

naturopathic essentials

HEALTH CENTRE

General Family Practice - Dermatology - Pain Management Care



NATUROPATHIC NEWSLETTER

Spring & Detoxing

Changing Seasons: Spring Awakens - A TCM Perspective



Chinese culture believes that the seasons have a profound cyclical effect on human growth and well-being.

In traditional Chinese Medicine (TCM) each season has an organ associated with it and each organ is related to one of the five Chinese Elements - fire, earth, metal, water, and wood. The liver is the organ associated with spring and wood is its element. The liver from a West-

ern medicine perspective is considered the main organ of detoxification and coincidentally, this is the time when many cultures (including the Chinese) believe that one should partake in some form of cleanse or detoxification.

Spring is thought of as a new beginning. This is the time of year to “rise early with the sun” and take “brisk walks”, which in Chinese tradition are *yang* activities, reflecting the ascending and active nature of spring.

From the Chinese perspective when the new growth of young plants emerge from the soil, it

nourishes the soul through the eyes of those who gaze upon it. The nourishing of ones soul results in a decreased appetite for food and the body naturally cleanses itself of food residues, as well as, excessive desire and the accompanying emotions of dissatisfaction, impatience, and anger.

Below is a traditional Chinese recipe for “Change of Season Soup” which is an immune tonic and enhances ones resistance to colds and the flu. This herbal formula also helps with stress.

The journey of a thousand miles begins with one step.

~Laozi, a Chinese sage from the 6th century BC

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Change of Season Soup



Ingredients

Equal parts (2-3 oz each) of each herb, which can be found in Chinese herbal shops.

- ◇ Codonopsis pilosula root (Dang Shen): Tonifies and strengthens Qi energy, builds blood and nourishes body fluids. Tonifies spleen and lung.
- ◇ Astragalus root (Huang Qi): Strengthens protective defenses (Wei Qi), nourishes the spleen, and tonifies the blood and lungs. Immune stimulating herb.
- ◇ Dioscorea villosa (wild yam) root: Tonifies and balances the lungs and kidneys.

(Cont'd on Reverse)

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"The **care** you want
the **health** you need"
- Dr. Ian Koo, ND

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Change of Season Soup (Cont'd)

Instructions

- ◇ Fill a large stock pot with water.
- ◇ Add the above herbs to the pot and place the lid on.
- ◇ Bring to a boil and simmer for 2 to 4 hours. If the water level boils down, add water to refill if necessary.
- ◇ Using a slotted spoon, remove the herbs from the pot and allow the soup to cool.
- ◇ This recipe makes about 4 liters of soup.
- ◇ You can drink it as a broth, use it as a base for soup recipes, or place it in a mug or thermos and sip it throughout the day.
- ◇ Take the soup for 2 weeks at the change of the season to assist the body and immune system in the change of external environment.
- ◇ For added nutrition, make chicken stock out of chicken bones or part of a chicken. Once the stock is nearly cooked, added the herbs and let simmer for 1 hour.

Check with your health care provider first before using.

You Asked!

IN THE NEWS

Dr. Koo, ND was featured in an interview on Rogers TV on Friday March 13th, 2009.

FREE talks about stress and menopause at Chapters Indigo stores at Square One (Mississauga) & Sherway (Etobicoke). See our website for details!

Q? What are the pros and cons of detox diets?

Benefits

During and after the detox, many of our patients report:

- ◆ Improved energy
- ◆ Clearer skin
- ◆ Regular bowel movements
- ◆ Better sleep
- ◆ Increased concentration & clarity
- ◆ A reduction in their pain symptoms

Potential Side Effects

Temporary headaches are a common side effect of detox diets and this is often due to coffee/caffeine withdrawal. I am NOT an anti-coffee advocate. Coffee has a number of beneficial properties, but I recommend that people doing detox diets go off there regular caffeine fix. Coffee becomes a concern to me only when people become

dependent on it to get through the day.

Too much of anything or a dependency or addiction is generally not a good thing for the body. After the detox, people are surprised how well they function without the coffee.

Detox diets if done inappropriately can result in nutrient and protein deficiencies over time. I do not advocate detox diets that promote water fasts or juice fasts. The liver requires sources of protein to function optimally. It's just that in North America, people tend to over-consume protein sources.

Anyone considering a detox diet should consult a qualified health professional and/or their medical doctor first.

If you have any questions for Dr. Koo, ND, please email them to questions@naturopathicessentials.com

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Visit Dr. Koo's Blog for more health & wellness tips.

www.naturopathicessentials.blogspot.com

Dr. Ian Koo, ND is a licensed Naturopathic Doctor trained in general family medicine. He has a special interest in helping to improve the quality of life for those living with chronic conditions such as cardiovascular diseases, gastrointestinal disorders & dermatological conditions. Ian has also had advanced training in the areas of Chinese herbology, pain management and is certified to perform facial rejuvenation (cosmetic) acupuncture. Ian is one of the few naturopaths on the Canada Post's list of approved ND's providing care for chronic low back pain, rotator cuff tendonitis and anxiety.

* Naturopathic medicine is **covered** by virtually all extended **employer insurance plans**. Patients not covered can claim a health care credit from their income taxes.