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Have you ever wondered how cupping or gua sha treatments work?



On **Sat February 18th** come join us at our office to learn the the fascinating and meticulous techniques that come with these ancient therapeutic treatments.

You will get a crash course on what cupping and gua sha really is and how it works, as well as visual demonstrations, a guest speaker, and much more.

There is a \$30 fee for the course

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Please call us at (206) 328-2828 or email us at service@hensenherb.com to reserve your seat for the course. Seats are limited.

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LIFESTYLE LETTER

206 328-2828 www.hensenherbs.com

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Quotes of the month

"We do not inherit the earth from our ancestors, we borrow it from our children."

— *Native American Proverb*

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."

— *Mother Teresa*

This month in history

February 3, 1870 - The 15th Amendment to the U.S. Constitution was ratified, guaranteeing the right of citizens to vote, regardless of race, color, or previous condition of servitude.

February 23, 1868 - African American educator and leader W.E.B. Du Bois was born

Need to consult Juli about your health?

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

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Blog:

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What Else Could Get Rid of a Cold In 3 Days?

Have you been feeling sick beyond belief? Who has time to sit and be miserable with the cold and flu? Seeing that we will be experiencing another three weeks of more freezing cold winter weather, it is a great idea to help prepare yourself with a remedy that can kick that nasty cold and make you feel better in less than three days.

Our tea regimen is guaranteed to help clear a sore throat, ease that stuffy nose feeling, relieve headaches from sinus congestion, and hydrate your body when you are experiencing a fever. Gum Wall Tea and Lok Wo Cha are the perfect combination of herbs to help with the cold and flu symptoms and leave you feeling so much better.

When I'm sick or even have a hindrance of a cold coming on I instantly turn to the Gum Wall Tea and Lok Wo Cha, and if cooked properly, unlike Juli's bitter teas, this herbal tea concoction is actually easy to drink down, can you believe that? Plus the instructions are easy to follow and simple. These boxes come with mini boxes of herbs; literally Gum Wall Tea means "boxes inside a box".

Follow these instructions to help create this perfect cold fighting tea!

1. Pour 3 cups of water into a small saucepan and bring to a boil and add 1 box of the Gum Wall Tea and 1 box of the Lok Wo Cha
2. Cook on low-medium heat for 15 minutes with the lid on (very crucial part, this makes a difference on how the tea will taste...I know from experience so trust me on this.)
3. After 15 minutes just let the tea steep for an extra 5 minutes
4. Strain into 2 separate cups; drink 1 cup in the morning and 1 cup at night.
5. Add 1 slice of fresh

ginger root if you are feeling any nausea or fever for good measure.

Repeat these steps for 3 days and watch as you start to feel better! Seriously it is so simple and you'll be glad your tried it.

Stay warm, eat light, and take good care of yourself!



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Deep Water Secrets That You May Not Know

A huge controversial topic that has been boiling to the surface over the past year is having a very polarizing effect on people... This controversial matter is whether we should have access to clean water. How silly right? The answer should obviously be yes, but in our country today our water is being threatened by many companies that are invested in the pollution of our water sources through various different chemicals such as fluoride, crude oil/gasoline, nitrates, and other harmful debris. Water is what makes up 80% of our bodies, and makes up 95% of our brain. The average person can go up to 3 days without water...that's how vital it is for our life. Even the president of the United States is unconcerned with the matter of clean water, or clean energy in general. It is, but this needs to be EVERYONE'S CONCERN.

Over the past year, there has been news that a Native American tribe, specifically the Lakota tribe in North Dakota, is facing intense challenges to protect their right to have clean drinking water. ETP (Energy Transfer Partners) is completely invested in building a pipeline, originally on sacred Native American Land, but during the Obama Administration's time Obama denied the continuation of construction on the Lakota people's land, to move the construction away from their territory and under the Missouri River. Yeah, thanks that's not any better. These protesters better known as 'water protectors' have been on sight gathering people to hold up construction and to peacefully protest against the oil company from building the pipeline. They are currently going up against a militarized police force, being sprayed in the face with pepper spray, getting shot with rubber bullets, sprayed by fire hoses in below freezing weather, and having sound grenades launched at them. One woman lost her arm due to a sound grenade being thrown at her intentionally. But what is the big deal? Why are they fighting so hard if the pipeline is going to be under the river and is surrounded by metal?

Interestingly enough in 2016 more than 28 oil spills were reported in America (and for the most part these spills are NOT reported). So far in January 2017 four oil spills have already happened. Thousands of gallons of oil are being dumped all over the country, endangering the ecosystem, animals, and our own drinking water reserves. It is possible to clean oil, but by the time help comes around to do that, the ecosystem is already in jeopardy.

In Flint Michigan, the town is forced to drink only bottled water due to their water pipe system being corroded with lead, which can cause damage to the brain, decrease the immune system, and has many other deleterious properties. Yet with this problem going on for more than 3 years now, the Governor Rick Snyder has yet to fix the problem for the town, suggesting to keep the whole piping system which in turn can cause more harm than help due to the high concentration of lead spreading to 100,000 people's homes. Recently about 3 months ago in December, Whidbey Island had an emergency clean up on its shore due to toxic levels of a firefighting chemical, leftover from past Navy operations. There are 340 potential sites for contamination, and the Navy has taken 100 water samples. A total of 34 results have been received so far. Three of those results indicate PFAS (Perfluorinated Compounds) in the water are above the EPA lifetime health advisory levels. These chemicals could be linked to increased cancer risk, development problems in children and fetuses, and issues with immune and reproductive systems. PFAS persist in the environment, bio-accumulate in animals and are toxic.

In some third world countries, the water can also be contaminated with harmful bacteria due to the contribution of toxic factory run off, animal bi-products, and communal usages. The Ganges is the biggest river in India and is considered to be sacred. Though it is said to be the holiest of waters, many people use the river to bathe, wash clothes, wash animals, swim, dump waste, and also alleviate cremated

bodies. This man made accumulation of bacteria has caused many people to contract various illnesses which sometimes lead to death.

Sometimes nature does its own part in contributing to its toxic demise. Deep in the ocean, the ocean floor may crack, and in locations where seeps are found, oil flows slowly up through these networks of cracks, forming springs of hydrocarbons similar to the La Brae tar pits on land. Lighter compounds rise buoyantly to the water's surface and evaporate or become entrained in ocean currents; others fall to the seafloor and collect over hundreds or thousands of years. The material that flows out is still very often toxic. In addition, rather than being made up entirely crude oil, the material flowing from seeps is often heavily biodegraded by microbial action deep beneath the seafloor.

As you can see by just a few examples, our water sources are at high risk as the oil companies continue to expand their pipelines to more water sources, high chemical contamination in the water pipes from lousy construction and insensible government officials not taking care of the problem, and nasty chemical contamination from manmade sources disrupting the environment and intoxicating more water sources. Some are controllable while others truly happen by accident, even nature has its own share, but it is no accident that the powers that are in charge of these resources are neglecting the fact that millions of lives are being affected while these companies keep making money, where as nature has its own way of balancing itself out.

In my opinion, I am highly upset about the way humans have treated this earth and the disregard for each other. Now more than ever people are suffering because of the way our necessities and conveniences are damaging many ecosystems and many people don't even comprehend that we are putting ourselves directly at risk. There are multiple countries invested in creating alternative solutions to save whatever they can of the natural resources that are left. Israel has created a water distilling machine that takes water from the ocean, purifies it and distills the water so that it is drinkable and is not harmful to the environment. And what is the United States going to do? Spend more than 30 billion dollars to build a stupid wall for nothing...is that enough perspective on how the USA's priorities are set? A wall for nothing is more important than native peoples and citizens' access to clean drinking water.

My point is this, although we may not be able to change and save the world (like some of us really want to) we can take little steps at home every day to ensure the safety of ourselves, our loved ones, and of the people and children in the next generations and others that follow. What we can do right now, is make sure that the water that comes from your tap is drinkable. Be sure to purify your water by using a water filter and then boiling your water before consumption. By doing this simple task, you immediately reduce your risk of taking in harmful bacteria and chemicals into your body. Another recommendation would be if you live in the state of WA, you may be able to collect rain water, as it is legal to do so in this state. Though there are many processes that go into the filtration of rain water, and just be sure to go through the purifying process to make sure that it is clean. It is a fascinating concept to look into. Most importantly it is a good idea to be testing your water to ensure that your water is clean not contaminated.

There are efforts to slowly divest from the oil companies and to move forward with clean energy but until these efforts manifest into reality, keep in mind how lucky we are to even have water, every time you turn on a faucet, every time you shower, do the dishes, water the plants, brush your teeth, every time you flush the toilet, and especially while you're drinking water, you are using up that resource and note how much of a luxury it really is to us. Remember that filthy water is something that cannot be washed. ~Shaila

Juli's Healthy Living Corner

The Chinese New Year is a celebration of family tradition, cultural foods and happiness. My greatest memories of this holiday are of the shared stories behind the tradition. Family tradition is knowledge that has been and continues to be passed down through the generations by visual and oral means, rather than via book learning or google searches. There is no gender divide in the role of passing on this knowledge, although it would be correct to say that it is mostly done by women and grandparents, who adopt the role of care givers in most traditional households.

Every culture in the world has their own folk medicine tradition and various herbal remedies for treating illnesses and diseases. Folk medicine is a compilation of formulae used by the general public to treat certain conditions without reference to a complete system of medicine. In some publications, folk medicines are called "secret formulae." As a practitioner of Traditional Chinese Medicine, many patients complain about the bitter taste of the herbs, but such taste can be acquired or developed. Here in the United States, we are spoiled by our pallets. If it doesn't taste good, we won't want to eat it, and we salt before we taste. We have to train our kids early on that bitter is good and that it can bring healing. In addition, many conventional physicians have no knowledge or understanding of Chinese Herbs, Cupping, or Gua Sha, so these treatments are automatically assumed to be ineffective or outright bad. This is in part because TCM isn't science proven by lab rats or clinical studies, it is proven and experienced by humans.

According to Chinese tradition, one cannot achieve a state of good health without first creating a harmonious relationship with Nature or Tradition. If you feel you've lost control of your health or other important parts of your life, Chinese New Year is a wonderful time to regain your balance. In the West, the New Year often brings a renewed focus on diet and exercise. In the East, however, the Chinese New Year brings a renewed perspective of the whole person: body, mind and spirit. In traditional Chinese medicine, we think of health and wellness in terms of balance. Everything — physical, emotional, mental and spiritual — is connected. Your physical well-being impacts your spirit. When I see patients who have been in chronic pain for many years, their quality of life has been severely impaired. This impacts their spirit. Many lose the sparkle in their eyes, and brightness in their voices. Disease is perceived as a disharmony (or imbalance) in the functions of the interaction between the human body and the environment. Therapy is based on which "pattern of disharmony" can be identified. It is also known to be the most difficult aspect of practicing TCM.

Chinese New Year Traditions

As a Traditional Chinese Medicine practitioner I will examine things like the color and shape of the tongue, the relative strength of pulse-points, the smell of the breath, the quality of breathing or the sound of the voice and at times examine and feel the area of pain or discomfort. Each herbal formula is created differently, it depends on the overall health of the patient and how deep set the illness is. There is no one herb, formula or medicine that will work on every patient. It is very individual. Like composing a musical masterpiece, it takes time and patience, it is art from the heart. Making each day a masterpiece, we must realize that spiritual and emotional healing, like physical healing, is gradual and best taken one small step at a time.

Chinese herbs are not only used to relieve physical ailments, but also to restore Shen (Spirit). In the Chinese Medical Tradition, Shen lives in the Heart, where it retires to sleep during the night. Modern life is so busy. We can be consumed with distractions: taking kids to activities, watching TV, browsing on phones or tablets. It's easy to lose our sense of self. But we know when that happens. That's our cue to reconnect — body, mind and spirit (soul). Mind is attached to the body, and a pure mind creates a good soul. In making a new start, connect with yourself and your loved ones to renew your spirit. How can you do this? Learn something new and share it with friends and family. Practice Cupping, Gua Sha and the use of Herbs. It is believed that the smallest of details or actions can have a ripple effect that can change the world, and together we can build a strong village.

Are you interested in Folk Medicine? I believe there is great need and urgency to pass on these teachings before it becomes a lost art. How about a common cold that has been lingering and getting worse? You can help yourself or family with a treatment of Gua Sha, Cupping or Ginger Tea. Start taking care of your family or friends, and learn the basic skills. Come take my Gua Sha and Cupping class, so we can take care of each other. Call me or simply sign up with Shaila.

Love, Juli

*Kung Hei Fat Choy
May Prosperity Be With You*



Juli's Healthy Living Corner