

**Life Begins With a Breath®**  
**The Chinese Medicine Guide to Health**  
**Courtesy of the Goodman Wellness Center**

**Stuffy and runny nose (also known as sinusitis or rhinitis)!!!**

Ever experience a night where your nose is so plugged that you have difficulty swallowing or constantly are switching positions from right to left in the night to clear the other side? The end result of such a night is absolutely no sleep. Have you ever been standing and feel the dreaded faucet of sputum running from your nose to your mouth and if you are out of tissues you were forced to use your sleeve while no one was watching? Or worse still, have you ever felt absolutely plugged up and tried your best to free up your nasal passage but the only outcome is you almost blew out your eardrum? Well you have experienced a stuffy nose and I can sympathize with you. The stuffy nose comes quarterly for some, daily for others and just one time a year for a lucky few.

**What are the different types of stuffy and runny noses?**

To understand the different types of stuffy noses we have to take a look at the causes based on Traditional Chinese Medicine (TCM) developed from 2,000 years of clinical observation and experience. The clear runny nose that drips like a faucet and just started is usually the first sign of a cold. If the clear mucous changes to yellow throughout the day, not just when you wake up in the morning, then the cold has changed to heat. Both of them are caused by catching a cold or flu, but are treated differently with acupuncture and Chinese herbal medicine. A chronic stuffy nose is usually caused by weakness in the body. The weakness usually derives from the spleen or lungs. A chronic stuffy nose that gets worse with different types of food is usually a case of a weak spleen, and a chronic stuffy nose that is accompanied by asthma or shortness of breath, often getting worse during changes of the season and catching cold frequently, is related to a weak lung.

**What triggers a stuffy and runny nose?**

**Milk, cheese, chocolate (all sugar), bananas, alcohol, and bread:** They create mucous

**Lack of sleep:** weakens the immune system

**Stress:** weakens the immune system (this is an overabundance of stress that you see no relief from over a long period of time)

**Environmental factors such as smog, air conditioning, and heaters**

**Quick change in temperature and climate:** The body has a difficulty adjusting leading to runny or stuffy nose plus a cold or flu

**What you can do to avoid or get relief from a stuffy nose!!!**

Acupuncture: a good alternative for decongestants

Chinese herbal medicine: In combination with acupuncture helps solve the underlying issue behind the stuffy nose

Breathing exercises throughout the day

Get lots of fresh air

There is a product made by Olba that uses aromatherapy and is very effective

Eucalyptus oil placed under the nose

Vitamins A and C and bioflavonoids

Horseradish: Take a piece of fresh horseradish several times a day

Garlic: helps to fight infections

Fresh ginger tea: used in the beginning of a cold with a runny clear nose

**If you are suffering from a stuffy or runny nose please try the home remedies and come in to the office for treatment. It may be a sign of a cold coming on or a chronic pattern that needs to be addressed. Most often the simple stuffy nose can lead to a cough and lung congestion, not to mention headaches and irritability, so give Steven M. Goodman L.Ac. at 949-460-9378 to get relief.**

## The Summer Fruit Salad

“In a medium saucepan, combine  $\frac{3}{4}$  cup sugar,  $\frac{1}{2}$  cup water and 1 vanilla bean, split open. Bring sugar-and-vanilla mixture to a boil over high heat and cook 2 minutes. Reduce heat to low and simmer for 10 minutes more. Transfer syrup to a bowl and let cool completely. In a large bowl, combine 1 pint each blueberries and raspberries; 2 cups halved seedless grapes; 1 quart strawberries, cut into quarters; and 3 nectarines or peaches, sliced. Toss fruit with vanilla syrup right before you leave for your picnic and transfer to a container with a tight fitting lid. Recipe makes 12 servings.” June 2006 Parents magazine

Since we have been talking about sinuses this issue please cut out the processed sugar from this recipe and add orange juice or pineapple juice. Both are very sweet and should satisfy any sugar cravings. Of course this is only if you are suffering from a stuffy nose and if not enjoy your summertime treat with all of the ingredients as seen above.

**Why don't you surprise your kids, spouse or pet and take a few hours off work and take them to the park to enjoy this wonderful treat?**

## Lemon and Orange Tea

Recipe:

Thinly paired rind of 1 lemon and 1 orange  
4 oz Celyon tea leaves

1. Cut the lemon and orange rind into fine ribbons and allow it to dry slowly in a warm, dry place.
2. Mix the dried rind with Celyon tea and store in an airtight container.
3. Make a cupful of tea as you would for ordinary tea leaves

This is a good pick-me-up tea. It will also clear the palate and put a refreshing feeling in your mouth.

**Have a great day. If you have any questions regarding these recipes or any other topic we covered today call Steven M. Goodman L.Ac. at 949-460-9378.**