



December 2006 Newsletter



Summer is the most Yang time of the year and is the season of the fire element. An imbalance can lead to many "heat" symptoms like heatstroke, restlessness & irritability with red face, increased thirst, blood in the urine and constipation. We must keep our bodies relatively cool during this period. Try some of the recipes included in this months newsletter.

Contents

Research — Acupuncture helps ease discomfort in rheumatoid arthritis patients (19th November)	2
Summer Recipes: Chrysanthemum tea Crab and Pasta Salad with Yoghurt Dressing Honeydew Fruit Salad	3-5

Acupuncture helps ease discomfort in rheumatoid arthritis patients—19 Nov



Traditional acupuncture may reduce joint tenderness in the treatment of rheumatoid arthritis, according to a research by the American College of Rheumatology.

Rheumatoid arthritis, the most common form of inflammatory arthritis, dramatically limits movement and function as well as causing damage to cartilage and bone. For the 60 million individuals around the world (1% of the population) with this immune system disease, the inflammation causes pain, stiffness, swelling and damage of the joints.

Researchers randomly assigned 7 male and 29 female patients, averaging 58 years of age, with rheumatoid arthritis that was unresponsive to other therapies, to one of three acupuncture/placebo groups. The first group of 12 received electro-acupuncture, pulsating electrical currents sent through the acupunc-

ture needles to stimulate target areas. Group two were given traditional acupuncture, and the remaining 12 patients received placebo needles. All patients received a total of 20 sessions over a 10-week period. Most tolerated the procedure well and the majority of those dropping out prematurely were within the placebo group.

At the end of the sessions, those receiving electro-acupuncture had experienced a significant reduction in the number of tender joints and measurable decrease in pain, stiffness and swelling. The traditional acupuncture group also experienced benefits but at a diminished rate, while those in the placebo group saw no change.

“The patient’s comfort is as important as relieving the disease itself,” says Dr. Lai-Shan Tam, Associate Professor, The Chinese University of Hong Kong, Hong Kong, and an investigator in the study. “So, while the results were not as positive as had been hoped, this does show that acupuncture, either electro or traditional, when used in conjunction with disease modifying agents, may still provide beneficial pain relief for those with otherwise intractable rheumatoid arthritis.” (ANI)

Summer Recipes

Listed below are some recipe ideas based on Chinese Dietary Therapy. Most these foods are classified as cooling meaning they will cool down the body and promote fluids. They are great for when the heat of summer is in full effect and the body is overheated. These recipes are a guide only so feel free to change the recipe's to suit your individual needs.

Entree - Chrysanthemum tea

Brew dried flower in teapot for 5 minutes and serve.

Ingredient

500g dried Chrysanthemum flower

Nature & Action

Slightly Cooling, Pungent/Sweet. Enters LU, LV, St. Dissolves Phlegm, arresting cough, Clears Head and eyes, easing urination. Harmonises SP/ST.

Main Course - Crab and Pasta Salad

Preparation time: 10 Minutes, Cooking time: 15 Minutes, Serves: 4

Ingredient

500g dried pasta

Nature & Action

Wheat is cool in temperature and sweet in Flavour. Propensity to HT and enters the HT and calms the Shen. Tonifies Kidney, Sedates Yang, Clears Heat and Quenches Thirst.

1kg Crab meat

Crab is cold in nature, Salty and enters the Co Channel. It activates blood, removes blood stasis & edema.

1 Chinese cucumber, seeded and sliced

Sweet, Cool. Enter St/BL. Clears Heat, Quenches Thirst, Relieves Odema. Use juice for skin.

1 bunch thin asparagus

Sweet/Bitter. Cold. Enters KID/LU. Tonifies Qi/Blood. Clears Heat, Clears Lungs. Tonifies Yin, Lubricates. For Wind Cold Cough and Cold type diarrhea.

1 red onion, very thinly sliced

Pungent/Bitter. Enters Lu/ST/Co. Sedates Yang. Dissolve Masses. Send Counterflow Qi Downwards.

Grated black pepper (Optional for flavour only)

Pungent/Hot. Enters SP/ST/COL. Reinforces St. Restoring Appetite, Warm's MH. Dispersing Heat and relieving Pain.

Fresh dill

Neutral

Summer Recipes

Yoghurt Dressing:

Ingredient

1/2 cup low fat yoghurt

1/4 cup oil free Italian dressing

2 teaspoons chopped fresh dill

1 teaspoon sugar

1 tablespoon water

Nature & Action

Cold

Neutral

Neutral

Sweet/Neutral. Enters LU/SP/ST. Moistens Lungs and promotes body fluids. Reinforces MH and eases Spasms.

Neutral

Place pasta in a large pot of boiling water and cook until tender but al dente. Rinse under cold water and drain. Cook asparagus until tender but still crisp. Combine pasta with prawns, cucumber, asparagus and onion in a large bowl.

Combine yoghurt dressing ingredients in a bowl, mixing well until smooth. Just before serving drizzle salad with dressing, black pepper and dill.

Dessert - Honeydew Fruit Salad (Serves 4)



Fruits are coated in a light sugar syrup and attractively arranged in hollowed out honeydew melon halves. Made from sugar that has been cooked until it turns a light amber color, rock sugar is a popular ingredient in Chinese desserts. It can be found at Asian markets, or you can substitute 6 tablespoons of granulated sugar. Feel free to use whatever fresh fruits are in season for the filling, or other melons such as canteloupe for the "bowl."

Your contributions welcome!

This newsletter has been created for the public, the students and practitioners of Acupuncture & Traditional Chinese Medicine. It relies much on information contributed from the community. We welcome any contributions including news articles, research papers or anything you feel would be suitable for publication on our website and in this newsletter. To contribute visit www.Acupuncture.com.au and choose "Make a contribution" from the "Professional Community" menu.



Summer Recipes

Ingredients

1 Cup Water
 4 ounces rock sugar

2 tablespoons mango juice

1 cup mango slices

Half Watermelon

1 apple, sliced

2 kiwi fruit, stems cut off, pared and cut into thin slices

1 tangerine, peeled and separated into individual segments

4 hollowed out Honeydew Melon halves

Fresh strawberries. (Optional – Put in only for extra taste and colour)

Nature & Action

Neutral
 Sweet/Neutral. Enters LU/SP/ST. Moistens Lungs and promotes body fluids. Reinforces MH and eases Spasms.

Sweet/Sour. Cold in Nature. Clears

Sweet/Sour. Cold in Nature. Clears

Quenches thirst, cools heat, dispel summer heat (shu), increases urination; the juice when regularly in high amounts applied cures edema and inflammation of the kidneys

Sweet/Sour. Cool. Enters ST/SP channels. Increases fluids, eases thirst, reduces fevers, reinforces spleen.

Sweet & Sour. Cold. Enter ST/BL. Clear eat, build body fluids.

Sweet/Sour. Neutral. Enter LU/ST. Increase fluid. Quench Thirst. Assists appetite. Sends down counterflow Qi. Moistens LU. Dissolves Phlegm. Fresh Juice after excess alcohol. Decoct for vomiting and decreased appetite.

Melon is Sweet, cold, Enter ST/HT/BL, Clear Heat, relieve summer heat with thirst, induce urination.

Sweet/Sour. Warm. Enter Liv/KID Assists Yang. Removes blood Stagnation. Stops urination. Expels Cold. Polyurea,

Bring the water, rock sugar and mango juice to a boil over medium-low heat, stirring to dissolve the rock sugar. Cool. Toss all of the fruit except for the honeydew with the sugar syrup mixture. Spoon 1 to 1 /4 cups into each prepared honeydew melon half. Chill until ready to serve. Melons that have already been hollowed out are frequently available when the melon is in season. The exact amount of fruit needed for each melon half in this recipe will depend on how much of the honeydew was hollowed out. If you're preparing your own melon halves from whole honeydew melons, feel free to substitute the scooped out honeydew for the papaya, mango or peach as desired.