

Mornington Complementary Medicine

- July 2014 -

Exciting news for MCM!

We are thrilled to be welcoming Dr. Justin Keane MaAppSc RMIT to Mornington Complementary Medicine. Justin has over 12 years' experience and he will be an invaluable addition to the team at MCM.

After travelling to China in 2004 Justin decided to focus his attention on using TCM to treat both men's and women's health including infertility, morning sickness, sperm problems, pre and post natal care (preparation for a timely labour and assistance with quick recovery), dysmenorrhea, anaemia, anxiety and insomnia patterns, menopausal symptoms and for health and outcome optimization during the different stages of the IVF procedure.

In addition to fertility Justin has a wealth of experience in the treatment of a myriad of health concerns including, but not limited to immune support, pain management, GIT disorders and skin disorders. Justin's holistic attitude is reflected in his work. Using assessments of diet, exercise and other lifestyle factors Justin is able to support changes to achieve optimum health, resolve pain and discomfort and ensure their non-recurrence.



This Month

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What sugar actually does to your brain and body

We consume an enormous amount of sugar, whether consciously or not, but it's a largely misunderstood substance. There are different kinds and different ways your body processes them all. Some consider it poison and others believe it's the sweetest thing on earth. Here's a look at the different forms of sugar, the various ways they affect you, and how they play a role in healthy—and unhealthy—diets.

There are too many types of sugar (and, of course, sugar substitutes) to tackle in a high-level overview like this one, so we're really only going to look at the two (and a half) that you regularly encounter: glucose and fructose.

Glucose is a simple sugar that your body likes. Your cells use it as a primary source of energy, so when you consume glucose, it's actually helpful. When it's transported into the body, it stimulates the pancreas to produce insulin. Your brain notices this increase, understands that it's busy metabolizing what you just ate, and tells you that you're less hungry. The important thing to note here is that when you consume glucose, your brain knows to tell you to stop eating when you've had enough.

But glucose isn't perfect. There are many processes involved when you consume glucose, but one that occurs in your liver produces something called very low density lipoprotein (or VLDL). You don't want VLDL. It causes problems (like cardiovascular disease). Fortunately, only about 1 out of 24 calories from glucose that are processed by the liver turn into VLDL. If glucose were the only thing you ate that produced VLDL, it would be a non-issue.

For our purposes, high fructose corn syrup (HFCS) and sucrose are the same thing because they're both highly sweet and they both contain a large amount of fructose. Sucrose is 50% fructose and HFCS is 55% fructose (which is high compared to normal corn syrup, but pretty normal when compared to cane sugar). The remainder of each is glucose, which we discussed above. In most cases, fructose is bad for you because of how it's processed by the body. Fructose can only be metabolized by the liver, which is not a good thing. This means a greater number of calories—about three times more than glucose—are going through liver processes and that results in a much higher production of VLDL (the bad cholesterol mentioned earlier) and fat. It also results in a higher production of uric acid and a lot of other things you don't want, which is believed to lead to fun stuff like hypertension and high blood pressure.



What sugar actually does to your brain and body

On top of that, fructose consumption negatively changes the way your brain recognizes your consumption. This is because your brain resists leptin, the protein that's vital for regulating energy intake and expenditure (which includes your keeping your appetite in check and your metabolism working efficiently). As a result, you keep eating without necessarily realizing you're full. For example, a soda containing high amounts of fructose (which is most non-diet sodas) will do little to make you think you're full even though you're taking in large amounts of calories. Your brain doesn't get the message that you really consumed much of anything and so it still thinks you're still hungry. This is a very, very basic look at part of how fructose is processed and doesn't even touch upon many of its other problems, but identifies the issue most people care about: fat production.

This isn't to say fructose is all bad. It does have a practical purpose. If you're a professional athlete, for example, it can actually be helpful. HFCS actually replete your supply faster, which is useful when you're burning it off, so the use of HFCS in sports drinks actually has a practical purpose for those who can quickly burn it off. It's not so helpful for those of us whose life focus is not physical activity—unless we find ourselves in a situation where we need fast energy that we're going to quickly burn off.

Fruit contains fructose, but as any food pyramid or suggested intake ratios will tell you, fruit is okay. How is that possible if fructose is almost always bad? This is because fruit, in its natural form, contains fibre. Fructose doesn't provide a satiety alert to let your brain know to tell you to stop eating, but fibre does this to a high degree. This is why you can eat fruit—despite the fructose content—without experiencing the same problems as, say, drinking a sugary soda. This is why fruit can actually be beneficial. The same goes for processed sugar. Sugar doesn't exist naturally as sparkly white crystals, but as a really tough stick called sugar cane. It isn't until you process the sugar can that you lose all the fibre it contains. Without the fibre, you only have the tasty but problematic part of the original food. That's why processed sugars can cause problems.

EXTRACT TAKEN FROM:

<http://lifehacker.com/5809331/what-sugar-actually-does-to-your-brain-and-body>

Healthy sugar alternatives

With all of the information on how bad sugar can be for the body it is often quite confusing sorting the good sugars from the bad.

Here at MCM we have taken some of the guess work out of this process by stocking Big Tree Farms' delicious alternatives 'Coconut Sugar', 'Coconut Palm Nectar- Amber' and 'Coconut Palm Nectar-Blonde'.

One of the oldest sweeteners in the world, Big Tree Farms coconut palm sugar from Java is an organic sweetener that is good for your health, good to the land, and good for the people who have scaled trees, warmed nectar over open hearths, and ladled the buttery caramel syrup into coconut moulds for generations.

To learn more visit the link below:

https://www.youtube.com/watch?v=Rv4gv_HlivY&list=FLgaTydLuAz0Yq06-WDKt7aA



What is Jing in Chinese Medicine?

By Jan Woodcock

You may sometimes hear your Acupuncturist talk about *Jing* or *Essence* during your treatment. Here is a quick over view of the vital substances of the body, including *Jing*, according to Chinese Medicine. Traditional Chinese Medicine holds that the body is an interconnected system of channels and pathways, also known meridians. This is a self-contained system that relies on various factors to maintain a state of balance and harmony. Among these factors are the Vital Substances, of *Jing* is one which travel through the body's pathways to help the body maintain it in a state of health.

Jing. *Jing*, or Essence, is the substance responsible for reproduction and regeneration. It is believed to be derived from two sources: the energy inherited from one's parents, know as pre-natal *Jing*, and the energy a person acquires in his or her daily life (chiefly from air, food and water), known as post-natal *Jing*. *Jing* regulates the body's growth and development, and works with *qi* to help protect the body from harmful external factors. *Jing* is the deepest and densest of the basic substances. It is stored in and "administered" by the Kidneys, and is responsible for our constitutional strength.

When two people come together for sex, there is an exchange and blending of sexual energies. When a man and a woman have sex and conception results, the sexual energy blends to form "Pre-Heaven *Jing*" in the newly conceived individual. Both the father and the mother supply *Jing*.



What is Jing in Chinese Medicine?

The developing embryo and foetus has no independent *Jing* of its own. It's totally dependent on the Pre-Heaven or Pre-natal *Jing* supplied by the mother and father and on nourishment from the mother's Kidneys. (Maciocia, Foundations, p. 38) One of the functions of *Jing* is it acts like a blueprint and master control. It turns things on and off during development. In Western terms, think heredity, DNA, and epigenetics, though like so many TCM terms, *Jing* cannot be reduced to Western concepts. *Jing* includes many of the functions of DNA and the laws of heredity, but isn't limited to these.

After the baby is born, the baby starts to manufacture its own *Jing*. This is called Post-Heaven or Post-Natal *Jing*. The Pre-Natal *Jing* comes from the parents at conception and before birth; the Post-Natal *Jing* is made by the individual after birth. "The Pre-Heaven Essence originates from the parents, the Post-Heaven Essence originates from food." (From "The Golden Mirror of Medical Collection", cited in Foundations, Maciocia, p. 38). As one probably can tell from the quote, the Stomach and Spleen (digestive health) plays a major role in whether or not an individual is going to have enough Post-Natal *Jing*.

Post-Natal *Jing* is a general term to indicate that made by the individual after birth. Post-Natal *Jing* is the deep nourishment we get from what we eat and drink. After we are born, we obtain energy from what we eat and drink, and from a supportive lifestyle. When we are in health and cultivate our energy with proper nutrition, rest, and moderation we are able to harbour enough *qi* for optimum functioning of the body. When this is the case, the energy that is not used on everyday functions gets further refinement to become Post-Natal *Jing* which will provide a reserve for times of higher demand of *qi*, such as illness, thus protecting Pre-Natal *Jing* from being used faster during these times. When we behave recklessly and fail to nourish ourselves and cultivate our health, this results in spending more energy than we can replace on a daily basis and end up resorting to the deeper Pre-Natal Essence for basic bodily functions.



What is Jing in Chinese Medicine?

If Pre-Natal *Jing* represents the savings that need to be spent carefully and wisely so that they last us long enough to live a comfortable old age, Post-Natal *Jing* is our current account from which we draw for our day to day needs, and which we replenish with nourishment and rest. When we start to “borrow” from our life-savings to pay everyday bills, we may start a downward spiral that may leave us with no savings at all unless we correct the situation and restore the production of Post-Natal *Jing* to normality. In other words, we risk bankrupting our *Jing* reserve.

Kidney *Jing* is a more specific term. It's derived from the combination of both the Pre-Natal and Post-Natal *Jing*. It's both hereditary and can be replenished. The Kidney *Jing* is stored in the Kidneys, but a lot of it is also in the 8 Extraordinary meridians, including the Governor Vessel which runs up the middle of the back and the Conception Vessel which runs up the middle of the front of the body. The Extraordinary meridians are separate from the 12 meridians related to the organs, and are more like vessels than pathways.

Kidney *Jing* Deficiency (and problems with the Kidneys storing *Jing*) frequently causes many of the symptoms of Kidney Yang and Kidney Yin Deficiency, along with problems to do with development and maturity. For example, the bones may not develop properly, there may be premature aging, disorders of the menstrual cycle (although *Jing* disorder is not the only possible cause of this), the hair may be prematurely grey, there may be congenital retardation, the genitals may fail to develop properly, there may be hereditary enzyme problems, birth defects, and a host of other genetic disorders.



What is Jing in Chinese Medicine?

The use of Pre-Natal *Jing* follows very long cycles related to all the events associated with, and triggered by, important developmental landmarks such as the loss of milk teeth, the beginning of our reproductive life, reaching reproductive maturity, and the beginning of reproductive decline. It is thought that Pre-Natal *Jing* is released every 7 years in women and 8 in men, this released *Jing* is what combines with Post-Natal *Jing* to form Kidney Jing.

So, we can see that Pre-Natal *Jing* results from the combined Essences of our mother and father carried within the ovum and sperm at the time of conception, and it is influenced by our mother's health during pregnancy. This Jing provides the basis for our foetal growth and development; we could indeed say that we owe our very existence to it. Because this is the Essence that determines the constitution we are born with, our built-in strength and ability to fight illness and be mentally and physically healthy, it is often equated to our genetic make-up.

Pre-Natal *Jing* constitutes the deepest and largest part of our overall *Jing*. After we are born, it acts as a kind of energetic savings account whose contents will be gradually spent through our normal growth, physical and mental development, reproduction, and aging process.

Pre-Natal *Jing* is fixed in quantity and is considered irreplaceable - what has been used cannot be renewed. Nevertheless, it is possible to slow down its exhaustion by leading a moderate and supportive lifestyle. A life of continuous excess, lack of adequate rest, and poor nutrition can make us use our Essence at a faster pace. This in turn will lead to a decline in health that may involve chronic incurable illnesses, infertility, premature aging, etc.

In TCM, *Jing* is the secret of longevity and it is associated with our ability to enjoy good health up to a ripe old age. In order to achieve this, *Jing* needs to be conserved and protected from being wasted by leading a lifestyle that promotes the daily restoration of the *Qi* and Blood that we use.

In our fast-paced society, we tend to use *Jing* much more quickly than we are supposed to. *Jing* gets directly depleted by the excessive use of stimulants, excessive sexual activity in men and many consecutive pregnancies in women (even if they don't come to full term), failing to get enough rest, sleep and relaxation, a poor diet, constant and unremitting stress, worrying and over-working for long periods of time.

What is Jing in Chinese Medicine?



A society hooked on stimulants and fastness exhausts our Jing.

These lifestyle habits can deplete our *Qi* and Blood to the point of forcing our *Jing* to be used up just to keep going. As the Western lifestyle commonly encourages us to push ourselves to the limit and become oblivious of our basic needs, it is not surprising that we are seeing increasing numbers of people showing signs of *Jing* deficiency in the form of infertility and impotence, chronic and incurable illnesses particularly of neurological and immune origin, premature aging, poor constitution and immunity in children inheriting poor *Jing* from unhealthy parents, etc.

Through proper Kidney function, Kidney *Jing* makes possible every single event that happens in our body throughout our lifetime. This is why looking after the health of the Kidneys is one important way to maintaining our *Jing*. So you can see that a healthy lifestyle, healthy diet and healthy digestion play a major role in how healthy we, and our offspring will be.

Treasuring our *Jing* is the same as treasuring our life and that of the children we want to bring into the world that will ultimately benefit, or not, from what we have to give them.

Some foods that nourish our *Jing* are: Eggs, fish eggs or roe, nuts and seeds – especially black sesame seeds, algae and seaweeds, pollen and royal jelly, beans – especially kidney, black and adzuki, black rice, organ meats – make sure they're organic, bones and bone broth, deer velvet.

<http://www.sacredlotus.com/theory/substances/jing.cfm>

<http://www.acupuncturetoday.com/abc/qijingshen.php>

<https://www.acufinder.com/Acupuncture+Information/Detail/The+Definition+of+Jing+-+Essence>

<http://chinesemedicinebristol.blogspot.com.au/2013/02/tcm-substances-essence-jing.html>

**Jan is available for consultations Wednesday and Thursday @ MCM
For bookings call 59736886**

Eating for Winter

by Anna McMullen

Winter is such a beautiful time of year. The chilly temperatures, stormy weather and the stillness of foggy mornings contrasted with clear blue skies and winter sunshine are always good inspiration to nourish the body with warming and delicious comfort food.

Winter is the most yin time of year, the energy is of decline and hibernation. The sun rises later and sets earlier, and our natural inclination is to sleep longer and choose more restful activities. We can honour this energy in our bodies by rugging up and staying warm, getting lots of rest and by choosing seasonally appropriate food.

In Chinese medicine we believe food has energetic qualities, which impact our health in different ways. The cold Winter temperatures can affect the warming yang energy of the body. This means it is best to choose foods which are warming in nature and easy to digest.

Vegetables such as pumpkin, sweet potato, root vegetables such as carrot and parsnip, beetroot, onion, leek, turnip, swedes, celeriac, brussel sprouts, silverbeet, spinach, cauliflower and broccoli are all in season and perfect for winter recipes. Animal products such as beef, lamb, fish, chicken and eggs can also be included, but ensure you choose grass fed and/or organic. Herbs and spices add a flavour kick and can also help to kick start your yang energy: ginger, cinnamon, star anise, cardamom and turmeric can easily be included in your winter meal plan.

The way food is cooked is also important. Delicious slow cooked casseroles and stews, hearty and warming soups and the traditional Sunday roast are perfect. Cooking foods for long periods of time imparts a warming energy, and helps to support the Spleen energy.

While focusing on what to eat, it is also important to be aware of what to avoid at this time of year. Too much cold and raw foods and drinks can deplete the Spleen yang energy, so choosing a green salad for lunch may not be such a good idea. Likewise, a big bowl of cereal and cold milk first thing in the morning can be damaging to the Spleen energy. A hearty cooked breakfast helps to bolster the Spleen and warm your yang. Eggs are a fantastic choice, with some grilled mushroom, avocado and wilted baby spinach. The traditional oat porridge (or step it up and try



Eating for Winter

Winter is a time when our immune systems are hit by the onslaught of cold and flu bugs. Looking after your diet and eating seasonally appropriate foods can help to strengthen your immune system and stave off infection.

If you do become ill it is all the more important to avoid any foods which are damaging to the digestive energy: cold and raw foods, dairy and greasy foods are out and warming soups and broths are in! Including ginger in your diet on a regular basis is wonderful for strengthening the body's natural defences.

If you are unlucky enough to fall ill there are some simple food cures you can employ to heal yourself and your family. Cold and flu in Chinese medicine can be divided into patterns of heat or cold.

Heat patterns are characterised by hot symptoms: sore throat, fever, headache, thirst and a dry mouth and green or yellow mucous. Peppermint in tea or in food is gently cooling and clearing and can help ease the pain of a sore throat and clear the nose.

Cold patterns are seen with symptoms such as sneezing, clear mucous, stiff and sore neck and shoulders and chills more than a fever. In these cases it is best to warm the body to clear the cold. A simple way to do this is to thinly slice a knob of fresh ginger and a couple of stems of spring onion, stir fry them in a small amount of water until soft and fragrant, and then steep in boiling water and drink as a tea.

Making seasonally appropriate food choice can make a huge difference in your health. You will feel stronger, your digestive system will run smoothly, your immune system will improve and your yang energy will love you for it. Combine this with regular exercise and time spent doing things that make you happy and you will sail through winter. If you feel your energy or immune system needs a helping hand, you may want to consider including regular acupuncture therapy to help boost your energy, support your immune system and keep you feeling strong.

To help you get started, here is a delicious and warming quinoa recipe. It will warm you up and boost your yang energy and is good for the whole family.

Anna is available for consultations Monday and Saturday @ MCM
For bookings call 59736886

Spicy Moroccan Quinoa with Roasted Pumpkin, Sweet Potato and Chickpeas

INGREDIENTS

1 cup quinoa
1 tablespoon butter
1 tablespoon olive oil
1/2 a medium onion, finely chopped
1 medium carrot, peeled and finely chopped
2 garlic cloves, minced
1/2 teaspoon salt
2 tablespoons Moroccan spice mix (pre-made or make your own)
2 cups water
1 can chickpeas
500g pumpkin, chopped into small cubes
1/2 medium sweet potato, chopped into small cubes
1/4 cup chopped fresh coriander
1/2 cup natural yoghurt
Sultanas and toasted pine nuts to garnish



METHOD

Roast pumpkin and sweet potato until tender.

Rinse quinoa; drain.

Melt butter with oil in large saucepan over medium heat.

Add onion and carrot. Cover; cook until vegetables begin to brown, stirring often, about 10 minutes.

Add garlic, and Moroccan spice mix; sauté 1 minute.

Add quinoa; stir 1 minute. Add 2 cups water.

Bring to boil; reduce heat to medium-low.

Cover; simmer until liquid is absorbed and quinoa is tender, about 15 minutes.

Drain and rinse chickpeas and stir through quinoa.

Add roasted vegetables and gently stir through.

Finely chop coriander and mix in to yoghurt.

Serve sprinkled with sultanas and toasted pine nuts, accompanied by the coriander yoghurt.