



JANE CHEUNG, R.TCMP &amp; ASSOCIATES

WINTER 2019

905-721-4917

## TCM Acupuncture | Cupping | Gua Sha | Herbal Medicine

Pain Management Pregnancy Care Mental Health

Fertility Support Rehabilitation

oshawachinesemedicine.com



Jane R. TCM



Frederic R. TCM



Melissa Adm



Julie Adm

## WINTER SELF-CARE TIPS

## 滋陰補腎 "ZI YIN BU SHEN"

Winter is the season to slow down and recharge for the next year. According to Chinese Medicine we nourish the body fluids and improve vitality and stamina by focusing on the Kidney energy "滋陰補腎" (Zi Yin Bu Shen) through food, exercise, self-care, and treatment.

**Add some black food (see recipe pg.2)**

This winter, we recommend black rice. Also called "forbidden rice," One time, it was reserved only for the emperor in ancient China. The sweet flavour, medium-grain, non-glutinous heirloom rice has more fibre than any other rice. Having forbidden rice decreases the possible risk of having diabetes and obesity.[1] Other foods that are good for winter can include black beans, fatty fish, chicken/turkey, whole grains, root vegetables, dark leafy greens, mushrooms, and hearty soups. Don't forget bone broth for the ultimate rehydration for winter! Water loos can impair our physical and mental well-being [3].

**Keep your feet warm**

The kidney channel starts from the sole of the foot and runs through the legs, abdomen, and back. So if the feet become cold, the cold may get trapped along the channel which can manifest as pain in the abdomen, back or legs.[2] Over time, this may impede circulation and cause spasms and numbness in the muscles.

**Lifestyle** Go to bed earlier and sleep later. The best exercise is always outdoor in nature such as skiing or hiking in the snow. Repetitive motion mimics meditation so include yoga, qigong, quiet time writing, reading, or getting an acupuncture session! This will build resilience to stress. Also be in the moment and don't worry.

**Cold/Flu Season**

Besides getting a flu shot, make sure you get enough sleep, wash your hands, keep yourselves hydrated for the winter, and avoid sugar if you can. Vit D3, probiotics and foods rich in Vitamin A,C, and E may also help with your gut health and boost your immune system.

## GRATITUDE

We did it! Thanks to your votes, our clinic has been selected as the Reader's Digest Diamond Winner in the category of Acupuncturist\*

This involves trust in our services and belief in what we do. We also want to stress that being the winner or 'the best' is not what's the most important! We will continue to do our best for our patients, but we want to take this opportunity to recognize other amazing TCM practitioners and acupuncturists in our Durham region, and even across Canada, who are in the similar role as us: IMPROVING PUBLIC HEALTH. Besides word of mouth from our most satisfied patients, this award is just one of the many platforms we can access in hoping to expose more of the wonderful 'magic' that TCM can offer for healthcare. As one of our mentors Prof. Qingming Zhu (age 80) reminded us: "... advocate your medicine with confidence, and use the skills and knowledge you have learned to serve with compassion and benevolence..."

\*\*\*

Under the TCM Act 2006, Traditional Chinese Medicine is a regulated practice in Ontario and our practitioners are registered members of good standing with the College of Traditional Chinese Medicine Practitioners and Acupuncturists of Ontario (CTCMPAO). We offer safe and effective support that involves you and your healthcare team for pain management, fertility support, mental health, rehabilitation, and neurology. Book online or call us at 905-721-4917 for an appointment.



**"Traditional Chinese medicine, or TCM, is a complex practice that approaches health through the body's relationship with nature and the environment. Practitioners seek to restore that balance through different herbal remedies and therapies like cupping and acupuncture."**

## Clinic Updates

Nominated and won "#1 Acupuncturist" for The Week Readers' Choice - Oshawa/Whitby



**November**

**October**

We presented a talk at the Canadian Mental Health Association Durham (CMHAD). Our goal was to open dialogue in integrative mental health and make better informed choices for us and our patients.

### Directions

#### Step 1

Bring the broth to a simmer in a saucepan over medium-high heat; cover and keep warm.

#### Step 2

Meanwhile, heat the olive oil in a large saucepan over medium heat. Add the onion and cook until soft, about 4 minutes. Add the rice and cook, stirring, 1 minute. Reduce the heat to medium low. Stir in the wine until the liquid is absorbed, about 3 minutes.

#### Step 3

Ladle in 3/4 cup hot broth and cook, stirring constantly, until the liquid is absorbed, 6 to 7 minutes. Repeat with the remaining broth, adding 3/4 cup at a time, until the rice is tender but somewhat chewy, about 50 minutes.

#### Step 4

Stir in 3/4 teaspoon salt, pepper to taste and 1/2 cup parmesan. Divide among bowls. Top with the remaining 1/4 cup parmesan and the basil.



### Ingredients

- 6 cups low-sodium chicken broth
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, finely diced
- 1 1/2 cups black rice
- 1/2 cup dry white wine
- Kosher salt and freshly ground pepper
- 3/4 cup grated parmesan cheese
- 1/4 cup fresh basil leaves, thinly sliced

Visit [Foodnetwork](#) for detail



**"Nature does not hurry, yet everything is accomplished."**

**-Lao Tzu, Tao Te Ching, 6th-Century B.C.**



Jane Cheung, R. TCMP &amp; Associates

Traditional Chinese Medicine and Acupuncture Clinic



# AN IDEAL SUNDAY

TCM IN WINTER 2019

Winter can be enjoyed by everyone if we live, eat, and exercise according to the season and pay attention to our body preferences. The principle of harmony between us and the season is based on hundreds of years of practical experience. Make a Sunday a self-care day. It will recharge you and prepare yourself for the coming week!



## Start your day with a cup of warm water

*According to TCM, drinking a glass of warm/hot water in the morning helps kick-start the digestive system. The temperature aids blood flow. As your blood circulation increases, it helps detoxify your body and reduce painful contractions of muscles. You tend to bloat in the morning? Add a thin slice of fresh organic ginger to your hot water[1]*



## Gentle exercise warm/wake up your body

*According to Taoist philosophy, harmony between the body and mind is crucial to maintaining a healthy well-being. Performing light to moderate exercise with repetitive motions multiple times a day is the ideal way to strengthen your whole circulation. Recommended exercise for winter: Qi Gong, Tai Chi, yoga, walking in nature, stretching, and lifting weights for toning [2]*



## A hot meal with seasonal food

*We recommended black bean, garlic, mushroom and walnut for your kidney care. Also, warm your diet by replacing cold salad to cooked vegetables, switching cold drink to hot beverages or soup, and eating food with warming energy. [3]*



## Enjoy time with yourself, friends and family

*TCM points out that emotions and physical health are intimately connected. Sadness, anger, worry, fear connects to particular organ of the body and creates imbalance in different levels. Always check-in with your feelings and acknowledge it. Don't numb or put your feelings aside. Be authentic of who you are and take time with yourself to refresh your mind. Surround yourself with people who loves you. Being outside, connecting with community, and paying forward throughout the winter season will also help warm-up your winter. [4]*



## Dress warm and cover your skin when outside

*Since ancient times, our ancestors (in all cultures, not just Chinese) has always emphasized the importance of dressing warm and covering your skin to protect you from the harsh elements of winter and harmful germs. This still applies in our modern world! The nape of the neck is where often people gets cold trapped into the body. This often results in sore necks, head colds, or headaches later on. Make sure you have a scarf or hoodie to keep the back of your neck warm. Remember the wisdom of our ancestors! [5]*



## Take a foot bath before bedtime

*The acupuncture point Yong Quan (Bubbling Spring, KI-1) on the sole of each foot is useful for nourishing our Kidney energy which is the source of our stamina, vitality, and proper posture. Keeping your feet warm and flat on the ground is important in the winter. Improper stance affects your posture and how you view the world (an old metaphor from the ancient classics we like to use). Massaging KI-1 for 5 minutes and a foot bath with epsom salt for 15 minutes every night can also help you sleep like a baby at night. [6]*

# Cranberry Spice Tea

## INGREDIENTS

- 1 CUPS/ 1 QUART/ 950ML FILTERED WATER
- 3 OUNCES/85G FRESH OR FROZEN CRANBERRIES
- 1 LARGE OR TWO SMALL LEMONS JUICED AND ZESTED
- 2 CINNAMON STICKS
- ONE 1 INCH PIECE OF GINGER PEELED AND GRATED
- 2 TABLESPOONS DRIED GOJI BERRIES (OPTIONAL BUT OFFERS SOME EXTRA ANTI-OXIDANTS AND IMMUNE BOOSTING PROPERTIES)
- 2 ROOIBOS OR BLACK TEA BAGS (OPTIONAL, USE ROOIBOS FOR A CAFFEINE FREE TEA OR LEAVE OUT COMPLETELY)
- RAW HONEY TO TASTE (USE STEVIA OR MAPLE SYRUP FOR A VEGAN VERSION BUT RAW HONEY OFFERS EXTRA THROAT SOOTHING PROPERTIES AND HELPS CONTROL COUGH)

- VISIT GOURMANDE IN THE KITCHEN FOR DETAILS -



# RECIPE FOR WINTER

TCM IN WINTER 2019

## INGREDIENTS

- 2 CUPS COOKED WHITE RICE
- 5 CUPS WATER
- 1/2 POUND CHICKEN BONES OR 2 CHICKEN THIGHS
- 3,1/4-INCH-THICK SLICES FRESH GINGER
- 1 PLUMP CLOVE GARLIC, SMASHED
- 1 GREEN ONION, TIED INTO A KNOT
- 1/4 OF A WHOLE YELLOW OR RED ONION
- SOY SAUCE, SALT, AND WHITE PEPPER TO TASTE
- SESAME OIL AND/OR KECAP MANIS FOR FRIZZLING (OPTIONAL)

## GARNISHES

- Shredded chicken (from the thighs above or leftovers)
- Green onions, chopped
- Fried garlic
- Fried shallots
- Fresh lemon and cinnamon sticks to garnish (optional)

- VISIT CHINESE MEDICINE LIVING FOR DETAILS -

# Winter Congee

## HOW TO COOK

- In a medium pot, put all ingredients in a boil over high heat. Skim off any scum or foam that rises to the surface
- Reduce heat to low and cover. Simmer for 1 hour, stirring occasionally so that the rice doesn't stick to the bottom of pot and burn
- If using chicken thighs, remove them after 20 minutes and scrape off the meat and shred or chop. Set the meat aside and return the bones to the pot. Continue cooking for another 10 minutes or so
- When the rice grains are swollen and the mixture is as thick as oatmeal, the congee is ready
- Remove the bones, ginger, garlic, green onion and onion. Add soy sauce, salt, and white pepper to taste
- Ladle into individual bowls, drizzle with sesame oil, and garnish as desired



# Turmeric Cauliflower Fried Rice

## INGREDIENTS

- 1 head cauliflower rice
- 2 tbsp extra-virgin olive oil or coconut oil
- 1 small white onion, chopped
- 2 garlic cloves, finely chopped
- 1 tbsp organic fermented "turmeric New Chapter"
- 1 tsp ground cumin
- Sea salt and pepper to taste
- Parsley for garnish

## HOW TO COOK

- The quickest way to "rice" your cauli is to toss it into a food processor and blitz it for less than a minute until it's the size of rice. Otherwise, go old school and use a cheese grater.
- Heat oil on fry pan to medium, saute onion and garlic for a couple of minutes and add turmeric and cumin, saute for a couple more minutes.
- Add riced cauliflower and cook until tender. Add sea salt and pepper to taste. Top with parsley and if you're like my hubs Walker toss an egg or 2 in there and make cauli egg fried rice!

- VISIT JOYOUS HEALTH FOR DETAILS -

Jane Cheung, R. TCMP & Associates  
Traditional Chinese Medicine and Acupuncture Clinic

