

Health Naturally

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Natural Medicine of Vermont

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Tuesday 10-5
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Welcome!

With each season we always have a lovely reminder that change is inevitable. Change has a particular energy to it that can move us in many different directions. The change from winter to spring is one of moving from a place of rest, reflection, conservation and storage to a time of regeneration, new beginnings, and a renewal of spirit. When we look within and around us it is a wonderful opportunity to ask ourselves if our actions and habits are serving us well. Our ability to make choices and take action that moves us forward is always available. It can often be helpful to tap into the energy and momentum of a new season to initiate choices that can be positive and health promoting. Here's to making the choices and taking the actions that serve us and those we love well.

Break open a cherry tree and there are no flowers, but the spring breeze brings forth myriad blossoms.

Ikkyu Sojun

NMV News

Thermography

We are now offering breast imaging through Thermography. Thermography is Digital Infrared Thermal Imaging. It is a non-invasive diagnostic technique that can detect changes in skin surface temperature reflecting vascular, muscular, and sympathetic nervous system changes. Infrared imaging is fast, non-contact, no radiation, and highly accurate temperature measurement.

Thermography can be used as screening for breast cancer, carotid artery disease, back pain, carpal tunnel syndrome, and many other medical issues.

Breast Imaging will be provided by New England Clinical Thermography at Natural Medicine of Vermont . Please call 802-388-6250 to schedule an appointment.

More information on Thermography can be found at www.nemedtherm.com.

“The bad news is that half of what we have taught you is wrong. The worse news is that we can't tell you which half is wrong.” *said at a medical school graduation*

Healthy Eating

Nut Burgers

¾ cup sunflower seeds
¾ cup walnuts
1 teaspoon cumin
1 teaspoon oregano
1/8 teaspoon cayenne
2 cloves garlic, finely chopped
1 cup cooked brown rice
1 small carrot, grated finely
2 tablespoons tomato sauce
1-2 teaspoons cold-pressed oil
4 whole grain hamburger buns

Grind nuts and seeds to a fine meal in a small grinder or food processor. Pour into a bowl and add cumin, oregano, cayenne, and garlic; mix well. Fold in cooked brown rice. Add tomato sauce a little at a time until you get a stiff, but workable texture. Form mixture into patties with moist hands. Refrigerate patties for a few hours if possible. Lightly coat a skillet with oil and brown patties on both sides. Serve on whole grain buns with your favorite fixin's.

Endive and Radicchio Salad with Olive and Walnut Oils

1 medium head radicchio, leaves removed and cut into bite-sized pieces
2 endives, leaves removed
2 tablespoons extra-virgin olive oil
2 tablespoons walnut oil
Juice of 1 lemon
1 garlic clove, crushed

Make dressing by mixing oils, lemon juice, and garlic clove in a bowl or jar. Decorate each serving plate with radicchio leaves. Scatter endive over radicchio. Serve with dressing.

Inspiration corner

*Careful, like crossing a river in winter,
Hesitating, like fearing on four sides
Reverent, like being guests,
Dissolving, like ice beginning to melt,
Thick, like uncarved wood,
Open, like a valley,
Chaotic, like murky water.
What can stop the murkiness?
Quieting down, gradually it clarifies.
What can keep still for long?
Moving, gradually it stirs to life.
Those who keep this Dao,
Do not want to be filled to the full.
Because they are not full,
They can renew themselves, before being worn out.*

--DAODEJING, Chapter 15

Reflections...

The Five Elements in Chinese Medicine - Wood

According to the *Shang Shu* (a compilation of documentary records related to events in ancient history of China) : *“The 5 elements are Water, Fire, Wood, Metal and Earth. Water moistens downwards, fire flares upwards, wood can be bent and straightened, metal can be molded and can harden, earth permits sowing, growing and reaping. That which soaks and descends [water] is salty. That which blazes upwards [fire] is bitter, that which can be bent and straightened [wood] is sour, that which can be molded and become hard [metal] is pungent, that which permits sowing and reaping [earth] is sweet.”*

Within the five element tradition lies a truly holistic approach to the potential of health and healing both within and around us. In Chinese medicine there are five elements. They can be seen as aspects of Qi (vital force). In Chinese medicine these elements Water, Fire, Wood, Metal and Earth exist in everything and everyone and are essential to life. Imbalances in the five elements are the root cause of illness of the body, mind, and spirit. Each person's physical, mental, and spiritual constitution can be described as a balance of the elements in which one or more may naturally dominate. The proportion of the elements in a person determines his or her temperament. Chinese medicine considers the ideal condition as one in which all the five elements are in balance or in harmony.

In the element of Wood lie the themes of growing, flourishing, rooted yet growing upward. Spring is when Qi in the wood element flourishes. Its two officials are liver and gallbladder. When in balance it has flexible strength and is self-assured. When out of balance it can be striving or controlling. This can manifest as physical symptoms such as headache, sore eyes, gas, poor appetite, weakness, pain in flanks, vertigo, and chest distress to name a few.

As Meridith St. John has written, “People who have strong energy of the Wood element have a clear vision and goals, and know how to bring them into being. They excel at planning and decision making. They can be forceful in disagreements and can strongly argue their opinions. Their piercing, penetrating eyes may attract you, but avoid their wrath. When the wood Qi is weak, people can be indecisive, without strong direction in life, and stuck. They may be constrained emotionally, unable to express anger. When the Liver Qi is congested or stagnant, people can be arrogant, over controlling, and have angry dispositions. They may have a tendency to be workaholics or have addictive personalities, including the possibility of abusing drugs and alcohol. They may have digestive problems like bloating, gas, alternating constipation and diarrhea.”

As Lonny Jarrett writes in his book Nourishing Destiny “it is the nature of life that the cutting edge of our growth is always blocked. This resistance empowers... The key life themes for those of the wood constitution involve the integration of planning and decision making in a graceful manner and in a way presided over by the virtue of benevolence. Bamboo offers a perfect model of healthy growth in nature. It derives its strengths from its emptiness, rootedness, and flexibility. To emulate the virtue of bamboo would be to remain calm and unattached to momentary deviations from our course while maintaining a steady view of the big picture.”

In general, it is wise to help the liver disperse the heaviness of winter so that we may have ample resources for the growth and activity of the warmer seasons. We can do this by waking earlier, doing brisk exercise, and increasing intake of pungent and bitter foods. Green is the color of the liver and of spring time so consume plentiful young plants, fresh greens, sprouts, & immature cereal grasses (if tendency is towards coldness lightly cook foods or steam at high temperatures for short periods of time). Basil, fennel, marjoram, rosemary, caraway, dill, & bay leaf are pungent cooking spices desirable for spring. Most complex carbohydrates such as grains, legumes, & seeds are sweet in flavor that increases with sprouting, these are good in spring. Eat less in quantity and avoid late meals as to not interfere with liver & gallbladder times of the night (11pm to 3am).

Fall down 7 times, get up 8

Japanese proverb

Health Corner

A Fascinating Tale.....of Two Sandwiches

Food is the fuel we run on, like gasoline for your car. Sure, it seems like your car runs the same on all gasolines, but your body doesn't. What this means to you is "eat better food, feel better, have more energy." Most people would be shocked if they fully understood the dramatic difference their food choices make. Simple changes in what we eat can make a huge difference in how we feel. Imagine for a moment that you had to choose one of the two following lunches as your fuel for the busy afternoon ahead of you. The following nutritional comparison of two simple lunches shows how simple changes in what we eat can have a profound impact on how we feel. Food, it's the fuel of your life!

Bologna on white bread with lettuce salad **vs.** ***Turkey on whole wheat with a Spinach salad***

Carcinogenic nitrates	600%	more vitamin C
THBQ	+ 50%	more riboflavin
Bromate	+ 700%	more vitamin B6
Other dangerous additives	+500%	more B1
	+2100%	more vitamin A
	+ 50%	more calcium
	+400%	more magnesium
	+200%	more niacin
	+1000%	more vitamin E
	+250%	more zinc
	+400%	more pantothenic acid
	+600%	more folic acid
	+200%	more vitamin B12
	+1000%	more manganese
		And 600 mg of Essential Fatty Acids (which aren't even in the other lunch)
		= more energy, better health, feel better

Multiply the difference times 3 meals per day, times 365 days per year. Glance back at those percentages, how much better do you think you'd feel by making better food choices?

Hydrogenated Oils

Hydrogenated oils have a half life in the body of about 52 days. That means for every teaspoon of hydrogenated oil you eat, half of that teaspoon is still in your body 52 days later, and 52 days after that ¼ teaspoon remains, 52 days later there is still 1/8 of a teaspoon of the hydrogenated oil in your body. After 156 days (5 months) you still have 1/8 of that hydrogenated oil in your body. Most people in the United States eat hydrogenated oil every day.

Mindful Breathing Exercises

1. Assume a comfortable posture lying on your back or sitting. If you are sitting, keep the spine straight and let your shoulders drop
2. Close your eyes if it feels comfortable.
3. Bring your attention to your belly, feeling it rise or expand gently on the in-breath and fall or recede on the out-breath.
4. Keep the focus on your breathing, “being with” each in-breath for its full duration and with each out-breath for its full duration, as if you were riding the waves of your own breathing.
5. Every time you notice your mind has wandered off the breath, notice what it was that took you away and then gently and non-judgmentally (having no relationship to your thoughts) bring your attention back to your belly and the feeling of the breath coming in and out.
6. If your mind wanders away from the breath 1,000 times, then your “job” is simply to bring it back to the breath every time, no matter what it becomes preoccupied with.

Practice this exercise at a convenient time for 15 minutes every day, whether you like it or not, for 1 week and see how it feels to incorporate a disciplined meditation practice into your life. Be aware of how it feels to spend some time each day just being with your breath without having to do anything.

Recommendations

- ***The Future of Food*** is a 2004 American documentary film which makes an in-depth investigation into unlabelled, patented, genetically engineered foods that have quietly made their way onto grocery stores in the United States for the past decade. If you haven't seen this yet, watch it for free online!
http://www.snagfilms.com/films/title/the_future_of_food/
- **The Genius in All of Us: Why Everything You've Been Told About Genetics, Talent, and IQ Is Wrong** by David Shenk. Eye opening and well written. I highly recommend this book.

I never think of the future - it comes soon enough.

Albert Einstein

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