Yo San Community Clinic

Ask a Licensed Practitioner:

Would you like answers to your medical questions from a traditional Chinese Medicine perspective?

Send our practitioners your questions! Yo San Clinic has four licensed practitioners on staff available to see patients 6 days a week. Their specialties include: pain, orthopedics, gynecology, urology, internal medicine and facial rejuvenation. For biographical information, please click here.

If you would like your question answered by a specific practitioner, please specify that in your request. Send your inquiries to: clinicmanager@yosan.edu

We look forward to hearing from you!

Facebook

http://www.yosan.edu/Clinic.aspx

Jan 2013

YEAR OF THE SNAKE
NEW YEAR CELEBRATION

SUNDAY, FEBRUARY 10, 2013 • 10:00 AM

YO SAN UNIVERSITY • SHRINE ROOM • 3RD FLOOR
13315 WEST WASHINGTON BOULEVARD
LOS ANGELES • 90066 • (310) 577-3000

DR. MAO SHING NI AND DR. DAO SHING NI
THE YO SAN UNIVERSITY STUDENT ASSOCIATION
& THE COLLEGE OF TAO
INVITE YOU TO CELEBRATE THE YEAR OF THE SNAKE
Happy New Year!

With the new year brings the chance for a new beginning. Whatever it is from 2012 that needs to be let go of, whether it is those extra pounds from too much holiday eating, bad habits that need to be changed, or an old relationship that no longer serves you, this is the time to do it and Chinese Medicine can help!

If it is pounds that need to be shed, acupuncture and herbs can help strengthen your digestion allowing food to be better assimilated into the body. This will allow for more energy which will help motivate you to exercise, a requirement for weight loss and for maintaining a healthy weight once reaching your goal.

If you have an unhealthy habit you are ready to end, such as smoking, heavy drinking or eating too much sugar, acupuncture is helpful for reducing cravings. It will also help balance the emotions, which is often the underlying cause of addictive behavior. With more emotional balance it is easier to make healthier life choices to help keep you on the path you want to walk in this life.

Sometimes life can get so busy that we forget to slow down and take care of ourselves. The stress that this can create in the body can lead to serious health issues, partly because it is easy to miss the signs of illness when we are too busy to stop and check in. If you are experiencing stress, acupuncture can help by allowing for deep relaxation, giving the body a chance to reset. This is why sleep is so important, but many of us don’t get enough good quality rest at night. Whether you suffer from insomnia or just have too much stress in your life, regular acupuncture treatments are a great way to take a little time for yourself to unwind.

In Chinese Medicine, wintertime is considered the most yin (dark, quiet, feminine) time of the year and a great time to go within and explore what it is you really want to manifest in your life. Take the next few weeks, or whatever we have left of winter here in Southern California, to look at the things from 2012 that need to be let go of to make space for a new, even better version of yourself for 2013.

Cranberry Pumpkin Bread

Winter brings the end of the seasons. During winter, the cold and darkness drive us in to seek warmth. It is a time to rest, meditate and store physical energy. Winter is the season of the Bladder and Kidneys in Traditional Chinese Medicine. To harmonize with this season we become more receptive and introspective. We cool the surface of the body while warming the core. The following recipe offers the comfort and warmth of baking your own bread during the cold months. The cranberries nourish the yin (passive, quiet, moistening nature) of the
body and benefit the bladder and kidneys. The squash helps to drain dampness and tonify the center. The cooking method and spices help to warm the Spleen and the core of the body overall. This recipe is a variation off of one of my mother's favorite recipes.

**Ingredients**
1 cup Sucanat or organic sugar  
1/3 cup butter  
1 cup pumpkin or squash puree  
1/3 cup water  
2 free range eggs  
1 2/3 cups All purpose organic flour  
1 tsp. baking soda  
1 tsp. salt  
1 tsp. ground cinnamon  
1 tsp. ground cloves  
1 tsp. ground nutmeg  
1 tsp. vanilla  
1 tsp. baking powder  
6 oz. Frozen (thawed and drained) or fresh cranberries  
1/2 cup chopped nuts (optional)  
zest of orange to taste

**Instructions**
Heat oven to 350°F. Grease bottom only of 1 loaf pan, 9x5x3. Mix Sucanat and butter in large bowl. Stir in eggs, pumpkin and water. Mix in flour and other dry ingredients. Add in cranberries. Pour into pan and bake until wooden pick inserted comes out clean, 60-70 minutes. Cool 5 minutes, loosen sides of loaf from pan and remove. Makes 1 loaf.

**Contributed by April Crowell**
Meet our intern

Yo San Clinic has an exceptional and diverse intern team. With various professional and educational backgrounds, our Traditional Chinese Medicine students bring a variety of experience, knowledge and care. In our monthly newsletter, we will introduce you to our new interns and tell you a little bit about what makes them exceptional healers.

Jean Cartier

Jean has a BA in Communication, with an emphasis in media production, from Florida State University. After working as a video editor for many years, Jean realized her true calling was in the healing arts. She began taking classes in energy healing and eventually found her way to Chinese Medicine. She is interested in the more esoteric side of the medicine. She especially enjoys helping her patients figure out what is missing or out of balance in their lives and empowering them to take control of their own health. She does this by talking and connecting with her patients to help them see the effect their thoughts and actions can have on the physical body. She works with her patients to find the original cause of the imbalance to prevent future illnesses.

To book an appointment with Jean, call us at (310) 577-3006.

Meet our Doctoral Candidate

Patricia Sievers is a California State licensed acupuncturist specializing in healthy aging and longevity. Patricia believes that wellness is a lifestyle for all ages and treats children, teens, and adults. Patricia is a graduate of the University of Michigan with a Bachelor's Degree in Business Administration. After a successful career in the financial markets trading bonds and while raising three sons, Patricia encountered a serious health challenge that led her to Chinese medicine. After regaining her health and vitality through an integration of conventional medicine and Chinese medicine, Patricia was inspired to investigate the wisdom of the ancient traditional medicine. Patricia studied Traditional Chinese Medicine at Yo San University in Los Angeles and earned her Master's Degree in 2012. She has worked with HIV patients in Hollywood, teens with substance abuse problems in Brentwood, and internal medicine patients at the Yo San Healthy Aging clinic. Currently, Patricia is working on her doctorate in Anti-aging and Longevity at Yo San. She is especially interested in uncovering the mental-emotional components of health and their influence on the nervous, immune, and endocrine systems. This year she will be conducting her doctoral research in collaboration with the department of neuroscience at UCLA.

Patricia's passion is that all of her patients live a longer, healthier life full of vitality, productivity, and joy. True to the principles of Chinese Medicine, Patricia believes that ultimate health and well-being involve the totality of the human being - physically, mentally, emotionally, and spiritually.

Research

Yo San's Doctoral Students are Blazing Paths for Acupuncture Research:

In March of 2012 Yo San graduated its first Doctoral Cohort. Each student submitted a capstone project presenting initial research on a particular women's health issue and the effects of acupuncture and
Chinese Herbs. These capstone projects are available here and our newsletters will feature abstracts for you to enjoy.

**Treatment of Immunologic Recurrent Miscarriage with Chinese Herbal Medicine: A Literature Review Synthesis**

**By Florence Lim Erman**

Over the years, many studies have been done to assess the effectiveness of various therapeutic modalities for the treatment of recurrent miscarriage (RM) due to immunological causes. No consensus has been reached, however, regarding the best therapeutic modality, and many concerns arise over the negative side effects associated with the long-term use of western medications such as aspirin, prednisone, and heparin. The objective of this study was to clarify the current literature available concerning the use of Chinese herbal medicine alone or the integrated use of Chinese herbs and Western medicine to treat immunological RM. In this retrospective literature review synthesis, the researcher employed a qualitative, thematic style of analysis to assess 30 articles which were selected from a variety of online search engines such as PubMed, Google Scholar, and Wanfang Data. The following data were recorded for each study: number of subjects, age range of subjects, number of previous miscarriages, observed immunological markers, treatment interventions, and control group interventions. Live birth rates, the percentages of patients who experienced a decrease in antibody titers, changes in immunological activity and trophoblast cell activity, number of weeks of sustained pregnancy, and the quality of research methodology and design were assessed and compared. Results were discussed in terms of the theoretical and clinical applications of the study, as well as limitations and further recommendations for future research on this subject.

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**Clinic Hours**

**Yo San Clinic is Open 7 Days a Week!**

Monday through Friday - 8 am to 9 pm
Saturday - 8:30 am to 5:30 pm
Sunday - 1:30 pm to 5:30 pm

Healthy Aging Clinic & Fertility Clinic
Sunday - 8:30 am to 1:30 pm

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