



SO EARTH TCM Newsletter

SO EARTH TCM - Health Issues Explained

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Immunity & You

To be immunologically fit, you need to be physically fit. A compromised or dysfunctional immune system is a major component of most chronic diseases. Poor nutrition, stress and exposure to harmful agents all lead to a declining immune system.

At SI EN TCM, we believe general healthy-living strategies are a good way to start giving your immune system the upper hand. Every part of your body, including your immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies such as these:



 a **HEALTHY** body

Good lifestyle habits

- Don't smoke.
- Eat a diet high in fruits and vegetables.
- Exercise regularly.
- Maintain a healthy weight.
- If you drink alcohol, drink only in moderation.
- Get adequate sleep.

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Gentle Reminder – Mask On





Boosting the Immune System with Traditional Chinese Medicine

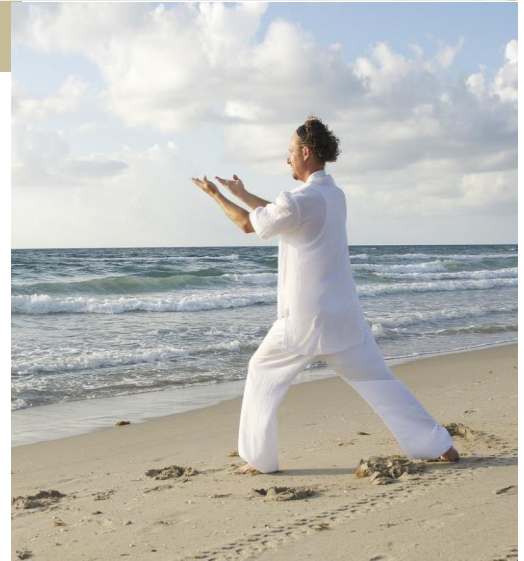
TCM and holistic immunity system

Our immune system is like a protective blanket that keeps the cold, excessive heat, wind and illness away. In Chinese medicine when someone is healthy and happy, we say they have good **Qi**, pronounced **Chee**, or energy. Qi has many different roles in our health and body. The different roles and abilities of this “magic” word called **Qi** can be divided into many things. Everything, every organ, element has its own Qi. But for the body and our immune system, these are the most important. There are diverse ways of describing what these Qi are:

- **Wei Qi:** is your outer defence mechanism or protective blanket and a large part of our immune system depends on a strong Wei Qi.
- **Ying Qi:** would be the energy we get from nutrition; needless to say, good nutrition is essential for a good immune system.
- **Yuan Qi:** is a mix of energy that comes from the kidneys which activates the liquids and the essence of our blood; this keeps our healthy oxygenated circulation system running smoothly.

To maintain a healthy outer protective layer, our blanket, or Wei Qi, we have to look after many bodily areas. In TCM we like to suggest that foods that are in season should be the first on our shopping list. Garlic is a powerful antioxidant with antimicrobial, antiviral, and antibiotic properties, if you like garlic you can work this into any meal. Ginger is a powerful antihistamine and decongestant which offers a great solution against cold symptoms. Cut some fresh root up and add it to your dishes or boil it to make a cup of ginger tea with some added lemon and honey for a pleasant and healing hot drink. A blend of mushrooms, like shiitake, reishi, and maitake are great for strengthening the immune system.

“To manage autumn and winter foods such as, onions, garlic, ginger and mushrooms should be on the menu.”



SO EARTH TCM Health Advice Corner



Acupuncture for a healthier Immunity System

According to TCM, the body is protected by something known as the [Wei Qi](#) (卫气) (pronounced "way chee"). The Wei Qi, or defensive Qi, is comparable to the immune system in conventional medicine. It acts as the first line of defense when the body is under attack from external pathogens. If the Wei Qi is strong, then the body is capable of fighting off bacteria and viruses.

There are multiple tools in the TCM practitioner's tool box that can assist in keeping the immune system strong and healthy, including acupuncture, [moxibustion](#), electro-acupuncture, herbs, cupping and nutrition. Regular acupuncture treatments can help to increase the number of T-cells the body produces. TCM acupuncture can regulate immune function, while also treating the underlying causes of the disease. This is done by reducing the symptoms, speeding up the healing, decreasing excess phlegm, decreasing inflammation and boosting the immune-mediated cells in the body that help ward off invasions.



TCM Offers you a Natural Pathway to Greater Immune System Health

So Earth TCM helps you and your family to achieve greater wellness in a number of ways. Our Yi Si Yuan GMP Manufactured Chinese herbal formulas can help suffers of chronic pain as well as support individuals' immune systems. The wide variety of herbs and formulas make it possible to treat many health problems. Also, since formulas are customized to each patient's needs, patients with the help of their practitioner can optimize their health benefits. Greater wellness begins with an in-person consultation with a licensed acupuncturist or practitioner. So Earth TCM can explain to you the history and benefits of TCM in more details and work with you identify the best way to supplement the current healthcare routine for you and your family.

5 TCM Herbs to Naturally Boost Your Immunity System

ASTRAGALUS ROOT

The most commonly suggested ingredient by healthcare experts to add to your routine to boost your immunity is the Astragalus Root - or Huang Qi - as known in Chinese. The root is a principle herb used in Traditional Chinese Medicine for increasing an individual's vitality and promotes immune boosting compounds. Astragalus Root is typically combined with Atractylodes Rhizome (Bai Zhu) and Ledebouriella Root (Fang Feng) to create a soup. This soup is like "building a 'defensive wall' to protect your body" from cold and flu and is "generally good for everyone" at all stages of life.

FRESH GINGER

Fresh ginger is often prescribed to boost the energy levels in individuals which not only soothes an upset stomach but helps fire up your immune system" and "helps clear the pathogen by inducing sweat". Ginger has been used to treat many initial flu and heat symptoms like dry and sore throat, constipation and fatigue. It can also assist with promoting blood circulation and aids in relieving constipation, vomiting symptoms and morning sickness.



GOJI BERRIES

Goji Berries or Wolfberry Fruit are often used to "improve health, vitality, longevity, energy and stamina". In Chinese Medicine, it is typically prescribed to treat poor eyesight, diabetes and anemia. Add them to your breakfast or include them in your tea for extra nutrient.

GARLIC

Garlic has been widely recognised for its many antibacterial, antiviral, antifungal and anti-inflammatory effects. The active ingredient inside garlic known as allicin, has antimicrobial properties which is activated through "the action of chopping, crushing or chewing raw garlic. Garlic is thus great for preventing and treating cold and flus, including relieving symptoms such as "coughs, clearing phlegm and enhancing immunity.

CHRYSANTHEMUM

Chrysanthemum is a cooling herb and has antimicrobial properties which has a cleansing effect on the body and can help to clear pathogenic heat. In general, chrysanthemums work great as "a lung clearing herb" as it is known to treat ailments like headaches, sore throats, acne and ulcers. It has also been prescribed for issues like sleeplessness, strained eyes and high blood pressure.

SO EARTH TCM Tonics and Supplement



Pure Lingzhi Supplement

Ganoderma Lucidum, the King of herbs, has a long history of use for promoting health, vitality and longevity. In Chinese, the name Lingzhi represents a combination of spiritual potency and essence of immortality. It is believed that the most effective part of Lingzhi is the spores. The spores are of very significant medicinal and tonic value. They are very rich in triterpenes, one of the main active constituent groups in Lingzhi. In fact, the spores are far more potent than even the fruiting body. Spores are, however, impossible for humans to digest due to their hard coating. They must be "cracked" by a modern technique to release the nutrients inside to our digestive system.



1. Reduce fatigue.
2. Improve the quality of sleep.
3. Boost the immune system.
4. Strengthen the body's resistance to harmful substances.
5. Improve metabolism and blood circulation.
6. Strengthen the respiratory system.

YI SHI YUAN PURE LINGZHI CRACKED SPORES CAPSULES

Our Lingzhi Capsule a modern product made from fully cracked Lingzhi spores. It allows maximum absorption of nutrients by human body. It is especially recommended for people with physical weaknesses and suitable for long term consumption.

Quantity/bottle: 300mg x 60 capsule



The combination of carefully harvested and processed herbs helps you to maintain immune health and maintain well organ function efficiently. The extracts help in supporting the normal reaction of the immune cells thus providing your system with the right balance for every day!

900KYB Plus Essence

1. Deep immune system support.
2. Maintain healthy growth of body cells.
3. Support body in general detoxification.
4. Maintain healthy body system function.
5. Support smooth blood circulation.
6. Relieve tiredness & weakness.

- This product contains rice wine as preservative.
- 100% free from artificial preservatives, colouring or animal extracts.
- Sedimentation of herbs is a normal condition.

Weight/bottle: 250ml, 500ml & 750ml