

# Healthy Balance

March Newsletter

## CHRONIC SINUSITIS

As winter is slowly coming to an end, it leaves behind a trail of sniffles that often turn into a sinus infection. Heavy head, frontal headache, yellow or green nasal discharge, facial pain that may even radiate into the teeth - these are all signs that you may have a sinus infection. And if it is not resolved, you may find that it recurs.

What causes this overgrowth of bacteria in the sinuses? Generally, you catch a cold and find yourself sneezing, achy, and stuffy. This cold can progress and impair the movement of qi in the nasal passages where fluid will stagnate, turn into phlegm, and become hot - giving rise to yellow nasal discharge.

It is imperative that you get extra rest at this point; otherwise the infection will recede but still linger. During the acute phase of

the infection it is important to follow these tips:

☑ Blow your nose!! Don't keep sniffing the mucous up...your body is trying to get it out along with the bacteria.

☑ Avoid all dairy products - they create phlegm.

☑ Take long hot showers to allow the steam to open up your sinuses.

☑ Place a warm damp washcloth with a couple of drops of mint oil over the bridge of your nose.

☑ Get acupuncture to immediately open your nasal  
continued on back...

## FOOD OF THE MONTH...ARTICHOKES

Believe it or not, artichokes are nourishing to your lungs, which have probably been under attack all winter. They benefit asthmatic conditions, treat constipation, and contain insulin (good for diabetics).

How do you cook artichokes? The easiest way is to steam them. A recipe is included at the end of this article. Dip the leaves in whatever sauce you like. Many people use mayonnaise, which counteracts the benefit of the artichoke! Skip this gluggy

condiment and try some spicy black bean sauce, marinara sauce, or even salsa. Be creative.

And once you've done all that hard work scraping the little bit of artichoke meat off each leaf, you will be rewarded with the heart!! After removing the fuzzy immature leaves, put your sauce in the heart and enjoy!

Cooking artichokes is easy; it just... continued on back page.

### Special Interest Articles:

- Chronic Sinusitis - what is it and how can I get rid of it?
- Artichokes - how to cook 'em and what they can do for you!

Don't forget...  
St. Patrick's Day is coming up.

Come in and get a green fortune cookie!!



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passages and take herbs to eliminate the infection.

What can you do to prevent getting a sinus infection or to halt recurrences? Do not eat a lot of greasy, spicy foods, which predispose you to sinus infections. Avoid dairy products whenever possible. It may also be beneficial to take acidophilus on a regular basis to aid your body's ability to eliminate dampness and phlegm. Foods that are also helpful are rye, corn, celery, alfalfa, pumpkin, turnips, and wild blue-green algae. Try to avoid excess sweet and cold food, as well as too many oils.

And last but not least, be sure to get enough rest when you catch a cold so that it doesn't escalate!! Take care of yourself!!

takes time. Pick artichokes with the leaves still tightly together. Snap off some outer leaves close to the base. Snip the tops of the leaves and discard the sharp ends. Trim the stem even with the base. In a large, heavy pot, add an inch of water with some fresh lemon juice to flavor. Place the artichokes in the pot upside down. This is easy if you have cut the tips of the leaves evenly. By placing the artichoke upside down, you allow the steam to rise in between the leaves, making them tender but not rubbery - which can happen when you boil them. Steam the artichokes until the leaves pull off easily, around 45 minutes. REMEMBER to check them often so as not to evaporate all of the water into steam...you'll burn the pot! Enjoy hot or place immediately into ice water and serve chilled.