



Spring

Spring

Spring is the season of the Liver according to Chinese medicine. It is a time when windy and warmer climate conditions prevail. In nature everything is moving upwards and outwards. Our internal energy ('Qi') is doing exactly the same. The Liver is in charge of the free movement of energy and is easily affected during the season of spring, leading to sensations of 'feeling stuck', pain in the rib area, tendon problems, headaches and irritability. When the 'Qi' moves freely the mind is happy. To assist the normal flow of 'Qi' we should rise earlier and exercise. The Yellow Emperors Classic text also includes advice on seasonal dietary changes and exercise practices. In this edition of Shen Healing News you will find a summary of recommended foods and life style adjustments for spring.



Tips for migraine relief

Migraine is one of the most common conditions in the world, and can run in families

(Migraine Research Foundation) They are often associated with other neurological symptoms. Research has found that acupuncture and self-administered acupressure can bring relief. Diet changes and herbal medicines have also been found to be useful.

Read more on page 3

1 flickr.com/photos/shebalso/27427415900



Hay fever

Both acupuncture and Chinese herbs are effective for treatment of perennial allergic rhinitis with reduced nasal symptoms according to several

clinical trials. A number of the herbs used were found to have anti-allergic, anti-inflammatory and immuno-modulatory effects.

Read more on page 2

2 flickr.com/photos/yashima/13329511/

Inside

- | | |
|----------------------------------|--------|
| • Healthy recipes | Page 2 |
| • Chinese Medicine for Hay fever | Page 2 |
| • Migraine cont. | Page 3 |
| • Psoriasis Research | Page 3 |
| • Shen Healing Products | Page 4 |

GREEN LENTIL SPRING SALAD

Preparation time: 45 minutes

Ingredients

150 g green (puy) lentils
1 small onion
vegetable and olive oil
10 c piece of kombu
300 ml of water
2 cloves, salt
1 tbsp mustard
lemon juice
2 avocados
2 apples, peeled and sliced
mint



Cooking Instructions

Fry the onions in vegetable oil until transparent. Then add the lentils and mix well. Add kombu and cloves, 300 ml of water and simmer with a closed lid for 30 minutes. then drain and let cool. To make the salad dressing mix mustard with 2 tablespoons of lemon juice and olive oil.

Peel the avocados and cut into cubes and mix with the dressing. Add apple slices to the salad mix. Chop up the mint and add together with the lentils. Mix well.

Energetics

This dish contains plenty of 'Liver foods.' The sour flavour of lemon stimulates the Liver. Mint is also a Chinese herb and is used to cool the Liver. Avocado has cooling properties, affects the Liver and is a yin and blood tonic. From a Western perspective avocados are also high in healthy fats and good to control cholesterol levels. Apples are sweet and slightly sour, cooling and good to calm restlessness. Green lentils are good energy and blood tonics. Seaweed adds saltiness and is cold in nature. Finally our dish is made more digestible by the pungency of onions and mustard, while the addition of warming cloves counterbalances the coolness of the dish.

Recipe based on <http://5style-kueche.blogspot.de/2012/04/avocado-apfel-salat-mit-grunen-linsen.html?spref=fb>

Spring - Wood Element

Climate: Wind
Organs: Liver, Gallbladder
Emotion: Anger
Tissues: Tendons
Sense organ: eyes
Flavour: sour

Recommended: More exercise to move stagnant Qi; early rising

Liver foods

Recommended: Sour, bitter, moderately pungent foods

Lemon, watercress, fennel, spring onions, leafy greens, artichoke

Avoid: overstimulating foods and drinks (coffee, alcohol, excessive spicy)

“ Spring - Season of the Liver”



Chinese Medicine for Hay fever

A systematic review and meta-analysis of randomised controlled trials looked into the potential effectiveness of Chinese herbal medicine *Yu Ping Feng San* for adult allergic rhinitis.

The Chinese herbal medicine formula *Yu Ping Feng San* is commonly used for allergic rhinitis. Traditionally it has been used to improve the immune system and for prevention of common colds. The researchers concluded that the herbal formula showed potential benefit for the management of adult allergic rhinitis.

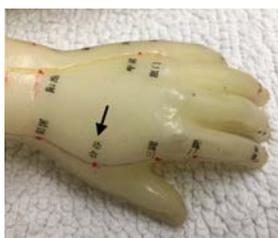
BMC Complement Altern Med. 2017; 17: 485.

Photo: | flickr.com/photos/yashima/13329511/

Migraine relief cont.

Acupuncture

A systematic review was conducted on acupuncture trials in 2012, involving a total of 17 922 patients. Acupuncture was found to be effective for the treatment of chronic pain, including headaches (1)



LI-4

Acupressure

Acupressure is the application of finger pressure on acupuncture points. A commonly used point for pain in general, and headache in particular is LI-4, located in the space between the thumb and index finger (see diagram). Pressure is applied with the opposite thumb for about 5 minutes. Another study looked the acupuncture point PC-6 and found it to be effective in relieving migraine-associated nausea and vomiting in 40 patients (2)

Chinese Medicine on Migraine

While the points above are common points used for pain relief and nausea, there are also many other points that may be used

during an acupuncture treatment. These are commonly located on the Liver and Gallbladder acupuncture channels, which have a direct connection with the head. By adding these and other points the treatment can move from acute pain relief to preventive.

Factors that can affect the Liver and Gallbladder channels include stress (directly affects the Liver according to Chinese medicine) and diet.

Chinese Herbal medicine

Research suggests that the herbs Ligusticum, and Angelica dahurica, both common headache herbs in Chinese medicine, have a therapeutic effect on migraines by adjusting the level of neurotransmitters and vasoactive substances, consequently relieving neurogenic inflammation. (3) (4) These often form part of a migraine prescription, which may contain many other herbs depending on the patients constitution.

Other factors

Diet

Some foods are common triggers for migraines: red wine, alcohol, chocolate, processed foods. If some of these trigger your migraine it may be worthwhile cutting them out. However, it is not recommended to have a too

rigid diet or skipping meals, as this can also be a trigger. Eating a balanced diet with plenty of grains, vegetables and fruit is recommended (5)

Weight

A healthy weight is important. Excess weight makes migraines more likely or worse (5)

Stress

A common trigger. It causes muscle tension and directly affect the Liver (in an energetic way). Because of this connection it can also be worse pre-menstrually

Exercise

Any exercise is good to improve blood circulation. Stretching exercises are beneficial. A study conducted in 2014 found yoga to bring relief to migraine sufferers.

- (1) <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/1357513>
- (2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3362706/>
- (3) J Integr Med. 2018 Sep;16(5):312-321
- (4) Front Pharmacol. 2018 Jun 27;9:589



Ligusticum

Chinese Medicine found to be one of the most effective complementary medicine for Psoriasis

Researchers from the University of Miami conducted a systematic review of 57 trials and 3 meta-analyses. The results were published in the reputed JAMA journal online recently. The researchers found that the commonly used Chinese herbs *indigo naturalis* (topical application)



and *curcumin* (oral application), acupuncture, dietary modification, fish oil and meditation had the strongest evidence of efficacy in the treatment of plaque psoriasis.

<https://www.jamanetwork.com/journals/jamadermatology/article-abstract/2698668>



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. Moistens skin

Creams

Chinese herbal creams to assist with skin problems

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.

Selection of Herbal and Chinese Teas

Calm Stress Tea, Happy Tea, Calm Sleep Tea, Liver Cleanse Tea; Oolong and Long Jing tea



Feeling stressed? Need to Spring clean?

With Chrysanthemum,
Peppermint, Pueraria

Try our Liver Cleanse Tea

To receive this newsletter, please e-mail us your details

Shen Healing Chinese Medicine

160 Elgin Street, Carlton 3053

Tel: (03) 9347 8713

www.shenhealing.com

info@shenhealing.com

Your Practitioners

Bettina Brill

Registered Herbalist

(PhD Sc, BHSc TCM)

Chinese Herbal Medicine

General health care; Focus on
Gynaecology, Dermatology

Michael Kotsanas

Registered Acupuncturist

(BHScAc, Dip CHM)

Acupuncture

General health care;
Focus on Sports injuries,
pain management

ONLINE BOOKING
available