



# Hen Sen Herbs

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## 102 Cupping Course

Have you ever wondered how cupping or gua sha treatments work? Looking to further extend your knowledge of cupping or gua sha treatment?

On **Sat. March 18th** come join us at our office to learn 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 a guest speaker, visual demonstrations, and much more. You may bring your own cupping set if you'd like or purchase one at the course.

**There is a \$30 fee for the course.** Please call us at (206) 328-2828 or email us at [service@hensenherb.com](mailto:service@hensenherb.com) to reserve your seat for the course. Seats are limited.

## Thank You For Your Referral

Tania Maxfield, Gary Davis,  
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Shawnee Talkington,  
Tatyana Orekhov,  
Nancy Lucero, Marina Vysotsky,  
Kelli Rae Rham



## How To Control Your Body *continued*

The point of this exercise is to enrich the body with Oxygen.

Step 2: After 30 successions, hold your breath and engage in light exercise to consume the oxygen stored in the body. For example, you may do 20 - 30 push ups without breathing. Breathe deeply again to recover.

Step 3: Expose yourself to cold. If you are new to the cold exposure, just end the warm shower with 15 - 30 seconds of cold shower. Begin with your feet, then follow with your legs, stomach, shoulders, neck and back. As your body becomes accustomed to the cold. Increase the intensity and the amount of exposure to the cold gradually.

There they are. If you want to learn more in detail about his method, simply Google, "Wim Hof Method". You will find a whole bunch of videos on Youtube. I recommend this particular video since it summarizes his methods and beliefs really well in a short video.: [https://www.youtube.com/watch?v=mxCGDFIH1\\_k](https://www.youtube.com/watch?v=mxCGDFIH1_k)

You can do it! I know you can!  
~Kaz



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# LIFESTYLE LETTER

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### Quotes of the month

*"Ring the bells that still can ring  
Forget your perfect offering  
There is a crack in everything  
That's how the light gets in."  
— Leonard Cohen*

*"A fit, healthy body—that is the  
best fashion statement"  
— Jess C. Scott*

### This month in history

March 1, 1961 - President John F. Kennedy established the Peace Corps, an organization sending young American volunteers to developing countries to assist with health care, education and other basic human needs.

March 20 - International Earth Day

March 29, 1886- Coca Cola is invented.

### Need to consult Juli about your health?

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## The Hardest Life Lesson

This year has taught me the hardest life lesson of all. While I've been feeling the growing pains and trying to figure how to put words to this new lesson, I had a talk with Juli about stress. She explained exactly what I have been learning the hard way: you cannot fix someone who is not ready to do the work themselves.

Maybe you have someone in your life that you love and want to see happy and healthy. Perhaps this is your child, your sister, or your parent, and you think you know exactly what they need to do to fix a problem. You can tell them how to fix it. You can remind them you know how to fix it. You can suggest they go get some advice from someone else. But, sadly, you cannot fix something in someone else's life if they are not ready to do the work.

Another way to share this lesson is to use my children as examples. Life is a process of learning from the day we were born, and it never stops. I think children can teach us many things about life because childhood is the foundational time we learn our biggest lessons. For this analogy, I'm going to use the lesson of potty training.

Potty training in America is a big deal. We have diapers for kids to wear until they are about the age of four years old! There are dozens and dozens of books on the market on different methods for how to teach your child to use the toilet. And, the advice that is the most simple is often overlooked: your child will learn to use the toilet when they are ready. You can use prizes and punishment, but until they understand their bodily functions and signals, they may resist learning.

We all learn lessons in life based on our experience and our willingness to learn. Sometimes we have to experience something repeatedly before we finally realize what it is we can learn from a situation.

So, if you are trying to fix someone, remember, each and every one of us has the ability to learn, and no amount of love and support can make it happen. Take care of yourself and lead by example, instead of trying to fix everyone else.

In Wellness,  
Holli Margell, Editor

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102 cupping course  
Thank You For Referral

## How To Control Your Body With Your Mind

Not long ago, I read a book called "Blue Zones." It is all about longevity. The author, Dan Buettner traveled all over the world to find out why some people from certain ethnic groups or regions in different parts of the world live longer than average. He specifically targeted the small areas with higher concentration of population with 100 years or older.

He interviewed and spent considerable amount of time with them to learn their lifestyle and eating habits. After years of field research, he found the commonalities among those who are 100 years or older. His observation boils down to this.

They live a simple life! They produce their own food, eat what they produce, live a carefree life, and have a sense of purpose. Simple common sense, but very profound. And we all know that's not easy to do.

An interesting thing about this book is that it is a collection of the stories about individuals who actually have lived more than 100 years old. It is not based on a scientific study in a lab. In my opinion you should never listen

to a doctor or scientist who tells you how you can extend your life if their teaching is solely based on lab research. In other words, if you want to live past 100 years old, learn from someone who's actually done it. In the same way if you want to make millions of dollars, learn from a millionaire, not from an economics professor who never made millions of dollars in their life. If you want to stay married, don't talk to a marriage counselor who has been divorced multiple times.

Wim Hof is definitely one of few who actually walks the walk and talks the talk. He does what he preaches. He travels all around the world demonstrating his superhuman ability. Some call him a freak of nature.

So what is it that he does that is so amazing? Glad you asked. He often submerges himself in ice water for a long period of time - long enough to kill most of people, to demonstrate his ability to control his body with his thoughts. Not surprisingly, he holds a world record for it along with 25-26 other world records. He climbed Mt. Everest wearing nothing but a pair of shorts. He swam 130 meters under iced capped water. In a nutshell, he loves to expose himself to extreme cold. Why does he do it? Does he just want to show off his super ability? Or maybe he likes the attention from the media? Nope. He is doing this because he wants to show everyone that your mind has power over your body.

Hof says that you can program your mind

any way you like. Your mind becomes a commander in chief. Your body is just a soldier who dutifully follows the order. Just like a soldier who trains and prepares for battle. Your body does the same thing. Let's say you are preparing to go into a tank full of ice water. Your commander in chief (mind) takes charge and tells a soldier (body) to get ready. In response your body increases its metabolism so it can generate constant heat during the exposure to extreme cold. His core body temperature remains at 37C (96.8F) throughout the ice bath experiment. Normal people would lose consciousness in ice water within 15 minutes or so due to hypothermia and die not long after that. The researcher drew Hof's blood during the experiment and found out his metabolism rate has increased by 300%.

"Anyone can do this!" Hof says a mind can positively influence cardiovascular system as well as other physiological functions to enhance your health. Got your attention yet?

During the ice bath demonstration on TED talk,



Wim Hof in the ice lake.

he was asked what his mission was. Hof told the audience that he wants to show that all of us have the power to influence the body by thought. Cold exposure helps you connect with nature. Help your mind connect with your body at the cellular level. Ultimately it will help you unlock your body's healing power.

The key here is not to just understand the mechanism of mind and body connection, it is in KNOWING that your mind can influence your body positively as well as negatively. It all depends on how you want your body to become. You can become healthier and stronger at will if you want to. You can make yourself sick if you believe you are.

Wim Hof's method definitely helps you KNOW that your mind has the power over the body. Before I explain his methods, I would like to talk about how he makes me feel. He makes me feel like I can do anything! Well I have no intention of climbing Mt. Everest naked or swimming with a polar bear in the arctic, but I KNOW that I can be a lot stronger and healthier than I thought I could ever be. "If I can do it, you can do it too, my friend. I'll show you how."

Step 1: Relax. Sit comfortably as if you meditate. Breath in fully & deeply. Then let it go. Repeat 30 times in rapid succession. You should feel a tingling sensation throughout the body.

He says that you don't need to worry about techniques, just take in as much air as you can. It doesn't matter if you breath from nose or mouth.

*continued on page 4*

## Juli's Healthy Living Corner

Your health is a reflection of how you take care of yourself. When I got married to Kaz, he made a funny joke that, "I better not get fat." In return, he better not become bald (please don't tell my husband). I kept mind of it, I love myself, and the chances that I will get fat isn't a worry. I knew that if I became fat, it was because I didn't take care of myself, I didn't eat right. Growing up, we only ate at home. Eating out was unheard of, and having a snack meant eating fruit or vegetables. That was my upbringing and although here and there I do eat out and snack on junk food, it isn't a bad habit. I learned to stop and do my best to stick with our Bland Diet Sheet.

Is food important to you? I think the new sensational food fads are over rated. You will constantly hear of new findings in science about diets, and diet interventions. I don't believe in special diets like the protein diets or all fruit diets or even juicing. If weight is the problem, stop eating bad and create a balanced meal. Start changing your life style. Science has nothing to do with our eating habits, it is our own discipline. And when you don't feel well do something about it.

Food is highly important for our own existence. For survival needs, people everywhere could eat the same food, to be measured only in calories, fats, carbohydrates, proteins, and vitamins. But people of different backgrounds or cultures eat very differently. You might say that different cultures have different food choices. (The word choice is used here not necessarily in an active sense, granting the possibility that some choices could be imposed rather than selected.) We see how food habits change and seek to explore the reasons and consequences. You are what you eat! What may work well for one may be bad for others.

The Chinese diet has a long, complicated history, based on thousands of years of Chinese medicine. Chinese culture is based on the philosophy of "yin" and "yang", as well as the "Five Elements." From medicine, and martial arts, to dance, and cooking Chinese culture is built on a foundation of balance, harmony, contrast, and adapting to change.

Part of that balance can be implemented with food. Each organ is tied to an element and a taste. For example, bitter is tied to the heart and fire. Sweet: spleen/earth, sour: liver/wood, spicy: lungs/metal, salty: kidneys/water.) In building a healthy meal, all five of these tastes should be incorporated. That is said to keep the body in balance, which in turn protects it from disease.



## Why Diets Won't Work cont...

For thousands of years, the concept of balance from Chinese philosophy kept Chinese communities from straying from the traditional diet. There were always periods of shortage and periods of wealth. When food was available, it was prepared according to the recommendations of Chinese medicine.

During the Cultural Revolution, from the 1900's there has been a dramatic shift in the way people grew and imported food, as well as eating habits. Cereal consumption shot up in 1952 and so did "junk" food consumption. The proportion of energy intake from fat tripled, and by 1982 China saw its first significant rise in the number of overweight people and those stricken with diet-related cancers. We must look back to wisdom for guidance.

Many weeks ago I watched a movie called "Mr. Church" which tells the story of a unique friendship that develops when a little girl and her dying mother retain the services of a talented cook. This movie inspired me to start cooking at home, using fresh herbs and spending more time in the kitchen. Nothing beats a home cooked meal. It really reminds me of how my grandma raised us, dinner was always served on time and every dinner was served with pride. There wasn't any need of going out to eat. It would be my wish to have a farm and a family chef. In the teaching of I Ching, the element Earth is to seed our lands to grow crops and to create life. It is the cycle of life. In the month of March we celebrate Earth Day. So plant those seeds, celebrate our lives with great crops, and create those great healthy meals with friends and family.

A new car needs an oil change, when was the last time you had an oil change? Schedule your quarterly health check and share your recipes. Find your passion in cooking and start with the book *The Joy of Cooking* and get inspired by watching Mr. Church.

Love,  
Juli

