



Jane C.P. Cheung, R.TCMP & Associates

Registered Traditional Chinese Medicine Practitioners and Acupuncturists

Est. 2001



117 King Street East (Oshawa Clinic)

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Clinic Highlights

Expanded insurance services-Alberta Blue Cross, HCAI, Manion, GroupHealth, GroupSource, FSCO

Our new website has been updated- We've got a new look, full of features and resources for all TCM related needs for the public! -

oshawachinesemedicine.com

What's new in our clinic?

1. Jane represented Canada at the **World Federation of Acupuncture-Moxibustion Societies (WFAS)**, 2nd session, 9th Executive Meeting on November 15, 2018 —Celebrating it's 8th year, **UNESCO** included Acupuncture and Moxibustion on its Representative List of the **Intangible Heritage of Humanity**.
2. **Preceptors**-Accepting TCM students from various TCM schools
3. Clinic opens to **UOIT Faculty of Health Science** for shadowing experience to encourage interprofessional health care collaboration
4. **Module 2 of the Jing Fang Classical Formulas**, four day comprehensive seminars (over 2 years) with **Suzanne Robidoux** -Toronto, ON
5. **Scalp Acupuncture Module 3**—Stroke and Spinal Cord Injury and Rehabilitation in California, USA in December 2018
6. Jane is in the **Acupuncture and Traditional Chinese Medicine Program Advisory Committee** for the TCM Program at Georgian College (Barrie, ON)
7. Our practitioners are **trained and certified for Mental Health First Aid**

CANADIAN MENTAL HEALTH ASSOCIATION DURHAM AND TCM

Our practitioner Frederic is in collaboration with the Canadian Mental Health Association Durham (CHMD) bringing his expertise in TCM in treating symptoms to provide support for patients with various mental conditions.

Winter in Traditional Chinese Medicine



In Traditional Chinese Medicine, we have a healing methodology called the 5 elements. Winter is ruled by water and is expressed in nature as well as in the body. Winter is Yin in nature; it is inactive, cold, and damp. In TCM our diets should be focused on enriching the yin and subduing yang which means we should have a good balance of fats and high protein foods during the cold season (this includes chicken, pork, beans and nuts).

It is the time of year to reflect on our health, replenish our energy, and to conserve our strength. This Yin season we focus on our Kidneys, bladder, and adrenal glands, ears, and hair.

Our kidneys are the source of all energy (Qi). During the winter months our energy can be easily depleted which is why it is important for us to nurture and nourish our kidney (Qi).

Luxurious Cream of Mushroom Soup with Garlic-Herb Croutons (Serves 4) -Vegan

Source: Sarah Britton's book, *My New Roots: Naturally Nourished*

Ingredients

- 1 Large leek
- 1 Tablespoon coconut oil or ghee
- 3 Medium yellow onions, chopped
- 1 Teaspoon fine sea salt, plus more as needed
- 1 Teaspoon freshly ground black pepper, plus more as needed
- 2 Teaspoons fresh thyme leaves (or 1 teaspoon dried), plus more for garnish
- 4 bay leaves
- 4 garlic cloves
- 14 ounces / 400 g cremini mushrooms
- 2 cups / 500 ml vegetable broth
- 1 cup / 250 g (about 1 15-oz. can) white beans, such as navy, butter, cannellini, or great Northern, drained and rinsed
- 1 1/2 Teaspoon balsamic vinegar
- Garlic-Herb Croutons (recipe follows)

Steps

1. To prepare the leeks, cut the white and light-green parts in half lengthwise and then crosswise into chunks.
2. In a large stockpot, melt the coconut oil over medium heat. Add the onions, leeks, salt, black pepper, thyme, and bay leaves. Cook until the onions and leeks are soft, about 5 minutes. Mince the garlic, add it to the pot, and stir.
3. While the onions, leeks, and garlic are cooking, clean the mushrooms by removing any dirt or natural debris with a damp cloth (do not wash them in water). Cut the mushrooms into quarters and add them to the pot. Cook until they are brown and very soft, 10 to 15 minutes. Add the broth and stir.



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