Summertime is a joyful time of year. With the days increasing in length, the temperatures at midday are generally hotter. Often, sunny weather means a good day for a hike, but be careful! Proper precaution must be taken to prevent dehydration and possible heat stroke. A nutritious breakfast that offers the right balance of fluids, electrolytes, vitamins and other nutrients can be balanced according to Traditional Chinese Medicine (TCM) principles. Much like designing an herbal formula, tastes and temperatures of individual ingredients are an important consideration for meal preparations. In my experience, for a hike in the hot sun, a quick way to get a great snack on the way to the trailhead is to stop by one of the Mexican fruit stands. They offer an assortment of ingredients including oranges, cantaloupe, watermelon, mango, pineapple, jicama, honeydew, lime juice, coconut and chili powder. There are many things to consider about each of these ingredients from a Western nutrition perspective as well as a TCM point of view that will illustrate why this would be an appropriate part of a complete breakfast for most people on a warm summer day.

**Oranges** are cool, sweet and sour with a moistening effect on the lungs. Eating oranges promotes bodily fluids, strengthens digestion, increases appetite, resolves mucous and phlegm, quenches thirst and dehydration and moves qi. Best known for their high vitamin C content, they also contain thiamine and folate. Oranges are good for getting the digestion started and keeping one from running out of steam.

**Cantaloupe** is both sweet and cold. It clears excess heat and summer-heat, which is the TCM equivalent of heat-stroke and can be a result of dehydration. Cantaloupe also quenches thirst, eases urination, and treats irritability and lung abscess. It is high in vitamin C and Vitamin A as well as beta-carotene and also provides some potassium. Vitamin A has been
Get recipes, learn about Yo San events, and more!

shown to be beneficial to the eyes and cantaloupe is particularly renowned as being helpful for preventing cataracts among women. Watermelon is also cold and sweet and dispels summer heat. Like cantaloupe, watermelon relieves irritability, but additionally treats sores, dry mouth, bloody dysentery, jaundice, edema and difficult urination by promoting diuresis and detoxifying.

**Mango** is neutral, sweet and sour, regenerates body fluids, and stops cough and thirst. It strengthens the stomach, aiding poor digestion and contains lupeol, a substance with anti-cancerous properties. A promising study in India has suggested that lupeol could be a potent preventative measure against developing prostate cancer and other cancers that are difficult to detect and treat. Pineapple is warm, sweet, and sour, aids in digestion, stops diarrhea, dispels summer heat, and treats thirst, indigestion, heatstroke and irritability. Rich in Vitamin C and manganese, pineapple also has about ten percent of the dietary reference intake of potassium, thiamine, vitamin A and B-6.

**Jicama** (pronounced hecama) is a popular starchy taproot vegetable with a crisp refreshing snow-white colored, sweet and fleshy pulp that is served raw or cooked in savory dishes from Central or South America. Served raw in this dish, it is low in calories, offers plenty of fiber as well as about a third of the recommended Vitamin C per 100gm serving. Jicama also features oligofructose inulin, a soluble dietary fiber with zero calories. This sweet tasting, yet inert carbohydrate does not metabolize in the human body, which make the root an ideal sweet snack for diabetics and dieters.

**Honeydew melons** are also high in fiber and low in fat and calories, an excellent choice for preventing diabetes and heart disease. Cold and sweet, honeydew melons also prevent summer heat and are a good source of potassium, a vital electrolyte that helps grow and maintain cells, initiates nerve responses and muscle contraction. Another interesting health feature of the honeydew melon is the light green pigment which indicates the presence of the antioxidant zeaxanthin. Schepens Eye Research Institute conducted a study showing that zeaxanthin can protect vision by accumulating in the macula area of the eye where it absorbs harmful blue light. More research is needed however to determine if a correlation actually exists between eating foods high in carotenoids and reducing the risk of acquiring age-related macular degeneration.

**Lime juice** is sour to the taste and high in vitamin C like many of the other ingredients in this fruit medley. The sour taste of the lime is used to open and regulate the qi of the liver channel and to smooth the qi in case of possible food stagnation. It is useful for treating sore throat, dry mouth, stomach distention and cough.

**Coconut** is warm and sweet, strengthens the body, stops bleeding, activates the heart qi, reduces swelling and kills parasites. Its warmth will counteract the cold nature of many of the other ingredients and provide some balance to the meal.

Additionally, **chili powder** acts as an interior warmer also to counteract the cold nature of many of these fruits. The warm nature of the chili balances the dish as a whole to prevent
dampness and coldness or food stagnation from settling in at the end of the meal. It also protects the Middle Jiao by ascending the qi and warming the middle.

Don’t forget the importance of hydration: drink plenty of water throughout the day as opposed to gulping a large quantity at one time which can be difficult on the system and cause vomiting. Recovery time from strenuous exercise is always necessary. Since waking earlier and staying up later is part of the natural cycle during the summer months, it can be helpful to nap or meditate during the hottest part of the day. Regular TCM treatments such as acupuncture, tui na, herbal formulas, cupping and gua sha can help to restore healthy vitality. During summertime these techniques can cool the body, help it to relax and relieve stress.

Meet our interns:

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.

**Natalie Kilheeney**

Natalie has always had a passion and love for helping people and genuinely cares about the health and well-being of others. She grew up in a small town in Southwest Michigan before moving to Chicago in 2003. Among her many accomplishments, she has helped to raise funds for those in need by hosting benefits. In addition, she helped to build a school in Tanzania, Africa, and has assisted in rehabbing homes for the disabled. In 2003, she graduated with her BA in Public Relations and Marketing from Western Michigan University, where she also played Division I Volleyball. Natalie also currently owns and operates Chicago Nick’s, a restaurant on Venice Beach that specializes in healthy, gourmet Chicago-style cuisine. When her father became terminally ill in 2008, Natalie spent many long hours with him in the hospital and at his home helping to care for his basic needs before he passed away. Frustrated with the limited options available to him, she learned of the remarkable benefits that Traditional Chinese Medicine had to offer and wanted to know more. As a clinic intern, Natalie’s intention is to bring the upmost care, knowledge, skill, and healing energy into every treatment. She has a broad range of interests and aspires to open a Wellness Center in the future.

**Snohomish Brown**

Snohomish Brown recently joined Yo San Clinic as a student intern with over ten years of experience of injury
treatment as a massage therapist. He has lived in Los Angeles for seven years and currently manages a private massage practice working with a local chiropractic office in Marina del Rey and offering outcall services locally. Hailing originally from Seattle, he earned his license and national certification in 2003 and opened his practice at Eastside Rehab and Wellness Center in Redmonds, Washington. While studying massage, he participated as an intern at Swedish/Edmond's Hospital providing treatment to staff and patients of all kinds. This experience taught him how to apply the benefits of massage, while being aware of certain contraindications in order to choose the right technique for each client’s circumstance.

Since beginning his training at Yo San University three years ago, Snohomish has deepened his understanding of channel pathology to effectively treat both chronic and acute pain. In addition to his gifts in treating patients with his hands, his interest in the ancient tradition of herbal medicines traces back to a Druidic origin. Training with Leon Reed, a foremost authority of Druidic lore and mystic traditions of India, Snohomish has earned the title of Journeyman Incense Maker and Herbalist. His training in preparing herbal formulas at Yo San has fully enriched his experience and he is excited to share what he has learned with his community. He has a strong interest in evidence based medicine and enjoys promoting current research on the benefits of nutrition and herbs, acupuncture and massage. Everyone is invited to visit his page on facebook where they can learn more on these topics. The link to Acupoint Massage may be found on his webpage at http://www.rajakundalini.com.

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

Meet our Doctoral Candidate:
Sabine Theurer L.Ac.
Sabine is a native of Germany, and moved to the US in the early 90’. She began her training in Acupuncture and Oriental Medicine in 1994 at Samra University in Los Angeles. She graduated in 1998, and has been a licensed Acupuncturist in California since 2000.

From the beginning Sabine enjoyed working as an Acupuncturist in a Western Medical setting. She believes that it is important to integrate Acupuncture into Western Medicine, to allow for a comprehensive holistic approach to patient care. She also thinks that both areas of medicine have very important roles, and we must not disregard either. Over the years she worked beside several Orthopedic Surgeons, and also for US Healthworks, one of the nations largest industrial medical groups.

Currently, Sabine works full-time as an Acupuncturist for a non-profit organization, that runs several government funded rural health clinics, in the Central Valley region of California. She is part of a multidisciplinary health care team, and provides treatments for alternative pain management and woman’s health.
As part of the capstone project required for her DAOM degree, Sabine presently conducts original research on the integration of Acupuncture into Western Reproductive Medicine. She hopes, that her findings may stimulate an increase of collaboration between Acupuncturists and Western Medical Doctors, to integrate both medicines, for a better outcome for the patients.

Sabine lives on a ranch near the Sequoia National Forest, and likes to spend her free time with her husband and their dogs and horses.

Sabine started Yo San’s Doctoral Program in 2011 in order to pursue the specialty of Fertility and Reproductive medicine. You can make an appointment to see Sabine at our clinic on Sundays.

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**Did you know?**

After several months of negotiations and visits, July 1, 2012 is the target date for the initiation of the Yo San University collaboration with WISE & Healthy Aging agency in Santa Monica where acupuncture and other TCM services will be offered by YSU interns at the premiere Westside agency that provides for the health and wellness of seniors. WISE & Healthy Aging is a non-profit social services organization which resulted from the 2007 merger of WISE Senior Services and the Center for Healthy Aging. Each agency had served the Westside and Santa Monica communities for more than three decades. The Traditional Chinese Medicine (TCM) services offered by Yo San University at the WISE & Healthy Aging will complement the other services currently offered by the agency in the following areas: adult day care, nutrition, transportation, mobility, elder abuse prevention, long term care advocacy, in home care management, mental health/peer counseling and education.

[Learn more about WISE & Healthy Aging.](#)

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**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

Reproductive Health Clinic
Sunday - 8:30 am to 1:30 pm

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**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.

Effectiveness of Acupuncture and Chinese medicine herbs in lowering FSH level of a thirty-nine year old female: A case study

By Sharareh Daghighi, M.T.O.M, L.Ac

The current study engaged single case study method to explore the effectiveness of acupuncture and Chinese herbs in lowering follicle stimulating hormone (FSH) level in a 39 year old female. Data gathered from the retrospective chart review manifested a decrease from FSH level of 23.64 to 7.65 reading after three months of treatments. Coincident with the decrease in the FSH level, improvements were also observed in menstrual cycle length, pulse quality and tongue quality according to Traditional Chinese Medicine (TCM) criteria. It was concluded that acupuncture and Chinese herbal treatments may be instrumental in the observed improvements, it is important to mention further single blinded studies for acupuncture and double blinded studies in case of herbs are required to investigate the effects of acupuncture and Chinese herbs on FSH levels. Implications were discussed regarding the potential for patients with advanced maternal age and initially high FSH readings to respond to in vitro fertilization (IVF) procedures.

University of Maryland Acupuncture Research – It Works!
30 MAY 2012

A collaborative investigation between researchers from the University of Maryland School of Medicine (Baltimore) and the Shanghai University of Traditional Chinese Medicine concludes that, “Recent clinical trial and systematic review results clearly show acupuncture to be more beneficial than conventional standard care for many pain conditions.” Published in Medical Acupuncture, the review notes that basic science research has identified several mechanisms by which acupuncture exerts its effectiveness in the treatment of pathological conditions. The authors note that “an extensive body of acupuncture research has been published, much of it with important clinical implications.” In addition, the authors note that there is a trend towards acupuncture becoming accepted by the mainstream in the United States, citing a national survey showing a growth in acupuncture utilization.

Read more...