

# HEALTHY BALANCE

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## NAUSEA: CAUSES AND RELIEF

### Food to avoid:

- ✓ Excess cold/raw food
- ✓ Excess hot/spicy food
- ✓ Excess sweets
- ✓ Excess greasy/fried food
- ✓ Excess dairy

What's left? Just don't eat excessively and stick to simple, whole foods. Everything in moderation!!

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### Food of the Month:

## GINGER

This month there are 2, yes 2, yummy recipes that incorporate this healthy and tasty food!

Basic digestion requires the proper functioning of your stomach. When you eat, your stomach warms your food and breaks it down into mush. It then sends this food downward for absorption and elimination. Nausea occurs when something disrupts this process and either causes food to stagnate in your stomach or reverses the flow of the stomach's energy, i.e. it goes up instead of down. When the descending nature of the stomach is obstructed, nausea, pain in the epigastrium, and a feeling of oppression or heaviness ensue.

What cause this dysfunction? Diet!! Eating too little or too much can cause food to stagnate. Specific foods also cause problems such as:

- ✓ Cold food – too many raw vegetables, salads, fruit, ice cream, and cold drinks create cold and dampness in your stomach. This is shocking to your warm belly and you end up nauseated.
- ✓ Hot and spicy food – this includes curries, spices, lamb, beef, and alcohol. In excess, these cause nausea and a burning sensation.
- ✓ Sugar/sweets – too much sugar causes that gluggy, heavy sensation and further impairs your digestion.
- ✓ Greasy/fried foods and dairy – these produce phlegm and damp in the stomach, which not only cause nausea, diarrhea, intestinal gurgling, but also fatigue and chronic sinusitis.

Not only does what you eat contribute to nausea, but also where, when, and how you eat. It is best to regular meals at scheduled times each day. Irregular

eating habits, such as eating a large meal one day then skipping meals the next day, creates deficiency in your digestive system and will make you nauseated often. Don't eat too fast or on the run. This makes food stagnate in your stomach. Don't eat late in the evening. This consumes the stomach yin and fluid, making it hot and burning. Avoid working while eating as it impairs proper stomach functioning. Eating while emotionally upset is also a bad idea as it creates food stagnation and liver qi stagnation...which only makes you more emotional! Changing your eating habits suddenly is another cause of nausea. It is better not to shock your digestive system or it will rebel! And finally, too much thinking and constant worry are often the root of nausea.

Once you discover the root of your digestive dysfunction, you should be able to correct it with better eating habits and avoiding those foods that instigate problems. However, it is important to talk with your western physician to rule out gastritis or an ulcer.

In the meantime, try eating ginger, drinking ginger tea or ginger ale. As you will see in FOOD OF THE MONTH, ginger is very good for the digestion and greatly reduces nausea and vomiting. In fact, even pregnant women with morning sickness use ginger to help them make it through that first trimester!!

There are also many wonderful herbs and effective acupuncture treatments to enhance digestion and stop nausea!

## FOOD OF THE MONTH...GINGER

Ginger is spicy and slightly warm. It stops vomiting, transforms phlegm and dampness and reduces nausea! Ginger does wonders for your digestion

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### Watermelon and Watercress Salad with Ginger

- ✓ 2 T rice vinegar
- ✓ 1 1/2 T vegetable oil
- ✓ 2 t minced peeled fresh ginger
- ✓ 1 1/2 t grated lime peel
- ✓ 1 garlic clove, minced
- ✓ 2 cups 1/2-inch peeled seedless watermelon
- ✓ 1 large bunch watercress, thick stems trimmed (about 2 cups packed)
- ✓ 1 cup 1/2-inch pieces peeled seeded cucumber (about 1/2 large)
- ✓ 4 green onions, thinly sliced diagonally
- ✓ 1/4 chopped fresh cilantro
- ✓

Whisk vinegar, oil, ginger, lime peel, and garlic in large bowl to blend. Season to taste with salt and pepper. Add watermelon and all remaining ingredients to bowl with dressing and toss to coat.

This salad is refreshing in the summer when it is warm! Just don't eat too many salads!!!

### Gingered Carrot Soup

- ✓ 2 T vegetable oil
- ✓ 1/2 cup minced onion
- ✓ 1/4 cup minced peeled fresh ginger
- ✓ 3 cups (or more) chicken stock or canned low-salt chicken broth (you could also use vegetable broth)
- ✓ 4 cups sliced peeled carrots (about 1 1/2 pounds)
- ✓ 1 cup orange juice
- ✓ 1/2 cup half and half
- ✓ 1/4 t ground cinnamon
- ✓ shaved carrots and ginger for garnish

Heat oil in heavy large saucepan over medium-high heat. Add onion and 1/4 cup minced ginger and sauté until onion is translucent, about 5 minutes. Add 3 cups chicken stock and 4 cups sliced carrots. Cover and simmer until carrots are tender, about 30 minutes.

Working in batches, puree mixture in blender or processor. Return soup to saucepan. Mix in orange juice, then half and half. Cook over low heat for 5 minutes. Mix in ground cinnamon. Season soup to taste with salt and pepper.

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