

ADVANCED WELLNESS CENTER



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10 Worthy Goals

1. Mellowness of Mind
2. A healthy, balanced life
3. An unobstructed, undefeated spirit
4. Loving people and rendering service
5. Unifying the Body and Mind
6. The rich emotion of enjoying simple relationships and things
7. Frequent self-examination of one's personal and public life
8. Avoidance of obsession and extravagance
9. Humility
10. Constantly collecting the floating emotions that take you out of your center

- *Entering The Tao,*
Master Hua-Ching Ni

SEASON OF SUMMER

by MaryLee Calmes

We have certainly waited this year for not only spring but summer as well. I wondered on Mother's day when it was 85 degrees if that was going to be the high temperature for the year! Hopefully as we move into summer our weather will continue to improve.

Summer relates to the Fire element in TCM. Fire is represented by the Heart and the Heart is paired with the Small Intestine.

From the Five element paradigm Heart energy is represented on the tongue. The color associated with Heart energy is red, the sound is laughing, and the emotion is joy and constant excitement. The time of the Heart is 11am to 1pm and it is best not to exercise during this time. Running especially has negative effects between these hours.

The function of the Heart energy is to govern Blood and house the Mind. In TCM the Heart is seen as a hollow organ that is Yin in nature. Blood and Mind are complimentary. If the Blood and Yin of the body are good the person will feel happy and vital. When the Heart and Blood are weak the person will feel anxious and restless.

The emotion associated with Heart



energy is joy. For some people, this can manifest as over-excitement. While we generally think of joy as a good thing, too much can damage the heart.

Sadness is the emotion related to the Lungs. However, the Lungs are very closely related to the Heart and extreme sadness will eventually damage the Heart energy as well.

An imbalance of the Heart energy will manifest with palpitations, shortness of breath, sweatiness, paleness of the skin, tiredness and listlessness.

If Blood has also become deficient you will have uneasy sleep, restless dreams, insomnia, poor memory and anxiety.

To correct Heart imbalances the first thing a person should do is get plenty of rest. Secondly, adding meat to the diet in small amounts will help replenish Blood and in turn this will benefit the Heart.

Another important aspect of Heart energy balance is controlling the emotions. This is helpful for all of the Five Elements, but especially beneficial for the Heart. By controlling your emotions you can begin to experience inner peace.

NEW OFFICE MANAGER JOINS AWC

Kelley McDaniel has returned to Colorado to study Traditional Chinese Medicine.

Elizabeth Collier will be joining our clinic for the summer. She is a sophomore at Wesleyan University in Connecticut. She is studying film

and anthropology. Her interests include knitting, cartooning and dancing. She will be working at AWC until the end of August when she will return to school.

We will be interviewing for a permanent office man-

ager in August when Elizabeth returns to the East Coast. If you know anyone who might be interested in this position, please have them contact us and fax or email a resume to MaryLee.

Black, Green and Oolong Tea for Cardiovascular Health

Studies show that both men and women who drink between a pint and six cups of tea a day can reduce their risk of heart disease by as much as fifty percent.

Catechins, natural chemicals found primarily in teas, promote cardiovascular health and can help regular tea-drinkers avoid an early death.

Flavonoids are an antioxidant found in tea and red wine which reduce lipoproteins (LDL) in the blood and keep artery walls clear of dangerous cholesterol build-up. They help to prevent endothelial dysfunction, which can lead to blood clots, artery inflammation, and heart disease.

FOOD PROPERTIES

Energetic nutrition is a treasured healing art within TCM. Chinese nutrition is not concerned with the biochemical nature of food. Instead, Chinese nutrition utilizes the energetic properties of foods to correct physical imbalance. Foods are selected based on their energetic qualities: warming, cooling drying or lubricating.

There is also a color and shape correlation with energetic function: kidney beans are kidney shaped and benefit the kidney. Each food has a nature/ taste, an action, and beneficial properties for specific conditions.

The five tastes as recognized by TCM are sour, sweet, bitter, pungent and salty.

Asparagus

Nature/Taste: Cool, sweet and bitter

Action: Clears heat, detoxifies, promotes blood circulation, clears lungs

Properties: adding asparagus to the diet benefits such conditions as constipation, cancer, and hypertension.

Chicken Eggs

Nature/Taste: Cool, sweet

Action: nourishes Yin, tonifies blood, lubricates dryness

Properties: benefits dry cough, hoarse voice, dysentery, blood and Yin deficiency.

The energy of a sour taste is absorbed by the liver and gall bladder, bitter tastes by the heart and small intestine. Sweet is absorbed by the spleen and stomach, pungent by the lungs and large intestine, and salty by the kidney and urinary bladder.

Pungent: disperses and invigorates

Sour: absorbs and consolidates

Bitter: dries dampness and disperses

Sweet: tonifies

Salty: softens and dissolves hardenings

By beginning to view foods as energetic contributors to our health, we can use foods to correct acute or chronic health problems.

- *The Tao of Nutrition, Mao Shing Ni*

PUBLIC FORUMS

During June, July and August MaryLee will not be speaking in the Lincoln Center conference room. She will begin her monthly lecture series in September, 2002. Lectures are free to the public, so this fall bring yourself and a friend!

Tuesday, September 17th, 2002

"Low Back Pain"

7:30 to 8:30 PM

Tuesday, October 15 th, 2002

"Feng Shui" with Cynthia Chomoz

7:30-8:30 PM

Cynthia Chomoz is a Feng Shui and Color expert.

Tuesday, November 19 th , 2002

"Menopause"

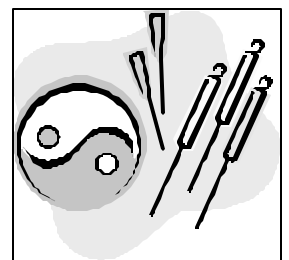
7:30-8:30 PM

MARYLEE CALMES, M.S., L.AC., CCHM

MaryLee Calmes, M.S., L.Ac., CCHM, started the Advanced Wellness Center in 1996. She is a graduate of Bastyr University, Seattle University and the University of Washington. She holds degrees in education and psychology in addition to her three degrees in Chinese Medicine.

MaryLee has used TCM in her own health care for over 15 years. Having been chronically ill herself, she knows first-hand the struggle for wellness and the value TCM holds for treating chronic degenerative disease.

MaryLee has a general practice with an emphasis in chronic degenerative diseases. She is in the clinic on Monday from 8 am to 6 pm, and Wednesday and Thursday from 8 am to 3 pm.



RECIPES FOR SUMMER

CORN SOUP

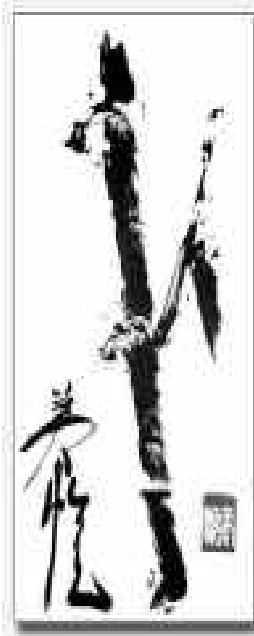
1/4 onion, minced
 1/2 tsp ginger, grated
 1 tsp sesame oil
 1 3-in. piece of kombu
 Kernels from 6 ears of corn
 6 C water
 1 tsp sea salt
 1/2 C oatmeal, pureed in
 1/2 C water
 2 T tahini
 2 T croutons

Saute onion and ginger for 5 minutes. Add kombu, corn, water and salt. Bring to a boil. Reduce heat and simmer 20 minutes. Add oat mixture and salt. Simmer 15 minutes more. Add tahini at end of cooking. Remove kombu and garnish with croutons. Serves six people. From [Healing with Whole Foods](#) by Paul Pitchford.

Cooling Dish for a Hot Summer Day

1 medium broccoli, chopped
 1 medium carrot, chopped
 Topping:
 1 lb. White tofu, excess water removed
 1-2 T miso
 1 T ginger, grated
 Oil
 Cilantro, for garnish

Steam broccoli and carrots, being sure not to overcook. Put on a plate and set aside. Steam tofu for 2-3 minutes, then blend the topping ingredients at high speed, using a wooden spoon to mix well. Pour topping over cooked vegetables. Garnish with cilantro. Serves six. From [101 Vegetarian Delights](#) by Lily Chuang.



Summer Herbs Cereal

This cereal helps curb dampness in the body and provides energy.

1/2 C lotus seeds
 1/2 C Job's tears seeds
 1/2 C mung beans
 1 small yam, skinned and cubed

Bring 7 C water to a boil in a large sauce pan, add lotus seed, cover and remove from heat. Set aside for 30 minutes. Bring the lotus and water to a boil again, turn heat to low, cover and simmer for 1 hour. Add mung beans, cover and cook for another 30 minutes, then add yam and cook until tender (about 20-30 minutes). From [Chinese Vegetarian Delights](#) by Lily Chuang.

Teas for Allergy Relief

For general Hay Fever symptoms, combine one bag of ginger tea with one bag of peppermint tea.

To relieve intense eye and throat irritation, use two bags peppermint to one bag ginger.

For sneezing and headache, use two ginger to one peppermint.

If symptoms include coughing, add a tablespoon or more each of lemon juice and honey.

Drink hot, at least twice a day while symptoms persist.

ART SALE

On Saturday, August 10th the clinic will host a showing of original watercolor paintings by local, award-winning artist Jess Cauthorn. Jess has been working as a professional artist for many years. He teaches watercolor classes in Seattle and on the Eastside. Several of his watercolors are currently on display in the clinic.

On August 10th, you will have an opportunity to meet the artist, view a selection of his work and purchase an original if you like. 15% of proceeds from painting sales will be donated to the King County Boys and Girls Clubs.

Come and enjoy an afternoon of refreshments and art.

Saturday, August 10th, 2002 4-8 PM

USIW RETREAT

The Universal Society of the Integral Way is hosting its 12th annual retreat at the Gavilan Ranch in New Mexico. The retreat will be held on September 20, 21 and 22.

Movement intensives including T'ai Chi sword form, Chi movement and meditation workshops, and Eight Treasures introductory instruction will begin on September 18 and 19. Participants will have the opportunity to embrace the art of balanced living in the serene beauty of New Mexico. Reflection is an important aspect of good health.

Maoshing Ni, notable author and son of Master Hua Ching Ni, will give daily presentations on spirituality and balance. There will also be meditation and spiritual cultivation sessions each day.

For more information and a brochure, please contact MaryLee or Elizabeth at AWC. Don't miss this wonderful opportunity for personal growth!



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Visit us on the web!

www.advancedwellnesscenter.net



Edible Flowers

Below is a list of edible, tasty flowers found in the common garden and their general flavors. Remember to eat only organically grown flowers, and if you suffer from asthma, don't eat them at all.

Calendula—slightly bitter
Chives—oniony
Daylily—bitter to sweet
Mint—fruity, refreshing
Nasturtium—spicy, peppery
Pansy—grassy
Rose—sweet, floral
Sage—woody, herbal
Signet marigold—spicy tarragon
Squash blossoms—mildly vegetal

Be sure you can properly identify all flowers before you pick them for dinner!
Source: [Edible Flowers](#), by Cathy Barash



CHINESE MEDICINE Q&A

Q: Does food affect my health?

A: Food is really our first line of defense. Dr. Berry Sears ([The Zone](#)) states that Food is medicine and we should be understanding how to use foods to heal ourselves. The Chinese have approached food this way for thousands of years. By becoming very aware of your body you can manipulate your nutrition to counteract illness. Ask your practitioner more about your specific illness.

Q: Are there specific foods which are good to eat in the summer?

A: Because of the hot weather in summer time, it is important to use cooling foods which help clear heat from the body.



Dr. Xing

Dr. Zhaoxu Xing is currently in Switzerland visiting his daughter and new grandson. He and his wife previously traveled around Spain. He says hello to everyone and hopes to be back in the states at the end of the year. MaryLee Calmes is currently available to his patients.

Vegetables: asparagus, beets, broccoli, bok choy, carrots, cilantro, cucumbers.

Fruits: apples, bananas, cantaloupe, grapefruit, lemon, oranges, peaches, Asian pears, strawberries, and watermelon.

Grains and legumes: millet, pearl barley, mung beans, white rice, pumpkin seeds, soy products.

Proteins: chicken eggs