Lychee... A Symbol of Romance and Love

Lychee, translated from Chinese as "gift for a joyful life", surely lives up to its name. The lychee fruit contains vitamins and minerals that promote a healthy diet, it is sweet and delicious and it has been enjoyed joyfully by natives of southeast Asia for centuries.

The health benefits of the fruit has been tried, proven and touted in countries such as China, India and Indonesia, so much so that lychee made its way into ancient Chinese legend. It is believed that the Emperor of the Tang Dynast would dispatch royal guards some 600 miles to pick lychee in an effort to woo his favorite concubine, to entice her with the sweet, fragrant flesh of the lychee fruit. Today, the lychee fruit in China as a result of such legend, is now a symbol of romance and love.

Anyone who eats the lychee fruit immediately falls in love with it. But if the fact that lychee is so delicious doesn't convince you to try it, maybe hearing some of the health benefits of lychee will make you give this tropical fruit a second look.
Two studies done conclude that the lychee fruit prevents the growth of cancer cells. Lychee contains flavonoids in its pulp which prove very effective against breast cancer in particular. The Zhejiang Gongshang University and the West China Hospital at Sichuan University in China conducted the studies. So this little fruit that resembles a strawberry can help to protect your body against cancer.

Another health benefit of the lychee fruit is that it is a great source of vitamin C, a vitamin that the body does not produce naturally. Vitamin C helps the body to fight heart disease and cancer. Vitamin C is good for our bones, skin and tissue, and therefore is a very important vitamin to our overall good health.

Through the high content Vitamin C content of the lychee fruit, the fruit benefits those suffering from colds, fevers and sore throats. Lychee also helps the body to digest food properly for the best nutrition and an added boost of health.

Lychee, the Chinese believe, also has the ability to relieve pain and shrink swollen glands. People in China treat these symptoms with the lychee fruit using ancient Chinese medicines and they attest to its powers even though there are currently no studies out there that give scientific weight to this argument.

Along with these health benefits lychee also contains phosphorous, calcium, magnesium and protein. Though the lychee fruit is native to Asia, the popularity and reputation of the fruit as a healthful fruit has contributed to the commercial growth of lychee trees in California and Florida. Lychee can be found in Asian supermarkets in cans or dried or they are found in jellies, jams, marmalades or sauces in Asian cuisine.

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.

Marysia Weiss

Marysia Weiss was born with a passion for health. She grew up in Manhasset, New York and moved to California in 2003 to attend USC. At that time she also began practicing yoga. She went on a yoga retreat to Costa Rica her sophomore year of college. It was there that Montezooma sought his
revenge on all the retreat’s participants. Fortunately there was a Yo San graduate amongst the group who quickly revived the crew. And so a fascination with TCM was born. After graduating from USC, Marysia began her studies at Yo San University. Marysia fervently believes in everyone’s innate ability to be healthier and happier. Her daily yoga practice, fantastic community and zeal for health carried her through the rigors of Yo San’s program and into the clinic. Currently she is treating patients at the Yo San University Clinic and is thrilled to be living her passion.

Wendy Gerrish

Wendy grew up in the world of entertainment. She was a ballerina for 15 years and was well studied in a variety of dance forms. She also performed in many choirs, musicals, and plays. Although she adored the arts, she also was fond of serving her community and helping others. She entered college majoring in medicine, but soon found a deep interest in psychology and research.

Wendy graduated from The Ohio State University in March of 2005 with her B.A. in Psychology. She was a member of National Honors Society and National Collegiate Scholars. Her passion for teaching and working with children lead her to The Goddard School for early childhood development after graduation. Hesitant to leave the teaching profession, she decided to branch out and travel the country. With so many family members and friends in need of healthcare, who had a hard time finding relief through modern methods, she decided to pursue medicine once again. Upon meeting a well-established acupuncturist, who later became her mentor, she decided to pursue acupuncture and Traditional Chinese Medicine and landed herself at Yo San University in January of 2009. During her studies at Yo San University, Wendy has been a Dean’s list student and served on the student association as Representative to the Board. Staying true to her passion for children and family, she has been an egg donor, worked in the fertility clinic, and welcomed her first son into the world just five months ago. Wendy hopes to continue her service to the community with acupuncture, herbology, and nutrition as she finishes her internship in December of 2012.

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

Meet our Doctoral Candidate:

Kumiko Yamamoto

Kumiko grew up in Japan and is a 3rd generation acupuncturist in her family. She attended and graduated with the highest
honors from Yo San University of Traditional Chinese Medicine (TCM), where she received her Master's degree. With an interest in women's health and pediatric care, Kumiko completed an intensive residency in TCM Gynecology and Reproductive Medicine at Sichuan Hospital in China as well as an internship at Children's Hospital L.A. Her extensive training also includes Integrative Oncology at Premiere Oncology in Santa Monica, California and Sichuan Hospital in China.

Kumiko is a certified instructor in tai chi and chi gong. Besides offering services in acupuncture, tuina, herbal and nutrition therapies, she also teaches prescriptive mind-body exercises (chi gong) as well as InfiniChi energy healing. Kumiko has lectured at various venues including UCLA AIDS Awareness, Global Sound Conference, and Abbot Kinney Festival. She is a recurring instructor at the Tao of Wellness detox retreats, and has authored several workbooks for students of acupuncture and Chinese medicine. Kumiko 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 Kumiko at our clinic on Sundays.

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**Did you know?**

Yo San Interns have been volunteering their services at Children's Hospital Los Angeles since 2009. CHLA is one of the best pediatric hospitals treating children who suffer from chronic pain associated with various illnesses. This partnership has been partially funded by Weingart and Guenther Foundations.

Learn more about Children’s Hospital Los Angeles

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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.
Treatment of Depression with Acupuncture: A Research Synthesis In Pursuit of the Question - Can Acupuncture Impact Reproductive Outcomes in Infertile Women Suffering From Depression

By Janice Chen, L.Ac., (FABORM)

The main objective of this research synthesis was to study the effects of acupuncture in the treatment of depression, in order to lay some groundwork for the investigation of acupuncture’s effect on reproductive outcomes in the treatment of depressed women with infertility. The outcomes of previous reviews and meta-analyses were reviewed, which revealed that most reviews had limited conclusions and required more higher-quality randomized controlled trials.

For the research synthesis, twenty-seven studies were retrieved that observed the effects of acupuncture treatment on depression. The articles were reviewed, and data were collected on the details of the participants, treatment interventions, outcome measures and results. The studies consisted of a wide range of study populations, treatment interventions, control interventions, and outcome measures. The outcome of most of the included studies showed that the acupuncture treatment had significantly decreased depression severity. However, many of the studies lacked appropriate controls, were of poor quality, or had small sample sizes. When compared with antidepressants, acupuncture treatment was found to be comparable in effects. When comparing acupuncture to control acupuncture interventions, the results were mixed. Recommendations were provided for future studies on the treatment of depression with acupuncture in infertile women.

By 2014, Section 3502 of President Obama’s health care reform could mandate the Bureau of Health Statistics to formally recognize acupuncture as a profession, opening the door to Medicare coverage for acupuncture, serving our growing elderly population, as well as providing it as an option for millions of low- and middle-income Americans in need of care.

Read more...