



Juli's Healthy Living Corner Cont...

With the change of season, allergies are back. The most common allergy disease is Asthma, Asthma is characterized as chronic inflammation of the airway disease. Over the past few months I have had many patients with different symptoms from sudden severe migraines, flare up of Rheumatoid Arthritis, Flu and allergy like symptoms all to be told from their physicians at the ER to be Viruses. Drinking lots of fluid and taking pain-killers or fever reducers isn't helping. When the condition is acute, the symptoms have to be controlled using herbal formulas to cut down histamine, expand the bronchia and stop the coughing and wheezing so the patients can breathe better. One of the main formulas being used is of the ten famous herbal formulas Xiao Qing Long Tang . Used for: Cold or influenza, cough, bronchitis, asthma, edema, whooping cough, excessive phlegm, saliva, and tears. This formula has to be prescribed by how your condition is by adding and adjusting the formula to your symptoms.

Take care of your Lungs by breathing deeply more often supplying oxygen to your whole body, laugh more, keep your nose clear, stay hydrated, and most importantly take Chinese Herbs if you have Lung conditions.

Love, Juli

Thank You For Your Referral

- Alaa Ayesh
- Di Nan
- Vitaliy slonevskiy
- Sophia Nogel
- Jada Morrison
- Peggy Montgomery
- Vici chidester-rabe
- Olesya Kiforishin
- Igor and Olga Chuvashov
- Josie Evangelista
- Maura Bibit
- Rickie Beavers



Quotes of the month

Life is the art of being well deceived; and in order that the deception may succeed it must be habitual and uninterrupted.

-William Hazlitt

"Is the spring coming, What is it like?" It is the sun shining on the rain and the rain falling on the sunshine..."

— Frances Hodgson Burnett

This month in history

April 1, 1973 - The first portable cell phone call was placed in New York City.

April 13, 1976 - The United States Treasury Department reintroduced the two-dollar bill as a Federal Reserve Note

April 23, 1564 - William Shakespeare was born

Need to consult Juli about your health?

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

www.hensenherbs.com

Blog:

www.hensenlifestyle.com

Spring Season Survival

In the Pacific Northwest, we experience spring as a season with mostly rainfall. There's been a record number of rainy days this winter and while the trees are blooming and leaves on trees growing anew, we're still not outside enjoying the change of season due to all the rainy days. When there is a sun break, we run outside, ready to get some fresh air and that's when we need to keep in mind the Traditional Chinese practices that Juli tells us about to keep well.

Without fail, my kids would get sick around the Spring, and that is when we hear about more and more students at school coming down with the flu or colds. Juli has taught us many times to remember some teachings from her grandmother that are practical and have nothing to do with herbs.

For example, the sun is shining, and you and your kids want to go outside and play? You see it's warm enough to go with out a coat. Don't do it. As soon as the breeze starts, it's too cold. So, remember your coat and keep your neck warm with a scarf.

With the sunshine weather comes the hot weather treats and memories of frozen fruit smoothies and popsicles. Don't do it. Remember to keep eating cooked and warm foods. With the warm weather comes the longer days of light and the kids complaining that it's too light out to go to bed, begging to stay up late. Don't do it. Remember that you still need the same amount of sleep each night no matter how much longer the sun is shining.

Fresh air and enjoying the sunshine is a good thing, but remember that there are little things like keeping your body warm, getting plenty of rest and eating good food to help you stay well. Enjoy the change of seasons and the simple steps to stay well!

Warmly, Holli Margell, Editor

Food Chemistry and What It Does To You!

Have you ever thought about doing something and then after you did it, you found that it was a horrible idea, but you didn't know that the outcome was going to end up the way it did? During our heavy snow break in February I thought it would be fun to make my own low sugar cranberry blondies, it's like a pastry similar to the brownie but with flour and no chocolate.

I have been messing around with this recipe for quite some time and have perfected it. It's super delicious. To enhance my baking skills, I decided to try making my own orange flavored buttered whipped cream frosting. I bet your mouth is watering just thinking about its deliciousness, huh? Let me tell you it was so amazing! This tasty treat was like I just took a bite off heavens cloud.

I have been in the process of eliminating dairy from my diet, or really, using as little of it as I can. I have been avoiding milk, cream cheese, ice-cream, yogurt, and still cutting back on the cheese. Considering I don't eat dairy products often I figured, eh why not, you got to live a little sometimes and boy was I satisfied, until one hour after I ate the blondies.

Now, my stomach started to turn and I all of sudden I just didn't feel good at all. I was thinking to myself, "Wow, that was really dumb of you." It dawned on me that it was the sweet blissful decadent frosting that was giving me the trouble. It felt so heavy in my stomach and I bloated up like a Macy's Thanksgiving Day parade balloon. And it was clear after so many trial and error experiments that I have officially learned my lesson. I soon came to find that acidic fruits like oranges, tangerines, lemon, tomatoes etc. mixed with milk curdles and ferment in the stomach as its being digested. The acid from the orange that I used mixed with the whipping cream did not work at all for my stomach.

This is one example of how food chemistry is something people should take under consideration. I never thought that certain food combinations could cause a negative reaction in the body. I did further research on what food items go best together and which ones don't and it is astounding the reasons why!

Here are some examples:

1. Fruit after a meal:

Hygienists have known for a long time that fruit doesn't combine well with other foods. The reason is that fruit contains simple sugars that require no digestion. Thus, they will not stay for a long time in the stomach. Other foods, such as foods rich in fat, protein and starch, will stay in the stomach for a lon-

ger period of time because they require more digestion. So, if you eat fruit after a meal, the fruit sugar will stay for too long in the stomach and ferment.

2. Lasagna or Grilled Cheese Sandwich:

Protein-starch combos inhibit salivary digestion of starch. Protein and starches need different enzymes and different levels of acidity to be digested. When eaten together, your body is forced to make a choice to digest protein but not starches. Undigested starchy food undergoes fermentation and decomposition and overtime leads to poisonous end-products. Supposedly, adding greens to hard-to-digest cheesy dishes makes them easier for the stomach, but best to limit this combo as much as you can.

3. Cheese and meat omelet:

In general protein/protein combinations are not recommended. One single concentrated protein per meal is easier to digest and won't require as much energy. Go for veggie omelet instead.

4. Tomato and cheese pasta sauce:

Tomatoes are considered acidic and are not advised to be mixed with starchy carbs such as pasta. Food combining theory recommends avoiding mixing carbohydrates with acids. Adding dairy to this already difficult combo turns it into a recipe for digestive problems and after-meal fatigue since your body will require a ton of energy to digest this meal. Have pasta with pesto and grilled veggies instead!

5. Cereal or oatmeal with milk and orange juice:

Acids in orange juice or any acid fruits destroy the enzyme that is responsible for digesting starches present in cereal. Also, acidic fruits or juices can curdle milk and turn it into a heavy mucus-forming substance (this was my problem!!!). To keep your breakfast healthy, try having fruit or orange juice 30 min before the oatmeal.

6. Beans and cheese:

Dairy protein and beans is a traditional combo in any Mexican restaurant. Eaten with a hearty serving of guacamole and hot sauce, it is almost guaranteed to lead to gas and bloating. It is not the beans on their own that cause it, but the combination as a whole. Try skipping cheese and tomatoes if you have a weak digestion or working on detoxifying your body.

7. Bananas and milk:

Ayurveda lists this combination as one of the heaviest and toxin-forming. It is said to create heaviness in the body and slow down the mind.

cont from page 2...

8. Melon and Prosciutto:

Melons should be eaten alone or left alone. The same rule goes for all high sugar fruits. In general, it is preferred to eat fruits separately from proteins or starches. For women, remember to avoid melons when the time comes for your menstrual cycle do to your body temperature decreasing when you eat cooling melons.

9. Yogurt with fruit:

In food combining theory, it is advised to not mix any sour fruits with dairy as it can diminish digestive fire, change the intestinal flora, produce toxins and cause sinus congestion, cold, cough and allergies. Avoid congestive and digestive fire dampening foods like cold yogurt mixed with fruits. However, if you can't resist the temptation of a yogurt parfait, there are ways to make it more digestion friendly. Go for a room temperature natural unflavored yogurt.

10. Lemon Dressing on Cucumber and Tomato Salad:

Nightshades such as potatoes, chilies, eggplant, and tomatoes are not supposed to be combined with cucumbers. While lemon does not go well with either due to its highly acidic properties.

Although most of us have grown up with these food combinations, it is best to eat them in moderation. What I have started to do to help me keep a closer eye on what I am eating a day, I started to write in a food journal that I can look back on and see what I have eaten for the day. It shows my patterns like when I eat, why I was eating, how much I eat, ingredients I used, how many sweets I have eaten, how many glasses of water I have drank, etc. It is more likely that if you keep a food journal, you can lose weight faster because you can see what needs to be changed and if you write it out you can always look and see your progress. It's beneficial to practice eating and reflecting on how the food makes you feel. Listen to your body and how it reacts to the food you eat. Food should be nourishing for the body.

Eating food should be an enjoyable process for everyone, and although these food combinations are mighty tasty, it can leave you feeling worse than satisfied. Luckily Taifu Plus is always to the rescue if the temptation for any of these unfriendly digestion combos is too strong. Moderation is key. Having these meals on an outing, get together, party, or special occasion is fine. Eating too much is when the trouble hits. Remember to eat well and have a happier, healthier body!

Happy Eating ~Shaila

Juli's Healthy Living Corner



Liver, Kidney, Lungs, Intestine and your Skin is said to be the body's five major detoxification organs, which means that detoxification can start from these organs. Once the body is reduced and clear of toxins your body will improve the tolerance of allergies and natural allergies will be relieved.

In TCM Allergies, Asthma and Eczema is a reaction to the organ Lungs. It recognizes the link between the Skin and Lungs as an overreaction to allergens. There is a link between the Skin and Lung. Skin conditions are due to Lung weakness even if no Lung weakness is noticeable. Skin's detoxification methods can be divided into active and passive.

1. Active skin detoxification- the best way to promote skin detoxification is more sweating or wish to sweat. Here are suggestions to help this process:

A) Half an hour before take AE and D12 Pills to enhance the body for skin detoxification.

B) Develop the habit of aerobic exercise, such as: walking, jogging, mountain climbing and if the venue is limited, there is the option at home. Doing jumping jacks, skipping, P90X extreme exercise DVD, "my favorite YogaX". (Remember step by step, because some allergies will be induced by strenuous exercise.)

C) Soak in Epsom salt bath. In the cold weather it is hard to sweat, after being outside with all the pollen, you must shower to wash away the pollen then soak in an hot Epsom salt bath.

Note: It is best to combine both exercise and soak in Epsom Salt bath, it enables more deep toxins from the body through the sweat discharge, the best combinations of detoxification.

2. Passive Skin Detoxification-here are ways to support your body through this process:

A) As you take an Epsom Salt bath, gently scrub the body with natural loofah cloth. By scrubbing, it can expand the skin micro-vascular and lymphatic allergens and toxins to be released and white blood cells to clear.

B) Gua Sha treatment: To scrape the illness away. It works on the thermal dynamic principal, which is when heat opens and cold closes. As we catch a cold, the pore closes, but Gua Sha stimulates and increase volume and flow of the blood cells. The heat opens and is able to move the stagnant blood. You can get more information or purchase Gua Sha or cupping tools at our store.

continued on page 4....