



# Wellbeing

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## Season's Greetings

As the days grow longer, the temperatures grow warmer, and the people, plants and animals around us come to life, we can now officially say that Spring has sprung!

According to the ancient sages of China each change of season brings with it the opportunity to better our health and become more in balance with the world around us. As the external environment shifts and changes so does our internal environment. Through diet, exercise, and lifestyle modifications we are able to use these transitions to our advantage.

In the Chinese medicine classic The Neijing Suwen the mythic Yellow Emperor states, "The three months of the spring season bring about the revitalization of all things in nature. It is the time of birth. This is when heaven and earth are reborn".

He goes on to say that spring is a good time to go to bed early and rise early, with the sun. We should also go walking outdoors in order to "absorb the fresh, invigorating

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energy" of the season. Emotionally and physically, we should try to be open and unsuppressed.

Because spring is the season of the liver, and the emotions associated with the liver are anger and depression, we must also take care not to indulge in anger, frustration, depression, or sadness.

The Yellow Emperor warns that not following these guidelines during spring can create an imbalance that will lead to our getting sick in the summer or in injuring our liver.

I hope this newsletter offers you helpful tips on how to achieve your ultimate state of wellbeing to avoid illness this season and throughout the year.

**Wishing you and yours a  
happy and healthy spring!**

**Best wishes, Cristin**

## Nuts and Berries...

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Springtime hails the arrival of buds, blossoms, and sprouts that have been hibernating all winter. The skyward push of these young plants mirrors the upward movement of the Qi/Energy that supports all life at this time of year, including us.

In order to eat the most optimal diet, we must change our menu plans with each season to include the fresh fruits and vegetables that are growing around us. During the spring **we should be eating vegetables that have a strong rising energy.** These include green onions, sprouts, wild grasses, and leafy greens. Check out your local grocer and see what variety of seasonal veggies they have on their shelves, and watch how it changes each week, month, season...

Because springtime is the season of the liver and the flavor that supports the liver is sour, **it is also recommended that we eat more sour foods during spring.** These include vinegar and fermented foods such as sauerkraut, pickled vegetables, and yogurt. The color attributed to the liver in Chinese medicine is green, **so we should be increasing our intake of green foods as well.**

As the weather gets warmer **we also want to use lighter cooking methods** like steaming, blanching, or quick sautéing. **Condiments and spices should be mild.** Try marinades or

dressings made from olive oil, rice vinegar, miso, scallions, chives, or ginger.

Summertime will allow for more fruit intake, but in the spring **seasonal fruits should only be eaten in small amounts** (1–3 pieces a day).

**Try some new grains** in your diet this season. Brown rice, barley, oats, buckwheat (and buckwheat soba noodles), wheat berries, millet, and kamut are all good choices for spring. Since the weather is still transitional and not completely warm yet, **soups and warm, cooked foods are still recommended** for most of the diet, although salads are fine on warmer days.

Spring is a great time for fresh starts and change, so use this season to wake up your old dietary habits and try some healthy new foods and recipes.

Bon appetite!

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### ***Boiled Salad with Ginger Sauce***

2 cups onion, cut in half-moons

1 cup carrots, sliced thinly on a diagonal

1 cup fresh dandelion greens, washed and sliced in 1–2 inch lengths

Place a small amount of water in a pot (3–4 inches), and bring to a boil. Add onion for 1 minute, remove, drain, and place in a bowl. Add carrots to the boiling water for 1 minute, remove, drain, and add to bowl, mixing with the onion. Add greens to water for 1 minute, remove, drain, and add to the bowl, mixing with the carrots and onions. Make a dressing of 2T soy sauce, 3T water, ½ t fresh grated ginger, and 2T roasted sesame seeds.

### ***Onion Butter***

10 medium onions, sliced in thin half-moons (10 cups)

Dark sesame oil

Pinch of sea salt

Water

Heat a small amount dark sesame oil in a large skillet on medium-low heat. Add onions and sauté until translucent. Stir occasionally to sauté evenly and prevent burning. Add pinch of sea salt and enough water to just cover the top of the onions. Cover and bring to a boil. Reduce flame to low and simmer several hours until onions are dark brown and very sweet. There should not be any liquid left and onions will be almost melted when done. You may occasionally add more water to prevent burning, in small amounts. When done, allow butter to cool before storing it in a sealed glass container in the fridge, or use it right away on bread, toast, or rice cakes.

### ***Fried Soba (Buckwheat Noodles)***

1 8oz package Soba Noodles

2 Qt water

Dark sesame oil

1 cup onions, sliced in half moons

½ cup carrots, cut into matchsticks

½ cup burdock/Gobu root, cut into matchsticks

1 cup kale, finely sliced on a diagonal

Sliced scallions for garnish

Soy Sauce to taste

Boil water and add noodles. Stir to prevent clumping. Reduce flame to medium and simmer, uncovered for 5–6 minutes (check instructions on package). Test to see if they're done by breaking a noodle in half and making sure the center is the same color as the outside.

When done, place noodles in a colander and run cold water over them until they are

completely cool to prevent sticking and stop the cooking process. Allow to drain 4–5 minutes.

Place a small amount of sesame oil in a skillet and heat on medium to medium high heat. Add onions, carrots, and burdock, and sauté 2 or 3 minutes. Reduce flame to low, and place noodles on top of vegetables. Cook for 5–7 minutes. Add kale and soy sauce and cook an additional few minutes until kale is bright green and slightly crisp. Add scallion slices and mix. Place in serving dish and serve hot.

*(Recipes from Changing Seasons Macrobiotic Cookbook by Aveline Kushi and Wendy Esko)*

## **Spring Cleaning!**

Spring is the best time of year to do a dietary “cleanse”. A cleanse (sometimes referred to as a “detox”) involves removing all foods and beverages from the diet that “tax” the body while enjoying more healthy, vitamin-packed, “whole” foods and supporting the body’s elimination process. Here at Wellbeing, we promote a gradual and gentle cleansing program that allows the body to “detoxify” and rejuvenate while giving our patients enough calories and energy to live their normal lives.

This cleanse does not involve a water fast (eating nothing and only drinking water). Most of the program involves eating healthy organic protein, nuts, grains, fruits and veggies (raw and cooked). However, you have the choice of including a 1–5 day juice fast or “Master Cleanse” fast (a combination of maple syrup, cayenne, lemon juice and water). We can discuss your options and cater the program to suit your needs.

The many benefits of a cleanse are varied and far-reaching. They can include the

alleviation or elimination of chronic and acute imbalances including pain, digestive disorders, headaches, weight problems, fatigue, constipation, depression, allergies, skin disorders, and menstrual problems to name just a few.

People all over the world choose to perform fasts or detoxes during the spring and throughout the year to cleanse themselves physically, mentally, and spiritually.

Some people will choose to do a short, one week program while others choose a more intensive cleanse that lasts three or five weeks. By using the gradual “elimination” diet that we recommend at Wellbeing one can safely and enthusiastically perform the three or five week cleanse with minimal discomfort.

A cleanse can be designed to fit each individual’s health needs. There are even safe programs that are appropriate for Diabetics and Hypo-glycemics. (Pregnant and lactating mothers are advised to wait until they are no longer breast-feeding to do a cleanse, and people with eating disorders should avoid taking part in a cleanse in favor of adopting a more moderate diet plan.)

If you’ve never tried a cleanse before challenge yourself! See how your body responds when you remove all those foods and beverages from your diet that keep you from attaining your optimal health.

Jumpstart your health, exercise, or diet plan by trying a spring cleanse with us this year!

## Tea Time

Spring Dragon Longevity Tea is here! This naturally sweet tea contains the herb Gynostemma which has amazing anti-aging and healing properties. Do something good for yourself and pick up a box at Wellbeing today! (\$11.00 for 20 bags/60 servings)

## New Qi Gong Class!



Cristin Gregory will be teaching a beginning Qi Gong class at the Cornelius YMCA starting in May. The class will be held on Thursdays from 11–12PM.

### What is Qi Gong?

Qi (pronounced “chee”) can be translated as “vital energy” and is the life-giving energy that is within every living thing. Gong means “hard work” or “skill”.

“Qi Gong” refers to a type of ancient Chinese exercise that teaches us how to work with the energy within us and around us. Using gentle movement, breathing techniques, and visualization Qi Gong strengthens the connection between the mind and body and enables us to shift our focus inward. Qi Gong is gentle and safe enough for anyone to do and can have many wonderful health benefits. Stress reduction, enhanced focus, improved blood flow, and a greater awareness of the physical body are just a few of the many benefits you can experience through practicing Qi Gong.

### Hope to see you there!



*Cristin Gregory is the owner of Wellbeing Natural Health. She is a Licensed Acupuncturist and Certified Chinese Herbalist.*

*For more information call  
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