



IF YOU HAD LISTENED TO YOUR MOTHER, YOU WOULDN'T NEED TO BE SPENDING ALL THAT TIME AT THE DOCTOR'S OFFICE.

JEWISH MOTHER'S GUIDE TO CHINESE MEDICINE

猶太媽對
中醫的指南

FIND OUT:

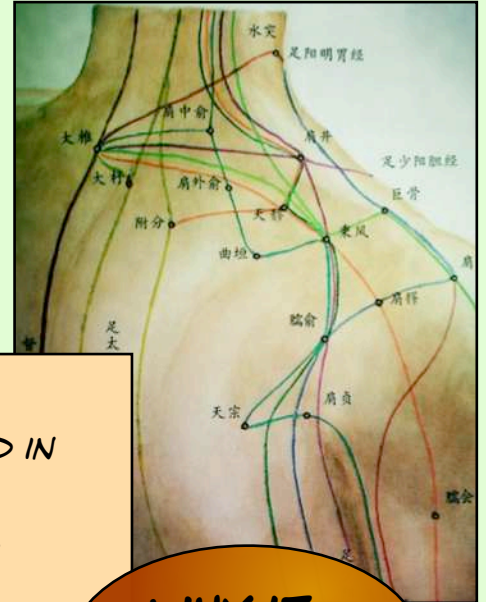
- WHY COLD DRINKS ARE A BAD IDEA, ESPECIALLY FOR WOMEN.
- THE SECRET TO USING A SCARF TO REDUCE NECK PAIN.
- HOW TO STOP THE COMMON COLD IN ITS TRACKS.
- THE AMAZING WISDOM BEHIND YOUR GRAMMPA'S AFTERNOON NAPS.
- THE ONE BREAKFAST DRINK TO AVOID THAT WILL HELP YOU TO LOSE WEIGHT AND STRENGTHEN YOUR METABOLISM.

AND MORE.....

預防感冒



PUT A SCARF ON, YOU'LL CATCH YOUR DEATH OF COLD OUT THERE.



THERE ARE A NUMBER OF IMPORTANT MERIDIANS THAT RUN THROUGH THE BACK OF THE NECK, ALL OF WHICH ARE INVOLVED IN THE IMMUNE RESPONSE TOWARD EXTERNAL PATHOGENS. FURTHERMORE, FOR THOSE WITH A PROPENSITY TOWARD NECK PAIN, OCCIPITAL HEADACHES OR EASILY BOTHERED BY DRAFTS KEEPING THE BACK OF THE NECK COVERED UP AND PROTECTED FROM WIND AND COLD IS THE BEST WAY TO REDUCE THE AMOUNT OF PAIN KILLERS YOU TAKE FOR HEADACHES AND THE VARIOUS PROBLEMS BORN OF CHRONIC MUSCLE TENSION.

WHY IT MATTERS



THOSE OF YOU WITH THESE KINDS OF SENSITIVITIES TO COLD AND DRAFTS ARE PROBABLY ALREADY WEARING TURTLENECKS OR HAVE A VAST COLLECTION OF SCARVES, AS YOU INTUITIVELY KNOW TO KEEP THIS AREA WARM AND PROTECTED.

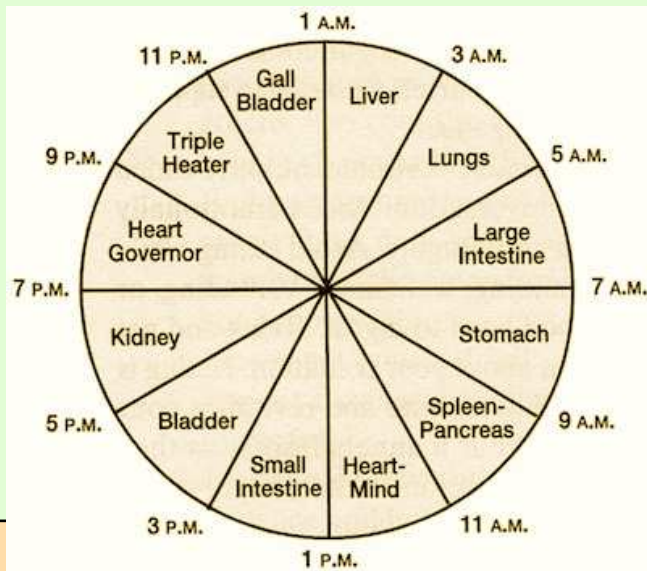
FOR YOU FOLKS THE ADDITION OF CINNAMON INTO YOUR COFFEE, TEA OR BAKING WILL HELP YOU TO BETTER TOLERATE THE COLD.

吃好早餐



EAT YOUR BREAKFAST!

IF YOU HAVE EVER TRAVELED MORE THAN A FEW TIME ZONES YOU'LL KNOW FIRSTHAND THROUGH THE EXPERIENCE OF JETLAG HOW YOUR BODY IS ADAPTED TO THE CIRCADIAN RHYTHM OF YOUR LOCALE.



THE CHINESE HAVE BEEN AWARE OF THESE RHYTHMS FOR MILLENNIA, AND MAPPED OUT WHICH ORGAN SYSTEMS ARE MOST ACTIVE AT VARIOUS TIMES THROUGHOUT THE DAY. AND IT JUST SO HAPPENS THAT FROM 5-9AM THE DIGESTIVE SYSTEM IS MOST ACTIVE.

WHAT'S MORE, YOUR DIGESTION NEEDS HEAT TO DO ITS WORK, PUTTING COLD FOODS INTO YOUR SYSTEM SLOWS DOWN THE DIGESTIVE FIRES.

TO GET THE MOST FROM YOUR NUTRITION, EAT BREAKFAST DURING THIS PERIOD WHEN THE DIGESTIVE SYSTEM NATURALLY HAS MORE ENERGY TO DO ITS JOB.



WHY IT MATTERS

別喝冷的



LISTEN HONEY, WE ARE WARM-BLOODED CREATURES. YOU KNOW WHAT COLD DOES TO NICE WARM MOIST LIVING FLESH?

THINK ABOUT WHAT HAPPENS WHEN YOU STEP OUTSIDE IN A PAIR OF SHORTS AND TEE SHIRT WHEN IT'S 25 DEGREES. EVERYTHING CONTRACTS AND TIGHTENS UP IN THE COLD, PLUS THE BLOOD FLOW IS INSTANTLY IMPAIRED.

HAVE A NICE HOT BOWL OF SOUP. AND STOP WITH THE ICE IN YOUR DRINKS ALREADY!

WHY IT MATTERS



DO YOU HAVE DIGESTIVE ISSUES?
(RAISE YOUR HAND IF YOU ARE TAKING THE LITTLE PURPLE PILL, YEAH, YOU!)

ICY FLUIDS ENTERING YOUR DIGESTIVE SYSTEM CAUSE YOUR STOMACH AND INTESTINES TO CONTRACT.

WHAT ELSE HAPPENS?
THE NATURAL MOVEMENT OF THESE ORGANS IS REDUCED, AND YOUR DIGESTIVE JUICES ARE WEAKENED, ALL OF WHICH IMPEDES THE DIGESTIVE PROCESS.



AND YOU NICE GIRLS OUT THERE WITH MENSTRUAL PAIN. HOW MANY OF YOU ARE PUTTING ICE PACKS ON YOUR BELLY TO SOOTHE THE DISCOMFORT?

NONE, RIGHT? YOU USE HEAT, AS HEAT HELPS CONTRACTED AND SPASMODIC TISSUE TO RELAX AND RELEASE.

SO DRINK NICE WARM, OR HOT FLUIDS DURING YOUR PERIOD. AND STAY AWAY FROM THE ICE CREAM TOO.



WE HAVE BEEN TAUGHT IN AMERICAN CULTURE TO DRINK ICY WATER.

WE DON'T EVEN NOTICE HOW WEIRD IT IS SIT DOWN IN A RESTAURANT TO A TALL GLASS OF ICE FILLED WATER WHILE WE ARE STILL SHAKING THE SNOW OFF OUR BOOTS.



UP FOR A LITTLE DIY SCIENTIFIC EXPERIMENT?

TRY THIS: GIVE UP ICY DRINKS FOR 30 DAYS. THEN DRINK A NICE TALL GLASS OF ICE WATER AND NOTICE HOW YOU FEEL.



ESPECIALLY IN THE WINTER YOU COULD EXPERIMENT WITH THE CHINESE HABIT OF DRINKING WARM OR EVEN HOT WATER.

YES, IT DOES SEEM STRANGE TO US WESTERNERS. BUT, ONCE YOU GET OVER THE STRANGENESS OF A NEW HABIT, YOU JUST MIGHT FIND THAT THE CHRONIC STOMACH PAIN YOU TRY TO IGNORE, OR BLOATING AFTER A MEAL DISAPPEARS.

AGAIN, FOR WOMEN WITH MENSTRUAL PAIN, WARM FLUIDS BEFORE AND DURING THE PERIOD CAN MAKE A BIT DIFFERENCE!

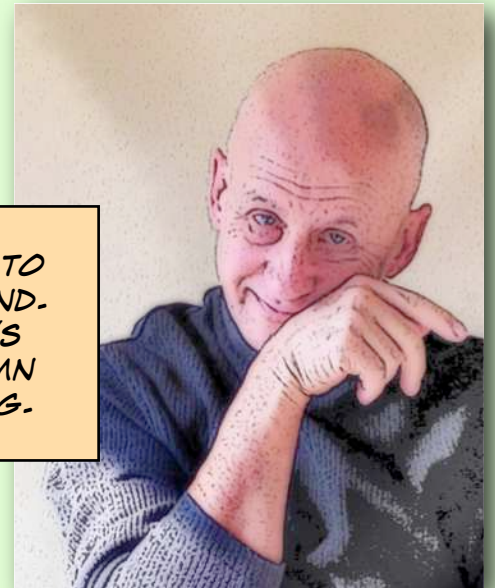
走走路吧



WALK A LITTLE, IT'S NOT GONNA KILL YA.

REMEMBER WHAT LAO ZI SAID ABOUT THE "JOURNEY OF A 10,000 MILES BEGINNING WITH A SINGLE STEP?"

MOST PEOPLE THINK THAT MEANS YOU JUST NEED TO GET STARTED ON WHATEVER GOAL YOU HAVE IN MIND. TAKE THAT FIRST STEP AND YOU'LL BE FINE. THAT'S NOT AT ALL WHAT HE MEANT. HE MEANT IT'S A DAMN LONG JOURNEY. SO GET STARTED AND KEEP GOING.



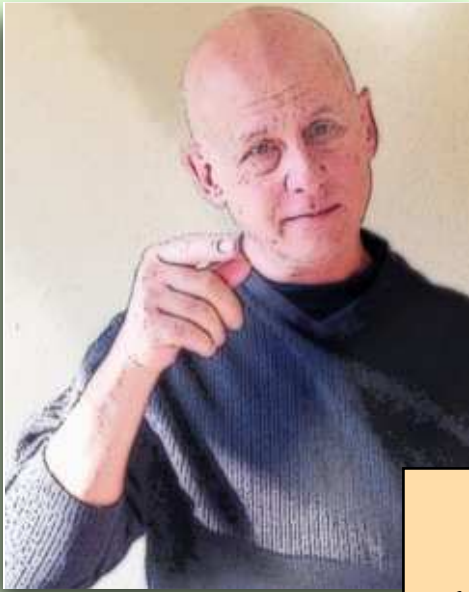
THE GOAL OF 10,000 STEPS A DAY IS A GOOD TARGET TO SHOOT FOR.

YOU ALREADY KNOW YOU CAN PARK YOUR CAR AT THE FAR END OF THE PARKING LOT, OR TAKE THE STAIRS AT WORK.

WHY NOT GET SOME FRESH AIR AND HAVE YOUR NEXT MEETING AS A WALK AND TALK?

OR FORGO THE TREADMILL AND WEIGHT STATION AND WALK TO THE STORE AND HOOF A BAG OR TWO OF GROCERIES BACK.

AND TAKE THE ROUTE THAT'S UPHILL BOTH WAYS!



YOU WILL BURN A FEW CALORIES WITH WALKING, BUT NOT SO MANY THAT A SNICKERS BAR WON'T CANCEL YOUR EFFORT.

MORE IMPORTANT THAN CALORIES BURNT IS THE GENTLE MASSAGE OF YOUR MUSCULATURE AND INTERNAL ORGANS FROM WALKING'S FLUID REPETITIVE MOTION.

WHY IT MATTERS

CHINESE MEDICINE SEES LIFE AS MOVEMENT.

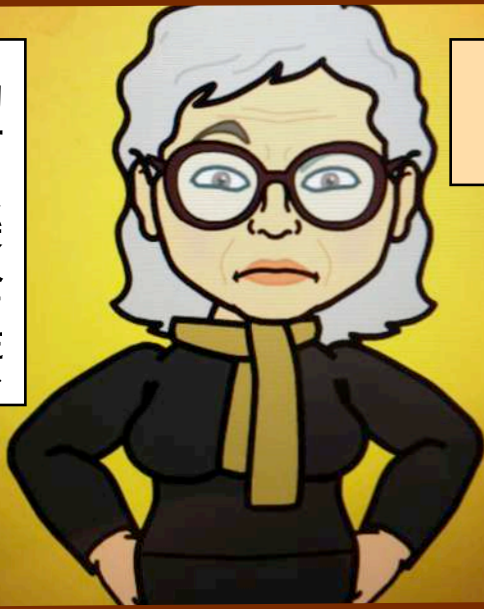
OUR BODIES ARE PUT TOGETHER IN SUCH A WAY THAT OUR EVERYDAY FULL-BODY MOVEMENTS HELP TO STRETCH AND LUBRICATE THE VISCERA, PROMOTE PERISTALSIS FOR DIGESTION AND ALLOWS THE VARIOUS COUNTERBALANCING TENDONS, MUSCLES AND CONNECTIVE TISSUE TO KEEP US PAIN-FREE, LOOSE AND MOBILE.

PLUS THE FRESH AIR WILL BE GOOD FOR YOU.

AND YOU MIGHT MEET SOME NICE NEIGHBORS!



喝可樂幹麼



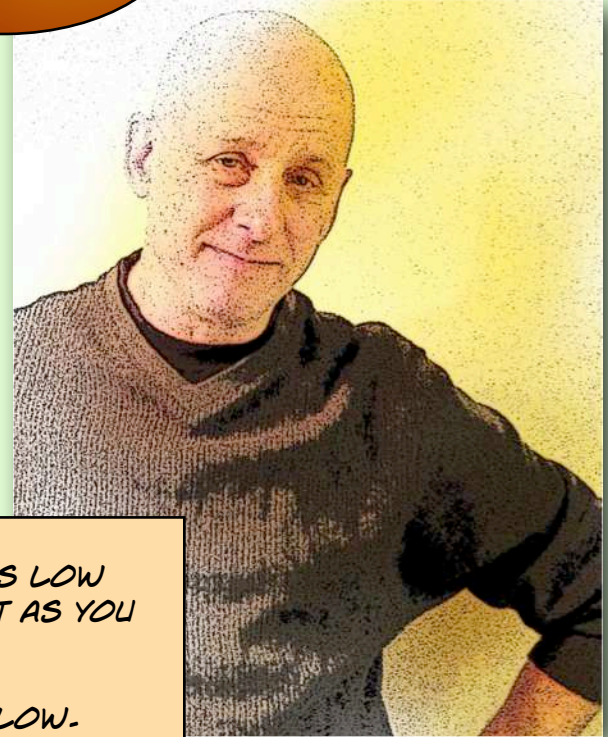
HONEY, SODA POP IS NOT A BREAKFAST DRINK.

SERIOUSLY, LET'S BE STRAIGHT WITH EACH OTHER. THERE ARE FAR BETTER CHOICES IF WHAT YOU LOOKING FOR IS CAFFEINE. AND REMEMBER WHAT WE SAID ABOUT ICY DRINKS?

WHAT, YOU WANT TO DESTROY YOUR DIGESTION AND GIVE YOURSELF A GOOD CASE OF DIABETES TO BOOT?

WHY IT MATTERS

PROTEIN AND FAT ARE YOUR FUELS OF CHOICE FOR THE MORNING. THOSE SUGARY CEREALS ARE ALSO GOING TO SPIKE YOUR BLOOD SUGAR, LEAVE YOU CRAVING A DONUT IN ABOUT AN HOUR AND A HALF, AND ADD MORE GIRTH TO YOUR MIDDLE.



DID YOU KNOW THAT IF YOU KEEP YOUR REFINED CARBS LOW YOU CAN PRETTY MUCH EAT AS MUCH PROTEIN AND FAT AS YOU LIKE?

THE KEY HERE IS TO BE SURE YOUR CARBS ARE KEPT LOW.

VERY LOW, AS DETAILED IN THE BOOK ART AND SCIENCE OF LOW CARBOHYDRATE LIVING.

WARNING THIS BOOK MAY HAVE YOU QUESTIONING MOST OF WHAT YOU HAVE BEEN TOLD ABOUT NUTRITION. SOUNDS A LOT LIKE THE RANTING'S FROM YOUR UNCLE DMITRI WHO LOOKED DAMN GOOD AFTER FOLLOWING THE ATKINS DIET ALL THOSE YEARS AGO.

飯後休息哦



IT'S NOT JUST YOUR GRANDPA SAM AND UNCLE JOHNNY, OR THOSE FOLKS SOUTH OF THE BORDER THAT TAKE A LITTLE 20-MINUTE SNOOZE IN THE EARLY AFTERNOON.

CULTURES AS DIVERSE AS THOSE FOUND IN EUROPE AND ASIA ALSO CONSIDER A NAP AFTER LUNCH TO BE VITAL TO THEIR WELLBEING AND PRODUCTIVITY.

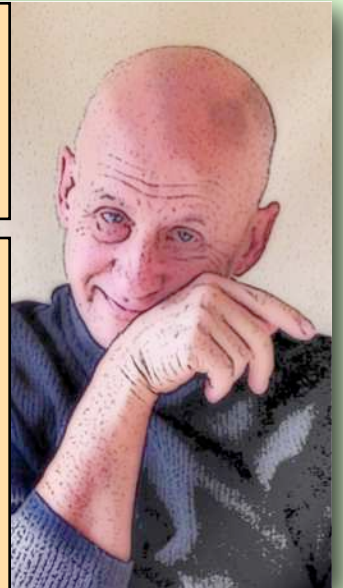
A LITTLE NAP AFTER LUNCH IS GOOD FOR YOU.

WHY IT MATTERS

THOSE ROCKET SCIENTISTS OVER AT NASA HAVE DETERMINED THAT A 26-MINUTE NAP INCREASES PERFORMANCE BY 34% AND ALERTNESS BY 54%.

LOOKING AGAIN AT THE CHINESE CLOCK WE SEE THAT 1-3PM IS WHEN THE BODY'S ENERGY CONCENTRATES IN THE SMALL INTESTINE.

IN ADDITION TO BREAKING APART AND SELECTING OUT NUTRIENTS ON A PHYSICAL LEVEL. THE SMALL INTESTINE IS CONSIDERED TO HAVE AN EFFECT ON OUR MENTAL ABILITY TO DISCRIMINATE AND DISCERN. HAVING A REST AT THIS TIME GIVES A BOOST TO OUR MENTAL POWERS OF CONCENTRATION AND PERFORMANCE. JUST LIKE THOSE WISE GUYS AT NASA SUGGESTED.



SEE HOW SMART GRAMPA WAS!

感冒好好休息



WHEN YOU FEEL SICK, REST.

YOU'RE FLESH AND BLOOD, NOT A MACHINE. THAT FEVER YOU HAVE WHEN YOU HAVE A COLD OR THE FLU, IT'S THERE FOR A REASON.



IT'S PART OF YOUR BODY'S HEALING RESPONSE. YOU NEED THAT FEVER TO KILL OFF THE PATHOGEN. AND IF YOU ARE TAKING SOME KIND OF OVER THE COUNTER COLD CURE MEDICATION, IT WILL NO DOUBT HAVE FEVER REDUCING MEDICATIONS IN IT.

THAT MEANS YOU ARE SHUTTING DOWN YOUR BODY'S BUILT-IN HEALING RESPONSE.

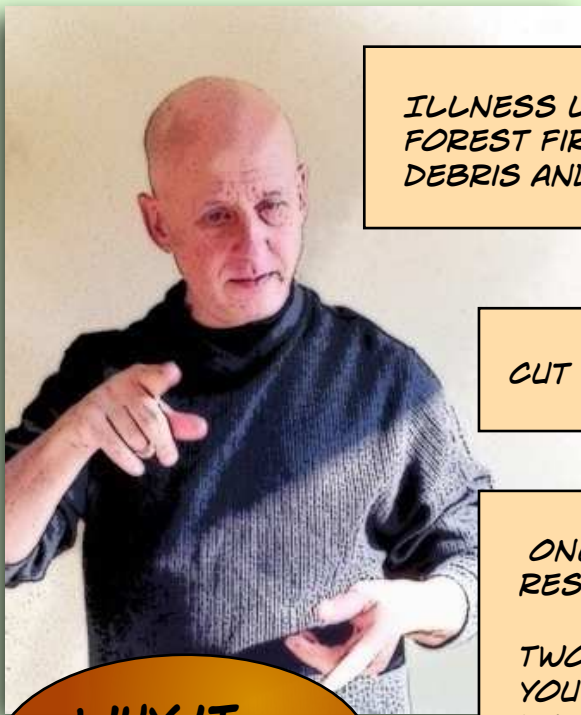
THOSE DECONGESTANTS THAT STOP THE RUNNY NOSE?

AGAIN, YOUR BODY IS TRYING TO GET THIS GARBAGE OUT OF YOUR SYSTEM. STOPPING THAT NATURAL FLOW CAN LEAD TO OTHER PROBLEMS.



ARE YOU ONE OF THOSE PEOPLE THAT GET A DRY LINGERING COUGH AFTER A COLD?

MOST LIKELY THAT'S DUE TO THOSE MEDICATIONS THAT HAVE DRIED UP YOUR MUCUS MEMBRANES.



ILLNESS LIKE COLDS AND FLUS ARE KIND OF LIKE SMALL FOREST FIRES, THEY AN OPPORTUNITY TO CLEAR OUT SOME DEBRIS AND STRENGTHEN THE SYSTEM AS A WHOLE.

CUT SHORT THAT PROCESS AND TWO THINGS HAPPEN.

ONE, YOU DON'T GET A COMPLETE IMMUNE RESPONSE TO THE INVADER.

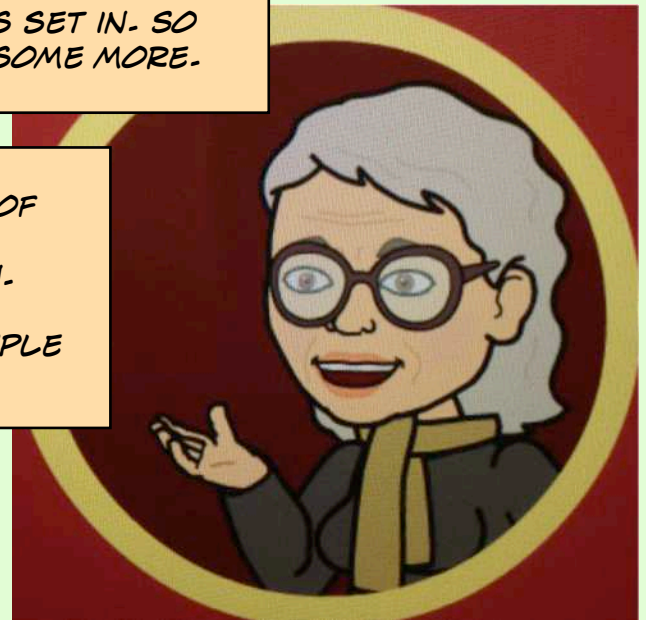
TWO, YOU LEAVE BEHIND CELLULAR DEBRIS THAT YOU WOULD BE BETTER OFF WITHOUT. CHINESE DOCTORS OF THE PAST SAW THESE AS CASES OF "LINGERING PATHOGENS."

WE CALL IT THE COLD THAT JUST WON'T END, AS YOU GO FROM DAYS TO WEEKS OF NOT FEELING QUITE RIGHT.

WHY IT MATTERS

THERE IS NO CURE FOR A "COLD" ONCE IT HAS SET IN. SO LET IT RUN ITS COURSE. SLEEP, AND SLEEP SOME MORE.

HOT SOUPS ARE NICE, DRINK LOTS OF THEM. YOUR BIOLOGY IS WAY MORE INTELLIGENT THAN ANY MEDICATION. GIVE IT AN OPPORTUNITY TO COMPLETELY HEAL YOU WITH A COUPLE DAYS OF DOWNTIME AND REST.



PREVENTION?

TO WARD OFF THE COMMON COLD AT THE VERY BEGINNING, SWEAT IT OUT WITH GINGER AND CINNAMON. FOLLOW THIS LINK- [HTTP://IS.GD/ZATX8M](http://is.gd/zatx8m)

避免麻煩



WHAT? YOU WANT ARTHRITIS LIKE YOUR GREAT-GRANDMA ROSE?

WEAR YOUR GLOVES IN THE WINTER TIME IF YOU HAVE HAND PAIN

WHY IT MATTERS

THE JOINTS OF THE HAND ARE EASILY AFFECTED BY COLD, AS THE BLOOD CIRCULATION AT THE PERIPHERY OF OUR BODIES NATURALLY SLOWS DOWN. AND WHEN THE HANDS GET COLD, THAT CIRCULATION IS FURTHER REDUCED.

THE RESULT? THE MUSCLES, TENDONS, CONNECTIVE TISSUE AND BONES RECEIVE LESS NOURISHMENT. OVER TIME THIS LEADS TO WHAT IN CHINESE WE CALL "COLD OBSTRUCTION" (TRANSLATE THAT TO ARTHRITIS IN ENGLISH).

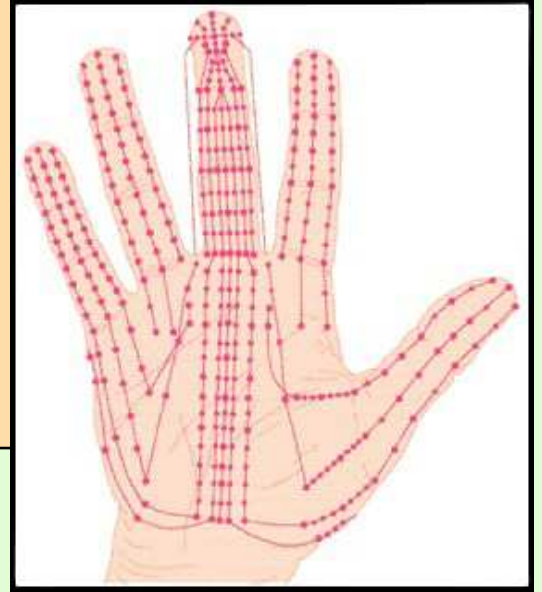
THIS IS WHY PEOPLE WITH ARTHRITIC CONDITIONS CAN FORECAST THE WEATHER. THEY ARE MORE SENSITIVE TO COLD AND DAMPNES.



KEEP THE WIND AND COLD OFF YOUR HANDS BY WEARING GLOVES IN THE WINTERTIME.

YEAH, YOU COULD TOUGH IT OUT WHEN YOU WERE 20 SOMETHING, BUT DON'T TRY TO FOOL YOURSELF IF YOU ARE IN YOUR 50'S OR ABOVE.

PREVENTION IS THE BEST WAY TO INSURE YOU DON'T END UP HELPING TO FINANCE THE YACHT OF SOME DRUG CARTEL'S PRESIDENT WITH A LIFETIME PRESCRIPTION TO THE LATEST ARTHRITIS MEDICATION.



ANYONE WITH A TOUCH OF ARTHRITIS ALREADY KNOWS WHEN THE WEATHER WILL CHANGE BEFORE THE WEATHER GUESSERS ON TV. PROOF POSITIVE THAT THERE IS A CONNECTION BETWEEN THE OUTER ENVIRONMENT AND YOUR INNER ECOLOGY.

WHAT'S MORE, YOU ALSO KNOW THAT A BIT OF EXPOSURE TO COLD RESULTS IN MORE PAIN AND STIFFNESS.



SO PUT THOSE GLOVES ON FOR GOODNESS SAKE.

AND CONSIDER ONE OF THE CHINESE HERBAL FORMULAS THAT PROMOTES BLOOD CIRCULATION TO THE EXTREMITIES AND HELPS TO DRIVE THE COLD OUT OF YOUR BONES.

睡好覺



REALLY HONEY, HOW CAN YOU GET A NICE 8 HOURS OF SLEEP WHEN YOU'VE JUST WIRED YOURSELF UP WITH A COUPLE EPISODES OF MAD MEN?

TURN OFF THE TV BEFORE GOING TO BED.

THE CHINESE SAY THE LIVER OPENS OUT TO THE EYES, AND THIS IS AN EXTENSION OF THE LIVER.

YOUR LIVER IS DARNED BUSY WITH A BOATLOAD OF METABOLIC HOUSEKEEPING AT NIGHT. WATCHING TV LATE INTO THE EVENING GETS THE LIVER ALL DISTRACTED AND JITTERY.



WHY IT MATTERS



I KNOW THAT SMART PHONE IS GLUED TO YOUR PALM, AND WHILE IT SEEMS LIKE THE TV IS A NICE COMPANION, IN FACT ALL THESE LITTLE ELECTRONIC NUDGES JUST TEASE YOUR BRAIN INTO A DISTRACTED, HYPERACTIVE STATE. INWARD AND DOWNWARD IS THE DIRECTION YOU WANT FOR SLEEP.

SO TURN DOWN THE LIGHTS, CURL UP WITH A NICE BOOK THAT IS NOT OF THE VACATION PAGE-TURNER VARIETY, OR EVEN MEDITATE FOR 15 MINUTES. (YOU KNOW YOU'VE BEEN PROMISING YOURSELF YOU WOULD DO THIS FOR A WHILE NOW.)

GIVE YOUR BLOOD A CHANCE TO SETTLE, AND LET THE LIVER GET READY TO DO ITS WORK. IT'S MOST ACTIVE BETWEEN 1-3AM, SO IT'S BEST IF YOU ALREADY HAVE AT LEAST A FEW HOURS OF SLEEP BEFORE 1AM ROLLS AROUND.

別彎腰駝背

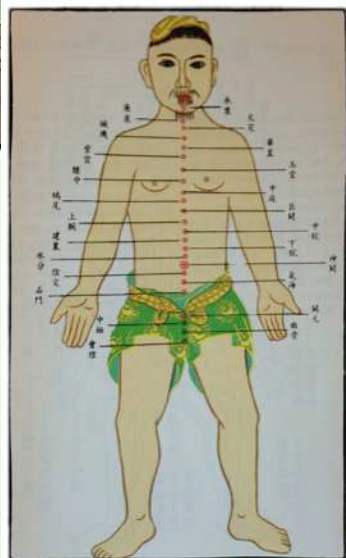
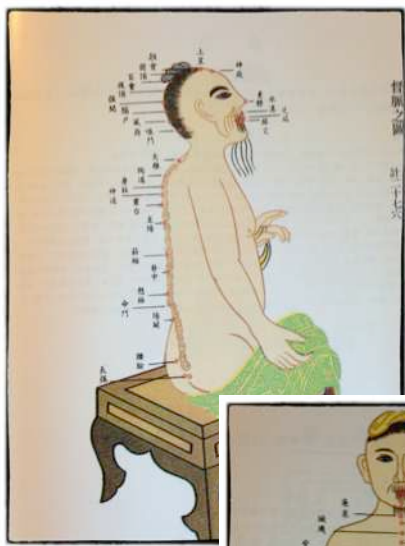


SIT UP STRAIGHT; YOU WANT TO LOOK LIKE YOUR UNCLE JACK FOR GOD'S SAKE?

THE "DU" AND "REN," TWO OF THE MOST PRIMARY MERIDIANS RUN UP ALONG THE SPINE AND DOWN THE FRONT OF THE ABDOMEN.

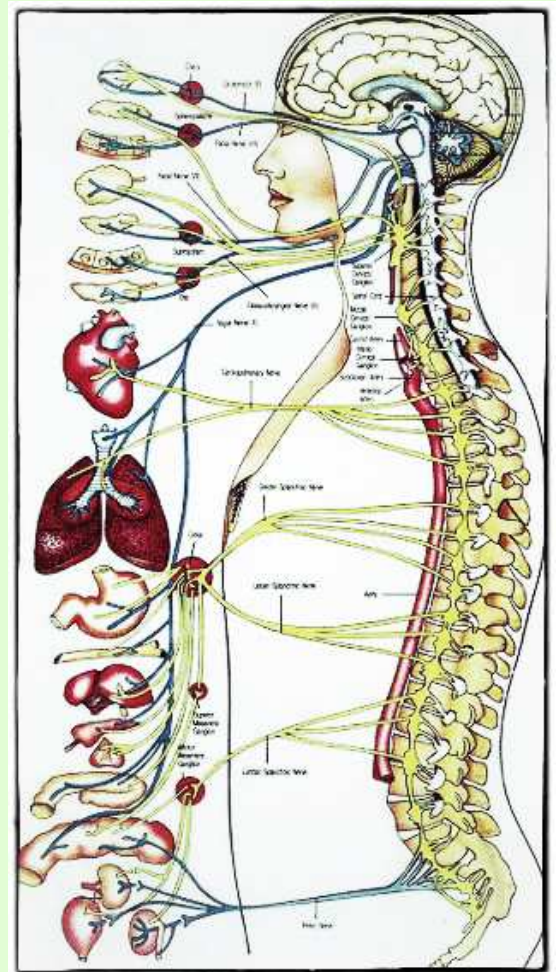
JUST LIKE KINKING A HOSE WILL REDUCE ITS FLOW, SO TOO SLOUCHING AND BAD POSTURE WILL AFFECT THESE MERIDIANS. AND WHEN THESE MERIDIANS ARE AFFECTED ALL THE ORGANS OF THE BODY SUFFER.

WHY IT MATTERS



WE CAN EASILY SEE HOW THIS WORKS AS THE VERTEBRAL SPINE HOUSES ALL THE NERVES THAT CONNECT THE BRAIN TO THE VISCERA.

AND AS ANYONE WHO WORKS LONG HOURS ON THE COMPUTER CAN ATTEST, POOR POSTURE LEADS TO ALL KINDS OF MUSCULOSKELETAL MISCHIEF.



IT'S REALLY QUITE SIMPLE. SHOULDERS OVER HIPS. EARS OVER SHOULDERS. TUCK YOUR CHIN IN A BIT AND THAT WILL CAUSE YOUR NECK TO LENGTHEN SLIGHTLY AND DECOMPRESS.

YOU KNOW... THOSE ZEN MONKS THAT MEDITATE MORE HOURS A DAY THAN YOU WATCH TV CAN HOLD THOSE STRAIGHT BACK SITTING POSTURES WITHOUT MUCH STRESS BY FOLLOWING THESE SIMPLE POSTURAL GUIDELINES.

TRY IT! YOU WILL FEEL BETTER AND HAVE MORE ENERGY TOO.



CHECK OUT THE YONG KANG CLINIC WEBSITE TO FIND OUT HOW CHINESE MEDICINE CAN HELP YOU, OR SOMEONE YOU CARE ABOUT!

[HTTP://IS.GD/JR8HSW](http://is.gd/jr8hsw)



SIGN UP FOR THE YONG KANG NEWSLETTER AND GET YOURSELF A MONTHLY DOSE OF CHINESE MEDICINE WISDOM THAT WILL HELP YOU TO STAY OUT OF THE DOCTOR'S OFFICE.

CLICK: [HTTP://EEPURL.COM/MDKR1](http://eepurl.com/mdkr1)