



Juli's Healthy Living Corner Cont...

A real Chinese diet won't make you fat. Chinese treat vegetables as meals in their own right, rather than add-on, as in the Western diet. Vegetables should make up half of what's on your plate in any given meal, so this fits perfectly with the Chinese diet.

My advice is to fill up on staple foods. Long grain white Rice or Haiga Rice is low in fat and high in nutrients and fiber. Eat until you are full and stop. Use food to keep fit and stop junking up with nuts, chips and desserts.

"Everyone has difficulties. What matters is there will be a boat waiting for you after you conquer all the difficulties." Dramatic improvements are not difficult, although adopting consistent new eating habits sometimes can be.

I am spending 4 hours in the kitchen on the weekend to prepare for my dinner. Get inspired.

Love,
Juli

Thank You For Your Referral

Victoria Kravchenko, Lyubov Lutsyuk,
Rose Blalock, Natalie & Andrew Dmitruk
Mila Fedorenko, Sharon Dwinnell Smith,
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Lina Linevich,
Christina Pham,
Elena Dominte,
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Curtis Ruffin,
Lilia Litvinyuk,
Maura Bibit, Lichin Chang-Meneses



Quotes of the month

Whether you call it Buddhism or another religion, self-discipline, that's important. Self-discipline with awareness of consequences.

-Dalai Lama

Natural forces within us are the true healers of disease.

-Hippocrates

This month in history

August 13, 1860- Wild West performer Annie Oakley was born in Darke County, Ohio. She was famous for her shooting ability.

August 18, 1920 - The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.

August 29, 1797 - Frankenstein author Mary Shelley was born in London.

Need to consult Juli about your health?

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

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Best Diet For You Is The Best Diet For You!

With so many diets to choose from these days, it's hard to know what to do when you decide to lose weight or want to become healthier. From the Paleo diet popular among Crossfit or bootcamp style gyms to Vegetarians and Yoga to the raw food diet, there seems to be an endless menu of options to choose from.

The Traditional Chinese Herbalist practice has been around for hundreds, even thousands of years. It has stood the test of time. Why don't more people learn about it? It's not the shiny new trend to choose. But, that is exactly why it works. It has lasted all these years, and the big difference between it and the new fad diets is the commitment it requires. You have to actually meet a real live herbalist and spend time on your health history. There are pills to take for common ailments, but it's never been the plan to just suggest herbal pills. Really good health requires time, persistence and consistency. It takes time to prepare healthy meals. It takes time to talk with an herbalist. It takes time to prepare your personal tea. It takes time to develop the best diet for you.

With the addition of social media trying hard to get our attention away from day to day living, and being present it's now easier than ever to become swept up in the latest fad diet or food. As Juli shares in her Healthy Living Corner this month, when you eat something is just as important as what you eat. It's not just a simple list of foods that makes a diet. It's how you eat those foods that matters too.

In Shaila's article, "What To Eat While You're Traveling," she shares practical tips and experiences on how to stick to a diet that works for her, focusing on lots of vegetables and rice. Her advice is helpful whether you are camping or flying.

The next time you see a friend rave about a new diet that has helped her shed 5 pounds in less than a week, consider that you can easily do so by pooping and peeing! The best diet for you is the best diet for you. With the guidance of an experienced Traditional Chinese Herbalist like Juli of Hen Sen Herbs, you can discover what that means for you. It will be a diet plan that takes effort, advice on what and when to eat, and some tea to help your body detox to shed the unwanted build up of weight. From my experience, it starts with the Bland Diet and getting your body in a good health base to start from and then you get to discover what your body needs from there!

We hope you're encouraged and inspired by the articles this month.

To good health,
Holli Margell, Editor

Tea Time for Two: One Cup for Me and One Cup for You

I remember when I was little, my dad would always wake up in the morning and he absolutely had to have his tea. We did not go anywhere unless my dad had his fill of morning Earl Grey tea and that was that. Trying it a couple times really deterred me from drinking it because the flavoring was just weird for me, but as I grew older I acquired a taste for teas (mainly Chinese Tea) and I have now become my father, where I need my morning tea, that's that. When I first started to look into the different kinds of tea there are, each culture has its own blends, varieties, and flavors but also their own healing properties! At Hen Sen Herbs, we sell a variety of different teas via packages, loose tea, and tea bags, each one with their own special medicinal characteristics.

Tea has been used for centuries in many different parts of the world. Although tea has many beneficial properties, people have become more and more concerned with the term caffeine and the caffeinated content in tea. Caffeine has gotten a bad rep due to its "high strung" and stimulating nature, but it shouldn't be a serious concern with tea because there is a significant difference between the caffeine in coffee versus the caffeine in tea.

The main difference between the caffeine in coffee and tea is that tea has a lot less of it once it is brewed. A strong cup of coffee can provide 100 mg, 200 or even 300 mg of caffeine; a cup of tea may provide 20-60 mg. Before brewing, tea-leaves have a possibility of containing more caffeine than coffee, oxidation does NOT increase the amount of caffeine in tea though. The caffeine content varies with every cup. There are many factors that can affect the exact amount such as the region, weather conditions, and time of year the tea plant was harvested, as well as the brewing methods such as water temperature and amount of time it was steeped. Below is a general guideline of the caffeine content per 8 oz cup:

Black Tea 60 to 90 mg

Oolong Tea 50 to 75 mg

Green Tea 35 to 70 mg

White Tea 30 to 55 mg

Decaf Tea 2 to 4 mg



Besides the caffeine content of tea, tea can be beneficial for almost anything, from promoting heart, bone, skin, immune health, to vital organ health. In the Chinese culture, it is believed that you drink tea for a reason, not just for pleasure. For example, before breakfast, having a cup of Yunnan Pu-Erh tea will help stimulate digestion. Below is a list of teas that we sell at Hen Sen Herbs and their healing benefits:

Yunnan Pu-erh Tea: Aids in digestion and reduces cholesterol.

Dim Sum Pu-erh Tea: Pairs Pu-erh with Chrysanthemum leaves helping to relieve headaches.

WuYi Oolong Tea: Oolong works as an active contributor in weight loss, helping to prevent obesity. It assists in improving vitality and life span, reducing blood pressure, strengthening teeth & preventing tooth decay, relieving stress, treating skin problems such as eczema and rashes.

Jasmine Tea: Burns fat naturally and increases metabolism.

Green Tea: The antioxidants are believed to assist in reducing the risk of cancer and cardiovascular disease, but is also great for skin and it's a great energy boost.

Tie Guan Yin: Promotes anti-aging, anti-cancer, anti-atherosclerosis, diabetes control, and also helps with the liver (known as the hang-over tea, after a fun night of partying).

Shoumei White Tea: The "Longevity" tea is a smooth, soothing tea and helps with relaxation and may assist with

sleep.

All in all, tea is a great drink to incorporate into your daily life and can even be a better substitute for coffee! The many healing qualities in tea can benefit your health in more ways than one, and hey you can't really over do it with tea unlike other drinks. Explore with different kinds of tea and see what you like, also as a recommendation I would stick with 2 cups a day at most. Revitalize your body, and enjoy a nice cup of hot tea.

~Shailla

What to Eat When You are Traveling?

The month of July was a very busy month for me. I had weddings to attend, camping trips, and a whole lot of travelling. I try to cook at home whenever I can but when traveling, that option becomes very limited. Throughout this trip the question I was constantly asking myself was, "what is ok to eat, won't bust my budget, and won't leave me feeling hungrier?" We were driving, flying, and hiking which unfortunately doesn't come with a kitchen. Even the hotel we stayed at didn't have a kitchen or a place to cook. So what do you do?

For camping:

I love going camping! It is so much fun to work with simple materials and utilize what you have in your surroundings. We slept in a tent, washed dishes in a bowl with water and soap, and cooked food over the fire. Now if you are camping savvy and capable of building a fire, or if there is a grill available, I recommend bringing 1 pot and 1 pan. This was a life savor! We bought a ton of vegetables and 1 small bag of rice and made stir fry for the remainder of our camping trip, which was simple and easy. We got bell peppers, onions, garlic, zucchini, potatoes, carrots, green beans and brussel sprouts. We cooked rice in a pot and fried up the veggies, which made for a tasty meal. Wrap potatoes in tin foil and place them next to a fire for easy baked potatoes; you don't even have to do anything but let it cook!

For Flying:

No one really likes airport/airplane food, I never have anyway, plus it is so expensive. Fun fact, you can actually bring food from home on the plane! I made mashed potatoes, oatmeal cookies (no sugar), bananas, steamed veggies, and vegetable (no fish) sushi, went through security without any problems. It was such a relief that I could cook something that was good and healthy and bring it with and I wasn't starving after getting off the plane, which deflected me from eating other unhealthy foods at the airport.

For Eating Out:

If all else fails, ask locals about good restaurants to eat in town. Avoid big name restaurants and food chains that have \$1 burgers or really unhealthy options. Even better look ahead of time if you know where you will be traveling to and look for organic restaurants to eat at (if any), or look for restaurants that incorporate a lot of vegetables. Usually Asian restaurants tend to utilize more vegetables into their food options. Indulge in foods that will make you feel better versus sluggish and tired, you're on vacation, go have fun!

Traveling can be a great time for anyone, but what may also occur is the temptation to eat badly and end up with intestinal distress. A good way to keep your stomach happy and in case of stomach upsets, is to take a small bottle of Taifu Plus with you so you at least have a piece of mind. Keep your body healthy wherever you go, and safe travels!

Juli's Healthy Living Corner



In Chinese culture we have our own answers to healthy eating with concepts strongly related to traditional Chinese medicine. As a Traditional Chinese Herbalist, I am a strong supporter of saying, "You are what you eat," regardless of whether patients really follow that advice.

"Don't eat breakfast on an empty stomach - actually means to drink warm water before eating." The important thing is to pay attention to moderate temperature so as to avoid over straining the digestive organs. Here are some other wise words around what advice we give clients:

1. Don't drink smoothies or fruit drinks.

Eat room temperature fruits before the meal to chew the fruit and then swallow, because before the meal, the stomach is empty, if the fruit is not chewed, the stomach spends more time and effort to digest with fruit rich in fiber, it will cause the whole digestion to delay, by the time you eat food it easily leads to indigestion.

2. Eat fruit after meals (may help digestion)

This concept has been outdated. The time between fruit and dinner must be separated by 1 hour. The difference lies in the individual needs, physical, disease, gastrointestinal digestion and so on. Poor gastrointestinal function bodies need to avoid eating fruits after a meal.

Before we always thought that fruit rich in enzymes, dietary fiber, eat a little fruit after eating, can help digestion, but in fact this is wrong. Eating fruit after dinner will only make the stomach feel uncomfortable. When the meal is finished, the stomach volume is inflated, the fruit volume is also considered large, if you must eat fruit, the whole stomach will expand greater, not only it can not help digestion, but also make people feel uncomfortable. It will cause bloating and acid reflex.

Because of the popularity around healthy living, you see a lot more advice from newspapers, magazines, television, online, such as "kiwifruit is high in vitamin C, is the crown of fruit", or "want to resist cancer, eat cauliflower." Often people rush to eat or eat a lot of those popular foods. In fact, no matter what kind of food, meat, vegetables, fruit, the principle of intake is often that the more the better. Any food has its nutritional value. If you eat a certain kind of food for a long time, there will be a situation of malnutrition.

For example, fruit contains a lot of sugar, eat more than enough and it's too much fructose so there is a rapid rise in blood sugar, stimulating the secretion of a large number of insulin, the body metabolism is more unfavorable. Diabetes are recommended to eat fruits 2 hours after meals. Pay attention to the sugar

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