



Lake Road Acupoints

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Lake Road Acupuncture & Massage

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I assist in understanding what life experiences and health habits have brought you to your current state of discomfort or dis-ease and how personal and environmental awareness are necessary components of recovery and good health.

Scott Stuart
LAc



One thing that fascinates me about Traditional Chinese Medicine is that it addresses not only symptoms, or the Branches, of your health concerns, but is able to diagnose and treat the Root causes. I cherish the trusting relationship we develop as we work together throughout your healing experience.

Dandelion: The Terrible, Wonderful Weed

"What is a weed?" wrote Ralph Waldo Emerson. "A plant whose virtues have not yet been discovered."



When most people see dandelion's spunky, blossom popping up in the yard, they reach for weed killer. Most, but not all. Those who know welcome dandelion into the yard. This much maligned 'weed' is revered in cultures around the world as nutritious food and good medicine.

Hundreds of species of dandelion grow in temperate areas of Europe, Asia and North America. She is a hardy perennial growing to twelve inches with each flower stalk displaying a single bright yellow blossom. At the base of the plant are many toothy leaves. It is this 'toothy' leaf which gives dandelion

its common name. It comes from the French "Dent de Leon" or Lion's Tooth.

It may surprise you to learn this so-called weed is a rich source of vitamins A, and C, two antioxidants. Dandelion also contains high amounts of B complex and vitamin D, as well as the minerals iron and zinc and potassium.

Because dandelion leaves are high in potassium they can be a useful mild natural diuretic. Potassium is often lost from the body with the use of other diuretics. These young tender leaves can be a welcome addition to a salad of spring greens, added to sandwiches or sautéed in a vegetable stir fry.

Dandelion flowers are surprisingly sweet. They can be used to make wine, or battered and fried as fritters. A tea made from the flowers can be used as the base of dandelion jelly. The flowers also have medicinal properties. They are a source of lecithin, which can increase your brain's acetylcholine, a substance which helps maintain healthy brain function

and may play a role in slowing or even stopping Alzheimer's disease.

Dandelion root is used as a mild appetite stimulant. It can improve upset stomach with a feeling of fullness, gas and/or constipation. In traditional medicines throughout the world, dandelion root has been used to detoxify and improve liver and gallbladder function.

When dandelions' fresh young leaves appear in early spring the root is high in medicinal properties. Just in time for an early spring liver cleanse. In fact, one Japanese study showed that dandelion root in combination with additional herbs improved liver function in people with Hepatitis B.

This scourge of well maintained yards is a nutritional powerhouse with a wide range of medicinal properties. The next time you see dandelion seeds drifting into your yard, don't get out the pesticides. Keep your yard free of chemicals, and enjoy some dandelion fritters.

DANDELION FRITTERS!

You will need:

Fresh dandelion blossoms

(Taste nothing like the greens; be prepared for a delicate, slightly sweet taste.)

1 cup milk

½ tsp salt

Pinch of pepper

1 cup flour (try mixing white flower, whole wheat, or corn flower for variety)

1 egg

Hot cooking oil

Gather approximately three cups of dandelion flowers. Separating them from their stems. Keep just enough of the green sepal at the base of the flower to hold it together.

1. Rinse the blossoms and drain on a towel.

2. Mix dry ingredients.

3. Mix wet ingredients: Beat egg together with one cup of milk (or soy milk).

4. Blend in the dried ingredients. Add more liquid if the batter is too stiff.

5. Dip blossoms into batter. If you have the time and patience, dip each blossom into the batter. If not, mix the blossoms into the batter, just like you were mixing berries into pancake batter.

6. To cook: Warm a cast iron skillet on medium heat, add about an inch of olive oil, and scoop a serving-spoon of batter with blossom(s) into the oil. Add as many spoonfuls of batter as fit in the skillet. When they bubble at the edges, check to see if they've turned brown, and flip

them over. It takes just a few minutes for these fritters to puff up and turn golden.

7. Drain the browned fritters on a paper towel.

Options: 1. Eat them plain.

2. Mix different spices and flavors in the dry ingredients. Some people like mustard or other savory flavors.

3. Top the cooked fritters with powdered sugar, maple syrup or honey, if you have a sweet tooth.



Have You Ever Been stressed? Of Course You Have!

But do you know what stress is?

"STRESS" is your body's non-specific response to any demand. Your body is designed to stay in balance. When you put stress on, say, a muscle, it will adapt by getting bigger. That is, unless you stress it too much and too often. In that case, it gets exhausted.

That's the basics. The body is stimulated, and it adapts or becomes exhausted.

Stress may also be defined as a condition or feeling experienced when a person perceives that "demands exceed the personal and social resources the individual is able to mobilize." In short, it's what we feel when we think we've lost control of events.

Did you know you actually have two nervous systems. Your autonomic nervous system, controlling many body functions,

is divided in two. One is called the sympathetic and the other the parasympathetic. Think of one as "Resting and Digesting", and the other as "Fight or Flight". Like Yin and Yang, they balance each other.

When we talk about stress we refer to the sympathetic nervous system. It's in charge of the Alarm, or "Fight or Flight" response. It occurs during emergencies, exercise, excitement or embarrassment. These situations release hormones which cause several physiological responses.

Say you're walking down the hall at work and run into your boss. She says, "Just the person I want to see." She's not smiling.

Your pupils dilate. Your heart rate and blood pressure increase. Blood vessels to internal organs not essential to immediate survival, such as intestines and kidneys, constrict. Blood vessels to organs important for fighting or running, such as the heart and



liver, dilate providing more blood to your muscles. Blood glucose levels increase. Your muscles also tighten, readying for danger. This can create a neck ache, tight shoulders and a tension headache. Over time you may develop painful knotted muscles. Your rate and depth of breathing increase, too. Your adrenal glands are stimulated to release adrenalin to prolong these responses. All other body functions not essential to meeting the immediate threat, such as your digestion, are inhibited.

See "STRESS" next page

YOUR LIVER AND LIVER QI STAGNATION

Your liver is one hard working internal organ. It filters over a liter of blood every minute. It is responsible for detoxifying, nourishing, replenishing, and storing blood. It energizes you by releasing stored sugar. It also recombines amino acids to create the protein our bodies need to grow and repair.

In Traditional Chinese Medicine (TCM) the liver is associated with the element "Wood" and spring season. When thinking of the association of Wood with the Liver, imagine a thicket of golden stemmed, leafy green bamboo sprouting and expanding upwards and outwards in the spring sun. The bamboo gracefully moves and bends with the breeze. If the bamboo's roots somehow become bound and constrained, imagine the frustration of this growth. When the liver's energy or Qi is free to flow unbound, you feel flexible, bending with the breeze. When liver Qi is "stuck" you feel frustrated, irritable, moody, even depression.

Liver Qi Stagnation

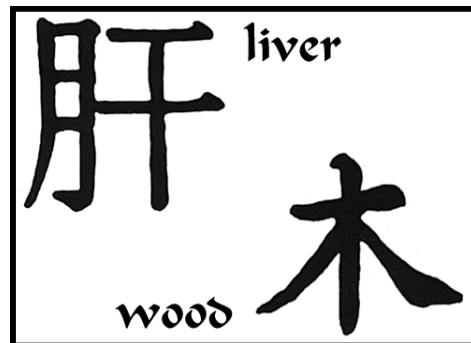
According to TCM theory, one important function of the liver is regulating the smooth flow of Qi (vital energy) throughout the body and moderating our emotions. Anger, irritability, stress and frustration are all signs your liver Qi is not flowing smoothly. In turn, too much of these feelings in our lives can cause the Liver Qi to become stuck, resulting in issues such as the symptoms listed. When this Qi does not flow smoothly it is referred to as Liver Qi Stagnation, one of the most common imbalances treated by acupuncturists in the United States

Signs of Liver Qi Stagnation:

- ☉ Pain or discomfort anywhere on the sides of the body
- ☉ Depression
- ☉ Mood swings
- ☉ Sighing
- ☉ Hiccups
- ☉ Frustration
- ☉ Inappropriate anger
- ☉ Sensation of a lump in throat
- ☉ Difficulty swallowing
- ☉ Bitter taste in mouth
- ☉ Constipation
- ☉ Abdominal pain & discomfort
- ☉ Stomachaches that improve after massage
- ☉ Stomachaches that worsen with anger
- ☉ PMS with irritability & tender breasts
- ☉ Irregular or painful periods
- ☉ Poor appetite
- ☉ Churning in stomach

Factors such as emergencies, alarm, fright or, embarrassment can cause your Liver Qi to get "stuck". When your liver energy is stuck, you may become irritable, have insomnia or migraines. This imbalance will affect other organs and often result in indigestion, irritable bowels or constipation, tight achy muscles, fatigue.

All those things we mean when we say, "I'm stressed-out." From the standpoint of Chinese Medicine, the symptoms we associate with "Stress" are seen as "The Branches". In Chinese Medicine, we also treat "The Root". In many cases when it comes to STRESS, a "Root" is Liver Qi Stagnation.



Stress, continued...

That means your breakfast is not going to get digested well. Long term stress can lead to chronic digestive issues and even make your belly fat.

When you are constantly under stress you no longer are able to easily adapt. You get irritable. You experience mental and physical fatigue. Insomnia may be a problem, as well as indigestion and heartburn. You may experience irritable bowel or constipation. High blood pressure, headaches, muscle tightness with aches, pains and inflammation can also be caused by the physical responses called stress. Brain cells bombarded with stress hormones shrink and move away from each other. Your thinking becomes fuzzy, and your memory starts to go.

We often have too much "Fight or Flight" and not enough "Resting and Digesting". Remember that, although stress is not always a bad thing, there are ways to cope with it when you are overwhelmed.

To learn some ways to relax this spring, read **"RELAX AND RECHARGE THIS SPRING"** on page four.

**RELAX & RECHARGE
THIS SPRING**

- Go for a walk in nature.
- Call a good friend.
- Ease tension with a workout.
- Write in your journal.
- Take a long hot bath.
- Light scented candles.
- Savor a cup of herb tea.
- Play with a pet.
- Work in your garden.
- Get a massage.
- Curl up with a good book.
- Listen to music.
- Watch a comedy.
- De-stress with acupuncture.

**NEWS OF THE ECONOMY
GETTING YOUR DOWN?**

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"Personalized holistic care for all your health concerns"