

NEWSLETTER

A word from one of our practitioners

Dr. Sera Ma, CMD



Ahh, the sweet smell of Spring. This is my favourite seasons. It is filled with potential and new growth. It is the time when everything, both fauna and flora come out and start showing off their life and vitality.

I love watching the plants as they open up little buds and start reaching for the sky. The world awakens from it's Winter slumber

and is ripe for re-discovery. This is reflected in the joy of watching baby animals as they gallop around sniffing and playing, tasting and crashing into things.

Oh how I love Spring!

Goji Berry aka Chinese wolfberry (Fructus Lycii)

Goji berries have been used for thousands of years in traditional Chinese medicine to help with pain in the back, legs and abdomen as well as nourish and benefit the eyes, promote longevity, improve sexual function and fertility and even improve particular cough types.

Lab testing shows improved liver function and protection as well as reducing blood pressure.

Goji berries can be incorporated in to everyday cooking by adding to soups or adding to other herbal teas such as chamomile. Go ahead, experiment with this little wonder berry.



Our appetites change in Spring. No longer does nutrients

WHAT FOODS TO EAT IN SPRING

Spring is the time of growth and awakening. It is the stirring after Winter.

To help raise ourselves from the Winter hibernation and inactivity try to eat foods which have upward moving energies. Young vegetables that are green and sprouting are great for Spring. It is also the time to move from vegetables that are buried in the ground to vegetables that grow above the ground.

our body need to store and energy. This reflects in our appetite and it begins to ease off. The added activity and the lessening appetite makes Spring a great season to lose weight.

HAYFEVER: CAN I EVER BE FREE OF IT?

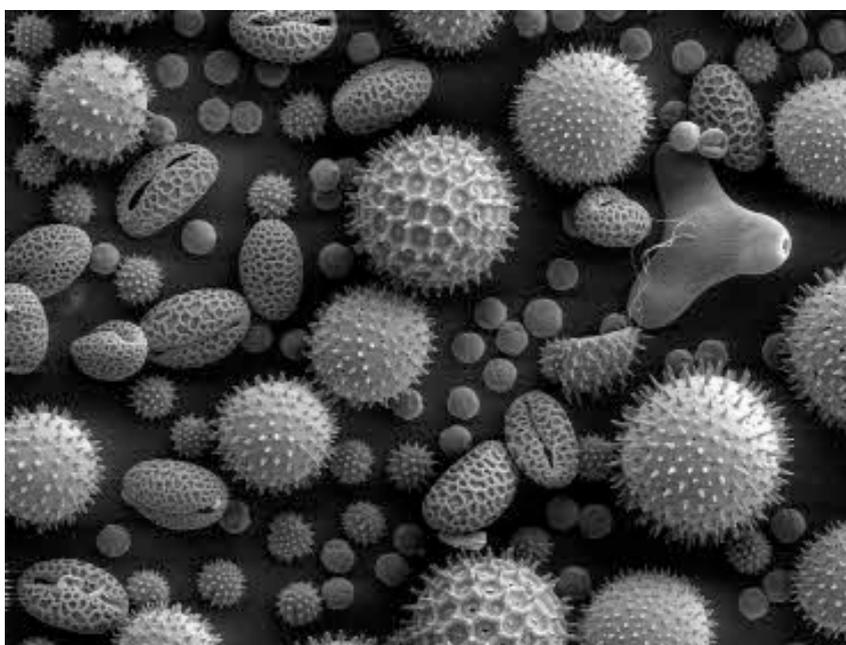
Rhinitis is a seasonal or a perennial disorder involving nasal congestion, watery nasal discharge, sneezing, irritation of the conjunctiva, the throat & the ala nasi. The cause of it is hypersensitivity of the nasal mucosa to pollen, dust mites, fungal spores, animal sander and saliva, fumes and certain food stuffs.

nasal discharge and sore itchy watery eyes.

Perennial rhinitis occurs throughout year. It is an increased response to animal dander, dust, fungal spores, cold air, smoke or perfume. Symptoms may be intermittent or continuous. In general symptoms are less marked, and may include low grade itching, irritation or congestion of the nose and eyes, with occasional exacerbations.

membranes of the nose and throat. When this is inadequate it is unable to fend off an external pathogenic attack, and inappropriate responses to inhaled particles can ensue.

Each person's rhinitis different. Although fundamentally the same, the weakness lying in particular organs can change the symptomology, duration and the presentation. Some people may have more congestion rather than watery nasal discharge or their rhinitis may have had a later onset such as after childhood.



When treating rhinitis a Chinese medicine doctor will do it in stages. Firstly they will try to bring the acute symptoms under control. Once this is done then they will look at the underlying cause and aim to fix that. This stage of treatment can vary widely in length. For some it can be a few months, for others it can be over a year. It is a good idea to take this into consideration when thinking of seeking treatment. If your rhinitis is seasonal then seeking treatment before the predicted season may lesson the severity of the symptoms once the season starts. If you have moved in early enough you may not even have any at all!

Seasonal rhinitis is more commonly known as hay fever. It is an increased response to grasses and pollens which have a limited seasonal distribution. It is usually asymptomatic in the off seasons. The main features include sneezing, profuse watery

Chinese medicine regards rhinitis as a deficiency of Wei qi. Wei qi is the body's defence mechanism that sits just below the skins surface. The basis of it is in kidney yang and is distributed by the lungs to the surface. The surface includes the mucos

- *Dr. Sera Ma, CMD*

What can I do to help my hay fever?

It is never too late to start looking after your hay fever. There is a lot on the internet regarding day to day advice on how to manage your allergies, however your diet can also be a tremendous aid.

As much as possible try to avoid cold and raw foods throughout the year. Make sure that

your foods are at least lightly cooked. Add things like cinnamon and ginger in your diet to help support your kidney and spleen, the two important organs in the aid of hay fever. Pungent foods help disperse mucous and stimulate the lungs so use a little mint, spring onions, black pepper or horse radish in your foods.

STIR-FRIED RICE NOODLES WITH SEASONAL VEGETABLES



Serves 4

- 400 g rice noodles
- 2 cups oyster mushrooms
- 2 cups bean shoots
- 2 cups bok choy
- 2 spring onions chopped
- 1/2 cup carrot sticks
- 2 tablespoons sesame oil
- 2 cloves garlic, minced
- Some chopped coriander leaves (to taste)
- 2 tablespoons of oyster sauce, 1 tablespoon of naturally brewed soy sauce mixed in a bowl.

1. Heat sesame oil in wok then fry spring onions and garlic for around one minute

2. Increase heat, put in the rest of the vegetables and cook stirring for a couple of minutes.
3. Add the rice noodles and the sauce to the vegetables. Toss it all together for another minute or two until the noodles are evenly coated with the sauce.
4. Add the bean sprouts. Turn off the heat.
5. Stir everything in together and allow the bean sprouts to cook slightly.
6. Serve and garnish with coriander leaves.

Note: This dish is very flexible. It may be used with any seasonal vegetables.

Rice: supports the spleen which is particularly important in spring

Mushrooms: great in spring. Removes phlegm from the body which is great for hay fever sufferers.

Bok Choy: promotes digestion and removes stagnant food.

Spring onions: help relieve cold symptoms, detoxifies meat, strengthen the nervous system.

Carrots: Strongly support the spleen and promote digestion. Also supports the lungs and the liver.

Sesame Oil: is cooling and moisturising. It is good for reducing the effects of wind.

Garlic: removes cold from the body, detoxifies, and moves qi.

Coriander: warms foods, dissipates cold, helps digestion.

*Note: Spring is a great season to lose weight. Supporting and strengthening the spleen helps this as a strong spleen is more likely to turn food into muscle rather than fat.