



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

Registered Traditional Chinese Medicine Practitioners and Acupuncturists

Est. 2001

117 King Street East (Oshawa Clinic)

905-721-4917

Spring/Summer Issue

Clinic Highlights

Expanded insurance services-Alberta Blue Cross, FSCO

Launched our new Brand and Website!
- oshawachinesemedicine.com

Educating TCM

1. Preceptor- accepting TCM students from various TCM schools
2. 4th year nurse from UOIT observed at the Clinic to encourage interprofessional health care collaboration

Continuing Education

1. Completed first module of the **Jing Fang Classical Formulas**, four day comprehensive seminars (over 2 years) with **Suzanne Robidoux** – Toronto, ON
2. Scalp Acupuncture for Neurological and Psychosomatic Disorders (plus focus on Chinese Medicine for Parkinson's Disease)
3. 3 day **Art of Pulse Diagnosis** with the acclaimed **Ann Cecil-Sterman** – New York, USA

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.

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.

Spring/Summer in Traditional Chinese Medicine

Season of Renewal

In Traditional Chinese Medicine, we have a healing methodology called the 5 Elements. Spring is ruled by the **Wood element** and Summer is ruled by the **Fire element**. Both these elements are 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 **Wood element** is associated with Spring and *wind* while, the **Fire element** is associated with Summer and with *heat*.

The wood element is associated with the *liver* and *gallbladder*. The wind may cause disharmony to the liver and spleen. Some symptoms may include stomach pains, acid regurgitation, stomach distention, and diarrhea. People are also more prone to allergies this season.

Symptoms include: chest congestion, sneezing, runny nose, itching eyes, and other symptoms associated with allergies. It is suggested to cater your diet with the season. Acupuncture and Chinese herbs can aid to stabilize these spring symptoms.

The fire element is associated with the *heart*, *pericardium*, *small intestines* and related to the *tongue*. Emotionally, this element is associated with the mind and its 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.



Celery Root and Apple Salad

A vibrant mustard vinaigrette is paired with celery root and thin slices of crunchy fresh tart apples and crisp celery stalks then topped with buttery walnuts for a light salad with a clean crunch.

25 min Prep Time (Vegan, Gluten free, Paleo)

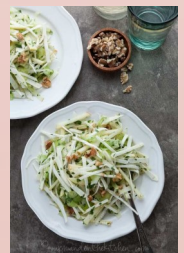
Ingredients

For the Mustard Vinaigrette:

2 teaspoons Dijon mustard

2 Tablespoon apple cider or white wine vinegar

4 Tablespoons extra-virgin olive oil (or 2 Tablespoons olive oil and 2 Tablespoons walnut oil)



Instructions

- Combine the mustard and vinegar and whisk together. Add the oil in a slow, steady stream, whisking constantly, until combined. Season with salt and pepper to taste. Set aside.
- Peel and quarter the celery root and julienne on a mandoline or with a sharp knife. Toss with one Tablespoon of the lemon juice in a large serving bowl and set aside.
- Core and cut the apple into quarters and julienne on a mandoline or with a sharp knife. Toss the apple with shaved celery root and the remaining Tablespoon of lemon juice and set aside.
- Thinly slice the celery stalks on a mandoline or with a sharp knife and toss with the celery root and apples.
- Toss with the finely chopped celery leaves, parsley leaves and mustard vinaigrette until well combined.
- Top with the toasted walnuts and an additional sprinkle of sea salt if desired before serving.



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"To plant a garden is to believe in tomorrow" -Audrey Hepburn

2018

January

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February

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June

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August

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October

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November

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December

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30	31					

What's New ?!

Book online
it's easy.

Book appointments online by visiting our new and improved website:

oshawachinesemedicine.com

Find a treatment time that works best for you!



GOT INSURANCE? WE DO DIRECT BILLING!

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

