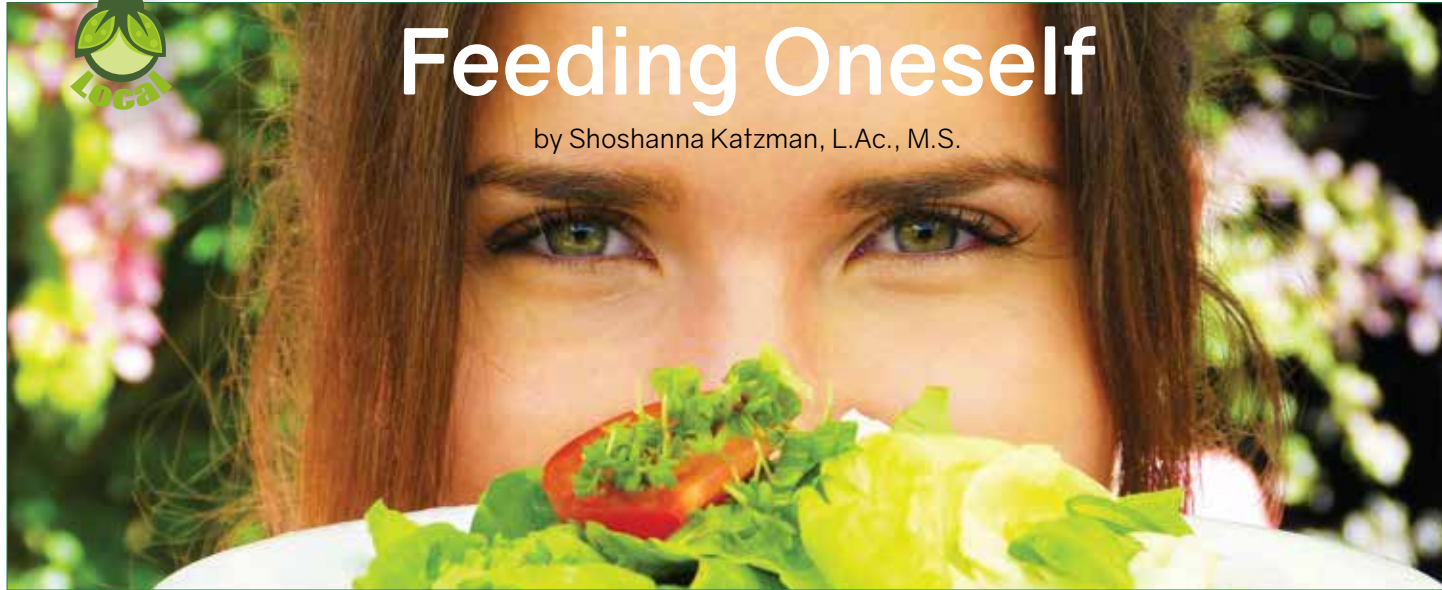




Feeding Oneself

by Shoshanna Katzman, L.Ac., M.S.



Following the principals of Chinese Medicine, making the right food choices is of primary importance for creating vibrant physical health and a balanced emotional state. Ingesting the highest quality food and drink produces greater quality and quantity of food qi, commonly referred to as “gu qi.” This is a special form of qi (vital energy) that directly contributes to abundant energy, optimal health and longevity. Simply knowing this to be true, provides impetus to commit oneself to making the right dietary choices for oneself.

This ancient system of medicine is further based on the premise that maintaining health of the spleen energetic system is a pre-requisite for producing high levels of food qi. This is due to it being in charge of transforming and transporting food within the body. As such, it is no surprise that this organ system is known as “the source of life.” And keeping kidney energetics strong is of prime importance due to providing the will power necessary to curb the desire to indulge in excessive amounts of sugary, salty and fatty substances. Lastly, heart energy needs to be nourished to maintain a balanced emotional state, compassion for oneself and wisdom derived from a well-nourished “heart-mind.”

In Chinese medicine food and herbs are viewed as medicinal substances. A practitioner typically provides individual dietary recommendations according to a person’s specific constitution and prevail-

ing symptoms – with the overall objective of maximizing health and healing.

Chinese dietary therapy advocates the importance of establishing regular eating patterns at the same time each day. It also recommends consuming a variety of foods,

Eating more cooked foods and warm drinks is highly recommended as they have a warming (yang) effect on the body. This serves to move qi and increase blood flow – thereby reducing pain and increasing overall health. It also maintains flow within the spleen and kidney energy systems, thereby strengthening digestion, energy and will power as previously mentioned. In addition, eat a predominance of steamed, sautéed or baked foods. The cooking process makes them easier to digest and assimilate. However, keep in mind that eating a small amount of raw foods such as salad is fine, as is an occasional cold drink. Moreover, Chinese dietary therapy recommends consuming food of varying colors and flavors due to their ability to nourish the organ system related to each of them based on the Law of the Five Elements.

- **The heart is associated with the bitter taste and foods that are red.**
- **The spleen is associated with the sweet taste and foods that are yellow.**
- **The lungs are associated with the pungent taste & foods that are white.**
- **The kidneys are associated with the salty taste and foods that are dark blue or black.**

- **The liver is associated with the sour taste and foods that are green.**

This provides a place to getting started with a plan to make simple adjustments that yield big benefits. Take time to prepare and eat food and consume refreshing drinks – while appreciating their nourishing gift. Don’t look back, instead start each day anew with clarity of conviction to only put the cleanest and healthiest foods into your body. If there is a slip up, not to worry there is always another meal to do better with the next time.

- **...start each day anew with clarity of conviction to only put the cleanest and healthiest foods into your body**

Shoshanna Katzman, L.Ac., M.S. is an acupuncturist, Chinese herbalist and director of Red Bank Acupuncture & Wellness Center in Shrewsbury, NJ for over thirty years. She is author of Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy (visit www.qigong4u.us) and co-author of Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness. Shoshanna has taught tai chi and qigong for over 45 years and is a 6th generation lineage holder of the Guang Ping Yang Style Tai Chi Form. She is preparing to release a Tai Chi Tutorial soon which she has been working on almost five years. For more information call 732.758.1800 or visit www.healing4u.com.

Instant Home

3D-Printed Buildings on the Rise

iconBuild.com



ICON, an Austin-based startup, built the first permitted 3D-printed house in the U.S. in its hometown in 2018. Since then, the company has built a small neighborhood in Mexico and launched its Vulcan II printer, which can produce houses measuring up to 2,000 square feet. San Francisco-based Apis Cor is another company in the 3D-printing space: It has just completed a two-story, 6,900-square-foot building in Dubai and it plans to build a demonstration house in Santa Barbara, CA. The upside of using 3D-printing techniques for building houses include lower cost, less waste and reduced construction time—six weeks versus six months. Current barriers include a lack of regulation and building codes, and a limit on the types of materials that can be used. The process is limited largely to plastics and concrete, and homes requiring wood or steel still need to use traditional methods.



Join the movement in End of Life Care at Ascend Hospice

Ascend Hospice is seeking compassionate volunteers to join our End of Life Doula program. Our program equips volunteers to accompany the dying and to provide emotional & spiritual support and guidance in the final days of life.

End of Life Doula Certificates are awarded once training and required service is completed.

To learn how to become an End of Life Doula volunteer at Ascend Hospice please call 1-866-821-1212 or click www.ascendhospice.com

Red Bank Acupuncture & Wellness Center

Balance Your Energy

**Acupuncture • Chinese Herbs • Therapeutic Massage
Tai Chi & Qigong Lessons**

Shoshanna Katzman, L.Ac., M.S., Director

Red Bank Acupuncture & Wellness Center is a caring group of individuals who are dedicated to helping you heal naturally

Enhance Your Health Today by Calling : 732-758-1800

830 Broad St. Suite A, Shrewsbury, NJ 07702 www.healing4u.com Gift Certificates Available