

# Chinese Herb Highlight: Pàng Đà Hãi

Pàng Đà Hãi is also known as Sterculia Seed. In Traditional Chinese Medicine (TCM), Pàng Đà Hãi 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 Đà Hãi 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 Đà Hãi, here's what you can do:

1. Soak 2-3 pieces of Pàng Đà Hãi 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 Đà Hãi:

- 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.*

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# 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.

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## 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*

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## 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.

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## 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 y 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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## Traditional Chinese Medicine for Liver Health

Spring is the ideal time to balance the flow of qi (energy). Many people know that qi stagnation can cause pain and illness, but they may not know that it can create negative impacts on our emotional well-being. For example, liver qi stagnation causes people to become more irritable, unable to relax or let things go. Similarly, unhealthy emotions will cause qi stagnation, especially qi in the liver. These two factors will hence create a vicious cycle.

### **Liver 3 (Tai Chong/Great Surge)**

This acupuncture point can help liver qi flow smoothly, and it

is in the depression distal to the junction of the first and second toes. You can lightly massage this point with your fingers for 5 seconds or until slightly tender.

This information is provided by Emily Yuen, ., our licensed acupuncturist.

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# Traditional Chinese Medicine for Cold and Flu Prevention

Everyone has had the experience of catching a cold or flu.

Our immune system can be weakened by seasonal changes, frequent travels, and/or stress. When our immune system is suppressed, it could lower our body's defense against colds and the flu.

There is an acupressure point to help relieve symptoms of a cold or flu. If we use it early enough, it may help reduce the risk of getting a cold or flu.

## **Gb20 (Feng Chi / Wind Pool)**

This acupressure point is recommended for headache, low energy, and cold or flu symptoms.

You can find it by placing your hands on the back of your head. Use your thumbs to find two depressions on the edge of your neck muscles. Use deep and firm pressure towards the skull and massage for 3-4 seconds



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## Feeling Stressed? Try These Calming Herbs.

You're not alone if you're feeling stressed during the COVID-19 pandemic. In this uncertain time, it's natural to feel anxiety but being consumed by stress isn't good for your health. From a Traditional Chinese Medicine perspective, stress will knot your "Qi" and make its flow stagnate, most commonly in the shoulders, chest, and abdomen. Your neck and chest may be tight, you may need to clear your throat more often or have digestive issues.

If you are experiencing these symptoms, you can adopt stress reducing techniques such as meditation, Tai Chi, and yoga. These can get your Qi flowing more smoothly.

Chinese herbs made into simple teas are also a useful treatment to reduce these sorts of symptoms.

**Aged Tangerine Peel (Chen Pi)** – Tangerine peel tea is known to stimulate the appetite, reduce phlegm, and stop coughing. It also helps to balance and move Qi in the body.

**Chrysanthemum (Ju Hua)** is a common ingredient in Chinese herbal medicine. It is often used to treat stress, headaches,

allergies, and eye strain (especially with prolonged mobile usage). Please be aware that it can cause low blood pressure with overuse.

**Dried longan fruit (Long Yan Rou)** helps to treat insomnia, improve the quality of sleep, reduce stress and calm the mind.

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## Spring Tips for Health Maintenance

In Chinese culture, Spring is known as the season of the wood element – liver. Tips for renewed health in the Spring include going to bed by 11 PM for deep sleep, as this is beneficial to the liver in aiding detoxification. You may experience dry mouth with light headache, dizziness, or dry eyes, if sleep is impeded. Young adults need 8 hours of sleep; people who are over 60 years old need 7 hours; people who are over 80 need 8-9 hours; for those who have chronic conditions and weak constitution, it is recommended to go to bed by 9 PM. Having a set time for bed in Spring is also good for the liver.

As Spring becomes warmer, enjoying outdoor activities such as hiking, walking in parks, and practicing Tai Chi are all beneficial in smoothing the liver's energy movement.

Additionally, Spring diets may be improved with lower acidity. Consuming more acidity, such as from citrus fruits, will add energy to the liver and cause the liver's energy to rise, which in turn, could lead to irritability and possibly hypertension. Taking in moderate amount of fresh sweet fruits, vegetables and food are recommended. Avoid spicy, fried, BBQ, cold, hard, difficult to digest types of food.

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