

SO EARTH TCM Newsletter

SO EARTH TCM - Health Issues Explained

Mind Wellness



What is mind wellness?

Mind wellness is a positive state of mental health. Making sure it receives proper nourishment and energy are important. Mentally well people are positive, self-assured and happy. They are in control of their thoughts, emotions and behaviour. This enables them to handle challenges, build strong relationships and enjoy life. Sustaining mental health requires time and effort. The more you invest in your mental health, the stronger it will become.

Our mind is the window to our body and soul it also determines how our body functions. As 'Qi' circulates through the body, it flows through the body's "meridians," such as the lungs, heart, spleen, liver, kidneys, stomach, gallbladder and so on. Of the twelve principal meridians, six are considered yin, and six are considered yang, according to the ancient Taoist concept of **yin and yang**. During the course of the day, the yin and yang energies in our bodies wax and wane. At night, yin (associated with coolness) is predominant in the body, and during the day, yang (associated with heat) takes over. An imbalance in qi (energy) will result of Insomnia and other sleep disorders health issue.

For better mind wellness

- Take balanced meals
- Exercising regularly
- Limit alcohol consumption
- Avoid cigarettes and other harmful substances
- Stick to a regular sleep schedule
- Meditate

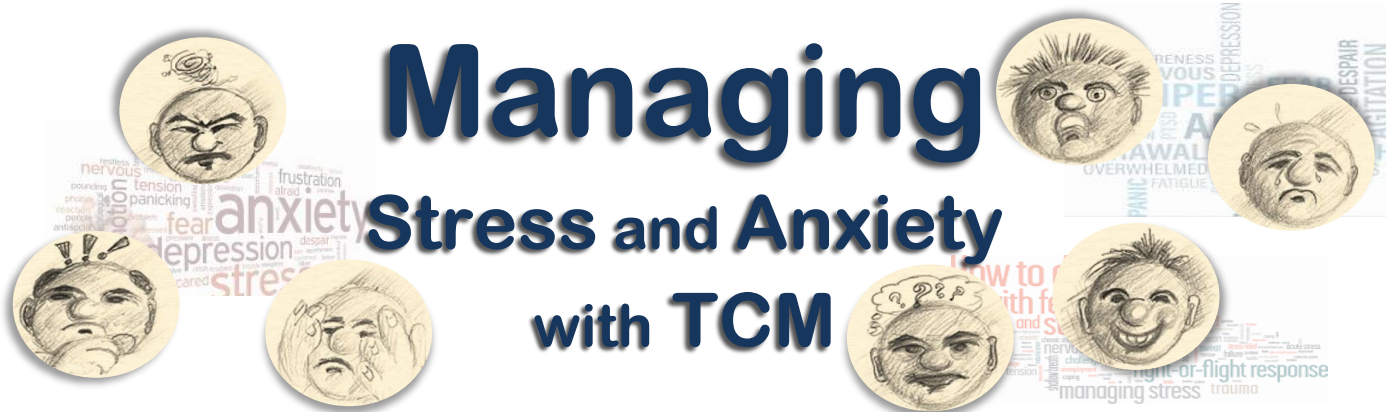


Inside This Issue

- 1 SO EARTH TCM - Health Issues Explained (Mind Wellness)
- 2 Managing stress and anxiety with TCM
- 3 Coping with stress from unemployment
- 4 How much do Insomnia affect and stress you
- 6 Benefits of immunity health screening with TCM



“ Nature has a path for us to take that will remove stress and return our health. All we have to do is to put a little effort into it to be in complete control.”



What is Stress?

Stress can be divided into acute and chronic stress. Acute stress is short term and goes away after a certain stressful event. Whereas chronic stress lasts for months and starts affecting your mental, physical well-being or even relationships.

From a TCM Perspective, when a person is exposed to long-term stress, the flow of 'Qi' and blood in his or her body becomes stagnated.

Stress interrupts sleep, it causes upset stomach and could cause ulcers, heartburn, and other digestion issues. Stress can further cause headaches (including migraines,) loss of focus and concentration and memory issues.

You will almost always find people who fight obesity, smoking, and addiction usually are leading a stressful lifestyle. Stress is almost always a factor in **heart attacks, high blood pressure, strokes, and diabetes.**

LIVER & STRESS

- Headache (esp. at the top)
- Irritated 😡
- Sigh often 😞
- Bitter taste in the mouth
- Feels like a 'lump' in throat 🟢
- Stiff shoulders
- Stuffy chest
- Tender breasts before period
- Hypochondriac (side rib) area feels 'tight'/painful ⚡
- Bloating
- Constipated/Diarrhoea 💩
- Indigestion
- Acid reflux
- Irregular periods
- Abnormal discharge ♀
- Other feminine issues
- Infertility
- Impotence ♂
- Leg/feet - heavy,painful, sore, numb,puffy
- Often have leg cramps ⚡
- Weak brittle nails 🖤

NOTE: Meridian run on both sides of the body

What is Anxiety Disorder?

Anxiety indicates a problem with the zang organs – the heart, lungs, spleen, liver, or kidneys. These organs manufacture and store qi, blood and body fluid, and also serve to regulate our emotions. The spleen is associated with feelings of worry; the kidneys with fear; the lungs with grief and anxiety; heart with excitement and Liver with Anger.

Anxiety disorders can affect adults, as well as children commonly occur alongside other mental or physical illnesses, such as depression. Some adults also suffer from alcohol or substance abuse. These can either mask or worsen anxiety symptoms.

Yin Organ	Emotion	Colour	Element	Spirit
Heart	Overjoy, Overexcitement	Red	Fire	Shen
Spleen	Pensiveness, Overthinking	Yellow	Earth	Yi
Lung	Worry, Grief	White	Metal	Po
Kidney	Shock, Fear	Black	Water	Zhi
Liver	Anger, Resentment, Frustration	Green	Wood	Hun

Stress, managing it.

Your Liver is the No.1 organ that is most affected by stress and anxiety so ensuring a smooth flow of the Qi & Blood, nourishing the liver, calming the mind and eliminating any heat or dampness are the key.

TCM Acupuncture

Acupuncture treatments may aid in re-energising our body circulation, particularly in the circulation of stagnant Liver-Qi. This causes the energy flow to be imbalanced within the body, and pain or symptoms will arise.

Acupuncture will restore your internal energy balance and activates your body's natural ability to heal. Don't be scared by the needles they are just as thin as hair and you'll only feel a prick at first then a slight dull sensation around the area.



STRESS Try these 2 acupuncture points

LR 3 (Liver 3) – Located on the toe, in the depression between the webbing of the 1st and 2nd toe.



LI 4 (Large Intestine 4) – Located on the back of hands, in the depression at the webbing between the thumb and index fingers.



Massage these points with your finger for 2-3 minutes every day to improve the Qi circulation and reduce your stress level.

Gentle exercise

Exercise will immediately relieve stress. Such as walking, biking and jogging can help to get qi and blood flowing to all parts of your body, nourishing the organs and tissues.

60 Sec Jumping Jacks 60 Sec Air Squats 30 Sec Butt Kicks 30 Sec High Knees



Meditate

Meditation will help relax your mind, lower your heart rate, reduce negative emotions and calm the shen. Just a few minutes a day clearing your head and focusing on deep breathing can help dispel anxiety. Some other meditation such as yoga, qigong and tai chi are good for you too.



Aromatherapy

Essential oils extracted from plant life can help to heal and restore balance to the body. Aromatherapy has been used since ancient times to promote feelings of calm and relaxation. Inhaling and topically applying pure essential oils can help to alleviate stress, insomnia or depression.



Lavender - calm the nerves, appease restlessness and improve sleep quality.



Rose - soothing emotions, headaches and balancing hormones.



Ylang Ylang - reduces heart rate, improves your mood and promotes relaxation.



Bergamot - improves blood circulation, stimulates hormone secretions and digestive health, bringing balance to the body.



German Chamomile - promotes inner calm, reduces anxiety and calms the nervous system

Sleep Method

According to the meridian clock of TCM, the ideal time to be already asleep at night is 11pm.

The 11pm – 3am time-period corresponds with the gallbladder and liver meridian, which plays a vital role in clearing the waste products from the metabolic process. This timing is also reserved for rejuvenation of the body. The process of regeneration of cells takes place during your sleep.



Family & Friends (Social lives)

We are a social being. We need to have people in our lives that believe as we do, who understand us and challenge us. Many people who are clinically depressed reported that they have no friends. They label themselves as loners. There is no medication to make you more social-able. However, once you balance the bodily chemicals that trigger depression, you will be mentally clear to handle the challenges of meeting new people.

SO EARTH TCM

Health Advice Corner

Millions of people around the world have lost their jobs, sources of income, or been furloughed as a result of the COVID-19 pandemic. While the widespread, unprecedented nature of the crisis means that you shouldn't feel any blame for your situation, that may be of little comfort when you're stressed about paying bills and putting food on the table.

It's easy to feel overwhelmed by uncertainty about when and how the economy will recover or if you'll be able to find work. It's important to know that you're not alone; many of us are facing the same insecurity at this time.

Coping with stress from unemployment

It can be easy to turn to habits such as drinking too much or bingeing on junk food for comfort. But these will only provide fleeting relief and in the long-term will make you feel even worse. **Acknowledging your feelings** and **challenging your negative thoughts**, on the other hand, will help you deal with the loss and move on.

Give yourself time to adjust - Go easy on yourself and don't attempt to bottle up your feelings. If you allow yourself to feel what you feel, even the most unpleasant, negative feelings will pass.

Accept reality - While it's important to acknowledge how difficult job loss and unemployment can be, it's equally important to avoid wallowing. Rather than dwelling on your job loss try to accept the situation. The sooner you do so, the sooner you can get on with the next phase in your life.

Think of your job loss as a temporary setback - Most successful people have experienced major setbacks in their careers but have turned things around by picking themselves up, learning from the experience, and trying again.

Take this chance to advance - Spend some time thinking what are the other possibly of career you can try out. Pick up some courses to advance your career or to get yourself ready for a new start in your career.

Make time for family fun - Set aside regular family fun time where you can enjoy each other's company, let off steam, and forget about your unemployment troubles. This will help the whole family stay positive.

Get moving to relieves stress - Rhythmic exercise, where you move both your arms and legs, is a hugely effective way to lift your mood, increase energy, sharpen focus, and relax both the mind and body.



Get plenty of sleep - Sleep has a huge influence on your mood and productivity. Make sure you're getting between 7 to 8 hours of sleep every night.



How much does

Insomnia affect and stress you?

What is Insomnia?

Insomnia always has a very close relationship with stress. In TCM insomnia is a manifestation of a **Shen** (spirit) disorder which various internal disharmonies makes the spirit restless and thus creates sleeping problems. This leads to fatigue, low energy, diminished mental alertness and concentration during the daytime and STRESS.



Difficulty in falling asleep - body has accumulated heat or fire pathogens

Restless sleep - body has both pathogen accumulation and certain aspects of deficiency

Easily arousal from sleep and difficulty falling back to sleep are simply deficiency usually seen in a weakened spleen and heart functions.

When associated with signs like abdominal distension, gastric discomfort, belching and lack of appetite, the insomnia is usually due to spleen and stomach disorders.

Heart disorders may also appear with symptoms such as dream-disturbed sleep, dizziness, headache and forgetfulness, frequent fearful awakening, timidity, irritability and sighing are associated with disorders in the liver and gallbladder.



When it occurs nearly every night and lasts a month or longer, then you should seek help.

Acupressure points Massage 神门 (shen men, HT-7) Point (located on the ear) for 2 minutes before sleeping. It helps to calm the mind, decreases stress and promotes a good rest.



TCM Tips



People who prone to overthinking and have difficulty falling asleep

This tea helps to nourish the blood, replenishes the qi and calms the mind. Drink 2-3 times a week.

Ingredients:

- Dried Lily Bulbs (百合), 3-5 pcs
- Poria with Hostwood (茯神), 10 g
- Dried Longan (龙眼肉), ½ cup
- Seedless Red Dates (无核红枣), 1 cup

Instructions:

1. Bring all the ingredients to boil.
2. Reduce the heat and let it simmer for 30 minutes.



FOR PEOPLE WHO HAVE DREAMFUL SLEEP

This tea can help to calm the mind and heart. Drink 3-5 times a week.

Ingredients:

- Polygala Root (远志), 5g
- Ophiopogon Tuber (麦冬), 3-5pcs
- Spine Date Seeds (酸枣仁), 10pcs
- Honey, 1 teaspoon (optional)

Instructions:

1. Add boiling water and let ingredients steep in a cup for 10 minutes
2. Add honey to taste

Do you know?

*Oversleeping is a yang deficiency, while insomnia is a yin deficiency, and is associated with poor circulation, spleen deficiency or **stress**. Nightmares are associated with emotional imbalances or overindulgence in rich foods.*



What's good for our Children?

Encouragement Giving children good examples of people who've poor school outcomes but became successful in life can provide them hope and motivation they can do a similar thing.



By DR CAROL BALHETCHET, senior director for youth services at the Singapore Children's Society.

Relaxation Physical activity, such as heading out as a family to the park to get some exercise and enjoy nature are encouraged. It can also be in the form of mindfulness meditation, which can help sharpen their mind, help them focus and also improve their memory.

"It's not just about academics, but they just want to see their parents happy for who and what they are... There is more understanding across schools that children have to be measured more holistically, but some old structures like grading and assessment haven't changed".

Source acknowledgement: <https://www.straitstimes.com/singapore/when-grades-define-worth>

Prepare well-balanced foods for your children to make sure they get the right nutrition and also avoid illness.



Diet Tips



Fish

Salmon, sardines and mackerel are good as they contain an abundance of protein and Omega 3 and these nutrients are important to keep the brain healthy and alert, which is crucial in an examination.



Egg

The most versatile ingredient on Earth! Just one egg can contain numerous essential nutrients: 6g of protein, vitamin B12 (which helps convert glucose into energy) and less than 100 calories.



Slow-releasing carbohydrates

Whole grain bread, wholemeal pasta, brown rice and porridge to keep your blood sugar level stable and prevent concentration dips. They can be paired with fish and eggs for a more balanced meal!



Raw Nuts

A special mention to raw nuts as they are not only rich in nutrients, but are also packed with energy. Eating it at a regular interval also helps to keep the brain active and allows it to concentrate better.

Children are susceptible to illnesses, particularly those that affect the lungs and the spleen. TCM boost the child's immunity, by building up the 'Qi' in these organs through TCM herbs, paediatric tuina and by advising (caregivers) on the right diet for the child. To understand more on how to improve your child or family member health issues, feel free to contact our specialist for one to one consultation & advice.

Benefits of Immunity Health Screening with TCM



How does TCM works?

TCM treat diseases by taking into account your body constitution targeting the root cause to address your symptoms. With proper TCM intervention, Space Wellness aims to help you regain internal balance and strengthen your body's resistance to diseases.



Personalized medicine

Acupuncture



Tuina

Cupping



What is Personalized & Specialised TCM medicine?

Chinese internal medicine diseases are categorized into the sub-bodily systems of lung, heart, spleen and stomach, liver and bile, kidney, qi-blood and fluid, and meridian disease. Based upon your unique physio-pathology situation, our physician performs clinical analysis, diagnosis, and treatment of these respective internal diseases through herbal formulas and other TCM methods such as acupuncture or cupping etc.

SPACE Wellness Personalized & Specialised TCM medicine

Consult with our trained physician for illness and disease related to the:

- | | |
|---|--|
| <ul style="list-style-type: none"> • Thoracic system • Hepatobiliary & gastrointestinal system • Metabolic diseases • Dermatological related diseases • Eye diseases • Cardiovascular system • Renal and urinary system • Rheumatoid diseases | <ul style="list-style-type: none"> • Blood tumor diseases • neuropsychiatric disorders • Diabetes • Gastrointestinal diseases • Asthma • Nasal and respiratory allergy • Tumors |
|---|--|

SPACE Wellness Gynecology

- Endometriosis
- Infertility
- Dysmenorrhea
- Abnormal uterine bleeding
- Premenstrual syndrome
- Menopausal syndrome
- Uterine fibroids
- Chronic pelvic inflammation
- Polycystic ovarian syndrome (PCOS)
- Cervicitis and vaginitis
- Leukorrhea

What is TCM Gynaecology?

TCM has been successfully used for treating all kinds of women's health problems. Its treatment modalities have two major types: medicinal and non-medicinal. The two types are mutually coordinated and benefit each other to provide holistic and comprehensive treatments internally or externally. TCM gynaecological therapy helps to regulate and tonify yin, yang, qi, blood, and clears stagnation. Therapy can consist of acupuncture, Chinese herbal formula prescriptions tailored to the specific condition, supplements, diet modification, stress reduction and exercise recommendations.



What is TCM Paediatrics?

Same as adults, health issues for kids are also believed to be caused by an imbalance of yin and yang elements in the body and their organ functions are weak. The Qi (or energy) in their body cannot protect them from pathogens where they may fall sick easily. Throughout children's various growing stages, their bodily functions have yet to fully mature and this makes them more prone to illnesses. Kids are particularly susceptible to respiratory and digestive problems because their lungs and spleen systems tend to be weak. As a result, children may have recurring coughs or persistent phlegm after a bout of flu.

Paediatric tuina uses massage, acupressure, and body manipulation to stimulate specific acupoints or areas for treating and preventing diseases in children. It is also most effective for children under the age of seven.

SPACE Wellness Paediatrics

Our Treatments available to children includes Paediatric TCM Prescription, Paediatric Tuina Therapy and Paediatric Acupuncture Treatment:

- | | |
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| <ul style="list-style-type: none">▪ Respiratory Disorders▪ Influenza▪ Rhinorrhoea (Runny Nose)▪ Tonsillitis▪ Cough & Fever▪ Digestive Disorders▪ Constipation▪ Vomiting / Food Poisoning▪ Diarrhea▪ Colic | <ul style="list-style-type: none">▪ Atopic Dermatitis▪ Nocturnal Enuresis – Infant Bedwetting▪ Wry Neck (Infant Torticollis)▪ Hyperactivity – ADHD▪ Anorexia (Poor Appetite)▪ Dietary Habits and Picky Eating▪ Allergies▪ Allergic Rhinitis▪ Asthma |
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“TCM approach for Pediatrics focus more on strengthening growth of bones and spleen absorption.”

By Dr Iris Teo,
Physician, So Earth TCM
Philippines Corporation.

So Earth TCM Recommendation



用良心制良藥

Producing Medicine with Conscience

SG 1st TCM Manufacturer (GMP Certified)

Yi Shi Yuan was established in 1983 and is committed to the research and manufacturing of Chinese proprietary medicine and health care products. Our company is the first TCM manufacturer licensed by health sciences authority (HSA) in Singapore and is GMP certified. The medicines and health products of Yi Shi Yuan are distributed in the local and overseas markets and have received good reviews from the consumers.

We uphold the integrity of "producing medicine with conscience" and aim to provide healthier and more effective Chinese proprietary medicines and health products for our consumers.

Pao Shen Chong Cao

泡参虫草 Replenish qi (vital energy) to improve energy, strengthen physical fitness, slow down the aging process and promote immunity.

Indications

Cough due to deficiency syndrome of the lungs and kidney, asthma, excessive thirst, asthenic breathing, muscle weakness in legs, spermatorrhea, pain in the loins and knees.

Recommended Dosage

Take 2 capsules, 1-2 times daily.

Ingredients

[Suitable for Vegetarian]

Each capsule contains raw herbs as below:

冬虫夏草菌粉 (发酵) Cordyceps

Sinensis (Fermented)

泡参 Radix Panacis Quinquefoli



Retail Price: Peso 1,800.00

Lung Care

平喘丸 Warm the lungs and dispel cold, eliminate phlegm, relieve cough and dyspnoea, astringe the lung to relieve cough.

Indications

Asthma, cold phlegm retention in lung with productive cough and panting.

Recommended Dosage

Adult: Take 3 capsules, 2-3 times daily.

Children: Take 2-3 capsules, 2-3 times daily.

Ingredients

Each capsule contains raw herbs as below:

川贝母 Bulbus Fritariae Cirrhosae

茯苓 Poria

葛根 Radix Puerariae Lobatae

厚朴 Cortex Magnoliae Officinalis

桔梗 Radix Platycodonis

莱菔子 Semen Raphani

射干 Rhizoma Belamcandae

五味子 Fructus Schisandrae

细辛根 Radix Et Rhizoma Asari

杏仁 Semen Armeniacae Amarum



Retail Price: Peso 625.00