



*When gathering herbs, take the part of the plant that correlates with the current season –*

*Spring – leaves      Summer – flowers  
Autumn – twigs      Winter - roots*

*Rheumatoid arthritis affects the joints, & osteoarthritis affects the bones. Many causes of arthritis can be linked to wind caused by liver stagnation. Try Eating celery, sage, oat porridge, fennel or coconut*

### Welcome Back Suzanne

We would like to welcome back Suzanne who will be rejoining us as of Wednesday the 13<sup>th</sup> October.

We would also like to take this opportunity to Thank Fiona, Doreen and Anh for the wonderful job they have done in helping fill in at reception whilst Suzanne was on leave. I would also like to extend a special thanks to Nadia for all her work in making the transition between staff so smooth.

### Jeffrey on Paternity Leave

Jeffrey will be taking leave until November to take care of his family whilst they welcome the arrival of their second child. We wish Jeffrey and Lauren all the best for the safe and healthy arrival of there new baby

### Welcome to Sally Horne

We would like to take this opportunity to welcome Sally as a practitioner of Traditional Chinese Medicine to join our team of qualified practitioners

Sally is a qualified doctor of Chinese medicine with an honours degree in Traditional Chinese Medicine from Victoria University. Her five years of study included a three-month scholarship at Jinan Hospital of Traditional Chinese Medicine, Shandong province. In Jinan Sally spent time in the respiratory, gynecology, dermatology, oncology, gastrointestinal and Tui-na (Chinese massage) departments.

Sally combines acupuncture and Chinese herbal medicine with adjunctive therapies such as cupping, moxibustion, electro-acupuncture and dietary and lifestyle advice.

After completing her degree Sally set up a practice in Hobart, Tasmania. Her main areas of treatment included menstrual disorders, menopause, gastrointestinal disorders, musculoskeletal problems, migraines and headaches, fatigue, stress relief, muscle tension, anxiety and depression, insomnia and disturbed sleep.

Sally strives to provide a gentle haven of warmth and relaxation inviting you to experience a deeply nourishing and health-enhancing treatment. She is committed to bringing a caring and a compassionate attitude to all her clients.

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### **The Element of spring**

In the TCM system Spring is correlated with the element wood.

The nature of spring is growing, sprouting, and flowering beauty.

The wood element rules the organs of the Liver and Gallbladder and house the emotion.

The wood element is associated with the colour green.

The characteristics sound or expression of wood is “sighing” which in TCM is a symptom of Liver qi stagnation.

The emotion is anger.

The Liver and wood element corresponds to the tendons and eyes.

The flavour that corresponded to wood liver is sour.

## New Gift Vouchers Available

From the 1<sup>st</sup> October we will be introducing new gift vouchers into the clinic. These gift vouchers are special, as they all represent myths and symbols that go back thousands of years. The Symbols are said to bring good luck, health and prosperity to all that receive them. We have Chosen three designs, for you to choose from. We hope you enjoy the Mythology, and legends that make up these vouchers.

### **Fish/Carp**

In ancient China the Carp was a symbol of endurance, perseverance and fortitude and was associated with the god of literature. It is said that the Carp can jump completely over the rapids of the Yellow River leaving the other fish behind it. Traditionally this has been associated with the businessman getting ahead of his competitors or by scholars gaining higher examination scores than their peers.

Fish are a symbol of water, fertility and regeneration and are sometimes used as a charm to avert evil. As fish are happy in their own element they have come to signify harmony and marital bliss. Fish are said to swim in pairs emblematic of the joys of union, generally taken to be sexual union. Because of this the bride's family at a Chinese wedding will often give gifts that display ornamental designs of Carp.

In Buddhism the fish symbolizes freedom from all restraints: As in the water a fish moves easily in any direction, so in the Buddha-state the fully-emancipated knows no restraint or obstruction.

### **Bamboo**

Bamboo is a Chinese symbol for longevity because of its durability, strength, flexibility and resilience. It survives in the harshest conditions, and seems to endure through all the brutalities Mother Nature can dish out - still standing tall, and staying green year-round. Its flexibility and adaptability are a lesson to us all that the secret of a long happy life is to go with the flow.

### **Guan Yin**

Guan Yin is known as the Goddess of Compassion & Healing. She is one of the most popular deities in all of Asia. Her name in Chinese roughly translates as "The One who Hears the Cries of the World". She is the most beloved and revered of the Chinese deities. Kuan Yin is the Divine Mother we all long for: merciful, tender, compassionate, loving, protecting, caring, healing, and wise. She quietly comes to the aid of her children everywhere.

## New Web Site

We are presently upgrading our new website which will allow patients access to more information and an on line shop where you can purchase gift vouchers, books, & relaxation cd's. We hope to keep upgrading and adding more tools and information throughout the year for everyone to enjoy.

## **Welcome to the season spring**

Spring is nature's birthing season.

With the onset of spring, we start to loosen up as energy in the body begins to move up.

There is an opportunity to look at old pattern in your life with a new awareness.

### **Spring is the season of wind**

Wind is a potent force, particularly in spring, and as spring is the season related to the liver it is at its most vulnerable time and therefore is very susceptible to its effects.

Internally, wind often moves other conditions around such as heat or cold in the form of fever, moving pains or the common cold, within the body, wind can be caused by excess heat, yin deficiency or stagnation of the liver.

If you have internal wind (not flatulence) this may manifest symptoms such as pulsating headaches, dizziness, ringing in the ears. On an emotional level wind can cause, nervousness, depression, inability to settle or make commitments

### **So what to eat in spring?**

There are several foods that naturally reduce the effects of wind. These foods eliminate wind and get energy up and moving. They support the liver yin, calm the liver yang, remove heat and stagnation from the liver and support the spleen.

In general foods that are good for spring are warm and ascending sweet foods.

In early spring, try cabbage, sweet potato, carrot and beetroot, as the weather changes move to mint, sweet rice, shiitake mushrooms, peas, sunflower seeds, pine nuts and in late spring cherries, celery, and mulberry. Foods such as crab meat, eggs and buckwheat can aggravate symptoms.

*Please see the following pages for more spring foods*

*More detailed information is available in the book **food for the seasons** available from the clinic*

## Foods for spring

### Early Spring (September)

Artichoke  
Asparagus  
avocado  
beans, broad  
beetroot  
bok choy  
broccoli  
cabbage  
carrot  
cauliflower  
choy sum  
cumquat  
fennel  
ginger  
grapefruit  
Jerusalem artichoke  
leek  
lemon  
mandarin  
mushroom  
onion  
papaya  
parsnip  
pawpaw  
pear  
peas  
pineapple  
pumpkin  
rhubarb  
rocket  
silver beet  
sorrel  
spinach  
spring onion  
sweet potato  
tangelo  
tarragon

### Mid spring (October)

artichoke  
asparagus  
avocado  
beans,broad and green  
bok choy  
broccoli  
chervil  
chives  
cumquat  
dill  
garlic  
grapefruit  
Jerusalem artichoke  
leek  
lemon  
loquat  
mango  
marjoram  
onions  
orange  
oregano  
papaya  
parsnip  
pawpaw  
peas  
pineapple  
potato  
raspberry  
rhubarb  
rocket  
sage  
sorrel  
spring onion  
strawberry  
starfruit  
silver beet  
spinach  
tarragon  
thyme  
watercress

### Late spring (November)

Artichoke  
asparagus  
avocado  
banana  
beans,broad,green  
beetroot  
blueberry  
celery  
cherry  
chervil  
chives  
coriander  
cucumber  
Cumquat  
dill  
grapefruit  
leek  
lettuce  
loquat  
lychee  
mango  
marjoram  
mint  
onion  
orange  
oregano  
papaya  
pawpaw  
peas  
pineapple  
potato  
raspberry  
rhubarb  
rocket  
sage  
sorrel  
spinach  
spring onion  
starfruit  
strawberry  
sweet corn  
tarragon  
thyme

### Spring Remedy for common cold.

When a cold is just starting, it's possible on the 1<sup>st</sup> day to stop it in its tracks before it gains strength.

**3 spring onions, white parts only, coarsely chopped**  
**2 slices ginger, 20 cent piece size**  
**2 sprigs mint**

Use only the white part of the spring onions neat the roots crush the ginger and add both to two cups of boiling water. Bring back to the boil and simmer uncovered until the liquid content has halved. Add mint, reboil briefly and drink as soon as it's cool enough. Then hop into bed covering yourself warmly to enhance sweating and sweat the cold out. As soon as the sweating stops, change your bed-wear and bedding so you don't get sick from being wet and cold. Take it easy for the rest of the day.

### Asparagus Soup

Asparagus supports the heart, lungs, spleen and kidneys. Asparagus is calming and its yin supporting qualities are enhanced by consuming it in the form of soup. Asparagus helps balance fluids and gets rid of excess moisture, while moisturising dryness. Adding pepper, thyme and onion to this soup counteracts the slightly cold effect of asparagus, making the meal balanced.

**50 g butter or vegetable oil**  
**2 sprigs thyme**  
**1 onion, chopped**  
**2 potatoes, scrubbed and finely chopped**  
**500g asparagus**  
**Pinch of salt**  
**Black pepper**  
**Extra thyme, chopped**  
**Sour cream or yoghurt, optional**

In a large saucepan, melt the butter or oil and sauté thyme, onion and potatoes for five minutes. Add a litre of water, cover and simmer until the potatoes are thoroughly cooked. Meanwhile break off the tough ends of the asparagus. Cut off the tips of the eight asparagus spears and put them aside. Finely chop remaining asparagus and, with salt, add to main saucepan when potatoes are cooked. Boil rapidly for five minutes. Boil the eight spears in separate saucepan for five minutes. Then drain. Puree contents of the main saucepan and put through a strainer to remove fibres from the asparagus. Add two spears, pepper, chopped thyme and a small dash of sour cream to each bowl of soup. Serve.

### Steam fish with ginger

Choose whichever fish looks the freshest at the fishmongers. Its size will dictate how many this dish will feed. Sesame oil is very useful in spring because it adds taste without making a meal too spicy. Sesame supports both the liver and kidneys, and may balance symptoms such as vertigo and dizziness, and may improve the health and appearance of the hair and eyes.

**Pinch of salt**  
**1 mild flavoured fresh fish with scales, head and guts removed**  
**1 knob ginger, finely shredded**  
**1 generous handful chopped spring onions**  
**1 generous handful chopped coriander**  
**2 teaspoons olive oil or sesame oil**

Rub the salt lightly over both sides of the fish and cover the upper side with a layer of shredded ginger. In a steamer, heat water to a rolling boil and place fish on a rack in the steamer. Cover, and steam for up to ten minutes depending on the size of the fish (one minute per 30grams). If the fish has been in a dish instead of a rack. Tip out any liquid that has gathered in the dish. Sprinkle spring onions and coriander liberally over fish and drizzle warm olive oil or sesame oil on top.

**French style green peas.**

This dish, with its cooked lettuce, may be helpful for both high blood pressure and for removing damp and heat from the body.

**2 carrots, finely slice**

**1 spring onion, chopped**

**3 outer leaves lettuce, finely sliced**

**1 teaspoon vegetable oil**

**300g shelled Peas**

Place carrots, spring onion, lettuce and oil in a saucepan and cover. Heat on moderate for five minutes. Add peas and two tablespoon of water. Cover and simmer for seven minutes.

All recipes taken from

*Food for the Seasons Professor Lun Wong & Kath Knapsey*

*Available for purchase from the clinic*