



# Hen Sen Herbs

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337 Park Ave N  
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## Fact Of The Month

**Cha Cha Chia Chia Seeds.** The once famous home grown plant pet that many have had, has now become a wide spread trend. Due to its high fiber, high omega-3 and fatty acids, rich in calcium, magnesium, and boron characteristics it has been enjoying its spot light as one of the most promoted foods to eat. But what people tend to ignore or have been misled to believe is that Chia seeds can be more harmful than good if not prepared properly or if you have an allergy to it. In one instance, a 39-year-old man swallowed a tablespoon of dry Chia seeds and chased it with water; he experienced intense dysphasia, or difficulty of swallowing. Chia seeds, when mixed with water immediately begin to form a hydro gel capsule, absorbing up to 27 times their weight in water. These gelatinous balls grew too rapidly and enclosed in his throat causing him to choke. Due to their high concentration of omega-3 fatty acids, Chia seeds can act as a blood thinner and should not be consumed if you are on blood thinning medication. Chia seeds, if not cooked properly can also cause a wide range of intestinal issues ranging from constipation and hard stools to diarrhea, bloating and excessive intestinal gas. If you have any intestinal issues, it is highly recommended to avoid Chia seeds. It would be best to look into how to prepare Chia seeds before incorporating them into smoothies and eating them raw with water to prevent getting ill.



## Thank You For Your Referral

- Kaarisa Williams,
- John Horogos,
- Zhanna Tsvor,
- Marni Fisher,
- Keysha Turmon,
- Diana Dallal



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337 Park Ave N  
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# LIFESTYLE LETTER

206 328-2828 [www.hensenherbs.com](http://www.hensenherbs.com)

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### Quotes of the month

*"Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty..."*  
— Theodore Roosevelt

*"Whenever you want to achieve something, keep your eyes open, concentrate and make sure you know exactly what it is you want. No one can hit their target with their eyes closed."*  
— Paulo Coelho

### This month in history

January 1st New Year's Day - The most celebrated holiday around the world.

January 30th, 1919- Jackie Robinson was born in Cairo, Georgia. He was the first African American to play professional baseball.

### Need to consult Juli about your health?

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## The Most Precious Present You Can Give Yourself

With the holiday season behind us, and a new year of possibilities ahead, you may be enjoying presents from the season and trying to determine how to achieve your goals. Perhaps there are some left over holiday chocolates or cookies tempting you? Or maybe you managed to consume them all up by the 31st so that you can begin that diet without distractions?



The best thing you can do for yourself to start the New Year is to give yourself the gift of presence. I'm not talking about a physical gift you unwrap, but the simple thing of being just where you are right now. With so many distractions from our phones, computers and advertisements on the radio directing our focus on everything else, let's talk about being present in the moment. Some folks use meditation or exercise like Yoga or Running to help them enjoy moments of being present in their bodies. You can give yourself this time every day no matter what or how you want to be present.

Another way to give yourself a gift of presence is through art. I use photography to be present and focus on beauty. Photo by Holli Margell

By slowing down and being really focused on yourself for a few minutes every day, you may find that you notice how you are really feeling. How your body is doing in terms of rest, or any small aches and pains. This will let you be proactive about taking care of your health. We have this tendency in America to ignore our small aches or even ignore a stomach ache because we are too busy.

The traditional Chinese practice is one of preventative health. Grandma or an elder in the family knew how to cure or help common illnesses. The whole family knew how to avoid catching colds or even how to recover from child birth in a way that made them less likely to have complications.

As I have been thinking about the new year and the big increase in health problems among those I know in my family, I think about Hen Sen Herbs and all that Juli does to help others with the traditional Chinese remedies. What I have noticed is that this requires every one to pay attention to their health. The sooner you take care of a problem, the better. The only way to do that is to be present every day and notice any changes so that you can be proactive.

May you find a way to give yourself the give of being present every day, and take care of your health so that you may enjoy a New Year of peace and joy!

Best wishes, Holli Margell, Editor

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# Don't Jump The Gun This Year, Take It Easy!

January is the month of New Years' resolution, which means everyone will be eating better with their new diets, going to the gym to exercise, and promising to have a stress-less year. Well, that's what you'd think. To be honest, this short term goal only lasts 2-3 weeks, tops. I mean don't get me wrong, it's great to have these aspirations to start the year off right but let's be real with ourselves, how many of us make a goal and then completely put it on the back burner or just get too busy to achieve that goal to only find you are right back where you started next December?

Instead of being all gung-ho about setting your new resolutions right at the beginning of the year, my advice is this: SCREW IT! That being said, my reasoning is this. When December is over January shoots through like lightning. You just got over eating a boat load of food and we are still in the season of winter which means your body is still in relax mode. Imagine being in your most relaxing state of mind, laying on a beach or sitting at the spa, even on a nice nature walk, and all of a sudden you have to get up and go run a 5 mile race. Doesn't sound very nice does it? Well that's what happens at the beginning of the year.

Every year I see the gyms overloaded with people and everyone is talking about the latest diet trends they are on, but my question is, why does everyone do this to themselves so early in the year? It's almost like you are a setting yourself up to be stressed out. When I think about January, I feel like this month is a time for reflection versus looking toward the future. Timothy Pynchyl, a professor of psychology at Carleton University in Canada, says that resolutions are a form of "cultural procrastination," an effort to reinvent oneself. People make resolutions as a way of motivating themselves. Pynchyl argues that people aren't ready to change their habits, particularly bad habits, and that accounts for the high failure rate. Another reason, says Dr. Avya Sharma of the Canadian Obesity Network, is that people set unrealistic goals and expectations in their resolutions.

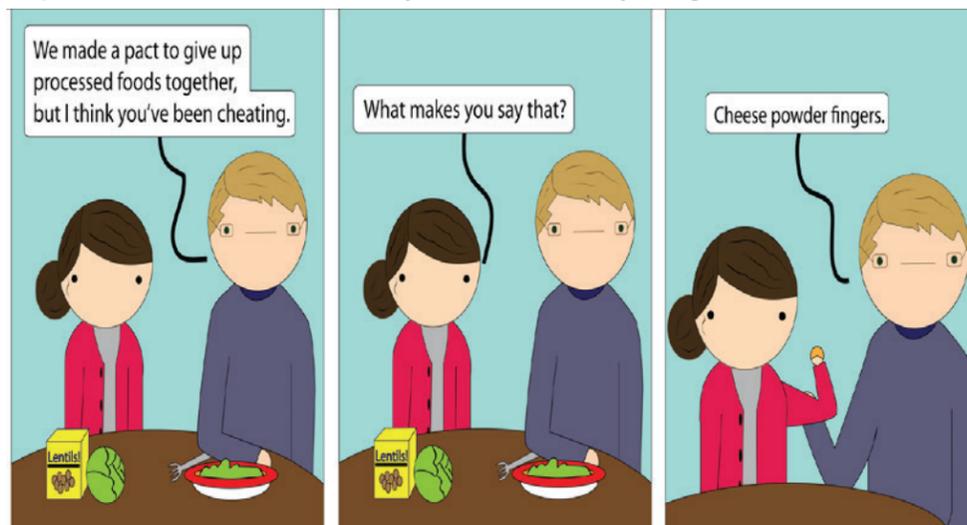
Things like losing weight, eating better, stopping a bad habit, or reducing stress aren't goal specific, meaning that these goals are too vague and you'll be more likely to deter from these goals a lot faster. A better idea would be to specify what you would like to do with each goal like, losing 10 pounds in 1 month, eating 1 cup of vegetables a day, decreasing the amount of sugar you eat or cigarettes you smoke, or drinks you have to once on a weekend,

or having time for yourself once a week. When you set realistic and specific goals you are way more likely to achieve those goals.

Another idea would be to wait it out. Wait until February to start your goals and make January a time for setting a game plan on what goals you'd like to focus on first. Find your resources and pick a day on when you'd like to start!

What I started just 2 years ago was, when my family and I celebrate new year's, we write out a list of all the things we would like to achieve for the year, making them as specific and realistic as we can. When we are finished we put it on the fridge so that we are able to see it every day and so that the family can see it as well. We rely on each other to remind one another on the progress of our goals. When you have someone to answer to it motivates you to actually work toward your goal. And when we have achieved a goal we cross it out. The next year we see how we did in achieving the goals on our list and anything we didn't do we carry on to the next year.

Your environment is one of the most influential aspects of your life. It molds you into who you are today. If you are in an environment that pushes you to a lifestyle that is undesirable, then it is up to you to change that. Your diet, physical well being, emotions, and beliefs are all factors of the environment you grew up with, and have formed into a habit rather it be negative or positive. With this in mind it is important to know that when you are making changes, especially life altering changes, that it will take some time to get to where you want to be. Your body will take time to detox if you change your diet and it will also take time for your body to adjust to a new exercise routine. It will take time to stop your bad habits, and it will take time to relieve emotional stresses. Don't set high expectations with the notion that everything will have fast results. Let time be your friend, you have a whole year to achieve your goals!



# Don't Jump The Gun cont...

Many people have an assumption that all you need is 21 days to break or form a habit and interestingly enough, this number comes from a widely popular 1960 book called, "Psycho-Cybernetics" by Maxwell Maltz, a plastic surgeon who noticed his patients seemed to take about 21 days to get used to their new faces.

However, according to a 2009 study, the time it takes to form a habit really isn't specified. Researchers from University College London examined the new habits of 96 people over the space of 12 weeks, and found that the average time it takes for a new habit to stick is actually 66 days and even further, individual times varied from 18 to a whopping 254 days.

The take-away message here is that if you want to develop a new behavior, it will take at least two months, and you shouldn't be upset if three weeks doesn't do the trick - for most people that is simply not enough. Stick with it for longer, and you'll end up with a habit you can keep without thinking and will get you to where you want to be.

For this year, don't try to overstress on the New Year's resolution and jump the gun. Take your time and relax for the rest of the winter. Start making plans on what you would first like to achieve and then work slowly toward that goal.

What I have learned is that we as a society have this concept of time that is moving too fast the busier we get. We have this social construct of needing to make changes real fast and get fast results. The truth is none of this will benefit you. You'll end up working too hard and then over exhausting yourself, making you feel discouraged and then losing sight of your goal.

When the holiday season winds down, reflect on what you would like the outcome of this New Year to be for you. Make slow changes for yourself and remember that these goals are meant to benefit you, no one else. You can do it, I know you can!

Happy New Year,

Shaila

# Juli's Healthy Living Corner



*When was the last time you had an oil change? Even a new car needs an oil change when the time comes. And with an old car, not only does it need an oil change, but a full tune up, and at times parts need to be replaced and fixed. Our body is much more complex than a car and the truth is that physical illness comes from neglect and eating the wrong food. More and more people are taught to eat with a mind set of "why can't I?" and begin following non-sensical trends. Not everyone has the same biology, which means everyone reacts to different allergens and substances differently. If a food that is scientifically suppose to have great benefits but in return has been prepared uncooked or has been eaten too much, it can cause side effects. That effect can sometimes cause a long term health disease. A great example would be Chia Seeds. Due to the high concentration of Omega -3 fatty acids, and gelatinous properties it has can act as a blood thinner. Since it is a high fiber and rich seed, it can cause gastrointestinal problems. Be aware, and don't have a monkey see monkey do attitude.*

*I am learning every day. A very wise man has recently explained to me that "you don't need to fall into every mud puddle to know it is dirty." That goes for the usage of marijuana, alcohol, and following unbeneficial trends. We are now told that, it is good for us, but history and other informational sources have shown that it can have toxic effects on our body. How can we say things like smoking marijuana frequently and drinking a glass of red wine once a day is ok, when we know that smoking cigarettes can cause Lung Disease or Cancer and alcoholic drinks can cause Alcohol Liver? Please be more knowledgeable and think twice of the consequences. My rule is this, what is not given to a baby or child doesn't mean that it is good for us. Your biology stays the same throughout your whole life. Learn to say STOP.*

*What can we do to give ourselves an oil change? Take Taifu Plus and E15. A prominent ingredient in the E15 is Po Xiao which improves disease resistance. Huang Lian, another ingredient in E15 will help relieve heat toxicity. There is no secret to life, what goes in must come out. Time and time, one will get their blood or hair analyzed and when the results return it may show that they are low in iron or Vitamin D. So naturally, you take more supplements. In Chinese Traditional Herbal teaching, internally, if a main organ isn't working properly, it will lower your body's processing and functioning abilities. If one neglects eating the right food, it will hinder your body's ability to receive good, natural nutrients. Instead of supplements, we spend time with patients and help educate the patient on how to prevent illness from the start. Starting with consuming a plant-based diet, eating living cultured food, and eliminating processed food will help alkalize the body naturally and provide the body the nutrients that it needs to heal. What goes in must come out.*

With Love, Juli

Juli's Healthy Living Corner