



# Jane C.P. Cheung & Associates

Registered Traditional Chinese Medicine Practitioners and Acupuncturists  
Est. 2001

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Summer Issue 2017

**What's New?**  
(Hint: A Lot!)

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### Clinical Preceptors

Beginning on May 15, our practitioners here at the clinic have offered to be mentors for TCM students from the Humber College TCM Program. They understand the value of preceptors for the growth of the profession.

The students will be here as part of their course curriculum, and their involvement will include a few questions, pulse diagnosis, palpation, and tongue examination. The *Direct Patient Contact Clinical Practice* course provides students with an opportunity to perform patient assessment and formulate diagnoses under the direct supervision of a TCM practitioner. Success in the course is dependent on the application of professional communication strategies, patient assessment techniques and the differentiation and conferring of TCM diagnosis.

### Women's Health and Fertility Treatments



Jane is proud to offer women's health and fertility as an area of expertise at her practice. Jane attends the Integrated Fertility Symposium every year. The IFS is geared toward Chinese medicine and naturopathic physicians who have an interest in treating reproductive health issues using an integrative approach. Speakers included TCM Experts, Naturopaths, Functional

Medicine Specialists and Reproductive Endocrinologists & Urologists on how to optimize fertility naturally, support IVF, and improve live birth outcomes. There were panel discussions with integrative experts from Chinese medicine, naturopathy, functional medicine, and allopathic medicine plus opportunities to network and collaborate at the Symposium.

### Summer and Traditional Chinese Medicine

In Traditional Chinese Medicine, we have a healing methodology called the 5 Elements. Summer is ruled by the Fire element and is expressed in nature as well as in the body. Growth, joy and spiritual awareness between the heart and mind are the focus during this season.

Strengthening the immune system should be a part of any seasonal ritual! Any tonic formula that strengthens the essence, nourishes the Qi and regulates the heart is appropriate.

Remember, the best form of medicine is preventative.

The Fire element is associated with Summer and with heat. The element is associated with the heart, pericardium, small intestines and related to the tongue. Emotionally, this element is associated with the mind and it's stability. The heart is the "seat" of the mind and therefore, its highest expression is love. Enthusiasm, warmth in human relationships and conscious awareness.

Fire is symbolic of maximum activity or greatest Yang; nature at its peak of growth, and the motion is upward. Agitation, nervous exhaustion, heartburn and insomnia are other indicators of imbalance in this area.

Physically, when the fire element is balanced, the heart properly governs and circulates the blood and insures proper assimilation of the beginning breakdown of food in the small intestines.

Emotionally, when the fire element is balanced, sensitivity and expression, true fulfillment and the equilibrium between heart and mind are our greatest rewards.

## Jane is the New Clinical Advisor for the Humber College TCM Program!



Humber's Traditional Chinese Medicine Practitioner (TCMP) advanced diploma program is the first and only publicly funded program of its kind offered at a postsecondary institution in Canada. This intensive program is grounded in the TCMP skill set, which has been approved by all provincial TCM regulators in Canada, and provides students with the skills and professional experience necessary to become a TCMP in Ontario.

Through a combination of theoretical course-based instruction, as well as several clinical experiences, students will acquire the necessary understanding of Traditional Chinese and Western medicine practices. Moreover, graduates of the TCMP program will be trained to conduct a TCM diagnosis and develop appropriate treatment plans by utilizing their skills in acupuncture, herbal medicine, clinical practice management, professionalism and safety. This program is also committed to the promotion of evidence-based practice of TCM through scientific research.

This three-year program prepares TCM students to be a registered Traditional Chinese Medicine Practitioner, as defined by the regulatory body, the College of Traditional Chinese Medicine Practitioners and Acupuncturists of Ontario (CTCMPAO).

Jane's role as Clinical Advisor is ensuring that students are placed with a Registered Traditional Chinese Medicine Practitioner, allowing the students to gain real world experience and knowledge.

### TCM, Water, and Summer

Since Fire is summer's element, Water (its opposing element) also becomes pertinent. Negative side effects of summer fun include sunburns, dehydration, and a lack of energy; keeping oneself hydrated should be a priority. For sunburns, Chinese medicine suggests a mixture of tea tree oil (one part) with either olive oil or coconut oil (ten parts) to relieve painful skin.

Traditional Chinese medicine really enforces all uses of water during this season. Keeping drinking water nearby at all times is important, as well as taking cool baths, seeking shade, and wearing lighter clothing. It's not just about simple common sense though; watermelon juice has long been used as a remedy for dehydration. Watermelon juice and seeds help to cool the body and cleanse the system. Avoiding drinks full of sugar and chemicals (like pop - both diet and regular) is also recommended - since these don't actually relieve thirst, and also inundate the body with more toxins to eventually clear.



### Eating for Summer



In summer, indigestion can easily occur, so a light and less-greasy diet is strongly recommended. It is the perfect season to introduce some cool, yin foods into your diet. Chinese nutrition classifies food according to its energetic qualities of temperature, taste, and ability to moisten and strengthen the body. Food with cool and cold properties can clear heat, reduce toxins, and generate body fluids.

In general, cooling foods tend towards the green end of the spectrum – lettuce, cucumbers, and watercress are some of the coolest. Few vegetables are warming. Fish and seafood are also cooling, while most meats are warming.

### Chopped Greek Salad with Chicken

*Chicken turns this Greek-inspired salad into a substantial main course. Feel free to substitute other chopped fresh vegetables, such as broccoli or bell peppers, for the tomatoes or cucumber. Serve with pita bread and hummus.*

#### **Ingredients**

- ⅓ cup red-wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh dill, or oregano or 1 teaspoon dried
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 6 cups chopped romaine lettuce
- 2½ cups chopped cooked chicken
- 2 medium tomatoes, chopped
- 1 medium cucumber, peeled, seeded and chopped
- ½ cup finely chopped red onion
- ½ cup sliced ripe black olives
- ½ cup crumbled feta cheese



#### **Preparation**

1. Whisk vinegar, oil, dill (or oregano), garlic powder, salt and pepper in a large bowl. Add lettuce, chicken, tomatoes, cucumber, onion, olives and feta; toss to coat.