In Traditional Chinese Medicine (TCM), Pàng Dà Hǎi is considered cool and sweet. It's associated with the lung and large intestine channels, and has various health benefits.

First, it moisturizes the lungs and can be helpful when you suddenly have a hoarse voice accompanied by cough, thirst, or sore throat. This can occur when you strain your voice, like when you shout loudly.

Second, Pàng Dà Hǎi aids digestion by relieving symptoms like bloating, indigestion, and constipation. It has a mild laxative effect, which helps with bowel movements.

If you want to try Pàng Dà Hǎi, here's what you can do:

1. Soak 2-3 pieces of Pàng Dà Hǎi in a cup of boiling water for 10 minutes.
2. Once the seeds expand, you can add honey for flavor, if you desire.
3. You can also add 2 pieces of chrysanthemum to increase the cooling effect.
4. Drink this mixture once daily for 2-3 days.

It's important to be cautious when using this herb:

- Don't use more than 5 pieces per serving.
- Only have one serving per day.
- Avoid drinking for more than 7 consecutive days.

Furthermore, if you have certain health conditions, you should avoid using Pàng Dà Hǎi:

- Abdominal pain.
- Loose stool or diarrhea.

- Feeling sick, experiencing chills, physical weakness, or fatigue.
- Chronic respiratory diseases.
- Low blood pressure.
- Diabetes.

This is a general guideline. Please see a TCM Practitioner to find a treatment plan tailored to your health.

Article provided by Lykos Yang, ., Licensed Acupuncturist at Chinese Hospital East West Health Services.

Disclaimer: This article is for informational purposes only and is not intended to substitute professional medical advice, diagnoses, or treatment. Always seek advice from your physicians or other qualified health provider.

Using Traditional Chinese Medicine for Stress Management

Nowadays, we constantly hear that people are under a lot of stress. Stress not only affects our health, but also our life and career. More people are looking to acupuncture and herbs to help with or reduce stress symptoms.

As the old Chinese saying goes, “where water flows there’s no stagnation.” Good health relies on the free flow of “Qi” and body fluids. An unhealthy lifestyle, physical, or emotional traumas can interrupt the flow. Acupuncture treatments can smooth body energy.

There is an exercise that we can use daily to help manage our

stress symptoms:

Place your palms on your ribcage area. Move both hands back and forth in a rubbing motion for 10 seconds, 2-3 times per day. This exercise is suitable for everyone who is suffering from stress.

This is a general guideline. Please see a TCM practitioner to find one tailored to your individual health.

Article provided by Joyce He, ., Licensed Acupuncturist at Chinese Hospital East West Health Services.

Celebrating Our 10th Anniversary

East West Health Services will celebrate its 10th Anniversary in December. Established in December of 2012, our office has been proud to uphold our mission statement to create optimal wellbeing through holistic traditional Chinese medicine services and education.

Our long-standing patients have witnessed our significant growth in space and staff at our Financial District/Chinatown location. In addition we added our second clinic in Daly City in January 2016 and opened our third clinic in the Excelsior district last Fall. We are proud to have made many strides in meeting the needs of our cherished patients, such as streamlining our check-in process, adding space and staff, creating wellness classes and programs, and improving patient appointment availability. There are more endeavors coming as we realize that the industry is ever-changing. Wellness is at the heart of what we do, and we believe that extraordinary care is the foundation of a lifetime of good health.

A Refreshing Spin on a Summer Fruit: Watermelon Sago

In Chinese medicine, we pay special attention to the affects the seasons have on the body. Watermelon is a seasonal fruit that is sweet and cold in nature. It relieves summer heat, quenches thirst, and is a great food for combating those sweltering sunny days.

Easy summer dessert recipe:

Ingredients:

- 1 package sago pearls
- 2 cans coconut milk (sweetened/unsweetened)
- Sugar (optional)
- Watermelon diced into small cubes

Boil a large pot of water. Add sago and cook on medium high heat for about 15 minutes or until the pearls are translucent. Pour the sago into a colander and rinse under cold water until the water is clear. Set the sago aside in a water bath. Pour coconut milk into a small saucepan and add additional sugar if desired. Add the sago pearls back and turn off the heat. Top with watermelon cubes and enjoy! This dessert can be served warm or chilled.

CAUTION: Watermelon may be too cooling for those with weak constitutions. Try substituting with mango, melons or taro.

Information provided by Amy Jiang, Lac., our Licensed Acupuncturist.

**This article is a general guideline. To find a treatment plan tailored to you, please talk to us or a licensed acupuncturist*

Chinese Herb Highlight: Rose, Beauty for Mental Health

Rose is not just a symbol of love; it is also an herbal supplement used for lifting your mood.

In Traditional Chinese Medicine (TCM), the Liver governs “unclogging and deflation” and affects the flow of Qi and Blood. If Qi is not able to flow freely, one can easily feel irritated, angry, or emotional. We call this Liver-Qi Stagnation. This can happen when someone has demanding jobs, emotional trauma, or stay up late.

Rose is sweet and warm in nature. It helps Qi flow, smooths Liver Qi, and promotes blood circulation. Rose tea is a delicious way to benefit your mental health!

Making Rose Tea:

- Soak 2-5 dried rose buds in a teacup of hot water (140°F) for about 3 minutes.
- To avoid bitterness, avoid soaking for too long or use boiling water.
- Add honey or 1 to 2 jujubes as desired.
- Add a few Hawthorn berries to aid digestion if desired.
- Drink once a day, 3 to 4 times per week, until you feel better.

CAUTION: Since roses strongly affect qi and blood flow, do not drink rose tea on a daily basis or if you’re menstruating, pregnant, or having diarrhea. Consult a TCM Practitioner to find a treatment plan tailored to your health.

Information provided by Lykos Yang, ., our Licensed Acupuncturist.

**This article is a general guideline. To find a treatment plan tailored to you, please talk to us or a licensed acupuncturist*

Our Patient Stories- Laura

An avid spinner, Laura Andersen did not want her lower back pain, which had flared on and off for years, to keep her off the bike. Regular stretching, massage, and over-the-counter medication were only providing limited relief. Now, with regular acupuncture treatments at East West, she is finally free of the constant tightness, soreness, and achiness she had been living with. Laura loves the spa-like atmosphere in the clinic, and looks forward to her weekly treatments as relaxation and healing time.

Tasty, Healthy Drink for the Holidays

The holidays are coming! Are you ready to celebrate with friends and family with good food and drinks? However, these delicious foods may be high in saturated fats and cholesterol, which are linked to an increased risk of heart disease and stroke.

There is a delicious drink with 3 simple ingredients to help lower cholesterol and you can try it.

Ingredients: 1 Apple, 15g Dried Hawthorn Berry (Shan Zha), 5g Aged Orange Peel (Chen Pi)

Preparation:

1. Cut apples into cubes. (with or without peel)
2. Soak dried hawthorn in water for 10 minutes.
3. Soak dried orange peel in water for 10 minutes
4. Put all 3 ingredients in a pot with 700ml water. Bring to boil and simmer for 15-20 minutes.
5. Allow to cool and enjoy!

You could also cut the recipe in half, and put the ingredients in a thermal bottle with hot water. Soak it for at least 30 minutes before enjoying it.

Information provided by Esther J. Chen, ., our Licensed Acupuncturist.

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Treat Stress with Traditional Chinese Medicine

A principle in Traditional Chinese medicine (TCM) states that “when Qi (Energy) is stagnant there is pain, and when Qi flows freely, there is no pain.”

Many things can lead to stagnation of qi, and stress is one of the major causes. When we are stressed or frustrated, the flow of Qi can become blocked or unbalanced in our chests. Symptoms

include frequent sighing, throat clearing, chest tightness, mood swings, irritability, depression, anxiety, palpitations, insomnia, premenstrual syndrome (PMS), or digestive problems.

To help Qi flow smoothly throughout our body, you could start doing some daily exercises, even a short walk or stretch. It not only can help stimulate Qi flow but also optimize heart health.

In addition, you can improve the flow of Qi by pressing an acupuncture point – NeiGuan (PC6 or Pericardium 6). It is located three finger breadths below the wrist on the inner forearm. Press it gently for about 30 seconds with a deep breath 3 times a day.

Information provided by Emily Yuen, ., our Licensed Acupuncturist.

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Our Patient Stories- Karla

“I was not sleeping well, and feeling stressed and run down,” describes Karla Zens, entrepreneur and owner of The JellyBus, remembering the first time she walked into an acupuncture treatment at East West Health Services. “When I stepped out into the street immediately afterward, I had a feeling of euphoria.” Fast forward four years; today, Karla feels healthier than ever in her body, mind, and spirit thanks to Traditional Chinese medicine (TCM).

At first, Karla looked to acupuncture to address general malaise resulting from poor self-care.

"I was stuck in a routine: sitting in front of a computer, not breathing properly, not sleeping enough, and definitely not practicing work life balance," she recalls.

After her initial appointment, Karla began walking five blocks from her office to the downtown San Francisco clinic regularly to experience the physical benefits of acupuncture, making space for health and well-being in her busy routine.

"The atmosphere at East West is so welcoming and positive. I spend a lot of my life attending to my work, responsibilities, and to other people. At the clinic, I always feel taken care of."

Sabine Huey, , looked deeply into Karla's chronic symptoms of sluggishness, bloat, sugar cravings, and cold hands and feet, in order to address their root cause. She determined that Karla had liver Qi stagnation due to chronic stress.

"Qi is that vital energy that contributes to our state of health. It is everywhere in our body from bone to skin. Traditional Chinese Medicine practitioners direct Qi using acupuncture and other modalities in order to treat a wide range of health conditions," says Sabine.

Sabine utilized weekly acupuncture treatments alongside specific herbal formulas to smooth Karla's liver Qi and tonify her spleen Qi (the vital energy for digestion).

"We also replaced cold foods with warm soups, teas, and cooked vegetables in order to optimize digestive energy and replenish spleen Qi," says Sabine.

With Sabine's guidance, Karla is now cooking regularly with whole, seasonal ingredients. She enjoys creating and choosing warm, nourishing foods over cold smoothies, salads, and other

trendy health foods that did not agree with her body.

"I have learned to adapt my diet and eat in a way that is more in harmony with what I need," Karla reflects.

Beyond nutrition, Karla has incorporated more mindfulness and physical exercise into her life, including breath work, yoga, and qigong. As a result, she feels lighter than ever, more energetic, and happier.

Our Patient Stories- Kevin

Kevin O'Donnell made his first acupuncture appointment to resolve a numbing sensation he was experiencing in his left arm and left leg. He had no intention of transforming his lifestyle. But over the past eight months since he started treatment with Emily Yuen, , he's not only healed the numbness naturally, but also lost more than 15 pounds, adopted a consistent exercise routine, and gained loads of energy and strength.

"I was skeptical at first, but now I am a big believer that Traditional Chinese Medicine equips you with the tools to manage your own health," he says.

An Assistant for Intergovernmental Affairs at the Consulate General of Japan, Kevin works in the San Francisco Financial District office, liaising with local and state governments, and coordinating the itineraries of incoming Japanese delegations. He was sitting at his desk one day in late 2018, when he experienced a dull, numb sensation in his left arm and leg.

"It was strange and frustrating—and unignorable," he reflects. Days went by, and the uncomfortable feeling did not go away.

Kevin tried physical therapy unsuccessfully, followed by a battery of neurological tests including an MRI, electromyography, and musculo-skeletal evaluations to assess his nerve function. Still, there was no diagnosis, and no change.

"Here I was, my central nervous system clearly announcing that something was wrong. But all Western medicine could tell me was that I had mild carpal tunnel and I should de-stress a little bit."

In February 2019, Kevin made an appointment with Emily Yuen. "Acupuncture is fully covered in my CCHP health plan, so I figured, why not give it a shot?"

Kevin didn't know what to expect, but felt comfortable at East West Health Services from his very first visit. "The clinic is very streamlined and modern. The front desk staff is friendly, and the music is relaxing. I enjoy the vibe."

Emily performed a detailed intake, including a Q&A about diet and lifestyle, and a tongue examination. In Traditional Chinese Medicine, the tongue's appearance is considered to reflect the health of the body's Qi (energy) meridians. After making some observations, Emily asked Kevin if he consumed a lot of dairy, sugar, alcohol, and fried foods.

"Yes, those were my four food groups!" he admits.

Emily noted that Kevin's physical symptoms pointed to a deficiency of Spleen Qi. Spleen Qi refers to a specific meridian's Qi, which helps to manage the body's digestive system. In Traditional Chinese Medicine, when Spleen Qi is not flowing properly, the digestive system also functions improperly. Certain foods can make internal systems "damp". This causes the body to feel phlegmy, sluggish, or swollen. Often these symptoms start in the digestive system, but can accumulate and bring stagnation to the rest of the body, causing many other unwanted symptoms.

To reverse this, Emily suggested a combination of weekly acupuncture treatments plus significant changes in diet. Kevin was nervous about the needles, but Emily explained that a single blood draw needle can hold 30 acupuncture needles inside of it. "That visual was super reassuring, and allowed me to relax into the treatment," Kevin recalls.

Kevin came back weekly for the acupuncture appointments, but found the dietary changes very hard to make. Emily encouraged him to start with small changes, and helped him see the positive effects of these adjustments. This inspired him to do even more. After several months, Kevin was able to cut out 90 percent of the sugar, dairy, and alcohol he had been consuming. "That's when I finally started to feel the numbing sensation lessening," he remembers. But that wasn't the only thing that changed.

Kevin felt his digestive system getting stronger; he was feeling lighter and less queasy in the mornings. He had lost 15 pounds, and experienced a boost in his energy. As a result, he joined a soccer league and practiced weekly. That felt really good, so he also joined a volleyball league. Kevin was now playing team sports twice a week, incorporating consistent physical exercise into his healthier lifestyle.

"Traditional Chinese Medicine has been transformational. It has taken a lot of self-discipline, and I wouldn't have been able to do it without Emily, an experienced acupuncturist who has motivated me along the way." He encourages people to consider acupuncture for anything from numbness to pain to stress.