



# Hen Sen Herbs

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## Juli's Healthy Living Corner...

in an increase of yeast population in the digestive tract. It causes the blood sugar to rise initially and drop rapidly to under the normal healthy level. The drop of blood sugar causes the production of serotonin to go down and causes depression or mania. The decrease of serotonin causes the production of histamine, asthma and headaches.

Eating too much sugar at one time causes the immune system to be weakened and increases the chance to get polio. It's a cause and effect, a vicious cycle. To cut the habit, say no to sugar, salt, oils (deep fry) and fats. Take the Taifu Plus with the Pu-erh Tea to aid digestion and if you need to consume alcohol start by taking Tie Guan Yin Tea (hangover tea) with the Taifu Plus and E15 Pills. It has to be moderation and only once in a while.

In Chinese culture family is most important. Well known part of our culture is an ethnic of hard work, discipline and excellence. If you want to live for a long time, all you really have to do is change your lifestyle a bit - it's all a choice. Take a moment and review these few months of teachings of the Five Major detoxification, make a shift and increase your life expectancy by 5-10 (good) years. Enjoy life and keep on living. You are my family.

Love, Juli

## Thank You For Your Referral

David Kaletnik,  
Amnit Seto,  
Liliya Shemereko,  
Juliette King,  
Maria Austell,  
Irina Visintainer,  
Nadia Kozorezova,  
Lyudmila Maksimenko



## Stop Bugging Me!

It is summertime! The best time of the year to enjoy the great outdoors with camping, hiking, or just simply enjoying your backyard! One thing that can put a damper on your summer fun is those pesky mosquitoes. Luckily we have just the thing for that! Ping On Ointment is an ointment comprised of menthol, lavender, and mint which repels mosquitoes while also treating the itching that can occur if bitten! This truly works! You'll be glad you got it!



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# LIFESTYLE LETTER

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### Quotes of the month

*"You are not the victim of the world, but rather the master of your own destiny. It is your choices and decisions that determine your destiny."*

— Roy T. Bennett

*"What is right is often forgotten by what is convenient."*

— Bodie Thoene

### This month in history

June 5, 1783 - The first sustained flight occurred as a hot-air balloon was launched at Annonay, France, by brothers Joseph and Jacques Montgolfier.

June 11, 1910 - Undersea explorer Jacques Cousteau was born in Ste-Andre-de-Cubzac, France.

### Need to consult Juli about your health?

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Page 2  
To Wheat or Not To Wheat: That Is The Question

## Taste Changes: Finding My New Normal

My husband buys me chocolate. He knows that dark chocolate is my favorite. When I am having a rough day or he knows that it's been a hard week, he will bring home a new chocolate bar for me instead of flowers. It has been a most difficult year so far, and you know what? I have a small collection of chocolate bars that I have not eaten.

While my husband's chocolate bar gifts are appreciated, my taste for them has decreased. I no longer crave chocolate every month during my menstrual cycle, or when I am stressed. So, I explained kindly to my husband that while I appreciate his gifts, I do not need more chocolate bars.

What caused this change? When did I stop craving chocolate? It really started last summer. I don't remember the specific details, but I do remember that I noticed cravings stop while I was working hard to stop eating so much fruit. My body tends to crave fruit instead of candy, and that results in a candida build up that Juli sees on my tongue nearly every time I see her! I decided to make an effort to eat less fruit and sugar last summer. And, over time, without me noticing, the cravings for chocolate disappeared!

Even in times of great stress this year, I have not gone back to eating a lot of fruit and chocolate. But, I have found myself eating out at restaurants more than I normally do that provides lots of "hidden" sugars into my diet. Juli's articles on detox have inspired me to be more careful of this by focusing on picking out meals that have more vegetables. And, I make an extra effort to eat more vegetables at home to help balance out my diet.

I wanted to share this with you, because it shows me how I found my new normal. It started as a small change almost a year ago, and now I can see the results in a small stack of chocolate bars in the cupboard! A change in your diet can seem overwhelming at first, but over time, after a few months or even a year, your taste will change, your habits will change and you'll see a big difference!

To Your Health,

Holli Margell, Editor



Chocolate is a holiday treat but sometimes it becomes a bad diet habit.

Page 3  
Juli's Healthy Living Corner: Intestinal Detox To Wheat or Not To Wheat Cont...

Page 4 Juli's Healthy Living Corner Cont... Thank you For Referral Stop Bugging Me

## To Wheat or Not To Wheat: That Is The Question!

As mentioned in numerous articles, I have been working on my diet, usually going along the lines of the bland diet, incorporating more vegetables, and avoiding many forms of high sugary foods. The main staple food I've been trying to decrease in my diet is white and/or wheat bread, and bread products including pastries. Recently my experimentation with adding and subtracting wheat from my diet has had some very fascinating results.

Lately I have been reading a book called, *Wheat Belly*, by renowned cardiologist, Dr. William Davis. In his book he explains the concept of what wheat does to your body, the degeneration of what wheat use to be and what it is now, and explains an alternative way of eating food without utilizing wheat as a staple food. From my perception, this book isn't a diet book per say. It does NOT encourage you to eat this shake, and do these exercises and juice this, or only eat that, it is more of a recommendation of eliminating foods that may be causing inflammation in your digestive tract, it does have some recipes, and other dietary ideas, but it's kind of like what the Bland Diet recommends.

Upon reading this book, Dr. Davis mentions how wheat affects the body in many negative ways from heart disease to ADHD. He believes consuming wheat on a regular basis becomes a major agitator for your body and increases your chances of getting these diseases.

In an interview he explains what the most common symptoms of wheat consumption can occur over time. Davis explains, "Gastrointestinal consequences of wheat consumption include the common conditions of acid reflux and irritable bowel syndrome symptoms of gas, cramps, and diarrhea. People with inflammatory bowel diseases such as ulcerative colitis and Crohn's disease experience improvement (when eliminating wheat) and, sometimes, complete relief from cramps, pain, diarrhea, and bleeding. Brain and nervous system effects range from mood disruption, such as depression, to behavioral outbursts in children with ADHD and autism, to triggering of hallucinations in people with schizophrenia and mania in people with bipolar illness. Wheat can also inflict direct damage on the brain and nervous system and show up as a condition called cerebellar ataxia, the progressive loss of balance and bladder control, and peripheral neuropathy, the loss of feeling, usually in the feet and legs. A British research group, for instance, has found that 50% of unexplained peripheral neuropathy can be blamed on wheat. There's also the recent detailed description of gluten encephalopathy, or dementia from wheat by the Mayo Clinic; diagnosis is usually made at autopsy."

With this information in mind, it is interesting to think about how we have come to incorporate wheat into our daily diet, and how it has become so popular

and overly advertised that grain and wheat products are healthy for you when they might be the core problem for many health concerns.

To add to this, we have all heard of the battle between white bread vs. wheat bread and which one is better for you. When looking into the health benefits of wheat we can see that there are clearly two big factors that go into choosing between these bread types: how they're processed and how healthful they are. The flour for both is made from wheat berries, which have three nutrient-rich parts: the bran (the outer layers), the germ (the innermost area) and the endosperm (the starchy part in between). Whole wheat is processed to include all three nutritious parts, but white flour uses only the endosperm. When put head-to-head with whole wheat bread, white is more refined and processed but whole wheat is much higher in fiber, vitamins B6 and E, magnesium, zinc, folic acid and chromium. When flour (mostly white) is refined, it loses the most nutritious parts of the grain—the fiber, essential fatty acids, and most of the vitamins and minerals. In fact, about 30 nutrients are removed, but by law only five must be added back (though others often are): iron, niacin, thiamin, riboflavin and folic acid (this is what you may find when reading the labels of bread products). There's so

little fiber left after processing that you'd have to eat eight pieces of white bread to get the fiber in just one piece of whole wheat bread. When looking at these factors it is easy to choose wheat over white bread but then again what is in wheat bread that makes it hard to digest? (In next months article I will go in depth about gluten and the effects it has)

Wheat is a truly controversial topic because the FDA says to eat your grains, while a cardiologist is telling you to get rid of it. How confusing right? Well the most intriguing thing about my experiment with myself is that when I eliminate wheat from my diet, my acne decreases, my bloated stomach gets smaller, I don't have serious cravings and the weirdest part was I felt like I was having massive withdrawal symptoms like headaches, nausea, brain fog, aggravation, etc...which shouldn't happen when you are consuming a food that is supposedly good for you. Like I always mention in my articles, KNOW WHERE YOUR FOOD SOURCE IS COMING FROM! It is so crucial to know what is in the food you are consuming and putting into your body! In this day and age, we can't fully entrust in companies to give us the full truth on what they are doing with their food.

Your health is important. You have to deal with the consequences while companies get their profits and money from you. Another option would be to make bread yourself with healthy ingredients that you put into it! That way you know exactly what you're getting. Lastly there is



Wheat field by Holli Margell

## To Wheat or Not To Wheat: Continued...

always the option to avoid it altogether. For me just cutting it out of my diet has made a significant difference and has improved many of the health issues I was having.

All in all, my intention for this information is not to scare you from eating bread. Enjoy a nice soft French bakery bread slice every once in a while if you like. Make bread as a fun project for yourself and your family and friends! I'm sure kids would enjoy working with dough and learning how to make bread from scratch! My goal is to suggest that when you notice you aren't feeling good, cut back on that spongy goodness for awhile and see how you feel! Although bread doesn't have much nutritional content, it is important to know where you are obtaining your wheat so you can decrease your chances of acquiring unwanted diseases.

The better your health is, the better you will feel!

*Wishing you good health,  
Shaila*

One way to make sure you're getting the best bread possible for your diet is to make it yourself! Here's a little inspiration...

### Kaz's Sourdough Starter Recipe:

**1st day:** Put 1/3 cup of unbleached all purpose flour, 1 teaspoon of rye flour and water (1/3 cup + 1 tsp) in a bowl (ideally glass or ceramic, you don't have to use fancy glass jar). If you choose not to use rye flour, use just 1/3 cup of water instead. Stir it vigorously and cover with plastic wrap.

**2nd day:** After 24 hours, add the same amount of flour and water to the mixture from the 1st day. Stir well and cover.

**3rd day:** Again add the same amount of ingredients to the mixture from the 2nd day.

**4th day:** You will probably start seeing bubbles in the mixture. It is the sign that the mixture has began the fermentation process, but not quite complete yet. So you need to feed the dough by adding equal amount of water and flour (by volume) every day until the yeast and the flavor has fully developed. In this case 1 cup + 1 tablespoon (1 tbs=3 tsp) of water and 1 cup of regular flour and 1 tablespoon of rye flour will be added every 24 hours. However, you have to discard about half of the mixture before adding. If you are like me, who hates wasting things, you may chose to use it for pizza dough or even bread, though flavor is not as good. If you repeat this process 3-4 more days, your mixture will have mild sweet and sour flavor. At this point, the mixture (pre-ferment or sourdough) is ready to be used for baking bread. The final loaf of bread is ready when you see the starter is ready to mix into the ingredients. Add about 2 cups of flour, half cup of water and 1/2 tsp of Kosher salt and mix them together well until the dough pulls off the side of the mixer bowl. The ready dough should be firm and pliable and it should not stick to your fingers. Shape it into a ball and let it rise. Bake at 375 degrees for 35-45 minutes or until golden. ~Enjoy!

## Juli's Healthy Living Corner



We are on the final month of the five major detoxification organs: Liver, Kidney, Lungs, Skin and Intestines. The intestines are vital organs in the gastrointestinal tract of our digestive system. Their functions are to digest food and enable the nutrient released from that food to enter into the bloodstream. Our intestines consist of two major sections: the small intestine and the large intestine.

My busiest time for treating the intestines is when most people celebrate with all the barbecue meats, beers, pops, tons of fruits and massive weight gain or fatigue. It's time to clean out yeast and detox the five major organs. You are what you eat, what goes in must come out. All I care about is your poop and pee. It is a pound of poop a day or base it on your body weight of every 12 pounds is one ounce of poop, if you weigh 160 pounds you need 1 pound. Start by eating fiber such as: green vegetables (4 cups cooked) and low fructose fruits of (2 cups), Haiga Rice or whole grains. Please note to not add too much fiber too quickly, it can promote intestinal gas, abdominal bloating and cramping. Increase fiber in your diet gradually over a period of a few weeks. This allows the natural bacteria in your digestive system to adjust to the change. Also, drink plenty of clean water. Fiber works best when it absorbs water, making your stool soft and bulky. If your tongue is really coated white especially in the mid to back of the tongue, it's Candida. You must take the Taifu Plus and E15 (extra strength detox) to help clear it out of your system.

Digestive problems are known as a Pixu condition. Food allergies may develop when food is not digested properly and causes fermentation activated by yeast in the bowel. This process further increases the amount yeast in the digestive tract. The increase level of yeast causes the increased permeability of the wall of the intestine (leaky gut syndrome). The yeast then enters the blood stream and settles in the different parts of the body, including the lungs, the vagina, the kidneys, and the brain, and other organs. This can cause problems such as yeast infection of the vagina (candidiasis); allergy, sinus infections, asthma, meningitis, and chronic fatigue are common examples.

Eating food high in sugar or food turning into blood sugar rapidly enhances this problem. Food high in sugar causes fermentation, resulting

*Juli's Healthy Living Corner Article Continued on page 4*