

Zhu's Scalp Acupuncture Research and Education Foundation
Zhu's Acupuncture Medical and Neurology Center



FOR YOUR HEALTH

Information, News and Events

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The Unremarkable Ginger



Last summer, we talked about the medicinal values of watermelon. In this winter issue, let us show you how ginger can help you in many wonderful ways.

Ginger root is spicy and warming. Simple and elegant!

Common cold: As soon as you start to feel a little scratchy in your throat, or have a stuffed or running nose, serve yourself a hot cup of ginger tea. Use 3 – 4 slices of fresh ginger to a cup of water. Simmer for 10 minutes. Add some brown sugar or a pinch of cinnamon. Drink it hot. It promotes sweating and dispels chills.

Cough: Ginger is a good expectorant for coughs with thin or foamy white phlegm. Prepare ginger tea as above without adding sugar.

Stomach ache: Ginger tea also soothes stomach discomfort, flatulence and indigestion caused by cold food and drinks. For young kids, you can topically apply on the abdomen around the naval. Soak a few pieces of cotton gauze with ginger juice and cover the area with a heating pad.

Nausea and vomiting: A quick way to stop nausea is to put 1-2 slices of ginger directly in the mouth. This also works well for **Morning sickness** during pregnancy and **Motion sickness**.

Diarrhea: If you have mild watery diarrhea with undigested food, drink a cup of ginger tea. In this case it is even better to use dried ginger root by first roasting the

slices in a toaster oven. Traditionally it is dried by burying in hot ashes.

Postpartum care: This is something often neglected by American mothers. After delivering a baby, a woman is depleted of qi (energy) and blood. It is of utmost importance that she gets warm and nutritious foods that promote energy and good circulation. Cold food and drinks must be avoided. Traditionally, Chinese women are fed special soup with ginger, bones, eggs and vinegar; also nourishing are ginger fried rice, ginger chicken, ginger fish soup and chicken wine.

Edema: Peeled skin of the ginger root is diuretic and reduces edema and ascitis.

Rheumatic pain: Massage on the painful joints with ginger root or essential oil extracted from ginger.

Other uses: Actually the most common use at home is in cooking, for dispelling fishy smell or adding a spicy flavor to a dish. If certain food causes loose stools, addition of a little bit of ginger will probably stop the problem. In Chinese herbal pharmacies, ginger is used to reduce the toxicity of some herbs.

However, ginger is not indicated for people who are internally hot, as indicated by constipation or a breakout of acne. People with high blood pressure should also use ginger with caution.

Now, will you throw your ginger away? The above are home remedies for simple ailments only. If your condition is severe or when in doubt, consult us immediately.

Need some ideas for your holiday shopping?

Give a Gift of Health



Our **Gift Certificates** are the perfect gift for your friends, employees and valued customers. It can be purchased in any amount and may be redeemed for our service or merchandise. There is no expiration date.

Pure American Ginseng\$30

American Ginseng is a potent tonic for qi (energy) and yin, good for exhaustion, debility and thirst. We select high quality ginseng roots from Wisconsin and grind them into powder ourselves. Our product, without any additives, is convenient to ingest and easily absorbed.



Multi-function Foot Massage Board....\$33

A simple way to improve you overall well-being. Just stand on the board for 5 minutes once or twice a day. It not only alleviates any neck or back problems, but also improves body functions including your memory and clarity of mind. It helps control weight too.

Ginseng Royal Jelly\$12/box of 30 vials

A queen bee has a life span of 40 times longer than a worker bee because the queen bee feeds on special Royal Jelly secreted by worker bees. The other ingredient Ginseng is well known for its tonic action. This nutritional supplement will boost your energy and enhance your immunity. (Not suitable for diabetes.)

Merry Christmas and Happy New Year



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