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Is Home Cooking Worth It continued



Cooking from scratch helps your kids learn about food.

In the newsletter take time to prepare as traditional soups especially need extra time to cook compared to opening a can filled with sodium and MSG. But, we don't eat soup every day!

If you're not sure how to get started cooking from home and miss the idea of eating out with friends, let me share my advice for how to get started: host a cooking dinner party! I did this for

my birthday and it was a lot of fun. I asked my friends to bring one or two ingredients instead of gifts and to arrive about an hour before we were going to be eating a meal. Then, when they arrived, we organized the ingredients (like salad fixings and a meat dish), and everyone cooked together in little teams. Honestly, the meal was delicious, and it may have taken longer to eat than going out to a restaurant, but it was

more fun and less expensive. Do you already cook from home? If so, we'd love to share your tips and tricks for cooking without stress. Email your suggestions by October 20th and we'll share them as we talk about cooking for the holidays. Warmly,
Holli Margell, Editor

A Comment From Our Patient

"Thank you and also, I did get my order today too! My granddaughter tried my seeds (No.9 pills) and she told me that it's saving her life. She is 14, has many food allergies. Her diet is very restricted and she has to use the #9 every night. Otherwise she is miserable. I am so blessed to have you and your wisdom from your father. Your remedies and teas have helped me for 30 years. First through my naturopathic doctor. She retired and I found you! Thank you again. Oh, I also enjoy, read, and use the newsletter to learn and lift me up! "

- **Julie Morris Britton**



Hen Sen Herbs LIFESTYLE LETTER

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Quotes of the month

"When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too."
— **Paulo Coelho**,
The Alchemist

This month in history

September 3rd 1777,
The American flag (stars & stripes), approved by Congress on June 14th, is carried into battle for the first time by a force under General William Maxwell.

September 7th 1965,
Pro Football Hall of Fame opens in Canton, Ohio.

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Is Home Cooking Worth It?

Do you eat home cooked meals every day? Many of us have learned that it's healthier to eat food cooked at home so that we know what we're eating and how much fat, salt or sugar is in it. According to a recent study, by Sarah Bowen, Sinikka Elliott and Joslyn Brenton at North Carolina State University, home cooking is a hardship for women today. The sociologists say it's harder because most women work outside the home, and raising kids takes more time than it did fifty years ago. These scientists weren't studying the health benefits of cooking from home, they are sociologists who study human behavior in cultures around the world. Their research



Baking from scratch means you know what's in your food!

looked at 250 families where both parents were working, one parent was working and single families. Their research has sparked a lot of commentary on the great food debate we face today: whether to cook from scratch or eat prepared food. Many point out that it's proof that cooking from home isn't the best option for working mothers, especially single mothers. I know as a married mother, it was really hard for me to make the switch to more home cooked meals and less prepared meals. But, I did it, because the health benefits outweighed the time struggle.

I shifted my priorities and learned to cook meals faster and plan ahead so that all of our dinners are cooked from scratch. It wasn't easy, and we had a few burned meals, but now even my husband will take over dinner duties. And, our kids are not only learning about what their food is but how to prepare it too. I look forward to when they're able to cook us dinner once in a while!

I can honestly say it can be stressful to cook from home, but it can also be a good way to slow down and connect with your family. There are a lot of recipes that only take 30 minutes to cook from start to finish, and if you embrace it as part of your life like going to the gym, then it's less of a strain and just part of taking care of your health and those you love. Now, I know what you might be thinking, some of the recipes we've shared

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A Hard Cold Truth That Will Change Your Life Forever

Let me start off with the lyrics of the song “Let It Be Me” by Ray LaMontagne, one of my favorite singer-songwriters of all time:

*“There comes a time, a time in everyone’s life
where nothing seems to go your way
where nothing seems to turn out right
There may come a time, you just can’t seem to find
your place
For every door you open, seems like you get two
slammed in your face
That’s when you need someone, someone that you can
call...”*

Well, we all go through the time like this in our life one time or another. Sometimes it is a loss of someone who you really love, and no matter how hard you try, you just can’t get over the feeling of sadness for long period of time. Or you may get in a car accident and severely injure your legs on the way to an important job interview, resulting in not being able to find a job for a long time when you need it the most.

In other times one small incidence leads to a chain of negative events. And you can’t seem to find a way to end it. It may go like this: your alarm clock failed on you one morning. And you jump out of the bed, put on your clothes and rush out the door trying to catch a bus to work in time. You run fast and slip on the hard, cold asphalt in the pouring rain. Not only do you scrape your knees really bad, but also get splashed by a passing car. Now you are soaking wet in the freezing weather. The bus does not arrive on time and now you are really late for an important meeting with a client for whom you have been preparing the sales presentation for weeks. Frustrated, you try to calm yourself down by listening to music on your smart phone on the bus. Then you realize your wallet is missing. It probably slipped out the purse when you fell earlier. Now you are angry at yourself, but there is nothing you can do except to blame yourself. Your presentation goes terribly wrong during the meeting. And you end up losing the big account and get fired for it.

There are certain things in life that you have little control over. Being at the wrong place at the wrong in one of them. Who would’ve thought two hijacked airplanes would smash into World Trade Center Twin Towers? My heart goes out to those who died in the horrible event. Natural disasters like the 2004 Indonesian Tsunami or the 2013 Japan tsunami are other unimaginable, unfortunate events that claimed the lives of hundreds of thousands of people. Being a victim of drive-by

shooting, or getting struck by a lightning and the list goes on. It’s unfortunate, but sometimes bad things just happen to you no matter how careful or prepared you are, and in many cases they are not your fault.

But I believe that most of the events that take place in your normal daily life, whether they are good or bad, are the reflection of yourself. I am talking about things like, having a wonderful relationship with your spouse vs. going through a nasty divorce, or getting promotions every year at work vs. being stuck at the same boring job, getting rich vs. getting poor, being recognized vs. ignored, being happy vs. sad, feeling healthy vs. always catching a cold, having supportive friends vs. being surrounded by lairs.

Whenever something good happens, we call it “Lucky”, but whenever things go wrong, we have a tendency to blame other people or situations. What I am trying say is, these events in your life are not coincidence. Thing happens for a reason. There is a cause and effect relationship between what you experience today and what things you have done in the past. In other words these are **the direct results and reflections of your thoughts and actions of the past**. If you are currently unhappy with your situations, your life must have been mostly filled with negative thoughts and actions. So you must reprogram your brain with positive constructive thoughts, and your life eventually will be filled with happy events. If you are truly happy and satisfied with everything surrounding you, hat’s off to you. Keep on doing whatever you are doing.

I want to share the little story (by an unknown author) I picked up from one of the books from Dan Kuschell:

“A son and his father were walking in the mountains. Suddenly, his son falls, hurts himself and screams: “Aahhhhhhhhhhh!!!” To his surprise, he hears the voice repeating, somewhere in the distance, “AAAhhhhhhhhh!!!” Curious, he yells: “Who are you?” He receives the answer: “Who are you?” And then he screams to the mountain: “I admire you!” The voice answers: “I admire you!” Angered at the response, he screams: “Coward!” He receives the answer: “Coward!”

He looks to his father and asks: “What’s going on?” The father smiles and says: “My son, pay attention.” Again he screams: “Your are a champion!” The voice answers: “You are a champion!” The boy is surprised, but does not understand. Then father explains: “People call this ECHO, but really this is a reflection. It gives you back everything you say or do. Our life is simply a reflection

A Hard Cold Truth continued

of our actions. If you want more love in the world, create more love in your heart. If you want more competence in your team, improve your competence. This relationship applies to everything, in all aspects of life. Life will give you back everything you have given to it.”

So whatever you do, you must **take full responsibility for your future outcome**. If you are currently unhappy at work, stop whining or blaming your work environment. Change your attitude or work ethic and focus more on personal development. You will be surprised how things will change for better. If you are the type of person who tends to get in an argument often with others, study human psychology, analyze words you use carefully and find out what ticked them off. Instead, start using the words that make them feel special. I guarantee you will have fulfilling relationships with many others.

I would even go so far to say that you can even avoid natural disasters (like I mentioned above) if you take time to develop the 6th sense, intuition, psychic ability or whatever you wanna call it, so that you are informed ahead of time when natural disaster is headed your way. That’s what I call **“Take Full Responsibility”**.

Remember your current life is a reflection of your past thoughts and actions. Let’s start making changes for better by *taking full responsibility*.

~Kaz Isogai

Thank you for your referral!

Ifeanyi Chukwu, Emily Soriano, Jaquie Lavine, Earnest Flores, Olga Lvutin, Katherine Ruban, Eden Panganiban, Anna Kozlov, Aleksey Starovoytov, Mitchel Johns, All Tiginyanu, Norbert Pann, Alina Evchenko, Luybov Shvets, Anita Ensley, Anna Mayster, Natasha, Alex Mikityuk, Timofey Lvutin, Ekatrina Tkachenko



Recommended for cold and Influenza season:

Cold and fever regimen consists of **UPR Pills** for respiratory support, **D12** to enhance the immune system, **Gum Wall Tea** and **Lok Wo Cha** with **M7 pills** reduce and clear phlegm.

Juli’s Healthy Living Corner



Happy Autumn! We are definitely experiencing a change of weather and that means that as the season becomes cold and damp, it is the season of colds and influenza.

Let me share how to keep healthy during the cold months of the season:

When heading into the great outdoors, dress for the weather with a hat, scarf and gloves to avoid windburn and prolonged exposure to cold air. Usually the change of temperature(chill) causes the production of white cells to slow down and when the body harbors virus, it causes infections like cold or influenza. At the onset, the phlegm is thin and white. After the immune system is mobilized, the white cell causes the phlegm to change into yellow color and the color of the fur of the tongue changes to white. In Traditional Chinese Herbalism, this is called Feng Tan, or the chill and virus is invading respiratory region.

Drinking water is amazing in retaining body heat. Simply drink 6-8 cups of warm-hot water, the more you have in your system the better to keep warm and stay hydrated.

Protect your core: The average human core temperature is 98.6 degrees, hypothermia occurs when the body temperature dips below 95 degrees. The treatment of mild hypothermia involves: warm drinks, warm clothing and staying active. That said we still have to maintain a 10,000 steps a day in order to maintain good cardiovascular health.

Eating bland foods: phlegm is thought to have a similarity to grease or fat, therefore avoid fatty, oily, rich, spicy, alcoholic beverages and dairy. Eat foods that are easy to digest like Rice Congee.

Never underestimate the need for lots of rest and avoiding stress. Avoid situations that upset or inflame you. It creates liver-qi stagnation makes the body create fire evils or phlegm. Unnecessary stagnation to the breathing cavities. Breathe and relax.

We must remind ourselves of proper health care. Sometimes life and time is a huge challenge, because we are always too busy. An illness is very gradual before it becomes dramatic. Take care of your body.

Love,
Juli