



Welcome to Dr. Wu's News, the spring edition. It's one of my favorite seasons because it's such an exciting time; new life with the budding of flowers and trees, a time of birth and re-birth. In this newsletter, I'm going to share some great information with you such as the welcoming of spring with the Vernal Equinox. This season is also a time for "spring cleaning." I've got a simple technique that will help you brush your toxins off and a special detox soup recipe that I've been doing every spring for years to clean and detoxify my entire system.

In the five Chinese elements, Wood is associated with the spring, when everything starts to bud and grow. The internal organs that are most active at this time are the liver and gallbladder. It's especially important to keep close attention to the liver. I've included a list of spring foods for a healthy liver and since the sense organ that rules the liver are the eyes, there's also an exercise to help improve your vision.

A change in season is also a great time to make changes in your life. I'm about to make some BIG CHANGES myself. And I invite you to join me. I will be relocating my office, but I'll still be in the Aventura area. You can always contact me at 786.271.0325.

Wishing You Health, Wealth and Happiness

Dr. Wu Dhi

"Just as the dawn is the time of new light, so the vernal equinox is the time of new life."

-Unknown

VERNAL EQUINOX

There are rituals and traditions that have been practiced for thousands of years surrounding the coming of spring and it's the most embraced season change. There's anticipation of the new lives that would blossom both in nature, in spirit and even in the home. And for many, the term "spring cleaning" is not just a physical activity. It's cleaning up the negative energy build up over the winter months and prepares for the positive budding energy of spring and summer. It's also a very important turning point health wise; a time to clean and detoxify the body of all the toxins accumulated.

The day that marks the first day of spring is the Vernal Equinox, which lands this year on March 20th, at 5:48am. This is when the sun is positioned above the equator; day and night are about equal in length all over the world. And once again as we do every year, we welcome spring and the days become longer. The occurrence of the equinoxes are not fixed and falls about six hours later every year, amounting to one full day in four years. Then it is reset by the occurrence of a leap year as we just experienced last month on February 29th.

According to Chinese medicine, people are equally affected by the environment. Living in harmony with the change in seasons can help one find balance throughout the year. The Vernal equinox initiates change and helps clean up after the winter's clutter and inactivity to set you up for spring. It's a time to "rise early with the sun" and take brisk walks.

Spring is ruled by the Wood element and is related to the liver and its complimentary organ, the gallbladder. This is the season when the two organs' energy are most active. Chinese medical practitioners target spring as an ideal time for a transformation of the liver since it's responsible for the flow of Qi (energy) throughout the body. Schedule a treatment today and get your Qi flowing.

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LIVER YIN and YANG

The liver is the largest internal organ and serves as the body's filter and major detoxifier. It regulates bile secretion, stores blood, secretes important proteins and nutrients. It also controls the muscles, tendons, ligaments, and is connected with the nails and eyes. It is considered the source of the body's physical strength. So just imagine what will happen to your body if the liver is not properly taken care of. The body will become toxic and eventually result to diseases.

PHYSICAL SYMPTOMS OF LIVER DISORDERS:

- Low appetite
- Digestive Disorders
- Dull pain in the right side
- Hepatitis
- High Cholesterol
- Hormonal Imbalances/PMS
- Vision Problems
- Skin Disorders
- Liver Spots
- Dark color under eyes
- Headache
- Lack of flexibility and stiffness

The liver's associated organ is the Gall Bladder; it's element is Wood. In the famous ancient Chinese book, it states that *Wood* out of all the five elements is the general of the armed forces, with lots of virtues and talents. It's in charge of strategy, creativity, planning and setting it in motion. It's also responsible for instantaneous solutions or sudden insights. The positive (yin) emotions are kindness, benevolence, compassion, and generosity. The negative (yang) emotions are fright and anger. The liver is also considered the "root of resistance to fatigue." If it's not functioning properly, a person can experience fatigue as well as physical weakness.

The Yin Set Liver Exercise in the Recharging Qi Gong program strengthens the entire liver organ and channels. This exercise is available at www.rechargingqigong.com



THE PHYTO-CHEM DIET

We've all heard the expression "an apple a day keeps the doctor away." That's mainly because of all the vitamins and minerals that one apple has. But recent studies attribute it to the 385 phytochemicals in a single apple. Phytochemicals are the natural chemicals found in plants that protect it from disease, pollutants and form the plant's immune system. People are also reaping the health benefits of phytochemicals with a diet rich in fruits and vegetables.

Our body is exposed to all kinds of toxins, and spring is the perfect time to detoxify your body. The Phyto-Chem Diet is a base-soup recipe that will remove environmental and dietary toxins. This will help boost your immune system and achieve optimal health, thanks to the phytochemicals in the vegetables.

INGREDIENTS

- 1 head of cabbage shredded (improves digestion)
- 6 large onions diced (induces sweating)
- 2 bulbs of garlic chopped (natural antibiotic)
- 2" of ginger minced (breaks down protein)
- 1 bunch of celery chopped (high in fiber)
- 1 green pepper sliced (reduces inflammation)
- 1 yellow pepper sliced (Vitamin C)
- Parsley chopped (promotes urination)
- 3 large tomatoes quartered (resolves food stagnation)
- 1 tbsp olive oil
- 3 quarts water

COOKING INSTRUCTIONS

With an iron skillet, begin by sautéing the onions, garlic, ginger and celery in 1 tbsp of olive oil till slightly brown. Then place in a large pot of 3 quarts of water. Next, add the cabbage, green and yellow peppers, parsley and tomatoes in the pot of water. After that, bring it to a boil. Let it simmer for about an hour. Finally for flavoring, add your favorite seasoning.

This is a short-term diet plan and only takes two weeks. If you want to be on a reducing diet (fat and excess water), you can shed up to 10 to 15 lbs in the first week. For fortifying, you can adjust the recipe. For low carbs add meat; pork, beef, sausage, fish, seafood or eggs. For high carbs add noodles, rice grains or beans.

The Phyto-Chem Diet provides the vitamins, nutrients, and antioxidants that the body needs to detoxify. Benefits include weight loss, improved energy, clearer skin, regular bowel movements, improved digestion, increased concentration and clarity.

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FOODS FOR A HEALTHY SPRING



When you think of spring, you think of the color green. And it's interesting that the organ related to the season, liver, is also green. This is a great time to have a diet rich in organic plants, like sprouts. Avoid processed and high fat foods since it's heavy and clogs the liver. The appetite should be slightly lower, so eat less to ease the liver function and get plenty of fresh air to help the liver Qi flow. Avoid late meals as to not interfere with the liver and gallbladder times of the night, which is from 11pm to 3am.

The liver Qi is active and stronger during the spring time. The smooth flow of Qi is not only responsible for normal secretion of bile in the body, but also mental and emotional activity. If there is stagnation, it may lead to depressive or anger related states.

SPRINGTIME FOODS THE WILL HELP CLEAR AND BALANCE THE LIVER

Relieves liver stagnation: strawberry, peach, onions, cabbage, sprouted grains, sweet rice, chestnut, broccoli, beans and seafood

Harmonizes the liver: grains & vegetables, legumes, sugar cane, licorice root, molasses, honey used sparingly, barley malt, and rice syrup

Calms liver excess: high quality vinegars (apple cider, brown rice, rice wine), lettuce, asparagus, grapefruit, and dandelion

Cools & detoxifies the liver: seaweeds, cucumber, millet, plum, watercress, mung beans, mushrooms, daikon radish and rhubarb root or stem

Tonifies liver Yin & blood: plentiful water intake, berries, chlorophyll rich foods (wheat & barley grass, blue-green algae, chlorella, spirulina) and aloe vera

Calms liver Wind: dried or fresh ginger, anise, celery, basil, sage, black sesame seeds, pine nuts, coconut, oats, black soybeans and flax oil

BRUSH YOUR TOXINS OFF

Did you know that the *SKIN* is the largest organ in the body, averaging 3,100 square inches of surface area? Just like the kidneys and colon, the skin is an organ of elimination, responsible for a quarter of the body's detoxification. It discharges more than a pound of waste products a day. If the pores on your skin are clogged with dead cells, the impurities will stay inside your body. The other organs like your kidneys and liver, will have to work twice as much to eliminate the toxins and eventually will be overworked. The build up of wastes in the body will then result to diseases.

I'm going to share with you an old natural healing technique that keeps the pores open allowing the body to continue to release the impurities. It's called *DRY BRUSHING*. This method will also help regulate the body temperature and encourages new cells to generate, absorbing oxygen and nutrients.

Begin with a natural bristle brush, not a synthetic one so it doesn't scratch the surface of your skin, and one with a long handle so it's easy to reach all areas of the body, especially your back. Make an effort to dry brush before taking a shower in the morning. If done before bed, it can cause too much stimulation and may interrupt sleep. Make sure to not wet the skin or it will have the opposite effect.

In a standing position fully undressed, start at the chest. With rhythmic strokes, brush down the inside of the right and left arms. Then in an upward direction, brush up on the outside of the arms on both sides. After that, brush from the inside of the legs and always brush towards the heart. This will help bring back the blood in that area. Next, start from the hip and work your way down brushing the outside of the legs. Afterwards, brush up the back legs, and up towards the buttocks as far as the waist. For the back portion of the body, brush the lower back and kidneys in a circular motion. Once both sides are done, brush the upper back and the shoulders with the opposite arm.

Now gently brush from the waist up to the underarms on both sides. Then brush from the navel up to the heart and from the chest towards the heart. Brush more gently where the skin is the thinnest and avoid sensitive areas. Do lighter strokes over and around the breasts, but not on the nipples. End with brushing the entire back up the spine.

Make sure to take a warm shower soon after. And for hygiene purpose, wash the brush every couple of weeks and allow it to dry. This simple brushing method will stimulate every part of your body. You should see the difference after a few Dry Brushing sessions. Not only will your skin be soft and smooth glowing, but your body will continuously clean itself of the toxins.

RESTORING HEALTHY EYES



In Chinese medicine, each organ has a specific sense organ that goes with it. It is well understood that the eye is nourished by all the internal organs of the body, but closely related to the liver. A deficiency of liver yin or blood can usually be traced to chronic eye problems. So it is common to resolve eye disorder by treating the liver.

MERIDIAN POINTS TO STIMULATE THE EYES

1. **Stomach 1** (Zan Zhu) located directly below the eyeball. For near sightedness, itchy eyes and facial twitching.
2. **Urinary Bladder 1** (Jing Ming) located right above the tear duct. For redness, night and colored blindness, improves vision and brightens eyes.
3. **Yin Tang** is the point right between the eyebrows. For headaches, head heaviness and insomnia.
4. **Triple Warmer 23** (San Jiao) located at the depression at the end of the eyebrow. For eye twitching, blurred vision and facial paralysis.
5. **Gall Bladder 1** (Tong Ziliao) located directly on the outside of the eye, leveled with the pupil. For glaucoma, reduces swelling in the eyes and excessive tearing when exposed to wind.

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ADDRESS CORRECTION REQUESTED

Have you noticed out of a billion Chinese living in China, very few wear glasses? That's because many practice special eye-massage exercises based on some of the acupuncture points I've provided. Below are two exercises I prescribe to some of my patients. Try to spend a few minutes practicing the following to keep the eyes healthy:

Exercise #1: Clap your hands together, and rub them vigorously for several seconds. With two cupped hands, place both palms over the eyes and feel the warmth of the hands bringing heat and energy into the eyes. Then apply heavy pressure on each point on each eye with the thumbs for about ten to thirty seconds. (*If you feel any kind of pain, there is a weakness in the eyes. But when the eyes are healthy, there will be no discomfort.*) Then rub the points with the thumbs using strong pressure. Completing all five points is one round of this exercise. Repeat for three rounds.

Exercise #2: Using the fingers, gently massage each key pressure point in a circular motion. (*This rubbing sends additional energy into the eyes and helps reduce wrinkles of the skin around the eyes. Do not rub in the opposite direction because the result will be opposite, weakening the eye muscles and cause wrinkles to appear.*)

Complete all five points in order. Then once again, rub the hands together vigorously and place the palms over the eyes and feel the warmth. Repeat in its entirety three times.

