



Magical Power of Watercress - Can It Eradicate Tuberculosis From The Surface Of The Earth?

Once upon a time an elderly man was sent into the swamp to die. He was suffering from Tuberculosis and the doctor had given him one month to live. Before he left the village, he said to himself: "If I am going to die here, there is no point in wasting rice by eating it." Therefore, he gave all his rice to friends and relatives whom he felt could use it more meaningfully than he would himself. While waiting to die, he came to a very green spot in the swamp where he decided to rest. While resting the old man began to chew on a piece of a green plant that grew nearby. To his surprise, the plant had a rather pleasant taste, so he decided to remain in this spot and continued to eat these plants. Much to his surprise, after a few days of eating these plants, he discovered that he coughed less and less. In fact, he seemed to be getting stronger. After the month had passed, he was amazingly healthy. So, he decided to go home to check with his doctor as to why he was still alive. To the doctor's amazement, the old man was no longer suffering from Tuberculosis.



Back in the distant past when there was no treatment available, it was common practice to send people to remote places like this to die.

Health benefits of eating Watercress can be found very easily in Wikipedia and other sources. Most notably, Watercress eases the conditions of the lung. Related illnesses including coughs, head colds, Bronchitis, Tuberculosis, Asthma are helped, and it is believed to even defend against Lung Cancer. It also promotes appetite and helps digestion. Watercress is very high in sulphur which helps the absorption of protein and purifies the blood. Not to mention, it

continues to page 2.....



Quotes of the month

"It always comes back to the same necessity: go deep enough and there is a bedrock of truth, however hard." - **May Sarton**

"Every child is an artist. The problem is how to remain an artist once he grows up." - **Pablo Picasso**

This month in history

June 20th 1967, Muhammad Ali is convicted refusing induction into armed services.

June 30th 1997, In Hong Kong, the flag of the British Crown Colony was officially lowered at midnight and replaced by a new flag representing China's sovereignty and the official transfer of power.

Need to consult Juli about your health?

Call (206) 328-2828 or Email to service@hensenherbs.com website:
www.hensenherbs.com
Blog:
www.hensencilifestyle.com

Are You Worried About Arsenic In Your Rice?

Have you heard about Arsenic in Rice? While at the grocery store, I saw this sign recommending that children under 5-years-old should not consume rice milk, because rice contains Arsenic. Now, I know some people might get really worried about this, and stop eating rice. It is normal to want to avoid any chance of eating poison. But, it's important to know that there is natural Arsenic, which isn't bad for us, and industrial Arsenic from pollution.



The sign at the grocery store seems alarming. And, it has made headlines before about the dangers of it in Rice and Apple Juice. But, we must not just rely on headlines or consumer statements to make healthy choices. Our family doesn't need to stop eating rice and eating apples. Arsenic happens to be present in nature like in apple seeds and the earth's crust. It also comes from pollution. It's important to know which kind is in the food we eat to be safe.

That is why the FDA is studying it and has not issued any warnings. In our home, we will keep on eating rice and using Rice Milk. It seems that every so often a certain food is found to contain something bad for us like growth Hormones in Cow's Milk or Mercury in Fish.

Two resources I use to be informed about food are:
<http://www.fda.gov/>
<http://www.consumerreports.org>

As a Mother, I try to stay updated on the latest food news, because I know there is usually more to the story than an alarming headline. More often than not, a headline is misleading. So, before sharing an article or headline, it's really important to read the full article or study and see if it really supports the title. That is why this sign at the grocery store got my attention.



I went ahead and picked up some Rice Milk, then went home and did some reading. Turned out that there was more to it, and I decided that we could keep using Rice in our house. Plus, rice is one way to get my kids to eat more vegetables. The kids love sushi, and we have had a lot of fun making "veggie rolls" with rice and carrots or cucumbers and seaweed. And, guess what helps our bodies detox? Yes, vegetables! So, it's important to look more closely at our food before we believe the headlines.

Holli Margell, Editor

The Magic of Watercress continued

contains a significant amount of Iron, Calcium, Iodine and Vitamin C and A. It was also used to treat allergy conditions such as watery eyes and stuffy head. There are other health benefits related to weight loss, memory, menstruation, Kidney and Gall Stones, Thyroid, Liver, Cholesterol and many more. I don't know about you, but it definitely make me want to eat it every single day. Watercress does not store well fresh more than 2-3 days which makes distribution difficult. It may or may not be available where you live.

Before I get to the recipe, I would like to show you 2 different kinds of Watercress you might find at the store. The first one is grown on a sponge cube in the water under controlled climate, like a green house. It usually has a lighter green color and the stems and leaves are much thinner and tender. (see pic 1) The other one is grown in a field outside. Some call it "Field Watercress". Much greener, thicker, rougher leaves and stems are the characteristics of this type of watercress. (see pic 2)

In my opinion the former is best suited for salad, garnish or even sandwiches that doesn't require any cooking. The latter is perfect for cooking such as soup and sauté. I am going show you the basic Chinese watercress soup recipe using the "Field Watercress".



Pic 1



Pic 2

Chinese Watercress Soup Recipe:

Ingredients:

- 1/2 lb. Watercress
- 4 oz. Ground Pork
- 1/4 Tsp Soy Sauce
- 1/4 tsp of Sake
- Pinch of Salt
- 4 oz. of White fish (Cod or Halibut)
- 2 slices of Ginger
- 6 cups of Water
- Optional: Chinese Almonds, Chinese dried dates, Water Chestnuts

Watercress Soup Recipe continued

Instructions:

1. Cut off the hard stems and wash off dirt.
2. Add soy sauce, sake and salt to the ground pork and mix it really well.
3. Cut fish into 1 inch pieces and lightly salt & pepper them.
4. Boil the water.
5. Form the ground Pork into very loose small round balls and put them into boiling water.
6. Put fish into the same pot of boiling water.
7. Skim off the scum.
8. Add Watercress and Ginger.
9. Cook for about 30 minute until the watercress becomes soft and season it with salt and pepper to your liking.

Enjoy this soup when Watercress is fresh, usually in the spring and summer.



Rumor has it that Juliana is going to share the stage with Ivanka Trump & Harry Dent?



Ivanka Trump

Yes, it is true that Juliana has been accepted to speak at "Success in the New Economy" event in New York City. She will be sharing the stage with Ivanka Trump, Harry Dent (economist) and many others later this month. You may wonder what's Juliana got to do with "Success in the New Economy"? And you would be right to assume that she is not trained

economist.

But you will soon realize that success without good health is meaningless. And truth is that you have much higher chance of succeeding if you have a strong health. That's what she is going to be talking about. If everything goes well, I will be sharing the video of her speech as well as the pictures of Juliana with Ivanka & Harry in the coming issue.



Harry Dent

Memorial Day Clamming

I hope you all had a great Memorial Day weekend. Inspired by our neighbor, I decided to take 3 of my kids and a neighbor girl to Dash Point State park (WA) for clamming on Memorial Day. It was a decent Pacific Northwest Spring weather. Mostly sunny, but kind of chilly when the sun hid behind the clouds. It was breezy and cloudy in the morning, so I had a light sweat shirt on, but in the late afternoon it got warm enough for me to take the shirt off for sun bathing just for a little bit. While girls were busy getting dirty building a sand castle and a dam, my son Alexander and I went to dig for clams. Twenty minutes into it, after 3 - 4 baby butter clams, we hit it big.

As soon as we started digging, a big squirt of water came out of the sand and we knew it was going to be a big one. My son and I had to dig deep for 10 minutes and got squirted by the clam several times before I was finally able to feel the shell with my hand. Without proper tools (all we had was plastic toy shovels), I had to struggle another 10 minutes, but it was worth it when I finally held it in my hand. Soon we were surrounded by a crowd of curious kids asking about the clam. Alexander must have felt really good because kids were treating him like a rock star. But his instant fame and celebrity status didn't last long because jealous girls decided to crash his confidence and buried him in the sand later.



Proud Alexander holding a horse clam



From left, Nicole, Michelle, Elaine (from next door neighbor) and poor Alexander

As you can see, girls always win!

Kaz Isogai

Juli's Healthy Living Corner



Lately, many patients have come in in with Kidney Stones, which were not only painful, but with many stones. Why? There has been a huge trend that we all are lacking Vitamin D, a vitamin that helps us absorb Calcium to maintain healthy bones. The reality is that Vitamin D is an Sunshine Vitamin. Ten to 15 minutes of sunshine, three times weekly is enough to produce the body's requirement of vitamin D. Too much vitamin D can make the intestines absorb too much calcium. This may cause high levels of calcium in the blood. Calcium deposits in soft tissues in the heart and lungs, and causes constipation and a more painful problem: Kidney Stones.

The Recommended Dietary Allowance for Vitamin D per day is 600 IU for those aged 9-70 years old. Just because it is a trend, doesn't mean that it is good for you. If you start noticing that your urine is yellow or dark yellow with a strong smell, that is a health concern or a sign of kidney issues. What can you do about it? Take the Taifu Plus and DTF pills (Kidney support) with a least 8 glasses of water, which includes 2-3 cups of tea.

Be kind and thoughtful about your health. Getting the basics of 101 Healthcare is extremely important. Make the effort to pay attention to reality versus a myth (marketing trend) long-term, keeps us wise, healthy and looking good. I am cautious and careful because I love myself, and most importantly, I don't like pain.

Love,
Juli

Thank you for your referral!

Douglas Martin, Irina Lutsyuk, Sergio Bermudez Cooz, Lyubov Lutsyuk, Irina Burlak, Alex Kozlov, Lyudmila Lutsyuk, Dr. Slava Borisenko, Marina Frunza, Larisa Sagaidac, Marina Kuzin, Svetlana Sharamovych, Angelina Mikityuk.

