



Jane C.P. Cheung & Associates

Registered Traditional Chinese Medicine Practitioners and Acupuncturists

Est. 2001

117 King Street East (Oshawa Clinic)

905-721-4917

Winter Issue 2017

Clinic Highlights

- Attended the **Integrative Fertility Symposium** in Vancouver
 - Attended our local TCM community at the **Health and Lifestyle Expo** in Bowmanville.
 - Joined the **Dr. Roger's Prize Gala and Workshop for Complementary Medicine** in Vancouver
 - Participated in the **Medical Pulse Diagnosis workshop** in Montreal
 - Completed the comprehensive **Core Foundation Track** training in **Balance Method Acupuncture**
 - Attended the **3rd Canadian International Chinese Medicine and Acupuncture Conference** in Markham, ON
- Topic:** Digestion as the Basis of Wellness. This three-day lecture talks about digestion as the 'root of cultivation'.
- Attended the **World Federation of Acupuncture-Moxibustion Societies (WFAS) Conference** in Beijing

Looking forward to a prosperous and successful 2018!

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.



Book appointments online by

visiting our website:

www.oshawachinesemedicine.ca.

Find a treatment time that works best for you!



Winter in Traditional Chinese Medicine

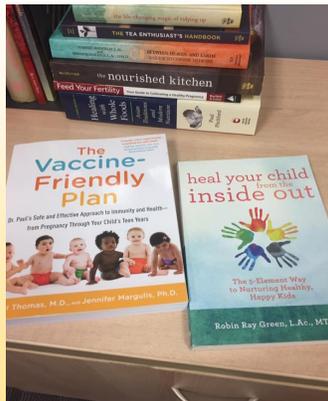
Reflections. Peace. Harmony.

W

inter is upon us! 'Tis the season to be reminded of the wonderful health tips from Traditional Chinese Medicine (TCM). In TCM our diets should be focused on enriching yin and subduing yang which means we should have a good balance of fats and high protein foods during the cold season (these include chicken, pork, beans, and nuts).

Aside from indulging in nutritional and delicious meals, this winter can be stressful and hectic with holidays just around the corner. There are various methods we can do to maintain our energy such as, meditation, yoga, qi gong, and reflection. These methods are beneficial to implement in our lives to help keep our mind and body present for the days ahead.

Recent additions to our growing library for our patients.



Beef Bone Broth Recipe

Ask your farmer or butcher for bones for making stock. Be sure to get some joint and knuckle bones, which will impart gelatin to your finished products. Apple cider vinegar is essential to leach minerals out of the bones.



5 to 8 pounds (2.3 to 3.6 kg) bones from pastured beef, bison, pork, or lamb

1 head of garlic

2 to 3 tablespoons (28 to 42 g) fat such as coconut oil, lard, or tallow, for roasting

Filtered water

2 tablespoons (28 ml) apple cider vinegar

2 or 3 bay leaves (optional)

Rinse and clean the bones with water, pat dry and rub with fat. Roast the bones with the garlic at 400 degrees F (200 degrees C) for 45 minutes to 1 hr., turning once, until they are well browned. This ensures good flavour!

Add roasted bones and pan scrapings to a big pot, cover with filtered water, and bring to a boil. Once boiling add the vinegar, bay leaves, and garlic. Turn down the heat and simmer covered for several hours ideally up to 24 hrs. Throughout the simmering process, skim off any scum and add water as needed to keep bones covered. When the stock has finished simmering allow it to cool. Filter through a fine mesh strainer and refrigerate

Clinical Preceptors

Our practitioners here at the clinic have offered to be mentors for TCM students from the Humber College TCM.

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.

Humber is the first publicly-funded postsecondary institution in Ontario to offer a comprehensive traditional Chinese medicine program. The three-year Traditional Chinese Medicine Practitioner (TCM) advanced diploma began in September 2016 at the college's North Campus. It is offered through the School of Health Sciences.



Jane C.P. Cheung & Associates

Registered Traditional Chinese Medicine Practitioners and Acupuncturists

Est. 2001

“In the midst of movement and chaos, keep stillness inside you” -Deepak Chopra

2018



Jane and Frederic
With students from
Humber College

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	1	2	3
4	5	6	7	8	9	10

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5
6	7	8	9	10	11	12

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

October

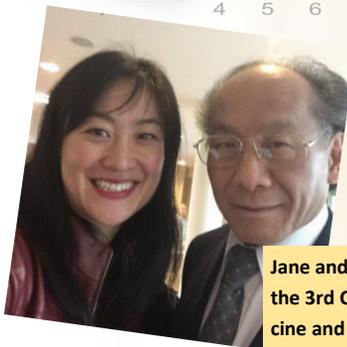
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5



Jane and her dad, Professor Cederic Cheung at the 3rd Canadian International Chinese Medicine and Acupuncture Conference

Moments
TO REMEMBER



Health and Lifestyle Expo Bowmansville

GOT INSURANCE? WE DO DIRECT BILLING!

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

