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Yang-Sheng

Nurturing Life

**Traditional Chinese Medicine, Food
Therapy, and Pre Cancer Condition**

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- The Natural Medicine: Food
- Gain Energy, Lose Weight



- The Care of Person in Tai Chi as Educative Mutuality
- 16 Foods That Can Effectively Eliminate Cancer Cells Within
- Seasonal Harmony...and more



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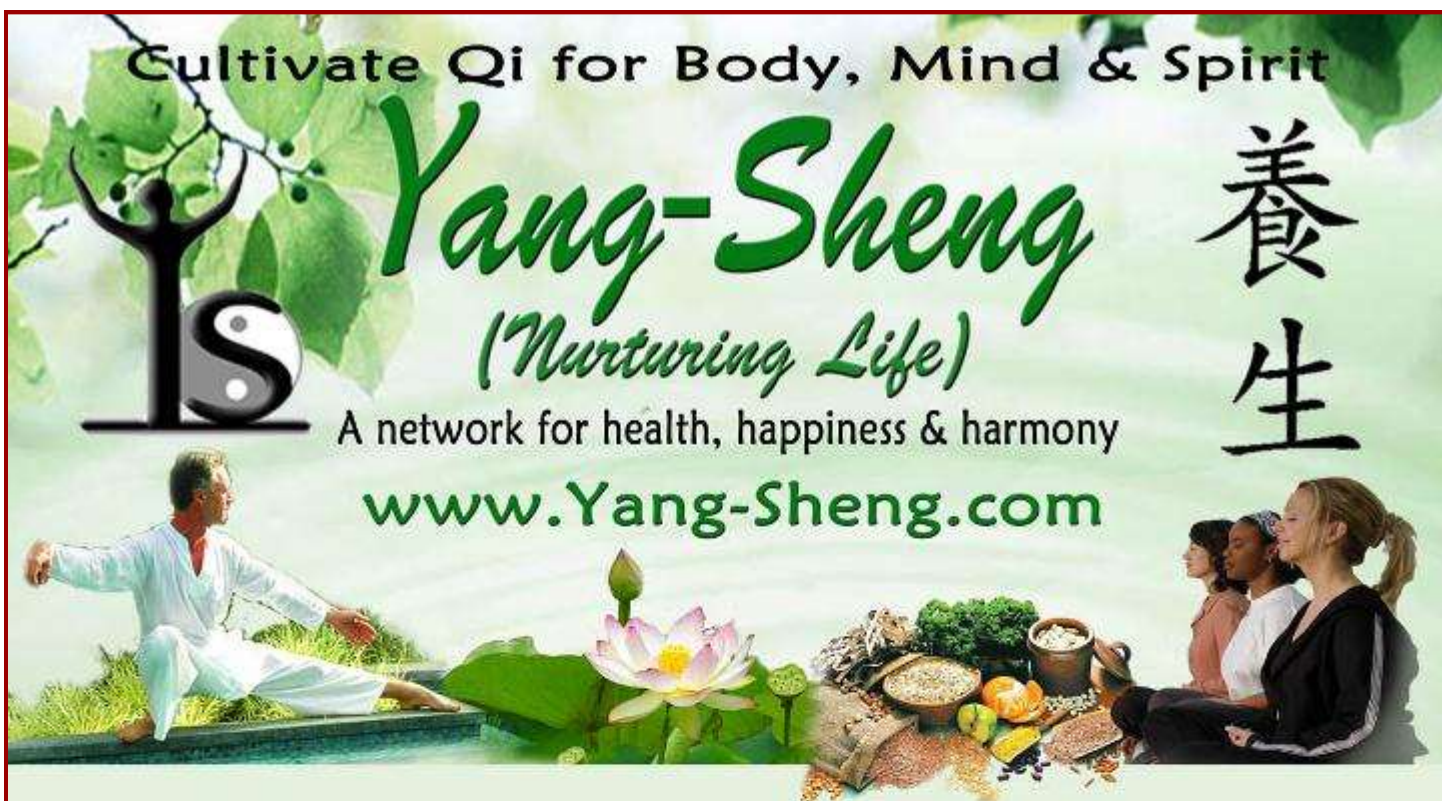
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Your participation, contribution, sharing and feedback are truly appreciated.



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Welcome to *Yang-Sheng* !

《養生》欢迎您!



Welcome to the July August 2015 issue of Yang Sheng Magazine with the theme of “Food As Medicine.” We have an absolutely delicious issue this month with great recipes as well as many fine articles by well-respected and knowledgeable members of the Chinese Medicine and Mind-Body Healing community around the world. As always, we know you will greatly enjoy and receive much benefit from this issue of Yang Sheng.

Our Feature Article *Traditional Chinese Medicine, Food Therapy, and Pre Cancer Condition* by Helen Hu, OMD LAc delivers fabulous information regarding dietary ways to boost the immune system to prevent cancer. Our publisher, Dr Kevin Chen includes another article with *16 Foods That Can Effectively Eliminate Cancer Cells Within*. Nan Lu OMD writes on “*Gain Energy, Lose Weight*” - *How to “Eat Healthy” for a Healthy Weight*. Shiuan Gee invites you to think about all the nearby grocery stores and food markets as your food pharmacies with no prescriptions and with no worries about chemical pollution or medicinal reactions.

A contribution from the Sheng Nong site tell us *Why different foods are consumed each season and what are their health benefits?* In *Seasonal Harmony*, Ellasara Kling teaches that true health might be described quite simply as a state of a harmonious, free flow of energy creating balance, unification, and gentle vibrancy of the mind/ body/spirit and (as always) includes several absolutely delectable recipes! An article from Pacific Herbs educates on the long tradition in China of using medicinal herbs in cuisine.

To complete our issue, *The Care of Person in Tai Chi as Educative Mutuality* by Mauro Carboni discusses Tai Chi, Lilian Kluivers writes on *Preparing for fall* with easy exercises to strengthen you chi during summer and fall. *The Twelve Tendino-Muscular Meridians. Part 2* continues the acupuncture meridian series by Marty Eisen Ph.D. *Chen Jiniao: An Introduction* by Alan Sims tells us about Chen Jiniao, a little-known but amazing master who lived from 1899 (or 1900) to 1971.

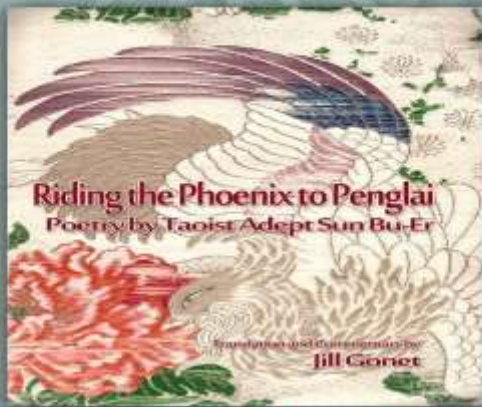
This will be the last issue of Yang Sheng with me as Editor in Chief. I have immensely enjoyed the two-and-a-half years I've been able to serve Yang Sheng and the Chinese Medicine community, and the alternative wellness community. At this time, the press of family commitments and other local projects means I will hand over the reigns of Yang Sheng to another wonderful person.

I thank Dr Kevin Chen for inviting me into this project, first as a columnist in 2006, as an associate editor in 2011, and as Editor in Chief in 2013. Thanking also all our other staff members, associate editors and regular columnists past and present...too many to name!...whom we have relied upon and greatly appreciate! Without you, Yang Sheng would not be the amazing website and magazine that it is, supporting so many people in mind-body-spirit wellness!

Editor in Chief

Michelle Wood

Book Release



"Inspiring and beautiful..."

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Translation and Commentary by
Jill Gonet, award-winning poet,
meditator and Qigong practitioner
with over 25 years of experience.

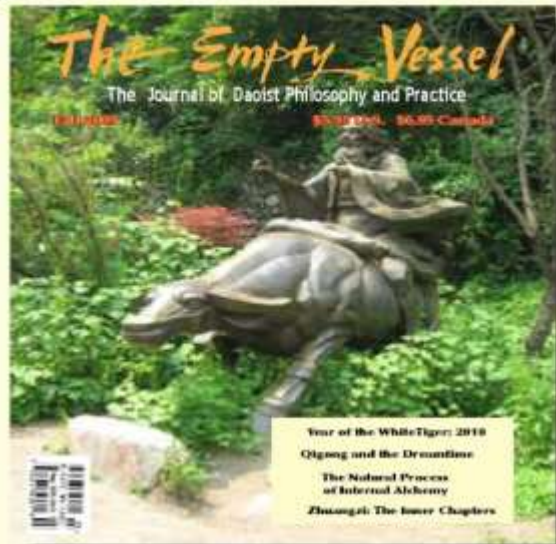
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Traditional Chinese Medicine, Food Therapy, and Pre Cancer Condition

by Helen Hu, OMD



When we discuss how Traditional Chinese Medicine (TCM) can help prevent cancer, we might think we have to take something to kill the cancerous cells in order to prevent those cells from growing into a tumor. I believe that by the time cancer cells begin to grow in a body, that body already has a “pro cancer condition” that creates a cancer-friendly environment. If the “pro cancer condition” is eliminated, the more chance that one can win the battle.

The concept of “pro cancer condition” is very broad. It is a condition of imbalance between our body and our living environment (such as extreme sun exposure, cold, hot, dampness, or pollution), and an imbalance of our internal organs.

The cells in our bodies need a healthy, nourishing, and non-toxic environment. Like the optimal soil conditions necessary for seeds to grow, our cells require the right temperature and ph-balance to function normally. No matter how good the “seeds” are, they cannot grow well in a bad soil. Similarly, our cells cannot function normally in a pro cancer condition, a condition that

increases the chance of someone producing cancer cells.

Another part of the pro cancer condition results from an imbalance within internal organs, which primarily derives from an unhealthy diet, life style and stress. These imbalances can create phlegm or stagnate the blood or Qi (energy). If there is blockage in these areas, both congestion and deficiency will occur – as if a river was blocked; one side would result in congestion, the other side would be void of water (deficiency). Congested water for a long time will turn into a rancid pond, like a lump starting to grow in the body. And the same time, the deficiency side of Blockage River has no fresh water flowing like a body has no circulation without providing nutrients to organs. In the Pro cancer condition, organs lose their balance and the body does not have the strong immunity necessary to clean up the toxins, thereby creating a weak defense against cancer cells.

What are the indications that our body’s immune system has started to weaken?

TCM believes that our body's strongest defense comes from good and free flowing qi (energy) within and among all five important organs: heart, liver, spleen, lung and kidney. Each organ's defensive energy will guard certain parts of the body. We need to pay attention to our bodies, to identify the signs and symptoms that indicate our bodies' immune systems are weak. Here are some indications:

1. Easily catch colds and the development of allergies or herpes are related to the decline of lung organ defensive energy.
2. Easily fatigued, a bland taste in the mouth, or prone to diarrhea indicates a weakness of spleen organ.
3. Skin changes (with more small red moles especially around wrist and abdominal), easily angered, short temper and impatience is related to liver organ imbalance
4. Sensitive to cold, feeling cold and frequent urination indicates low kidney energy.
5. Insomnia, anxiety, ulcer in mouth, and no motivation to participate activities indicates weak heart energy

What should we do if we start to show signs of immunity weakness?

Our immunity gradually decreases with age. The first step in strengthening our immunity is to correct our unhealthy life style that comprises our immunity.

As a first step, one's basic life style needs to be modified:

1. Sleep: It is very important to have at least a good 7 hours of sleep per night for people after middle age. In Chinese Medicine, it is believed that night time is yin time. The body is rebuilding during this time and restoring body energy and substance that we consume during the day time (yang time). Long term sleep deprivation causes the body to lose the time necessary to rejuvenate. If the immunity is compromised, it decreases the lymphocytes numbers and liver detoxification process.

2. Unhealthy emotion: constant worry, depression, negative thinking and prone to become upset easily by little things. All these emotions can directly or indirectly impact the production and maturity of immune cells.

3. Sedentary life style: recommend at least 30 minutes of exercise per day.

4. Excessive drinking and smoking: both can comprise the activity of NK (nature killer) cells. It decreases the body's anti-viral capabilities.

Chinese Food Therapy:

Chinese food therapy is a very important part of TCM. Restoring and nourishing the body by using food therapy is the best way to be proactive in prevention.

If one sees signs of pro cancer condition in the body, there are several basic food therapies we can do daily:



1. When one sees signs of Lung energy deficiency:

Lung qi congee

Spring rice: 100g

Wild Chinese Yam (*Dioscorca Opposita Radix*) : fresh 100g (dry : 30g)

Bai he (Lily bulb): fresh 100g (dry 30 g)

Astragalus: 20 g

Make with water; cook all ingredients until they are soft and smooth. Serve as breakfast daily.

2. Weakness of Spleen Organs

Featured Article 精选文章

One cucian carp fish tail (Carassius auratus) 150 g.

Dry ginger: 10g

Dry tangerine peel: 5g

Pepper: 1g

Sha ren (Cardamon): 3 g

Mix all spices and fish with small amount of salt. Cook with water. Drink the soup and eat the fish. Once a day for 2 week as course of treatment.

3. Liver organ imbalance:

Fist step to alleviate liver imbalance is to stop smocking and drinking. Then, with TCM food therapy, to recovery liver from damages.

a) Go Ji berry Congee



Spring rice 100g

Go Ji berry 30 pieces

Sesame seed (50 g. baked to brown in pans, then crush into powder)

Cooked rice and Go Ji berry in water until soup becomes smooth; before serving add sesame powder and vitamin B1 powder Take once a day for 7-10 days as a course of treatment.

b) Mushroom Date soup:

Black fungus mushroom: 15 g (Soak in water until soft. Cut into small strips.)

White fungus mushroom: 15 g (Soak in water until soft. Cut into small strips.)

Chinese red dates: 15 pieces



Stir fry all ingredients for a short time (about one minute) then add 100 cc water and cover. Slowly cook for 5-8 minutes to make soup, then add salt, a few drops of sesame oil and green onion (cut into small pieces for flavor) right before serving.

4. Kidney energy compromised:

Lotus Seed and Ginger Congee

Organic Black Rice 100g

Astragals: 30 黄芪

Walnuts: 20 g. 核桃

Eucommia Bark: 10 g. 杜仲

Dry Ginger: 10g

Cinnamon: 5g 肉桂

. Take daily for one month as course of treatment.

Put above ingredients in a pot with water. Cook for 2-4hr over moderate heat. Best way to cook it is to use crock pot filled with cool water and cook overnight until everything becomes softened. Take the congee as breakfast or dinner along other kinds of food.

Serve warm as breakfast.

5. Heart and sleep problem

Rice and Whole Wheat Porridge (Congee)

Spring rice (or sushi rice) 100g

Whole wheat (whole grain) 100g

Chinese red dates: 6 pieces (without kernel) 大枣

Stir fry sour date kernels: 10g 炒酸枣仁

Cooking instructions: Wash whole wheat and boil in water for 30 minutes. Use the wheat juice (discharge wheat) to cook rice, dates and the sour date kernels to make congee.

Serve: Take 1-2 times per day for 5-6 days

In Traditional Chinese Medicine Clinic, Dr. Hu has used one of her Chicken Soup recipes to restore overall body immunity, body energy, and promote well being. It has been used by many patients whom undergo chemotherapy with fatigue and low immunity, patients with chronic conditions, and in recovery for illness. For people without ailments, it is best taken during winter time to promote health and strengthen the body's immunity and well being.

Here is the Dr. Hu's Therapeutic Chicken Soup Receipts



One Whole Organic Chicken

Astragalus: 30g 黄芪

Astragalus: 30g 黄芪

Chinese Wild Yam: 30g

Cordyceps capsule: 4-6 capsules 冬虫夏草胶囊

Shitake mushroom: 6-7 pieces 花菇

Chinese red dates: 2-4 pieces 大枣

Vegetables: as you wish

Ginger

Salt

Please put Astragalus and Cordyceps inside chicken stomach before cooking.

Cooking in moderate temperature for 2 – 4 hours and drink soup.

Eat meat as you wish. You can use the broth for other kinds of soup.

5 days as course of treatment.

Dr. Helen Hu at Traditional Chinese Medical Clinic promotes prevention and well being and provides consultation of Chinese food therapy and tea therapy for individual conditions.

For a consultation, please contact Dr.Hu at (619)

Helen H. Hu, OMD, L.Ac. Dr. Hu, originally from Beijing China, has studied Traditional Chinese Medicine (TCM) since the age of 12. A Cardiologist and Practitioner of integrated medicine for 9 years. She immigrated to the United States in 1991. In 1997 Dr. Hu passed the "United States Licensing Medical Exam" while simultaneously obtaining her Oriental Medical Degree (OMD). Dr. Hu is a specialist in Herbal medicine, nationally licensed in Acupuncture and has a Philosophy of life structured around Oriental traditions. She utilizes her expertise in these treatments along with a passion and wisdom for Longevity to treat a variety of health conditions. You can find more information. To find more information about her, go to <http://www.omdweb.net/>.



Why different foods are consumed each season and what are their health benefits?

— Shen Nong



According to Traditional Chinese Medicine (TCM), the world is a harmonious and holistic entity where all living beings are viewed in relation to the surrounding environment. Since ancient times, the Chinese have tried to explain different complicated phenomena by creating [yin yang](#) or the [five elements](#) theories.

Man is part of the holistic entity, and takes his cue from nature. He is influenced directly and indirectly by changes in weather and needs to make corresponding physiological and pathological responses. For example, a change of season causes the rate, rhythm, volume and tension of the pulse to vary. The pulse tends to be [taut](#) in spring, [full](#) in summer, [floating](#) in autumn, and [sunken](#) in winter.

TCM physicians will take this into account when distinguishing the abnormal pulse from the normal. The occurrence, development and change in the pattern of many diseases are seasonal such as [wenbing](#) occurring in spring, sun strokes in summer, dryness-related symptoms in autumn, and cold stroke syndromes in winter.

However, we can take active measures to prevent disease and maintain good health. One common method is to consume different foods according to the season. The Chinese widely believe that we are what we eat, and most dietary guidelines follow on from nature. According to TCM philosophies, if we imbibe seasonal foods that are similar in nature to the external environment, we remain in harmony with the environment, adapt better to changes in season and stay healthy. **The basic applying principle is "nourishing yang in spring and summer time, and nourishing yin in autumn and winter time."**



Pulse Taking

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The ancient Chinese realized that in accordance with seasonal changes, yang qi tends to flow outwards and occupies the body surface in spring and summer and therefore, the innards get relatively depleted of yang qi and need replenishing. At the same time, the weather in autumn and winter is cold and dry, and it is important to keep warm and prevent dryness. Through the methods of replenishing yin and nourishing dryness, TCM believes it is a way to build up energy and prepare for the coming seasons.

Summer

Plants grow fast in summer. People act energetically, and the body's qi and blood become relatively more vigorous than in other seasons. TCM claims that the physiological changes make the heart over-function, and there is too much yang qi flows outward to the exterior part of the body. According to the five elements theory, an over-functioning heart restricts the lung functioning, it is advisable to eat more food with pungent flavors and reduce bitter flavors; this enhances the lung and maintains the normal sweating mechanism in summer.

Sweat is the fluid of the heart; excessive sweating scatters heart-qi and weakens the mind causing symptoms like being easily annoyed, low spirit, restless and sleeping difficulties. Foods with sour and salty flavors help to ease these symptoms. Summer is hot and rainy in some regions, which disturb the fluid and electrolyte balance of the body and lead to lethargy, weakness, fever, thirst, lack of appetite and possibly loose bowels.

Some foods are recommended for keeping the body cool and balanced, such as bitter melon, watermelon, strawberries, tomatoes, mung beans, cucumber, wax gourd, lotus root, lotus seed, Job's tears, bean sprouts, duck and fish. In general, the daily diet should contain more vegetables and fruit at this time so as to stimulate the appetite and provide adequate fluids. Warm and cooked foods ensure the digestive system work more effectively; too many greasy, raw and frozen foods can damage the digestive system and lead to a poor appetite, diarrhea or stomach upset. It is a Chinese tradition in summer to make soups for clearing summer heat, eliminating dampness and promoting digestion.

This article has been generously contributed by www.shen-nong.com. For more information on this subject:http://www.shen-nong.com/eng/lifestyles/food_diet_advice_season.html



Published in 1330AD, illustration of Yinshan Zhengyao (Important Principles of Food and Drink) states that spring is appropriate to eat wheat.



“Gain Energy, Lose Weight” - How to “Eat Healthy” for a Healthy Weight

by TCM World Foundation



You may be surprised to learn that the Chinese medicine way of eating for weight loss is totally different from the Western concept! Instead of focusing on eating foods that are low-calorie, take more calories to digest, or help build metabolically active muscle tissue, the Eastern way to eat for health is to rebalance the body and boost its energy levels. In other words, one eats to “gain energy, lose weight.” Thankfully, with this approach, one doesn’t have to count calories!

The eating-for-healing perspective is a revolutionary yet also time-tested framework with which to view eating for weight loss using an entirely different understanding of why people gain weight in the first place. Due to stress, hectic lifestyles, and informational overload, as well as poor dietary habits, people often expend more energy than their bodies are capable of generating on a daily basis. These “energy drains,” over time, can affect the body’s balance.

Why is this? You need adequate levels of Qi to power all your vital systems and organs, to fuel your daily activities, mental processes and emotions, and to maintain the delicate homeostatic balance that your body requires for optimal functioning, a dynamic yet stable equilibrium that normally responds readily to stressors such as energy drains. When you have chronically low energy levels, this homeostasis is thrown off, leading to compromised organ function and an imbalanced body, as well as weight gain.

To properly digest and convert food into Qi or energy your body can use, all of your organs have to be in balance and working efficiently which requires adequate energy levels in the first place! A person with a healthy digestive system will convert most, if not all, of his food into energy. But a person whose organs are out of balance and has low energy due to constant energy drains, will gain weight.



It's the famous equation $E=mc^2$ revisited - this famous quantum equation applies not just to the universe but also the human body, since the body follows the principles of natural law. Energy and mass are always conserved, so which side of the equation does your body fall on? Energy or mass, which one do you have more of? More mass - or more energy? When you eat food, it all has to go somewhere. Either it is stored up as mass - or it is stored up as Qi.

Weight gain is but one symptom of low energy levels from chronic energy drains and an imbalanced body. Many other chronic health issues can result from these underlying issues. When you rebalance the body, stop energy drains, and increase your energy levels, you'll not only naturally shed pounds and achieve a healthy weight, but also fix a host of other health conditions that you may be experiencing.

One can use the Eastern way of eating as an effective tool for health and weight loss - here's how in a nutshell:

1. Eat to stop energy drains! By simply getting rid of unhealthy dietary habits that produce “energy drains,” you'll save ever so much Qi that can be used for proper digestive processes, as well as repairing and maintaining your digestive system's good functioning. Skipping breakfast, eating late at night after 7pm, eating until you're stuffed at meals, and eating cold, raw foods such as salads or iced drinks, are all example of dietary habits that produce energy drains on your body.

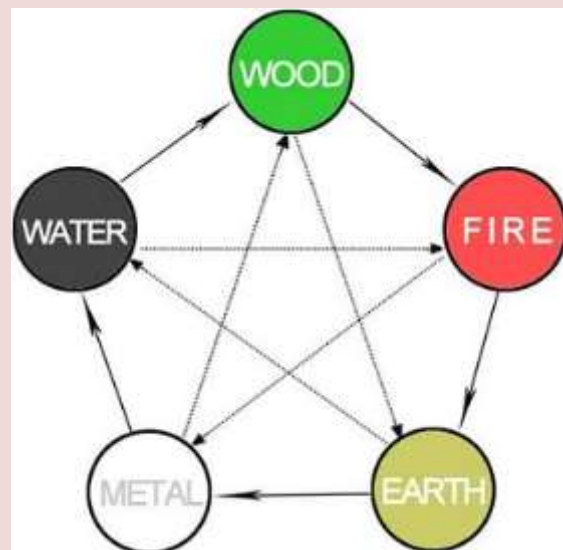
These habits over-stress and eventually cause imbalance to your body's organs, so you'll end up using more Qi to recuperate and rebalance your body. Do yourself a huge favor and stop these “energy leaks” by changing these habits!

2. Eat to recuperate from the effects of energy drains and rebalance your body's major organs that are responsible for healthy digestion and energy production.

Eating foods that have specific energetic properties for healing the Stomach, Spleen, Liver, and Kidney will go a long way to restoring balance to these crucial organs, counteracting the effects of energy drains and stress. Once your major digestive organs, i.e. the Stomach, Spleen, and Liver, are in good form, you'll naturally be able to transform your food into Qi much more efficiently, increasing your energy levels. The Kidney is the powerhouse of the body, acting as the reserve of energy for all your organs when they need a “backup generator.” When you eat foods for your Kidney, you will boost your overall energy foundation and help all the other organs work more efficiently.



According to Five Element Theory, a pattern of energetic interrelationships in Chinese medicine, shows us how our bodies correspond to nature. Foods that are yellow, have a sweet taste, or are root vegetables that grow directly in the earth are generally considered most beneficial for the Stomach and the Spleen. Black foods, salty foods, and foods that grow in water (seafood) are most beneficial for the Kidney; the Liver organ, also crucial for digestive function because of its important role of helping the Stomach and Spleen do their job of digesting and transforming food, is most benefited by the taste of sour, as well as green foods and leafy foods.



The Liver also plays an important role in stopping energy drains - when this digestive organ is functioning well, your body is better equipped to handle stress, as it is the organ that is most affected by stress and emotions.

Once all of these organs are working well and are back in balance, your metabolism will become more efficient and help to transform your food into energy you can use for further healing and daily activities. Not to mention that you'll feel more energized, be able to eat anything you want, as well as resolve other chronic health issues!

For more information on how to eat for healing for a healthy weight the Chinese medicine way, visit www.tcmworld.org/dragonsway to learn about TCM World Foundation's popular weight loss and healthy metabolism program, The Dragon's Way®. You can also order Dr. Nan Lu's best-selling book on Chinese medicine and weight loss: *Traditional Chinese medicine: A Natural Guide To Weight Loss That Lasts*.

Digesting the Universe: A Revolutionary Framework for Healthy Metabolism Function



Nan Lu, OMD, Qigong master and founding director of Traditional Chinese Medicine World Foundation, believes **the biggest impact we can make on health issues like diabetes, obesity and hypertension is to re-see them through the lens of an integrated, whole systems approach that accounts for body, mind and spirit.** Now more than ever, healthcare professionals need a new framework for dealing with chronic metabolic conditions swamping society. Dr. Lu has deeply studied and explains metabolism function in an exciting, multidimensional process that pushes beyond physical treatment into the realm of energy. **What are the practical applications and benefits of this revolutionary approach that understands illness and disease through the lens of quantum thinking discovered by ancient masters.** Join him for a professional training weekend on the real root cause of common conditions related to metabolic syndrome. **Become part of this extraordinary journey.** Open to all healthcare practitioners. October 8-11, 2015. Eastover Estate and Retreat, Lenox, MA. www.tcmconference.org

The Natural Medicine: Food

Mood, Food and Movement--- Three Secrets of Health, IV

By Shiuan Gee



In my last article, I mentioned the three balances of our human body. Now how can we make these three balances work well? The key is “Food.” Think about all the nearby grocery stores and food markets as your food pharmacies with no prescriptions and with no worries about chemical pollution or medicinal reactions.

Foods as information transfer their power and energy to our DNA, making it work well and promoting our bodies’ natural health.

Food as magic bullets kill certain bacteria, viruses and heal diseases.

Food as natural medicine saves people from many illnesses.

Five thousand years of civilization and history has allowed the Chinese people to discover and record the successful experiences of food medicines. They eat food as medicine, making them healthier and live longer.

Now we go back the first question: what kind foods make the balances work well?

1. Qi and Blood.



If you feel shortness of breath when you speak, if your stomach is uncomfortable and you cannot eat a sufficient amount of food, if you are a woman and experience dysfunctional uterine bleeding, you need more Qi. You should eat dates, yams, goat’s milk or cheese, take lemon juice or lemonade, and drink chicken or beef broth.

If you have diabetes, low blood pressure or anemia, you should eat Chinese dates, black wood ear, black sesame, black beans, Litchi, pork or chicken liver, beef and lamb.



2. Heat and cold.

Living in the hot summer season can elevate body temperatures very easily. Our working and living pressures and anxieties create a lot of stresses. All this makes us generate inner-body heat and the elevated temperature makes us ill. So we should eat cool or cold food such as watermelon, apple, pear, cucumber, radish, Chinese cabbage, bitter melon, jellyfish, honey and rice.

If you have a cold body, cold hands and feet, you should take ginger tea, brown sugar, green scallion, meat, hot soups with noodles and whole wheat bread.

3. Acid-Base.

To prevent being overweight or over-acidic, we should choose basic or non-acidic foods like bananas, oranges, Chinese pumpkin, seaweed, tomato, carrot, spinach, mushroom, Chinese Chive, green cabbage, garlic, konjac, potato, taro etc.

Nowadays, more and more people are becoming aware of the healing properties of food, so let us select the right foods instead relying entirely on chemical medicines to make a health body and have a quality life.

Shiuan Gee, Author, Former Journalist and Editor of "Health and Life" Chinese Newspaper.

Book: Philosophical Essays "Thoughts on Life";

Novel "The Little Sparrow Flew away";

Documentary literature: "The Night of New Orleans".

Nonfiction: The Report of the Mainland China Intellectuals' Sex Life. Also as an Amateur Health food

cooking chef and Gourmet, She is writing a Diet therapy book: "Amazing Food—Health Diet 101", Subtitle "How can get Benefits from Your Daily Diet?" The subject of her column is named "Mood, Food and move — Three Secrets of Health".



Seasonal Harmony

By Ellasara Kling

Everyone has a doctor in him . . . The natural healing force in each of us is the greatest force in getting well . . . Food should be our medicine.... Hippocrates

Usually, people think of health as the absence of dis-ease, but true health is more than that! True health might be described quite simply as a state of a harmonious, free flow of energy creating balance, unification, and gentle vibrancy of the mind/ body/spirit. This is an experience of “aliveness” throughout one’s body, emotional stability, awakened senses, and receptivity to Universal energy and information. In natural healing modalities, it is the unique combination of energy and information in the “medicine” that is transmitted to the body. The focus is on wellness because “medicine” of any kind, natural or synthetic, is not healthcare. Medicine is what we use when we are focused on a problem – aka sickness. Healthcare is what we do when we are focused on increasing well-being. The axiom of Chinese medicine truly rules: **Prevention is the best cure!**

Five Element Theory gives us a practical way to understand and utilize Universal relationships for our healthcare. This Season is ruled by the Spleen/Stomach – a major organ pairing for digestion. The healthy function of the Spleen assists in the movement of water and the circulation and elimination of liquids throughout the body. The Spleen/Stomach system does not like cold. Eating a lot of raw foods and drinking iced liquids is detrimental to their function and are best avoided. Prolonged sitting is also detrimental to the Spleen/Stomach so try to move around during the day, get fresh air and sunshine when possible. Even though there is an abundance of fruit at this time of year, too much sweet can cause a buildup of dampness in the Spleen/Stomach. Too much dampness can create “foggy brain,” bloating, and sluggish digestion. Chinese medicine likens the Stomach to a caldron where what we ingest is “cooked” and then transported to other parts of the body. Too much cold and dampness impede the work of the Stomach, no fire to “cook” the food, for example. If we view the chart below, we see that the emotion related to this system and Season is over-thinking, a common way to cause stress. Stress diminishes our smooth digestive ability. An antidote to over-thinking is trust/faith. By practicing trust in oneself, our tendency to over think is diminished and stress is reduced. Developing Qi through practices such as qigong/taiji and applying Universal Law and relationships to our day-to-day lives, will increase our well-being.

Some foods for the late summer: Almond, Apple, Barley, Blueberries Buckwheat, Cabbage, Carrots, Cherry, Chestnuts, Chicken, Chive, Coconut, Cooked onion, Corn, Cow's milk, Crab, Cucumber, Dates, Duck eggs, Eggplant, Figs, Fruits (sweeter), Garlic, Ginger, Grapes, Hazelnuts, Honey, Job's tears, Lamb, Licorice, Lotus root, Mangos, Melons, Millet, Molasses, Mushrooms (especially button mushrooms), Oats, Oranges, Peanuts, Peaches, Peas, Potato, Pumpkins, Red Chinese Dates (Jujube), Rye, Squashes, Strawberry, Sugar, Sweet potatoes, Water chestnut, Watermelon

RECIPES:

Lightly Tart Red Pepper Late Summer Soup

Ingredients

6 medium size red bell peppers, roasted, peeled and seeded – Yield is about 2 cups - See Direction 1 below.

4 cups of vegetable broth/chicken broth/broth from bones/water – you choose

1 TB fresh lemon juice

1 tsp lemon zest

1 ½ teaspoon of sea salt

1 tsp of black pepper – ground

1-1/2 tsp turmeric

1 Tablespoon of mushroom essence

1-2 thin slices of fresh ginger

1 bay leaf

6- 12 oz coconut milk – lite from the can – not the refrigerator section in the cardboard.



Directions

1. Roast uncut bell peppers on a grill pan. You can roast then in your oven/broiler/outdoor grill. Remember to turn them so that they blacken all over. When they are blackened all around, place them in paper bag that is large enough for all of them. You can use more than one bag. Close the bag(s) for at least 15 minutes. The skins should come off pretty easily and they should be cool to the touch. Be careful when you open the bag as there may be some steam escaping. Peel off the skin, remove the seeds and stem.

2. Blend *everything except the coconut milk ginger and bay leaf together* until smooth.

3. Then add the ginger and bay leaf, to the puree and heat in a 3 qt saucepan, adding the coconut milk slowly and stirring as you add it. Taste it along the way: some people will want more coconut milk than others. Serve warm.

Garnish with minced cucumber, mint, watercress leaves only, finely chopped celery, or other

Serving idea: add cooked rice

Coconut is an energetically warming food of the season. Turmeric (yellow) has anti-inflammatory properties, aids in memory and circulation and is also a warming member of the ginger family.

Ginger & Cinnamon Carrot Soup

Ingredients

1-2 TB grapeseed oil
2 small garlic cloves - smashed
½ medium sweet onion – small dice
1 cup orange sweet potato – peeled and diced
1 lb orange carrots – peeled and cut into about 1" to 2" pieces
4 cups of water
1 stick of cinnamon
1 tsp fresh lemon juice
3 thin slices of fresh ginger
1 ½ teaspoon of sea salt
1 tsp of black pepper – ground
1-1/2 tsp turmeric
Toasted unsalted pumpkin seeds
Honey to taste.
Additional water if necessary

Directions

1. In a heated wok or heavy bottomed 3-5 qt skillet, add the grapeseed oil and coat bottom of pan. Heat the oil - add a sprinkle of salt on the oil to prevent splattering
2. Add the smashed garlic and small dice of onion – sauté, occasionally stirring, until the onion begins to become translucent.
3. Add the sweet potato, carrot, water, cinnamon, lemon juice, ginger, salt, and pepper. Cover, simmer until the carrots and potato are completely cooked.
4. Let everything cool to room temperature.
5. Remove ginger and cinnamon stick. Add in turmeric.
6. Blend to a fine puree – return to wok/skillet, adjust water, salt/pepper and if you want it sweeter, add honey to taste. Heat and serve. Garnish with toasted pumpkin seeds.

According to the teachings of Chinese medicine, carrots aid digestion, remove food stagnation, strengthen the immune system by way of clearing toxins. They are a moisturizer affecting the eyes and lungs. Ginger is sweet and mild. It aids in digestion, circulation, and can balance yin and yang.



Peach and Scallion Omelet

Ingredients:

5 eggs
1 TB water
2-3 TB walnut oil
¼ tsp salt
4 scallion whites – cut into ½” pieces
1 cup diced fresh peach – with skins
only if organic.
½ tsp ground pepper
2 TB walnut oil
Have a spatula ready



Directions:

1. Beat your eggs with the water. Beat eggs in one direction only and just enough so that the yolks and whites are combined, but not frothy. Set aside.
2. Heat a 8-9” pan (stainless steel – preferably) and add walnut oil – the exact amount will depend on your skillet – you want enough to thoroughly coat the bottom, but not so much that it is like a mini-pond of oil. Sprinkle in the salt (prevents splattering).
3. Add in the scallions and saute lightly, shortly before they are finished, add the diced peach and heat through. . do not let it get mushy. Mix them together. Set the scallions and peach aside.
4. Use medium heat: In a second pan – heat the pan, Add in the next 2 TB of walnut oil, sprinkle with salt and heat till shimmering – not smoking. It is very important to have a hot pan before adding the eggs.
5. Give the eggs a quick stir and add into the hot pan all at once - let the eggs sit for a minute. Then push the edge of the eggs toward the center with the spatula and tilt the pan so that the uncooked eggs goes underneath and on the pan. And let the egg cook for 30 seconds or so. slowly work your way around until there is no longer any uncooked egg on top. Reduce the heat
6. Gently check the edges of the egg around the pan that they are not sticking - - if you “jiggle” the pan, the eggs should move.
7. Slide the eggs onto a large plate, add the scallion/peach mixture on one side of the eggs, sprinkle with some pepper and flip the other side over the top.



Scallions support the digestion – stomach/spleen – and lungs and have a warm essence. Whole eggs balance yin and yang, strengthen the blood, increase energy and promote good digestion and kidney function.

TEAS:

Variations on Chrysanthemum (Ju Hua) Tea

Chrysanthemum flowers are cooling in nature, sweet in flavor, support Liver function, quiets anxiety, supports the immune system, reduce eyestrain, and so much more!

Available at most Asian markets and natural food stores, purchase whole flowers. Put a few flowers in your teapot with hot – but not boiling – water and let steep a few minutes. Put a flower in a glass with the tea. it is very pretty to look at and is naturally sweet

Try variations of this tea: Chrysanthemum with Red Dates; Chrysanthemum and Peppermint, Chrysanthemum with honeysuckle, Chrysanthemum with rose, Chrysanthemum with goji berries to brighten the eyes.



Wishing you good health! Remember to smile at all things.



The information in this article is based on the theories and principles of Chinese Medicine/Five Element Theory. **Ellasara**, a practitioner of *Wu Ming Qigong*, has been studying with Master and Dr. Nan Lu for many years and has participated in special classes through TCM World Foundation and the Tao of Healing in New York City. For comments, questions, consultations, el-lasara00@gmail.com

Medicinal Herbs



There is a long tradition in China of using [medicinal herbs in cuisine](#). The Chinese Ministry of Health has a list which includes more than 80 foods that can be used both as food and medicine, more than 110 herbs used for health and 59 ingredients forbidden in foods for health purposes.

Last year, the Ministry of Health announced that aweto, a rare fungus believed to have a replenishing function, is not recommended for ordinary food products. But experts warn that people should be particularly careful when using ingredients with strong medicinal properties.

Public interest in medicinal cuisine has fueled the growth of restaurants proffering foods that offer health benefits, but often without the guidance of experienced cuisine masters.

A warming bowl of lamb soup with ginger and the Chinese herb angelica is a classic Chinese recipe for people who feel cold and tired in autumn and winter. Chinese angelica is an often-used traditional herbal medicine. Its warming capacity is used to stimulate blood circulation, while ginger dispels coldness, warms up the inside of the body, and promotes perspiration. Lamb has a hot, warming property that replenishes energy for the weak.

This recipe was first drafted by Zhang Zhongjing, one of China's best-known traditional medicine doctors in the

This recipe was first drafted by Zhang Zhongjing, one of China's best-known traditional medicine doctors in the Eastern Han Dynasty (AD 25-220). About 1,800 years later, this soup is still prescribed during the cold seasons for people with a weak constitution, especially old people and women after delivery.

Another good example is ginseng – widely popular not only in China, but also in Korea and Southeast Asian countries as a daily energy booster. The valuable herb is used to replenish qi (energy) and soothe nerves among people with a weak constitution. But it has been found that, for people with weak yin and excited yang, ginseng can lead to dizziness, overexcitement and even mania.

Some other commonly used Chinese herbs in food can also have adverse properties. Saffron, which invigorates blood circulation and boosts immunity, can cause miscarriages, dizziness and over excitement. Huang qi, or milk vetch root, replenishes energy but can be dangerous for people who've had a cerebral hemorrhage.

Maybe restaurants should have TCM doctors as instructors and experienced chefs in food and herb combining to prepare "medicinal cuisine". It also requests that ingredients used in medicinal foods should be those designated in a list issued by the Ministry of Health in 2002, and that the quantity of herbs used should not be more than those designated in the Pharmacopoeia of the People's Republic of China.

Du Zhong, or eucommia bark, for instance, is cooked in soup with pork kidney to replenish energy in men's kidneys. Ginseng, angelica and lily bulb are boiled together to replenish energy, and benefit the lungs. Other common ingredients used as foods and herbal medicines include Chinese jujube, lotus seed, medlar fruit, longan and gastrodia tuber. The fresh leaves of mint, basil, milk vetch and baical skullcap are also being used in dishes.

Jiao Mingyao, general manager at Beijing's Tian Xia Yi Jia Restaurant, says that ginseng has already faded out of restaurants, but aweto still exists on quite a few menus. Jiao recommends eating nutritious foods according to different seasons, individual physical conditions and location. He says foods that raise energy in spring include sprouts and the liver of chicken, pork and lamb to replenish energy in the liver.

"Summer is a time to replenish energy mildly, and dispel heat and dryness," he says. "It is good to eat lotus seed, mint, water chestnut, pigeon, beef and duck."

For autumn, he suggests frying lily bulb with ginkgo, and making dishes with orange and pear. In winter, beef and lamb, as well as venison are all good energy boosters, he says.

"My concept of medicinal food is about scientific, nutritional cooking," Jiao says. "It should be an advanced phase of development for Chinese cuisine, instead of a simple mixture of herbal medicine and food."

Chinese herbs and medicinal ingredients should be divided into those with light medicinal properties and those with strong medicinal properties, which should only be prescribed by doctors.

"Those herbal medicines that can be mixed with foodstuff to treat illnesses should be left for doctors to decide," he says. "As to those that are also foodstuff, people should be reminded of their side effects, but they should not be banned from using them."

This article was originally published on [Pacific Herbs](#)

The Care of Person in Tai Chi as Educative Mutuality.

by **Mauro Carboni**

Care – vs – Effectiveness.

We begin through an axiom that may be viewed as a paradoxical form of thought that, in some ways, may remind as of the Taoist thoughtful approach:

Tai Chi works caring for the person, because it doesn't.

To clarify, it is not our intention to discuss the objectivity of data and experiences which constitute the matter of this contribution, but rather, our intention is to criticize a vision of Tai Chi specifically conceived as a healthy and therapeutic practice, focused and designed only according to these perspectives.

In addition, we have not debating the effectiveness of Tai Chi, and we are not criticizing the congruence of this practice in manifold and various contexts in which it works as a form of personal help. In substance, it is our intention to differently locate this practice with respect to interpretations of Tai Chi that often are founded on experimental needs and, sometimes, maybe overly medicalized.

In scientific literature, it's now a shared opinion that Tai Chi is widely tested in terms of supplementary and supportive approach within several therapeutic protocols. Especially, and in a large number of case studies, as a help to easy acquisition in addressing different situations of discomfort associated with the aging process and related issues, as those of neurobiological and degenerative kind.

Tai Chi has also shown a particular effectiveness in depressive disorders as well as in treating forms of anxiety, and even more in assisting in situations of attentional deficit in childhood and adulthood. Also in rehabilitation practices related to trauma or surgery, and even in cases of a problematic organization in postural control and locomotion, or

with respect to respiratory and cardiovascular dysfunctions.

It is clear that the list of benefits that are consequence of a integrated practice of Tai Chi could obviously go on (Wayne & Kaptchuk, 2008). Well, the practice of Tai Chi actually does not deal specifically with these issues. Tai Chi was founded with a triple function: fighting and self-defense technique; meditative and philosophical practice; daily tool to maintaining and improving the general state of health. In essence, the three aspects are inextricably linked, can be ignored, overlooked, or simply put aside, but cannot be separated from one another.

Moreover, the usually experimental approach does not proceed toward a form of understanding intrinsic to the practice of Tai Chi.

This type of studies are not really interested in finding what can be actually effective and/or curative. They don't try to define a methodological reflection on how this healing effect is achieved, or under what ways and through what rules of corporeal interactions and of gestural processing this practice is socially shared.

Tai Chi is understood as a mode of predetermined intervention, most often through short or simplified forms, sometimes with postural and gestural mix selected through criteria that are not clear or explicit. The resulting analysis continues to be focused on the benefits as direct consequences of practice, without going into the merits of the variables and constants that can contribute in different ways to determine the effectiveness of Tai Chi in distinct areas of clinical use.

Similarly current scientific literature does not explain the outcomes through wider theoretical framework, that would explain the specificity of different experimental outcomes and the adaptability of Tai Chi as a tool of treatment and improvement of living quality. The use of different techniques, styles, and training conditions, makes it a comparative study between different experimental results difficult and finally the extreme variety of applications would require at least a multifactorial analysis. (Wolf et al., 1997; Larkey et al., 2009).

To conceive Tai Chi as a particular kind of "physical exercise" or as an assemblage of neuromotor functions and as a form of behavioral and psychological conditioning, is extremely simplistic and, in addition, contributes to limiting the field of experimental hypothesis. This all leads to a wrong understanding of Tai Chi as mind-body practice or complex holistic discipline. Therefore, Tai Chi can't be explained in terms of single cause-effect relations each other interconnected.

Being in connection to the experience.

In any case, Tai Chi in fact deals with the person, not with the patient, according to an approach that we want here defined as "progressive decentralization by itself." To be clear, the Chinese culture has already given a name to this process in terms of "return to Wu Ji," in other words an attitude towards a primordial condition comparable "to Nothing," from which comes "Life" in broadest sense and the "Ten Thousand Things" that populate our "Known Universe."



In fact, this topic is frequently discussed in the context of current scientific literature, where is treated mostly in terms of Body Awareness or Mindfulness.

According to this point of view Tai Chi, as many other holistic practices, deals with the person precisely because it represents a way to enhance body awareness according to some particular features in which the intensity of exercise is not dominant but the quality of personal experience is, through a state of mindfulness nonjudgmental, together with a kind of awareness not finalized to specific and immediate purposes, nor geared to logical thought, rational or meta-physical.

In essence Tai Chi is characterized by a being in connection with ongoing experience, and by an attitude of curious interest, as opening, listening and acceptance. (Mehling, W.E. et al. 2009:4)

In this sense the return to Wu Ji takes on a statute of search, a movement of mind beyond the rational or irrational, living the perception of physical and bodily symptoms through a metacognitive state of attunement and mindfulness that acts as a not self-reflective stimulus, philosophical or not, both facilitating the passage of a particular bodily quality of internal awareness (Mehling, W.E. et al. 2009:3).



In a practical sense this approach is also referred to as "translation of mind in the body and/or through the body" (Kerr, 2002: 440). Therefore, the Tai Chi, Qi Gong, Nei Gong, and so on, based on a ancient tradition and on a verified empirical experience, has confirmed that the search of a good postural alignment and of movement as profound gestural harmony, are constitutive elements of those fundamental health practices, and are the precursors of a transformative path both somatic and psychological.

In all this, the self-perception in terms of energy flow, jointly to the continuity and congruence with others and the environment, does not play a secondary role (Kerr, 2002:434).

In fact we should start to consider the perception of energy flow (Qi) in the context of Tai Chi, first, in terms of a complex neural connectivity situation, that is neurophysiological and cognitive, as well as emotional, relational, and social (Carboni, 2013a).

Similarly must be properly considered the importance of "massage of internal organs" that, during the Tai Chi practice, is stimulated by deep breathing, by slow, fluid and continuous movements, along with the solicitation of connective and myofascial tissue.(Kerr, 2002:435).

The scientific literature rarely evaluates the emotional dimension of bodily interaction inside Tai Chi practice. Instead this is the nucleus of a wide range of observation studies about self-awareness and perception related to others and to the environment.

In this sense Daniel Stern (1985) has demonstrated in what terms the affective attunements at bodily and gestural level have a decisive role in building the sense of personal identity and in the structuring of primary relationships.

More recent studies have verified that the "perception of a bodily resonance" (matching and synchronization) is equally essential to facilitate different learning situations. This not only in terms of motor skills, but also and above all in relation to the ability to see the quality of personal action in a spatial and temporal dimension as integrated awareness in

ness in sensory and cognitive sense (Casile and Giese, 2006; Schutz-Bosbach and Prinz, 2007; Cattaneo et al., 2011; Barchiesi et al., 2012; Barchiesi et al., 2013).

The highlighted conception of embodiment considers the corporeal dimension as an area of cognitive empowerment, oriented to an enhancement of a multimodal potential of learning inherent to the growth of our sensory and interactive relationships system with the world. Then an emerging property that, in Tai Chi, manifests itself as a particular condition of educational mediation. Where the development of reactive sensibility is reworked as a non-dualistic relationship and a new and larger capacity to create connections between self and the world (See also : O'Loughlin, 2006:5).

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The Twelve Tendino-Muscular Meridians (Part 2)

Marty Eisen Ph.D.

6. The Small Intestine Jing Jin Pathway

The pathway begins at the little finger and attaches at the back of the wrist (1, 2). It ascends along the forearm to attach at the medial condyle of the humerus (2, 3). Continuing along the upper arm, it attaches below the axilla (3, 4). A branch ascends behind the axilla, curving around the scapula and running in front of the Bladder Meridian on the neck and attaching behind the ear (5, 6). Then, it continues around the ear and descends to attach to the lower jaw and continues upward to the outer canthus (6, 7, 8). The straight portion of this branch has two subbranches.

The upper subbranch emerges behind the auricle and enters the ear (6). The lower subbranch starts at the mandible and ascends around the teeth to the outer canthus and attaches at the angle of the forehead (8, 9).

The symptoms of May Rheumatism (3) are: pain in the little finger which can extend behind the medial

epicondyle to the medial aspect of the upper arm and axilla, pain around the scapula extending to the neck, tinnitus, ear pain radiating to the submaxillary area; prolonged closing of the eyes can result in delayed vision. Fistulas, swollen neck and sensations of hot and cold may follow spasms of the neck.

7. The San Jiao Jing Jin Pathway

It begins near the tip of the fourth finger at attaches at the dorsum of the wrist (1, 2). Then, it ascends between the radius and ulna and attaches at the olecranon of the elbow (2,3). Running upward along the lateral aspect of the upper arm, it crosses the shoulder and neck and joins the Small intestine Jing Jin (3, 4). A branch emerges at the mandibular angle to connect to the tongue's root (5). Another branch ascends in front of the ear to the outer canthus, crosses the temple to the corner of the forehead (6, 7).

Symptoms of June Rheumatism (3) are: Cramps and pain along the Pathway; curled tongue.



Figure 4: The Small Intestine Jing Jin Pathway

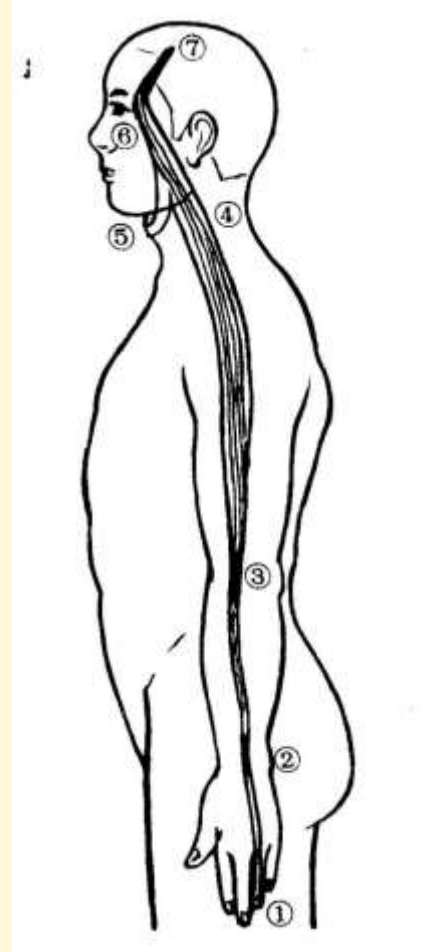


Figure 5: The San Jiao Jing Jin Pathway

8. The Large Intestine Jing Jin Pathway

Begins near the corner of the nail on the radial side of the index finger and attaches at the dorsum of the wrist (1, 2). It ascends along the forearm and attaches at the lateral aspect of the forearm. Continuing up the arm it attaches at LI 15 (Jian Yu, in the depression appearing at the antero-inferior border of the acromioclavicular joint, when the arm is fully abducted.). A branch spreads around the scapula and attaches to the spine (4, 5). Another branch runs from LI 15 to the neck (4, 6). A branch separates and attaches at the side of the nose (7). The straight branch continues upward and passes in front of the Small Intestine Jing Jin, crossing over the head and connecting to the mandible on the opposite side of the face (8, 9).

The symptoms of April Rheumatism (3) are: cramps and spasms along the Pathway, difficulty in raising the shoulders; neck pain and difficulty with neck rotation.

9. The Spleen Jing Jin Pathway

It begins near the lower corner of the medial, big toe nail and attaches at the medial malleolus (1, 2). Ascending the lower leg it attaches to the medial side of the knee (3) and continues up the medial aspect of the thigh, attaching at the hip (4). Then, it curves and passes to the midline, giving off a small set of Vessels which surround the genitalia (4, 8). The straight portion attaches to the umbilicus (5, 6) and enters the abdominal cavity, where it attaches to the ribs and disperses through the chest (7, 8). An internal branch adheres to the spine.

The symptoms of August Rheumatism (3) are: Big toe pain radiating to the medial malleolus, tibia's pain at the medial aspect of the knee, spasms or pain in the medial upper thigh; pain in the genitals involving the umbilicus and mammary region of the inner aspect of the sternum and spine.

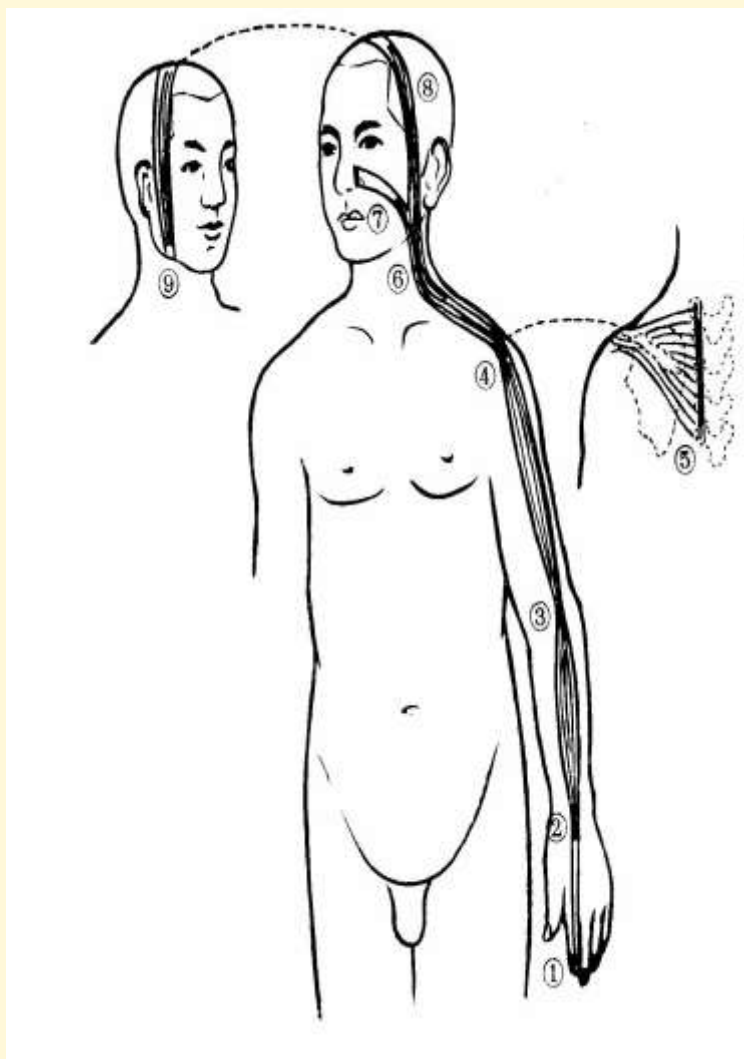


Figure 6: The Large Intestine Jing Jin Pathway

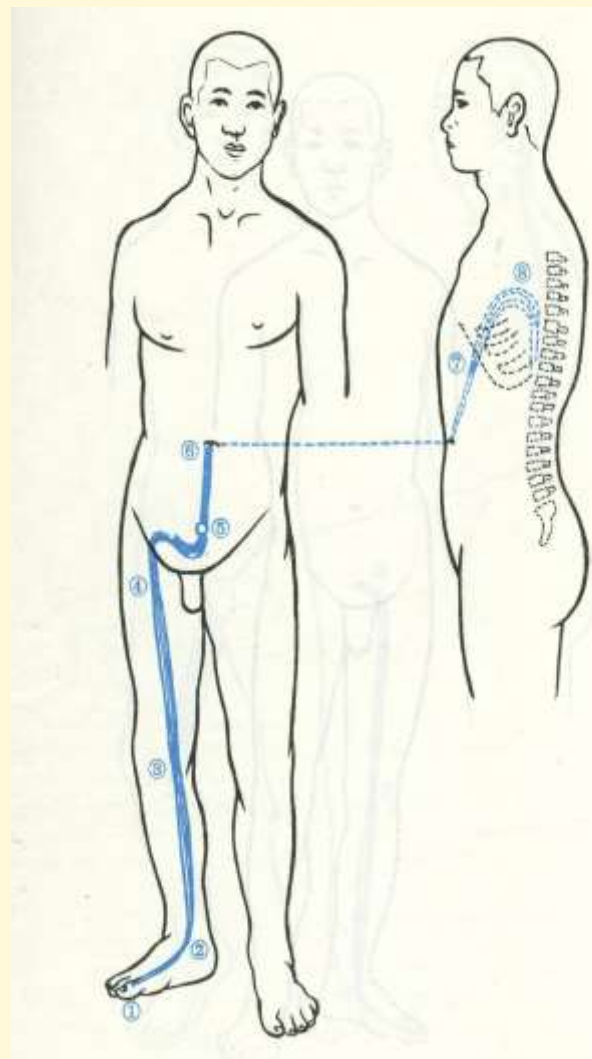


Figure 7: The Spleen Jing Jin Pathway



Marty Eisen, PhD, is a retired scientist, who constructed mathematical models in medicine. He has studied and taught Yoga, Judo, Shotokan Karate, Aikido, Qigong, Praying Mantis Kung Fu, and Tai Chi. Dr. Eisen studied Chinese Medicine through apprenticeships and correspondence courses. His new Amazon Kindle and hard copy books “Healthy Exercise for Seniors and Non-Athletes” describes classical Yoga, Tai Chi and Qigong to encourage practitioners to learn more about these arts. For more information about Dr. Eisen please visit <http://kungfutaichiqigong.com>

Chen Jinao—An Introduction

By Alan Sims

While looking downstairs in a Chinese bookstore in Flushing Queens N.Y., I happened to notice a book that I had previously seen. It was written by Chen Zi Ming, a Taijiquan student of Chen Xin.

Chen Xin was a practitioner of "Small Frame" Taiji and the author of a book of four volumes or approximately eight hundred pages in English.

Chen Zi Ming's book consists of photographs of himself in various postures, and was published in 1932. Personally speaking, I wasn't captivated by the photos and therefore had never purchased the book.

However, I did find something very interesting which would never have caught my interest in the past. There are a couple [if not more], lineage charts in the book and

at least one that is not even "Small Frame" [or Xiao Jia]. There is, though, one chart that I found very interesting due to my having purchased a book on the Chen Family's Small Frame 1st Routine [or form]. The chart as well as the rest of the book is written in Chinese. But in one particular Small Frame chart, the family name of Chen is left out entirely so that we only have the given names listed. But being somewhat familiar with the Chen Family lineage, that presented no problem to me.

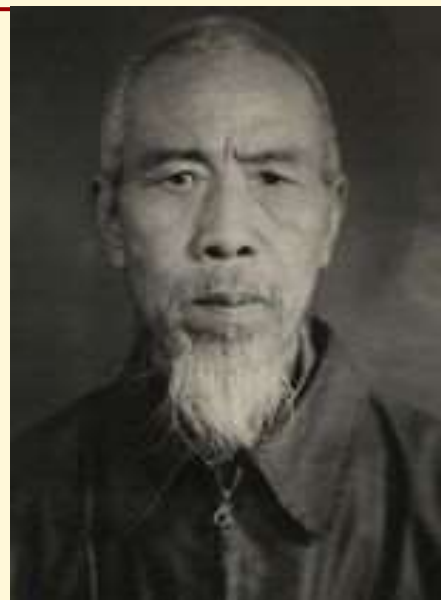
I had what I felt at the time was a beautiful surprise while looking casually at this chart and seeing the name Jinao as a student of Chen Yao [without the Chen]. It is interesting because in the book that I have, Chen Jinao is listed [in a chart covering generations], as a student of both Chen Yao and his younger brother Chen Xin, who lived thirteen years longer than Chen Yao. Also listed in the chart in Chen Zi Ming's book, is the author of the book that I have as being a student of Chen Jinao himself, Zhi Ru Lei.

Chen Jinao is listed as being born in 1900 and I think sometimes [depending on the source], in 1899. He passed away in 1971. Although 1971 is a while back, it is not by any means in ancient times. We deserve to know something about someone who was lucky enough to have studied Taijiquan from Chen Yao, who himself was extremely good, and was the son [along with Chen Xin], of the hero Chen Zhong Xin.

In the book on Chen Family's Small Frame 1st Routine published in 2014, there are 4 photographs of Chen Jinao performing postures which are in the Xiao Jia. In one photo he is slapping the right foot at face level looking straight into the camera and having a lot of fun with a big smile on his face, with the left palm swung downward and to the rear, with the left foot solidly on the ground in a little alley way.

Chen Jinao's photographs are more spirited than the drawings found later in the book illustrating the form, even though he is older when these photos are taken than in his single picture later in the book. Chen Jinao was the grandson of Chen Yao and was well versed in Taiji theory when he was very young. Although most of the photos of myself in Xiao Jia postures that I contributed on line are of postures taken from drawings in Zhi Rulei's book, I did attempt to illustrate one of Chen Jinao's original postures.

On the subjects of photographs and surprises, is a picture in Zhu Rulei's book of someone that I actually recognized, and that is Chen Boxiang. Also included is a picture of his teacher Chen Kezhong. There are nice write-ups on both gentlemen but since I don't read much Chinese, I want to write what is actually written, which takes time. Perhaps in a future article I will be able to tell you what they say.



Preparing for all

—- Easy exercises and advises to strengthen you chi during summer and fall.

by Lilian Kluivers

Easy exercises and advises to strengthen you chi during summer and fall.

Seen from the holistic system from Chinese medicine, all the elements and all the Seasons are connected to each other. Every Element nourishes the next one. Every season nourishes the following one. This is called the Shen cycle.

How could you implement this knowledge in your life, right here and right now?

Understanding the Shen cycle means understanding that:

Summer is - besides a Season of its own - also at the same time a preparation for Fall.

Taking good care of yourself in Summer, when the Fire-element is most active, means you will experience Autumn more energetically. You will feel nourished during Summer at the same time.

So how can we start nourishing our chi right now?

First of all, be happy! Laughter and joy are related to the Heart, belonging to the Fire-element of Summer. An awesome way to nourish the chi of the Heart is spending lunchtime or dinnertime with friends. Since lunchtime - from 11:00 am till 3:00 pm - and dinnertime - 7:00 pm till 11:00 pm - are considered to be moments when the energy of Fire is more active, according to the Chinese Clock. These are the best times of the day to spend with people you like and have fun. So take your agenda and make some appointments to look forward to.

Another advise from the Yellow Emperors Classic of Medicine (Ch. 2) is to stay physically active, to prevent the pores from closing and the chi from stagnating. Excellent Do-In exercises during summer are movements where the arms are included, since the Fire-meridians all run through the arms.

movements where the arms are included, since the Fire-meridians all run through the arms.

Practice for example the next exercise daily:

- ◆ Interlace the fingers.
- ◆ Stretch the arms up, palms facing up, during an exhalation.
- ◆ When inhaling, lower the arms in front of the chest.
- ◆ Repeat for at least 10 breathings.
- ◆ This exercise opens the chest and stretches the meridians that belong to the fire element.



- ◆ Also tapping the whole body is a great exercise, for all seasons.
- ◆ In addition, I'd like to recommend to meditate daily. You could even follow instructions from a book if you have no routine yet. Meditate at least for some minutes. Regular meditation is a very effective way to calm the Heart energy.

And the last tip: take it easy at the end of Summer. The last two weeks of every Season are connected to the Earth Element. It's best to enjoy some relaxed days to prepare your energy for the next season, Fall. And enjoy the energies of this new Season in their fullest potential.



Lilian Kluivers is a shiatsu therapist and Do-In teacher and teacher trainer. She runs Do-In Academy, an international education that aims to help people use the wisdom of eastern medicine in everyday life. Lilian is an author of two books about Do-In published in The Netherlands and Belgium, she is working on an English translation of her book about Do-In.



The 18 Foods That Can Effectively Eliminate Cancer Cells Within

18种快速杀死体内癌细胞的食物

Edited by Kevin W Chen, Ph.D.

There is a common Chinese saying, "Diseases come from the mouth." These seemingly simple words in fact contain several levels of meaning: Health issues, nutrition, food safety, and the even deeper issue of healthy diet and food as medicine. Many incidences of cancer are often associated with the wrong choice of food. However, certain foods can serve to prevent or kill cancer. Today I would like to share sixteen foods that can effectively kill or eliminate cancer cells within our bodies according to Chinese medicine and modern research, and should be considered as healthy food.

1. Bitter melon, Li Shizhen called "the first-class melon"

In polarization treatment in the folk sector, bitter melon suffered severely different reputations. Some people are really "good" with this taste, but many keep their distance from it. However, what really gives it "a good status" is the Ming Dynasty physician Li, Shizhen (the author of *Compendium of Materia Medica*) who



called it "the first-class melon" because it is a rare, anti-cancer vegetable.

Western medicine has even proven that the anti-cancer effects of bitter melon comes from a class of quinine protein, is a protein that can activate immune cells. Through these activated immune cells as "secondary handlers," it can further kill cancer cells or other abnormal cells. The bitter melon seeds contain a protease inhibitor which can inhibit the protease secreted by tumor cells, thereby inhibiting cancer cell invasion and metastasis.

2. Eggplant: "eggplant after frost" is good medicine

Among many TCM prescriptions or non-prescription formulas, "old eggplant after autumn," "eggplant after frost" (exposed to frost) are frequently used. More and more evidence shows that the eggplant has effective anti-cancer function. Some experimental studies have extracted a non-toxic substance from the eggplant for the treatment of gastric cancer and cervical cancer, and received good therapeutic effect. In addition, eggplant contains solanine, cucurbitacin, stachydrine, choline, basil glycosides, saponins, eggplant color substances and other alkaloid materials. It has proven that solanine (龙葵碱 (

and cucurbitacin (葫芦素 (have anti-cancer abilities.

In addition, eggplant flowers, eggplant stem, root, and juice are all good medicines. The ancient literature recorded the use of autumn eggplant for tumor treatment.

Eggplant is also rich in nutrients; except vitamin A, C is little lower, the levels of other vitamins and minerals are almost the same as in tomatoes, while its protein and calcium are three times higher than tomatoes.



3. 3. Seaweed: can prevent breast cancer and thyroid cancer

Seaweed (kelp) is also named as "Kun Bu" in TCM; it can prevent breast cancer and thyroid cancer. Seaweed (kelp) is rich in iodine, can prevent the "big neck" sickness (hyper-thyroidism) which has been known to affect even women and children in China. In fact, seaweed has many other kelp "skills:" it contains sodium alginate and carcinogenic effects of strontium, cadmium has strong binding capacity and discharge them in vitro; seaweed selectively kills or inhibits the intestinal bacteria that may cause cancer, but also promotes the fiber contained in the discharge of bile acids and cholesterol; seaweed extract on various cancer cells directly inhibit growth.



4. Sweet Potato: gradually forgotten anticancer share

Sweet potato: alias yam, red potato, are considered a great food for getting rid of illnesses and prolonging life. In fact, sweet potato also has a strong anti-cancer function (including its ivy and leaves). Recently, scientists have discovered a substance, DHEA, in sweet potatoes, which can effectively prevent colon cancer and breast cancer.



5. Pumpkin: known as a "God melon"

In some countries, pumpkin is known as "God melon" because it can be both a main food, and a veggie or side dish. Americans like to eat pumpkin at the Thanksgiving dinner to express their gratitude to the pumpkin (as well as to the Indian). However, in China, it is now rarely planted as much as it used to be. Pumpkin can prevent obesity, diabetes, and high cholesterol. It also has a good effect on cancer prevention. Pumpkin contains high levels of vitamin A. Also rich in vitamin C, calcium and fiber, pumpkin contains unknown ingredients and tryptophan that can inhibit carcinogens.



6. Wheat bran: the best anti-cancer dietary fiber

Alias bran, it's the coat that comes from wheat when flouring. It was used as animal feed, not for human consumption. After using wheat bran to feed livestock, the animal would show ruddy skin, shiny hair, and a very significant healthy state. Now wheat bran receives increased attention for health. Many Western institutions called on people to eat whole grains, whole wheat foods. Whole wheat food is the food including both wheat flour and the bran.

Wheat bran is the main nutrient "warehouse" of wheat, including vitamin Bs, selenium, magnesium, and other minerals, and almost all the fiber is concentrated in it. It can prevent and treat colorectal cancer, diabetes, hypercholesterolemia, hyperlipidemia, constipation, and hemorrhoids. Therefore, many experts believe that wheat bran is the best anti-cancer dietary fiber.



7. Radish: the "health protection God" of the root vegetables

Radish, Alias turnips, with many varieties, are all anti-cancer experts, so there are Chinese sayings, "Winter eat radish and Summer eat ginger, no need to go see medical doctor for life," and "October radish is as good as ginseng." The Dutch people consider carrots as "national dish;" in Japan and the United States people believe the radish is the "health protection God" of all root vegetables.

Radish has anti-cancer, opening chest, phlegm, and diuretic functions. Radish contains a variety of enzymes that can eliminate the carcinogenic effects of nitrosamines. Its lignin can stimulate the body immunity, enhance macrophage activity, enhancing their ability to swallow and to kill cancer cells. The spicy taste of radish comes from mustard oil, which can stimulate peristalsis, promote excluding (detoxify) carcinogens. Radish also contains many inhibitory mutagenic activity of unknown composition. The vitamin C in radish is greater than in apples or pears, 8-10 times higher. Carrots are rich in carotene, which also has excellent anti-cancer effects.



8. Kiwi: *Vitamin C content is the crown of all fruits*

Kiwi is brown color, shaped like potatoe, inside green as emerald therein, adenosine and delicious. It was the southern mountain wild fruit, and now has been transplanted to different countries. The fruit is rich in sugars, proteins, lipids, vitamins, organic acids and multiple minerals. Vitamin C content of Kiwi ranks the highest in fruit -- every 100 grams of kiwi contains 200 mg of V-C, almost 100 times as much as in citrus, and 30 times as in tomatoes. It is truly a "natural vitamin C tablet," and also contains rich vitamin P that can protect vascular function, with high nutritional value.



9. Cauliflower is rich in nutrition

Cauliflower contains protein, fat, sugar, and a variety of vitamins and calcium and iron, bronze, manganese and other minerals. Long-term consumption of cauliflower increases the liver's detoxification capacity, and improves the body's immune system to prevent the occurrence of colds and scurvy. In addition, it also contains a variety of indole derivatives, which



can enhance the body's resistance to benzopyrene. Nitrosamines cauliflower also contain enzymes that can break down and "dithiol-thione," can neutralize the poison and promote the body's excretion, so eating cauliflower can reduce the chance of cancer, and has multiple health benefits.

10. Asparagus:

Asparagus, also known as Gracilaria, is a high-nutrition vegetable, in some countries it has the "king of vegetables" reputation. According to experts, studies have shown that asparagus has the function of preventing the spread of cancer. It contains selenium and plant fibers, etc., which can be useful to control a variety of cancers. It has special therapeutic effect on granulation of lymphatic cancer, bladder cancer, skin cancer, colorectal cancer, and breast cancer. Scientists think the reason for asparagus' anti-cancer effect is because it contains tissue protein and other nutrients which can normalize cell growth while



vitamin C and fiber can enhance the stromal cells, prevent the growth of cancer cells. It can also promote bowel movements and reduce the intestinal absorption of dietary cholesterol, and promote carcinogens excretion. In addition, asparagus contains Tianmen move amide (天门冬酰胺), which is also recognized as anti-cancer substance.

11. Corn may prevent cancer

Corn's nutritional value is higher than wheat flour and rice. Regular consumption of corn can prevent arteriosclerosis, cardiovascular disease, cancer, high cholesterol, high blood pressure and other diseases. "Coarse grain" such as corn are getting more and more attention from nutritionists. Research demonstrated that corn is rich in trace elements calcium, magnesium, selenium, etc., and a variety of vitamins.

Selenium is an anti-cancer substance, and it plays the role of a scavenger in the body. The high cellulose content of corn can stimulate gastrointestinal peristalsis, promote bowel movements, and reduce the intestinal absorption of carcinogens, preventing colorectal cancer. So consumption of corn has some anti-cancer effect. However, it's necessary to point out that fresh corn is the best choice.



12. Soy-milk can reduce three risks of cancer



Soy beans contain a lot of isoflavones and plant hormones. Isoflavones have anticancer effects. Plant hormones can coordinate the body's endocrine function. Modern medical research showed that drinking soymilk as a plant protein supplement can reduce breast cancer, colon cancer, and prostate cancer, while other food mold compound can improve people's human endocrine function and enhance body's anticancer ability so as to

achieve anti-cancer and wellness goals. From the perspective of preventive medicine, middle-aged women need to add beans to their diet the most. Drinking soymilk every day can reduce the incidence of breast cancer, and prevent women from premature aging. Soymilk can prolong the organ functions through endocrine system, making women more healthy and energetic. Therefore, doctors believe that drinking soymilk not only supplements the desired protein for human body, but also has the function of preventing cancer and enhancing wellness. Among various beans, soybeans, peas, lentils, mung beans, and big beans all contain nucleic acid that can prevent cancer.

13. Green tea prevent cancer

Green tea and its extracts have long been studied for health benefits, including cancer prevention. According



to the recent research, tea, especially green tea, has significant function in preventing cancer. For example, men with prostate cancer who drank green tea had less prostate tissue inflammation (linked to cancer growth) and other changes than those who didn't drink it. Please read some updates of green tea and cancer prevention on WebMD.com.

<http://www.webmd.com/prostate-cancer/news/20121018/green-tea-cancer-prevention-new-clues>

14. Liliaceae: prevention of cancer

Liliaceae (green onion, onion, garlic, etc.), and cruciferous (yuan cabbage, radish, turnip, etc.) vegetables, containing large amounts of sulfur compounds, capable of enhancing the role of liver detoxification enzymes, which are required when detoxifying foreign bodies. Therefore they can enhance the body function to prevent cancer.



15. Mushrooms: help prevent stomach cancer and esophageal cancer



Mushroom is very nutritious, containing essential amino acids, vitamins and minerals, selenium and rich in vitamin D, and it can enhance human immunity, and help prevent stomach cancer and esophageal cancer.

16. Garlic: has strong inhibitory effect on many cancer cells.

Garlic is the most powerful anti-cancer spice. Studies all over the world have shown it to lower the risk of developing all types of cancers especially colon, stomach, intestinal, and prostate cancer. It has strong antibacterial properties as well as the ability to block formation and halt activation of cancer-causing substances. It can also enhance DNA repair, slow down cell reproduction, and like Turmeric and Oregano, induce apoptosis. It stops cancer growth and kills cancer cells.

Research has confirmed that allicin in garlic has strong inhibitory effect on many cancer cells. Allicin can block the in-vivo synthesis of nitrosamines. Garlic is rich in selenium and germanium, while germanium can activate macrophage phagocytosis. The World Health Organization recommends adults have a daily dose of fresh garlic (approximately one clove).



17. *Turmeric — Cancer-fighting spice*

Turmeric contains the powerful cancer-fighting polyphenol **Curcumin**, which has been clinically shown to inhibit growth of various cancer cells including: Bone Cancer, Breast Cancer, Brain Tumors, Colon, Liver, Pancreatic, Stomach, Bladder, Kidney, Prostate, Leukemia, Ovarian, Melanoma, and more!

Curcumin has the ability to block every stage of cancer development, from cell mutation, to tumor growth, to metastasis. It can also kill many different types of cancer cells by triggering **apoptosis** (programmed cell death) without affecting normal cells. It is because of these known benefits, that curcumin has been the subject of cancer research for many decades.

There are hundreds of published studies demonstrating the anti-cancer power of curcumin, but because the pharmaceutical industry hasn't figured out how to make a patentable FDA-approved drug out of it, curcumin cannot be used in cancer treatment. This is the reality of "evidence-based medicine", ignoring all evidence that cannot produce patented profitable drugs.



18. *Broccoli or Broccoli Sprouts.*

All cruciferous veggies (think cauliflower, cabbage, kale) contain cancer-fighting properties, but broccoli is the only one with a sizable amount of sulforaphane, a particularly potent compound that boosts the body's protective enzymes and flushes out cancer-causing chemicals, says Dr. Jed Fahey. A recent University of Michigan study on mice found that sulforaphane also targets cancer stem cells—those that aid in tumor growth.



Your Rx: Research suggests that the more broccoli, the better—so add it wherever you can, and use broccoli sprouts as an alternative, from salads to omelets to the top of your pizza.

The above 18 healthy foods are the most effective foods for cancer prevention. For those who care for their health and desire to keep a distance from cancer, you should regularly eat these 16 foods. For your own health, try not to become a picky eater!



Kevin W Chen, Ph.D. — is an associate professor at the Center for Integrative Medicine and Department of Psychiatry, University of Maryland School of Medicine (USA). Dr. Chen was educated in the universities of both China and the United States, and has years of experience and training in blending eastern and western perspectives, and in the practice of life-nurturing methods. As a long-time practitioner of Qigong Yang Sheng, he is one of the few scientists in the U.S. to have both hands-on knowledge of mind-body practice, and an active research career in mind-body medicine, which is funded through grants by the National Institutes of Health (NIH) and various foundations. Dr. Chen devotes his career and life to the practice of Yang Sheng, and promotion of self-healing and mind-body-spirit integration through the non-profit organization, World Institute for Self Healing (WISH)

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