

Shen Healing News



Summer

December 2017

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.



Eczema - A Chinese Medicine Perspective

Eczema is not contagious, but the relentless nature of the condition can be debilitating. The appearance

of the rashes and severe sleep deprivation due to itching during the night can be very distressing. Stress is considered a trigger of eczema, and can often further perpetuate the condition. Chinese Medical treatment for eczema includes acupuncture, herbal medicine, topical herbal washes and ointments and dietary and lifestyle adjustments.

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Beetroot Improves Sport Performance And Cognitive Function

Recent studies have shown that supplementation with beetroot juice may increase performance during shorter distance time trials at a high work rate. It may also have great benefits to healthy ageing of the brain and cognitive function. A small study published in 2016 suggested that combining exercise with consumption of beetroot juice showed potential for enhanced neuroplasticity, which is a brain able to reorganise itself. The author pointed out, however, that more large-scale studies are needed



Rateman, K (2017). *New Buzz about Beets*. Herbal gram, Issue 115.

1. www.medicinenet.com

2. [flickr.com/photos/sackton/6457202681](https://www.flickr.com/photos/sackton/6457202681)

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TOMATO AND GINGER SOUP

Preparation time: 30 minutes

Ingredients

2 kg ripe tomatoes
1 tbsp diced red onion
1-2 tbsp grated ginger
2 cups of water
Salt and pepper to taste



Cooking Instructions

Bring a pot of water to the boil and blanch the tomatoes briefly; drain, peel and de-seed tomatoes; chop coarsely; in a food processor puree tomatoes, onion, ginger and water. Heat gently and serve, or eat cool in summer.

Energetics

This is a very simple dish that is rich in Vit. C. Tomatoes are cooling and produce body fluids. The addition of ginger counterbalances the cold nature of the tomatoes. The whole dish is great to cool down during the heat of summer



Research

Chinese herbal alternative for the treatment of refractory atopic dermatitis

In a randomized, double-blind, placebo-controlled trial, 71 patients with severe intractable atopic dermatitis were given an 8-week treatment with a common Chinese herbal formula or a placebo. Fifty-six patients completed both the treatment and follow-up periods. The decrease in the total lesion score in the treatment group at 8 weeks was significantly greater than that of the placebo group. There was also a statistically significant difference between the treatment and placebo groups with regard to erythema, surface damage, pruritus (itch) and sleep scores. The effect of the reduction of lesions, surface damage and itch, and the improvement of sleep persisted when followed up after 12 weeks.

Cheng, H., Chiang, L., Jan, Y., Chen, G. & Li, T. (2010). The efficacy and safety of a Chinese herbal product (Xiao-Feng-San) for the treatment of refractory atopic dermatitis: A randomized, double-blind, placebo-controlled trial. *International Archives of Allergy and Immunology*. (155) 141-148.

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

Eczema-A Chinese Medicine Perspective

Eczema often appears in infancy and can last into adulthood, Itch is common in all cases, and can lead to intense scratching, causing the skin to thicken and change in appearance (darkening).

There are many types of eczema, the most common being 'Atopic Dermatitis' often in children, 'Contact Dermatitis' in individuals that come in contact with irritant substances and 'Pompholyx Eczema' (blisters on hands and feet).

Atopic dermatitis usually

occurs in people who have a tendency to develop any or all of three closely linked



conditions: atopic dermatitis, asthma and hay fever. Often these conditions run within families. It affects 15–20% of children and is less common in adults.

Common causes are food (dairy, wheat, seafood, nuts, citrus, eggs, alcohol), stress, allergens (dust mites, grasses and pollens), or irritants (chemicals, weather changes and smoking).

The standard Western medical treatment of eczema is focussed on symptomatic relief with topical creams and sometimes antihistamines or steroids.

Chinese Medicine View

Genetic influences, emotional imbalance or dietary and lifestyle factors can generate an internal environment of weakness in the body, (low immunity), making a person vulnerable to external attacks by pathogens.

These external pathogens include Wind, Damp and Heat which can lead to blisters (damp), itching (wind) and inflammation (heat).

Research

Chinese Herbal Formula Reduces Hot Flashes Linked To Menopause

Professor Tong and team carried out a double-blind, controlled trial involving 108 perimenopausal women who reported MRS (Menopause Rating Scale) total scores of at least 28. The women drank a herbal formula or placebo twice a day for 12 weeks. They were followed up post-treatment three months later.

A reduction in the frequency of daily hot flashes of 62% was observed, compared to a 52% reduction among those on a placebo, from 5.8 per day to 2.2 per day medicalnewstoday.com/articles/258451.php?sr



Treatment will vary according to the constitution of the individual patient, the presentation of their rash and whether they are experiencing an acute flare up, or are in the chronic phase of eczema.

A Chinese herbal formula will be prescribed, combined with an external wash or cream.

Acupuncture is useful to reduce itching and calm stress.

*A 2014 study investigated the use of Chinese Herbal medicine as an adjunct to corticosteroid therapy in children with Eczema. The results demonstrated that after one year, the use of Chinese Medicine significantly reduced exposure to both topical and systemic corticosteroid use among these children.**

Recommendations

Diet

In Chinese medicine a simple diet is recommended and hot or irritating 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. Green tea is also good.

Reduce Stress


Stress reduction can help to reduce flare ups.

*Chen, H., Lin, Y., Wu, C., Hu, S., Yang, S., Chen, J., Chen, Y., Lo, S. (2014). Use of traditional Chinese medicine reduces exposure to corticosteroid among atopic dermatitis children: A 1-year follow-up cohort study. *Journal of Ethnopharmacology*. (159) 189-196.

3. www.medicinenet.com



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, Ointments	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 Food Manual	A comprehensive booklet on Chinese Diet Therapy. Contains many recipes.

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We wish you Happy Holidays
and are looking forward to
seeing you again in 2018