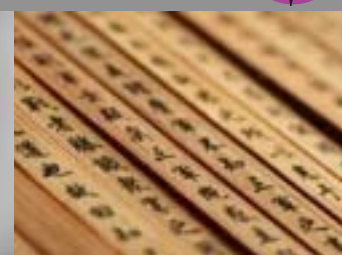


# Shen Healing News



Summer

December 2016

## Summer

Summer is the season of the Heart according to Chinese medicine. The Heart belongs to the element Fire. Summer is the season when everything matures and ripens, when the activity of Yang energy is at its highest. Fire is essential for transformation and maturation to occur. The Heart is in charge of circulating blood and generating warmth in the whole body. It is likened to a sovereign and controls emotions and mental abilities. In summer we naturally sweat more to guide heat from the inside to the surface of the body. To assist this normal flow of energy we should rise earlier and exercise. The Yellow Emperors Classic text includes advice on seasonal dietary changes and exercise practices. In this edition of Shen Healing News you will find a summary of recommended foods for Summer.



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### Diet and Psoriasis

Psoriasis is an autoimmune skin condition that can be very debilitating. It presents with rough

plaques on the surface of the skin, that are commonly found

on the extensor areas such as the knees and elbows, but also other areas of the body. Unfortunately there is currently no cure. There is some evidence that eliminating gluten, eating low-calorie foods and choosing anti-inflammatory foods could improve the symptoms of psoriasis.

Read more on page 3

### Happiness and longevity

A study of almost 10,000 older men and women has found that the longer a person reports enjoying life, the lower their risk of premature death.

The researchers analysed middle-aged and older men and women by measuring their enjoyment of life three times at two-year intervals. 24% of participants reported no high levels of enjoyment of life on any occasion, 20% having one, 22% having two, and 34% having three reports of high enjoyment



Read more on page 3

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# MOROCCAN EGGPLANT SALAD

Preparation time: 30 minutes

2 Eggplants  
1 red & 1 green capsicum  
2 zucchini  
1 onion  
125 ml olive oil  
1 tbsp lemon juice  
1 tsp each cumin, coriander, hot paprika  
Salt, pepper  
Handful of olives  
2 tbsp cashew nuts, roasted  
cucumber and tomato slices  
handful coriander



[www.flickr.com/photos/pikerslanefarm/4971592606](http://www.flickr.com/photos/pikerslanefarm/4971592606)

Cut eggplant, capsicums and zucchinis into small slices. Chop the onion and fry together with the vegetables in the olive oil. Season with the spices, salt and pepper. Stir in the roasted cashews, lemon juice, olives and fresh coriander and mix well. Season to taste. Serve cool with cucumber and tomato slices.

This is a lovely fresh salad for summer. Eggplant and capsicum assist blood circulation and cool heat. Zucchini is sweet and bitter and said to cool heat from the Stomach and Liver. This makes it a perfect dish by itself or as a side to more warming dishes, such as meat or some seafood.

*Adapted from Recipes for Self-Healing (Leggett, D. 1999, Meridian Press)*

## Research - Great News for Acupuncture

A survey sent to 89,000 acupuncture patients treated between 2014 and 2015 showed the levels of patient satisfaction exceeded national benchmark averages of conventional care providers.

Most of the patients in this survey were treated with musculoskeletal pain syndromes especially with low back and neck pain as the top two conditions.

95%-99% rated their overall quality of care as good to excellent.

80% – 87% rated their acupuncturists at a 9 or a 10 on a 1-10 point scale.

0.014% (13 out of 89,769) patients reported a minor adverse event and no serious ones.

88%-93% said their acupuncturist was successful in addressing their primary complaint!

[acupuncturenowfoundation.org](http://acupuncturenowfoundation.org)

## Summer - Fire Element

*Climate:* Heat/Damp Heat  
*Organs:* Heart/Sm Intestine  
*Late summer:* Spleen/Stomach  
*Emotion:* Joy/Anxiety  
*Sense organ:* Tongue  
*Flavour:* Bitter/Sweet

*Recommended:* Active lifestyle; rising early, sleeping later

## Heart and Spleen foods

*Recommended:* Bitter, sweet, moderately pungent foods

Light foods, short cooking;

Salads, cucumber, tofu, “red coloured” foods, chrysanthemum and mint tea, dandelion, celery, asparagus, rice, peas, oats, fruit, sweet corn.

*Avoid:* overstimulating and heating foods and drinks (coffee, alcohol, excessive spicy). Heavy, fried foods, excessive sweet, excessive dairy

## Psoriasis and Diet

It has been proposed that weight loss, decrease in inflammation and consumption of foods that contain antioxidants may have benefits in the management of psoriasis. Psoriasis has been linked to metabolic disorder which includes obesity. A link has also been made between intolerance to gluten and psoriasis. One study suggested that low-grade systemic inflammation associated with obesity may worsen the clinical course of psoriasis - in particular a diet rich in omega 6 fatty acids.

### Diet recommendations

- Avoid sugar to reduce inflammation
- Drink plenty of water to hydrate the skin
- Avoid Omega 6 fats
- Include anti-inflammatory foods (berries, nuts, vegetables)

From a Chinese medicine point psoriasis is a hot disease, so cooling foods are recommended, and hot foods should be avoided. Foods to avoid are coffee, spicy food, red meat, alcohol, some seafood due to their heating nature. Sweets should be avoided since they generate dampness. Green, leafy vegetables are cooling and also help to nourish the skin. Tea made from Peppermint or Chrysanthemum is cooling and can assist to relieve itching.

### ● Reduce Stress

Stress reduction can help to reduce flare ups. Stress generates heat in the body and will make all symptoms worse

<http://www.medicalnewstoday.com/articles/314664.php>

## Research



flickr.com/photos/artvintage1800s/  
16720619520

### Chinese herbs for Psoriasis

Chinese herbal medicine has been used to treat psoriasis for hundreds of years. Clinical and recent evidence-based research suggests it may provide improvement to psoriasis symptoms complementary to current standard care.

RMIT University is undergoing a double blind randomised placebo controlled trial. The study investigates the addition of a Chinese herbal medicine extract to topical standard care treatment for the relief of psoriasis symptoms and improvements in quality of life. *Zhang et al (2016). J Altern Complement Med. 2016 Mar;22(3):174-88.*

## Happiness and Longevity cont.

There was a progressively higher mortality among people with fewer reports of high enjoyment. Compared with the no high enjoyment group, all-cause mortality risk was reduced by 17% among people giving two, and by 24% in those giving three reports of high enjoyment of life.

### Happiness and the wisdom of the Dao

The emotions happiness and joy are associated with the Heart in Chinese medicine. The Heart is said to be the monarch of the organs and the seat of all emotions. It controls blood circulation, sweating, manifests in the facial complexion and the tongue and houses the spirit. If any of these functional activities become weakened health will suffer.

The Heart belongs to the element fire and the Heart Qi (energy) is like a fire glowing in the chest that generates feelings of happiness and joy. If the fire of the Heart is too strong there can be mental disturbance and insomnia. If it is insufficient qi and blood cannot move freely.

#### Relaxed mind, relaxed body

*Empty yourself of everything, let the mind rest at peace  
The ten thousand things will rise and fall  
while the Self watches their return.*

*They grow and flourish and the return to the source.  
Returning to the source is stillness, which is the way of  
nature. (Laozi, Daodejing)*

When the mind is peaceful and the qi is flowing freely, we live a happy, long and healthy life.

*Guo B., Powell A. (2001). Listen to your body. Uni. of Hawaii Press*



## Shen Healing Products

### ROLLING BACK THE YEARS

A Chinese energy tonic that tastes good. Contains Ginseng and Gou Ji berry.

### CHINESE HERBAL SHAMPOO & CONDITIONER



Free from additives and sulphates. Contains Chinese herbs to assist healthy hair

### NOURISHING EYE CREAM

With carrot oil and wheat germ. Nourishes sensitive skin

### CREAMS

Chinese herbal creams to assist with skin problems (acne, eczema, psoriasis)

### ACUTE & CHRONIC PAIN LINIMENTS

Chinese herbal liniments. Contain herbs that may assist with pain relief

### HEALING WITH FOODS MANUAL

A comprehensive booklet on Chinese Diet Therapy. Contains many recipes.

**Call or e-mail us to make an appointment or to receive this newsletter**

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We wish you Happy Holidays and are looking forward to seeing you again in 2017