

Expanding Awareness of Chinese Herbal Remedies

At a first glance, the old mulberry tree sitting in your backyard is nothing more than a part of the scenery. Yet, this old tree is a natural source of healing power, overflowing with the potential to heal. Mulberries contain unique characteristics that make them extremely beneficial in the treatment of vision issues and nose bleeds, as well as for dialysis patients. We are surrounded by an endless number of natural herbs from which we can reap innumerable health benefits.

Chinese culture believes everything coming from the Earth plays a role in preserving nature's balance. "As human beings, it is necessary to realize that we are a part of nature," says Yinghua Wu, licensed acupuncturist, certified herbalist and founder of the Natural Wellness Institute. Like nature, the balance that must be function properly. The accomplish this state of is one of the main factors inner balance. For this into the daily diet is a



human body has an inner maintained in order to question is, 'How do we equilibrium?' In China, food believed to influence our reason, incorporating herbs traditional Chinese way of life. "Everything that is natural and edible is an "herb," including pork, chicken, leaves, and each serves a specific purpose in the human body," says Dr. Wu.

Unlike in America, where Motrin and Tylenol are our response to physical discomfort, in China, herbs are the medicine of preference for health issues. Problems may range from a simple cold to cancer, yet herbal remedies are almost always the answer. Lack of energy can be treated with a Chinese soup cooked with ginseng, wolfberries, dry tangerine skin, chicken and Astragalus root. People who experience insomnia can do away with sleepless nights by indulging in a dessert prepared with Chinese red beans, lily bulbs, dry longan fruit and coconut milk. An herbal remedy consisting of chrysanthemum flowers and mulberry tea leaves is recommended for those who suffer from high blood pressure. For women experiencing menstrual cramps, a recipe cooked with ginger, eggs, brown sugar, and Chinese herbs, chuan xiong and dang gui, will eliminate the pain. "I cannot think of any disease that cannot be helped or fully treated with herbs or herbal tea," states Dr. Wu. "Although I am a medical doctor, I do not like to prescribe patients with pharmaceuticals without first seeking a natural supplement. Herbs grow from the Earth for our own benefit."

Herbs are not only used for medicinal purposes but also for seasonal maintenance and during certain stages of human development to prevent future health issues. For example, it is common in China for mothers to prepare a special herbal concoction for their daughters when they begin their menses to prevent menstrual cramps and fertility issues. “Once a baby is born, mothers undergo a postnatal diet, known as ‘sitting in a month,’” explains Dr. Wu. The idea behind this diet is to replenish or build up a new woman. During this time, mothers are encouraged to avoid physical activity and consume a special herbal remedy for the first week to regain the nutrients lost during labor and pregnancy.

With this philosophy in mind, Dr. Wu will soon open Natural Wellness Taste, a restaurant founded on the idea of eating with purpose. “When Americans think of Chinese food, they think of pork fried rice and seafood,” says Dr. Wu. “They are eating the form, but not the spirit. I want to give people the opportunity to experience this spirit.” At Natural Wellness Taste, customers will benefit from a nutritious, as well as appetizing, meal. There will be no fixed menu, and meals will be prepared using various factors, including but not limited to, the individual, the season and the ailment. “Above all, I want people to enjoy a tasty meal,” says Dr. Wu. “My main goal is to give people the opportunity to learn and benefit from “real Chinese foods” and this particular aspect of Chinese culture.”

By Marisol Ruiz