

From the desk of D. Mark Tryling, LAC, Dipl AC, Dipl CH

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Treating Influenza with Chinese Medicine

Influenza is an acute viral respiratory illness. The disease is mostly seen in the winter. Most of the outbreaks and epidemics of flu are caused by the Influenza A virus, although illness caused by other viruses (rhinovirus, echovirus) may cause identical presentations and be called "the flu" even if the influenza virus was not at fault. Pandemics have occurred every 10-15 years since the Great Pandemic of 1918-19. The incubation period is 48 hours. The onset is usually extremely abrupt. The key signs and symptoms of influenza include: 1) Headache, 2) Fever, 3) Malaise, 4) Myalgias: especially the back and legs, 5) Respiratory illness: characterized by sore throat and cough, 6) Easy lacrimation, 7) Weakness and fatigue and 8) Inflammation of the oropharynx .

Chinese medicine recognizes several patterns responsible for influenza. In case you begin to feel down and out, be sure to make an appointment so that your particular pattern is identified and properly treated. Improper diagnosis and treatment may result in exacerbation of your symptoms.

Nutritionally, the recommended eating principles should be: 1) eat as little as possible, 2) increase foods rich in Vitamin C, 3) fast for a short period, 4) eat foods that are easy to digest, 5) drink plenty of liquids: water, water and honey, 6) support the spleen & stomach, nourish immune system (Wei Qi). Examples of therapeutic foods: lemon, orange, watercress; **fresh juices**: watercress and apple with 1/4 tsp. pure cream of tartar, lemon, orange, carrot and spinach, carrot/celery/spinach/parsley, horseradish and lemon.

Avoid these foods while you're still symptomatic: heavy protein foods, fats, meats, vinegars, shellfish, cow's milk and other dairy products, white bread, refined foods, processed foods, sugar and sweets, catarrh-forming foods: tofu, ice cream, shellfish.

Dr. Mark will be teaching Qi Gong classes on Thursday's at the North Richland Hills Recreation Center 817-427-6613 from Jan 9 –Apr 10 and on Tuesday's at the Hurst Recreation Center 817-788-7325 from Jan 20 – Mar 10. Class size is limited, so call now to sign up for this course on an ancient Chinese exercise for health, longevity and wellness. Great for all ages!

Chinese Lung Psychophysiology

In Traditional Chinese Medicine the Lung (Fei) 1) governs the Qi (body's energy); 2) facilitates the immune function by assisting the dispersal of the Wei Qi (Protective, Defensive System); 3) regulates the rhythm of respiration, the pulse, and all bodily processes; 4) is related to strength and sustainability and 5) moves and adjusts fluid metabolism. The Lungs are considered to be the most "external" of all the body's organs. This is due to its direct connection to the environment through the bronchial tubes. Because of this, they are more susceptible to environmental changes. Healthy expressions of the Lung are righteousness and courage. Imbalance, dysfunction, illness or weakness of the Lungs can be associated with excessive grief, sadness, worry, and depression. Worry depletes the Lung Qi (energy). Signs of a Lung imbalance include panting, yawning, sneezing, pain in the upper back, shoulder, and chest, colds with stuffed nose, hoarseness, wheezing respiration, frequent urination with small amounts, heavy chest, reduced lung capacity, coughing and nasal discharge. It is important to note that imbalances in other organ systems may cause excess or deficiency signs in the Lung. It is very rare that a patient exhibits signs and symptoms associated with only one organ system. Most cases are more complex. Chinese medicine is based on correct diagnosis of the diseased system(s) and proper treatment to restore balance and harmony to the body. To keep your lungs healthy make a wellness checkup today before the "flu season" arrives.

(By Appointment Only) www.meridianharmonics.com

To your health,

D. Mark Tryling

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