



Hen Sen Herbs

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Renton, WA 98057 USA
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Juli's Corner continued...

Kidney detoxification method:

The method of promoting kidney detoxification is very simple, as long as every day you drink 6-8 8 ounce cups of clean water, the toxins from urine can be discharged. It is recommended to use a better water filter that removes fluoride, chlorine, heavy metals and more. Unfortunately, with our often busy life style, drinking clean water is not a needed life habit, rarely people drink enough water.

The signs of Kidney deficiency includes weakness and soreness of lower back, weakness in knees and legs, pain in heels, losing hair, bad teeth, tinnitus, Spermatorrhies, impotence, irregular menses, dizziness, blurred vision and premature aging and frequent urination or lack of urination. The word deficient is lack of or laboring. What can it be? Therefore we must watch what we eat or drink and know what herbs to take. Any time a deficiency is there it has caused an effect to our internal ecosystem.

There is so much conflicting information about food and diet that it becomes nearly impossible to know what the 'best food' to eat really is, or if certain foods are 'good' for you or 'bad' for you. In Chinese medicine, there are not 'good' foods or 'bad' foods; there are

appropriate foods for each individual and inappropriate food for a specific individual, just as there are appropriate herbs for each individual depending on what their health needs are.

The woman who tells her age is either too young to have anything to lose or too old to have anything to gain.

Our health is a reflection of how we take care of ourselves. It is a lot of work but it is worth it.

Love, Juli

Thank You For Your Referral

Anna Kozlov, Anne Alford, Irina Perzhu

Dina Nemstov, Donita Smith, Li Fu

Igor Chuvashov



Hen Sen Herbs

LIFESTYLE LETTER

337 Park Ave N
Renton WA, 98057 USA

206 328-2828 www.hensenherbs.com

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Quotes of the month

"I felt my lungs inflate with the onrush of scenery- air, mountains, trees, people. I thought, 'This is what it is to be happy.'"

—*Sylvia Plath*

"If we surrendered to earth's intelligence we could rise up rooted, like trees."

—*Rainer Maria Rilke*

This month in history

May 4 - Star Wars Day. "May the Fourth be with you."

May 12, 1995 - Day time soap opera *As The World Turns* aired its 10,000th episode

May 29, 1954 - First of the annual Bilderberg conferences was held in the Hotel de Bilderberg in Oosterbeek, Netherlands

Three Western Washington Wonders

Like many families in the Seattle area, our children had Spring break last month from school. While some of their friends took trips to Disneyland or someplace with more sunshine and warm weather, we took our family to see some of the wonders close to home on the North Olympic Peninsula.

As a family, we make an effort to spend time outside, out of the city, especially in the summer. We have visited the North Olympic Peninsula nearly ever summer. This spring break trip gave us a different experience. We researched hikes and local wonders that we knew the kids would be able to enjoy without exhausting miles of hiking.

From the north-western most point on the lower 48 states to the coast, we were amazed by what nature provided. The three wonders we enjoyed were Cape Flattery, Hoh Rainforest and the Tree Cave.

Cape Flattery is the north-western most point of the contiguous United States. It is a short hike, just under a mile round trip from the parking lot to an overlook out into the Pacific Ocean. To get there, you drive through the Makah Reservation and purchase a permit, which come with a map to get to the trail head. The Native Americans are said to have used the spot as a look out point. When you're looking out yourself, you'll see Tatoosh Island, which the Makah used, as a fishing camp.

The Tree Cave is one of those unexpected wonders along the coast. We found it a short walk up the beach from the Kalalock Campground near the day use parking lot. The tree is covering a cavern area long the bluff where a small stream trickles down. It's amazing to see up close, because the tree's roots are stretched out, most of them dangling across the cave!

The Hoh Rainforest is a temperate rain forest, meaning it's not hot and has a lot of rain and moisture to grow an amazing array of mosses and other forest plants. The Hoh river which winds it's way through comes from the Hoh Tribe meaning "white or fast water." We took a 6 mile hike along the Hoh River trail and enjoyed some time along the river bed as well as winding through the forest that looked like a scene out of a movie like *The Hobbit*. We stood at various places along the trail in awe at the old growth trees, fallen trees that had become nurse logs, and the mosses hanging down.

The best part of our trip was that we were off the big tourist season, so we didn't have to wait as long to find a parking spot or place to stay. Not to mention the lack of mosquitos and other bugs that like to bite hikers when they're out in the hot weather clothes like shorts and tee shirts. With the spring rain and wind, we kept well dressed and no one came home with a single bug bite. We highly recommend a family vacation in nature!

Warmly,
Holli Margell, Editor



Family Hoh Rainforest Hike!

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

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Secrets of The Hoh Rainforest: Manifested by the Barefoot Sensei

To me, being in nature is my all time, drop everything and do this for the rest of my life, favorite activity in the world! Yeah, I really love nature...Ever since I was little, you would always catch me outside playing in the yard, at a park, in a tree, by a river, on a hike anywhere that has lush leaves and big trees, soft grass, cool rivers and streams. I'm there. Every weekend, I make it my goal to go on a hike at a different trail each time. It is my way of winding down and the ultimate relaxation tool. Even if it's raining you can still catch me romping up the trail with a huge smile on my face!

Lately, I have been dabbling with the idea of utilizing survival skills in an outdoor setting, including; fire building, shelter making, food foraging, plant identification, and water purification just to name a few! This concept really excites me. So much so that I do daily research on how to enhance my knowledge and skills. One day I came across a video of a man teaching people how to walk barefoot in the Hoh rainforest. It's a crazy concept and I'll tell you why.

If you aren't familiar with Washington State geography, aside from being the state that is notorious for its constant downpour of rain, the Hoh Rainforest, closely located near Forks, WA (Twilight fans?) is the most lush, most green, and definitely the most rain fall in North America! Now what's crazy is this: imagine walking barefoot in that condition!

Mick Dodge, a.k.a. Barefoot Sensei, is an interesting character to say the least. Dodge, is known for his outlook on living along with nature and utilizing materials such as stones, sticks, trees, and other natural bits and pieces, as a form of personal strength and exercise. And he does this barefoot, for the most part! He has created this concept of an Earth Gym, a combination of natural materials, and exercising techniques to help increase strength in the body, stimulate the mind, and connecting the feet to the earth's ground, which is more important than you may think.

National Geographic found him to be a very interesting man as well and did a series of shows called, *The Legend of Mick Dodge*. This show includes his way of life, his outlook on living in the Hoh rainforest, the positive magnitude of walking barefoot, and many other exciting insights on how he works with earth gym.

Mick Dodge was a former marine in the Marine Corps and served for six years. After living with the stresses of modern day society, he retreated to the calm and serene comfort of the woods. His ancestors also being woodland dwellers and his father a marine veteran as well, have been very inspirational for his love of the forest and his Scandinavian ancestry. A more intriguing question though, would be what motivated Dodge to go back to the wild, barefoot?

When Mick Dodge found that he had a chronic case of plantar fasciitis his doctors explained to him that he would have this problem for possibly the rest of his life and that there is no way to cure it. Being the

sturdy, "I'll take care of this myself" kind of guy he is, he disregarded the doctors' diagnoses and began a new journey to focusing on his feet in correlation with nature. Years of walking barefoot actually did him some good! His pain from the plantar fasciitis dissipated and he became stronger, durable, adaptable, and now he

continues to prove that nature can heal. Going in depth about foot health and care, it's astounding to consider how much we really put our feet and legs through every day! Driving with one foot on gas for possibly 2+hours in traffic a day straining your foot and leg, standing at work having your feet holding most of your body weight for long periods of time, or even sitting for hours cutting circulation of your hips to your legs, all of these are possible strains we put our feet and legs daily without taking much consideration of the effects it has.

In Traditional Chinese Medicine, the practice of reflexology (a form of massage that dates back to the fourth century B.C.) focuses on the hands and feet, in order to stimulate body functions, eliminate toxins, improve circulation and soothe nerves utilizing pressure points to relieve strains, tension, and/or pain in

the body. One-quarter of the body's bones are in the feet, and misalignment of these bones can cause problems for the rest of the body. A foot problem can lead to hip, knee and low-back pain, which can move in to the shoulder and neck and even cause headaches. The foot contains meridians related to the Spleen, Liver, Stomach, Kidney, Bladder and Gallbladder. Because all of the acupressure meridians of the body either begin or end on the feet or hands, foot health is crucially important for balance of the acupressure energy system. There are over 25 foot conditions, including arthritis, bunions, fungus, athlete's foot, overlapping toes, corns, plantar fasciitis, ingrown toenails, and heel spurs. These symptoms, as well as sensitive areas and blockages are evidence of a disturbance in the body in corresponding areas. An example being if you have hurt your big toe by jamming it in the door edge, you may feel a sharp aggravating pain in your brain because those points are correlated to each other. The removal of a blockage in the foot improves the blood and nerve supplies as well as the energy flow to the body. The feet are one of the hardest working body parts because we are on them all the time, and doesn't it feel good to get a foot rub? Taking care of the feet and connecting them with the feeling of foot on soil, sand, grass, water or any natural terrain can be very therapeutic and in some cases cure or assist to cure some health concerns.

I was so enthused by Dodge's philosophy that I decided to send an email through his website inquiring in detail about his gyms. Now I sent this in thought that someone of his "fame" (not really sure how famous he is after doing his show but still pretty infamous in the hiking/nature community) wouldn't reply back to me

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Cape Flattery photo by Holli Margell
Earth Gym inspiration!

Secrets of The Hoh Rainforst Continued...

A couple days, later a friend of his, who goes by the name of Moonhair (you would see her making guest appearances on his show) contacted me back sending his phone number. I was so excited my heart almost stopped! I took a couple days to think about what I wanted to ask and say to Mick Dodge the barefoot sensei. I finally mustered up the courage to call him and within 1...2...3 rings of the phone I hear his big burly, "Yoish (his way of saying hello) this is Mick". For real, my heart stopped! I was so shocked that he actually answered. In excitement I talked to him about what earth gym was about, his inspirations, how to get involved and if there is a way I could meet him in person someday to learn the secrets of Mother Nature.

His answers were filled with wisdom, warmth, and education. In answering my questions he told me something that I won't ever forget. He said, "Follow your feet and the earth will teach, this connection with nature is within all of us, there is no specific way to do things, go on a hike and be with nature, grab a stick and stretch with it, grab a rock and pick it up a couple times, walk barefoot any chance you get to be grounded. The gyms I have created are to help anyone and everyone! And the earth is a big place! Nature can cure most illnesses, it's up to the individual to have an open mind to that concept." He shared with me some resources to look into and helped me connect with some people who are part of the earth gym movement and I couldn't be more ecstatic with the opportunity I had to speak with him and the knowledge he shared, as well as the future chance of meeting him in July!

When he said that nature can cure most illnesses, I thought to myself, I work at a place that utilizes nature's roots, peels, stems, leaves, bark, seeds, etc., herbs are as natural as you can get! In combination of using herbs as medicine, hiking, being outdoors and exercising, eating organic and healthy food, being in tune and conscious of your body, your health can be in an optimal condition, and the tools are all around you!

At his age (which is unknown to me at the moment but I'm assuming he's pretty seasoned toward the 50+ age range) Mick Dodge is still going strong, working with people, children, and anyone with an open mind and a love for nature to help improve their skill, mental and physical drive while, happily combining these skills with mother earth. Continuing to be an inspiration to many people!

In the following months, my goal still remains to go hiking every weekend, but with a twist of enhancing my proficiency by trying the earth gym resources he has provided, and utilizing the earth materials around me. Take a walk outside. Take a moment to breathe in the air that the trees clean for you, or take a moment to walk barefoot in your lawn, front porch, and gravel, anything other than padded floor or carpet for an hour a day. Ground with nature, detach from the busy world for a second and appreciate the green and beauty around you. It truly is soothing and blissful!

~Wishing You Wellness,
Shaila

Juli's Healthy Living Corner

In our April 2017 newsletter, I spoke of the five major detoxification organs which include: the liver, kidney, lungs, intestine and skin. I focused mainly on the skin and the Lungs. It recognizes the link between the skin and lungs as an overreaction to allergens.

In Traditional Chinese medicine, the liver and kidneys are the organs that "age" us. For this reason, almost all longevity herbs used in Chinese medicine are liver and kidney tonics. Without a clean, efficient liver and healthy kidneys, toxins and waste products are not filtered out of the blood, which then becomes heavier and more sluggish. This causes poor circulation and reduced oxygen and nutrient carrying capacity. As a result, tissues fed by the blood are undernourished which leads to spleen deficiency. This month, I want to share with you how to take better care of your Live and Kidneys.

Liver detoxification methods:

A) Eat a lot of organic vegetables and fresh local fruits every day. It's suggested four cups of cooked vegetables and 2 cups of cooked fruits. To prevent any female menstrual concerns it's not allowed to have any cold or raw fruits or cold drinks 2 weeks prior or during it's menstruation. During the two weeks prior to the mensuration is Premenstrual Syndrome (PMS). Women beware.

B) Take bitter teas with DL Pills to stimulate liver bile (Liver Flush) and to decongest the liver. The liver and the kidneys do a great job of filtering out the bad stuff and getting rid of it through our feces(poop) and urine(pee). The more it stinks the more toxic it is inside. Our newest pill #2 is meant to stabilize the liver yang (fire). It is used primarily if the eyes energy is weak, redness or swelling around the eyes. Another symptom of liver congestions is pain in the right side below the rib cage or any acid or indigestion. Liver fire also creates cravings and for women it is used for PMS (2 weeks prior to period). As you flush it is best to eat the rice congee with ginger as an intestinal cleanser in the morning. The fiber excretes the bile with stools to be eliminated. Otherwise, the toxins stay in the large intestine for too long and sticks to the intestinal wall. Bitter teas are usually prescribed, and it is recommended to take quarterly, each quarter of the year for 2 weeks. Especially if you tend to enjoy your alcohol or are regular restaurant eater.

