

SUMMER 2019



Jane Cheung, R. TCMP & Associates

Traditional Chinese Medicine and Acupuncture Clinic

*Your journey to wellness begins here*

117 KING STREET EAST (OSHAWA CLINIC)

905-721-4917

Neurology - Pregnancy Care - Fertility Support - Pain Management - Rehabilitation - Mental Health

## Summer in Traditional Chinese Medicine

While winter draws our attention inwards and spring brewing our focus to action, summer invites us to move outwards towards others. Summer associates with the Fire Element and like the natural movement of fire, your view tends to be turned outwards to relationships and community.

As most of the Yang Elements, Fire exhibits the quality of hot, bright, expansive, and active. Wake up early in the morning and reach to the sun for nourishment to flourish as the gardens do. Work, play, travel, be joyful and let the world outside enter and enliven us. Take advantage of the abundant season and eat plenty of brightly coloured summer fruits and vegetables.

The ancients believe the heart and mind are one and the same. Summer brings with it an increase in group events, and consequently our communication increases. With the increase in daylight hours, we will be having more time interacting. Words communicate the feelings of the heart and the content of the mind.

Whichever culture or system you look at, there seems to be universal agreement that love is associated with the heart. Love is often experienced as warmth or expansive feelings in the chest.

The extent to which we are able to feel love, receive love, give love or express love indicates the health of our Fire.

### Clinic Updates

Here, at the clinic, we continue to expand our knowledge and advocate for what TCM can offer for improving public health as a safe and effective option for all ages.

Jane has been newly appointed as Program Advisor for the Georgia College TCM Program and has completed a 4 Module Post-Graduate Advanced Acupuncture Course with Ann Cecile-Sterman in New York, USA (April 2019). Fred continues to delve deeper in integrating TCM for mental health at the Canadian Mental Health Association-Durham. Both Jane and Fred are precepting two 2nd-year students this summer from Humber College TCM program.

They continue to reach out to the community on TCM by offering talks at:

- Medical Centers in Durham Region
- Ontario Power Generation
- Canadian Mental Health Association - Durham
- And more!

Additionally, we understand that not all extended health care benefits are made equal. As requested by our patients that seek to include acupuncture to their current policy, we have created a letter template that they can send to their employer or human resource department. Give us a call or visit our clinic for your a copy!

## Our New Logo

The mountain represents our journey and strength evolved from adversity while travelling towards our destiny. The Chinese character 'hu' represents reciprocity - the foundation of TCM that what we give, we receive (the alignment). Purple represents creativity, wisdom, and peace - as well as the balance between fire and water.



### Connect with Us



@gotcmjane



@Oshawa\_tcm

### Book Appointments Online

oshawachinesemedicine.com





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## BITTER MELON AND PORK STIR FRY WITH BLACK BEAN SAUCE

"Love is not something we give or get; it is something that we nurture and grow, a connection that can only be cultivated between two people when it exists within each one of them – we can only love others as much as we love ourselves."

- **BRENÉ BROWN**

### Ingredients

- 250 grams pork (thinly sliced)
- 1 teaspoon fish sauce (plus extra to taste)
- 1 tablespoon lime juice
- 1 teaspoon sugar
- 2 bird's eye chillies (chopped)
- 1 bitter melon
- 2 tablespoons cooking oil
- 1 tablespoon fermented black beans (drained)
- 2 shallots (thinly sliced)
- 4 cloves garlic (minced)
- 1 piece ginger (half-inch, minced)
- Optional: 1/4 cup julienned radish
- Optional: 1/4 cup julienned carrot

**PREP: 30 MIN**  
**COOKING: 10 MIN**

### Directions

1. Place the pork slices in a shallow bowl. And the fish sauce, lime juice, sugar, and chopped chillies. Mix well. Cover and leave in the fridge to marinate while preparing the bitter melon.
2. Cut off the tips of the bitter melon and discard. Halve vertically and scoop out the seeds and pith. Slice the bitter melon into half rings about a quarter of an inch thick. Heat the cooking oil in a wok or frying pan until wisps of smoke start to float on the surface.
3. Dump the marinated pork into the pan and stir fry until the meat changes colour. Add the bitter melon and the fermented black beans. Stir fry for another two minutes. Add the shallots, garlic and ginger. Continue cooking, tossing often, for about half a minute.
4. Add the julienne radish and carrot, if using, and stir fry for another half a minute.

Serve with hot rice.

Visit [thespruceats.com](http://thespruceats.com) For More

## 2019

### -JANUARY-

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### -FEBRUARY-

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### HAVE INSURANCE? WE DO DIRECT BILLING!

For your convenience,  
Jane Cheung & Associates offers  
Direct Billing to any  
participating Insurers listed & more.

