

# Traditional Chinese Medicine Clinic

Helen H. Hu, Medical Degree, OMD, L.Ac  
1267 Rosecrans St. Suite C, San Diego, Calif. 92106  
(619) 226 – 6506

[www.sandiegolongevity.com/](http://www.sandiegolongevity.com/) [www.omidweb.net](http://www.omidweb.net)

## April 2008 Newsletter



### “SUPPLEMENTS” A COMMON SENSE GUIDE

Supplements are not a new concept; they are in fact a repeat in human history. The continuous search for a pill, powder or potion that will prolong life and preserve beauty. The quest to become immortal.

During Chinese History around 100-200BC, many Emperors and religious leaders tried to find or create the magic “Dan”. (Immortality elixir) After combining hundreds of ingredients from minerals, plants and even some rare animals, the longevity pill or Dan, was thought to have been created. However, after taking these magical potions and pills that produced a temporary euphoric feeling, instead of becoming immortal they often over consumed and died early.

We repeat the same mistakes throughout history. *The business of supplements & the so called health-care professionals that push the idea of a magic pill.* Everything from increasing sexual drive, anti-aging to promoting hair growth and beautifying the skin. It’s often taught; the higher the dosage the better off you’ll be. So many claim to have the mysterious magical answers related to improving your life through supplements, when in fact statistics show over 60% don’t actually improve but in fact may be harmful if not taken under direct supervision. Suppliers realize; due to a lack of education on what is needed to truly bring the body into balance, there is money to be made.

#### **Traditional Chinese Medicine (TCM) suggestions for supplements**

1. Not all supplements are bad but if your supplement includes fruits, vegetables or oils that we can “normally” consume daily, then buy the whole fresh fruit, vegetable or oil and include it naturally into your diet.

**Example:** Blueberries (dark grapes), Garlic, Fish oils. Instead of paying high prices for supplements that may include preservatives, add the main ingredient from the supplement naturally. Fish oil capsules become unnecessary if Salmon is included into the diet once or twice a week. Include spices such as garlic into your cooking routine rather than capsules. Processed garlic has far less nutrition than fresh garlic. Combinations of fresh Celery and other vegetable juices help to lower blood pressure. Try this before turning to the processed pill.

2. Drinking one or two cups of green tea helps to detoxify the body, open blood vessel, aids in weight loss, helps lower cholesterol and helps protect the skin. Green tea capsules do not compared with the medicinal properties that fresh green tea possesses.

Research studies indicate; natural, non-processed herbs, vegetable, fruits and oils are 100% efficient. When processed into pill form, these can be as little as 50% effective. Even after expensive sophisticated processing at low temperature there is still a 20 to 25% loss of efficiency.

**The simplest, healthiest and most economic source for supplements that the body needs is through a balanced diet that includes natural whole fresh fruits, vegetables & oils.**

3. Do research to find out the normal dosage of a supplement for different age groups
4. Do research to find out what the side effects are of the supplement if taken too much.

**Example:** Often supplements are recommended to help fatigue. Taken at incorrect dosage (each person's body being different) can have a counter effect and actually make you feel more tired and may cause damage. The internal organs, digestive system, liver, kidneys have to work over-time to expel the binding substance in processed pills & supplements.

5. Is a supplement counter active to any medications you may take for other disorders?
6. Finally, do you really need to take it?

However good a supplement claims to be, if it is not for you, then you not only waste your money but could add extra stress to your body internally.

### **TCM suggestions for Long time supplement users:**

- a. Alternate supplements; take supplements for 3 months, stop for 3 months and evaluate before restarting.
- b. Winter season is the best season for taking supplements; the body energy is inward and more time is required to replenish the body. However, during the summer, our digestion system is weaker; too many supplements will reduce the appetite and weaken digestion system.
- c. When you catch a cold or problems with digestion stop your supplements first, and then seek professional advice to help deal with the health issue. Resume supplements only after the acute stage of a sickness has passed.

## **What is the different between Chinese Herbal Formula and Herbal supplement?**

Chinese Formulas are combinations of unique Herbal ingredients based upon Chinese Medical theory, diagnosis of the disharmony for the internal organs and the particular circumstances and differences **based on each individual**.

*Western Medicine is ONE FOR ALL. Every one gets the same supplement for the same symptom regardless of one's body constitution and the underlying cause of the problem, regardless of ones age or gender. This is a mistake!*

An experienced TCM doctor must evaluate each patient to make a pattern diagnosis. Only then can a formulated prescription of several herbs work as a synergetic team.

TCM herbal formulas are composed of a unique system:

- A. **Chief herb**: target the most prominent problem of the affected organ.
- B. **Deputy herbs**: assist chief herb to treat the main task as well as to treat minor problems associated with the main disharmony in the body.
- C. **Assistant herbs**: balance any harshness and side effects of chief and deputy herbs.
- D. **Convey herbs**: internally harmonize the whole formula and to lead the herbal formula to the targeted organs of the body.

## **Questions about Supplements or Herbal Medicine?**

Dr. Helen Hu is an expert Herborist and Nutritionist

**Contact the office of Dr. Helen H. Hu for an appointment  
TODAY!  
(619) 226-6506**

[www.sandiegolongevity.com](http://www.sandiegolongevity.com) / [www.omidweb.net](http://www.omidweb.net)