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How Volunteering Can Change Your Life continued

capable I am at problem solving, being creative, communicating with strangers, and working with a big team. It changed my life.

The playground was built in 2009, when my son was 3 and my daughter was just over 1-years-old. To this day they call it their playground, because Mommy and Daddy helped build it.

Since that first big volunteer project, I've been hooked. I have volunteered at my son's school, in the neighborhood and community garden. Nothing quite as big as the Playground Build, but I have continued to grow and learn about my community. I see neighbors around the neighborhood and know them by name. I am now proud to call this my home.

I know some people who have gone overseas and to South America to volunteer. They have stories about



Being a volunteer for our neighborhood festival provided fun for all the neighbor kids!

their lives and perspectives changing. What I have learned is that you don't have to leave the country for 2 weeks and work in a refugee camp to get the same life changing experience. There are hundreds of organizations and groups here in America who are making a difference. No matter how much time you have to give, there's something for everyone!

The best way to get started is to make a list of the things you love, or care about. Then, look for groups in your community who are already working toward those things. What if there isn't one? Well, you could find a group doing something in a different city or neighborhood and visit them. See what they are doing and start your own group! Really, the possibilities are endless. The rewards are too!

Best, Holli Margell



Quotes of the month

"There is nothing like a challenge to bring out the best in man."

- Sean Connery

"When you give your children knowledge, you are telling them what to think. When you give your children wisdom, you do not tell them what to know, or what is true, but, rather, how to get to their own truth." - Neale

Donald Walsch

This month in history

August 15th - Woodstock began in a field near Yasgur's Farm at Bethel, New York. The three-day concert featured 24 rock bands and drew a crowd of more than 300,000 young people.

The event came to symbolize the counter-culture movement of the 1960's.

Need to consult Juli about your health?

Call (206) 328-2828 or Email to service@hensenherbs.com

Website:
www.hensenherbs.com
Blog:
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How Volunteering Can Change Your Life

Living in America, we take so much for granted. We have access to food, clean water, places to live and help if needed for those experiencing hard times. But we often fall short on surveys of the most happy countries in the world. Why are we unhappy with our lives? Is it too much stuff? Too much marketing showing us what we should want?

I don't know what the answer is, but I can tell you how volunteering has changed my life. I'm a much happier person now that volunteering is a part of my life.

My family lives in an affordable part of Seattle, which means the streets are littered with trash and cars parked on the street are often broken into. I remember when we moved into our home feeling grateful for a new place to live that we could make our own, but then getting overwhelmed by all the problems with the neighborhood.

Then, one day, there was a sign at the local playground for a project to build a new playground. The one they had was old, and some bolts were missing from the merry-go-round and swing set. The paint had worn off, and there was some rust here and there. My son couldn't safely play on part of it. So, I naturally decided to attend the meeting. We needed a new playground.

What I didn't expect was to jump into the leadership team to organize building the playground with 275 volunteers in one day! A non-profit organization, Ka-Boom!, works with communities and matches with donors like Home Depot to playground builders to do it. I won't bore you with the details, but it was a summer long project just to get organized for the one eventful day of building!

From that volunteer project, I got to know 5 neighbors really well, their children, their stories, and had new friends. I learned about myself: how

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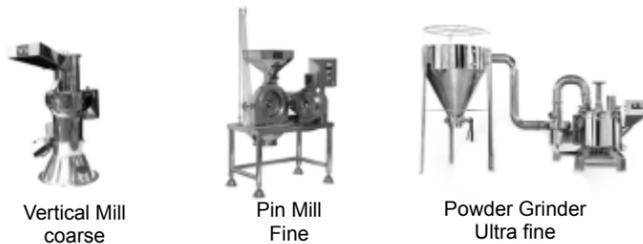
Me and my daughter on playground build day!

How Traditional Chinese Herbal Pills Are Made - Part 1

1. Selecting the finest ingredients

Selecting the finest quality herb ingredients is the first and the most important step in producing Traditional Chinese herbal pills. The herbalist, Juliana, personally checks each herb ingredient to make sure that only the highest quality herbs go into our herbal pills. It is relatively easy for her to distinguish the high grade herbs (more potent) from low grade herbs by the smell and the appearance of the herbs. However, the task of inspection would become extremely difficult if ingredients were all in powder form. It is simply impossible to guarantee the quality and the purity of the ingredients. There is always a possibility of contamination with impure or inferior ingredients. This is why we are strongly against using powdered herbs as ingredients for our herbal pills. Grinding herbs ourselves at our own facility is very time consuming and labor intensive, but it is a necessary step towards producing the highest quality products.

2. Grinding herbs into ultra fine powder



1. Above on Left: We pulverize or crush the herbs into coarse ground herbs using vertical mill.
2. Middle: Run the coarse ground herbs through Pin mill to fine powder.
3. Right: Finally, the Fine Powder Grinder is used to produce ultra fine powder. The texture of the ultra fine powder is very similar to that of corn starch.

These next pictures show the difference in the way herbs were ground into powder. The one on the left is the boat-shaped old-fashioned metal grinding tool. Inside the boat is a V-shaped track where the wheel rolls back and forth to grind the herbs. The picture on the right shows the inside chamber of the modern Fine Powder Grinder. Two wheels are

attached at the both end of the axle and orbit around on the circular track continuously to grind herbs. The grinding concept is the same. However, a modern powder grinder works much more efficiently and the outcome (the fineness of the powder) is beyond the comparison.



Old fashioned Grinding Tool



Interior of Powder Grinder

Though this is a very time consuming process, grinding raw ingredients into ultra fine particles is critical in making traditional herbal pill for following reasons:

1. Ultra fine particles help the assimilation of the herbs by the digestive system, therefore works immediately upon entering intestinal tract.
2. Ultra fine particles are easy to bind and eliminate the need for chemical binding agents.
3. Ultra fine particles help achieve smooth polished appearance of the pills. This is why most of our herbal pills, including Taifu, E15, DTF No.9 and others have nice smooth shiny texture.



In the next month's issue, we will talk about purifying the honey as well as the process of forming pills. - Kaz Isogai

Thank you for your referral!

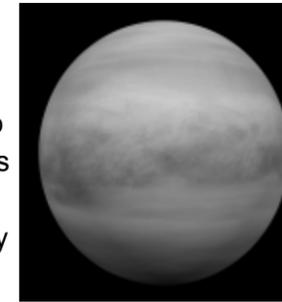
Anna Kozlov, Ngoc-Tam Nguyen, Valentina Derkach, Peggy Monson, Alex Kozlov, Nicole Cui, Susanna Case, Kenya McLaren, Carmen Spulber, George Griffin.



Every Day Is A Brand New Year on Venus?

Did you know that Venus is the only planet in our solar system where a day lasts longer than a year? It takes 243 Earth days to complete its rotation, but it takes only 224.7 Earth days to orbit around the sun. Assuming a day and a night are equal in length on Venus, you will have roughly 2916 hours of continuous daylight and 2916 hours of darkness instead of 12 hours each on Earth. That's crazy right? If you live in higher latitude, you know how it's like to live in a place where sun never sets in summer (or the sun never rises in winter). But I don't think you would ever get used 2916 hours of continuous daylight or darkness. But if you could ever get pass the extremely long day and hot weather (about 462 Celsius or 863 Fahrenheit), you get to celebrate your birthday and the new year every single day....since the new year comes every day (every 0.92 Venus day)....

Sources: Wikipedia and Popular Science
-Kaz Isogai



Is Pu-erh Tea A Magic Cholesterol Reducer?

Pu-erh tea has traditionally been used to invigorate the activity of the spleen and stomach. It also has been associated with weight loss, improving eyesight, and promoting blood circulation. But the most well known benefit of Pu-erh tea is its ability to reduce cholesterol. According to the research conducted by Wun-Shan Branch Tea Research and Extension Station in Taipei, it successfully reduce the level of LDL-C (bad cholesterol) and increased the HDL-C (good cholesterol) in the experiment where rats were fed the cooked Pu-erh tea leaves.

Of course we are not rats, and our body probably respond differently. However, it's been reported by our patients numerous times that their cholesterol level decreased significantly after drinking Pu-erh tea for a several months. Juliana, the herbalist at Hen Sen Herbs often recommend Pu-erh tea to her patients along with herbs. If you are interested, you can purchase it at our store as well as online store at www.hensenherbs.com.



Juli's Healthy Living Corner

Is it a myth or truth that to survive dehydration, drink your own urine? Answer: Truth. To determine the safety of the urine, remember two things: urine is 95% water, unfortunately it can save you only a few days and it is sterile (it is your own pee).

As you can tell, what my point is that I don't like drinking Pee, I can't, I'd rather drink bitter herbs. If you don't drink water of the average of 8 - 8oz. glasses a day then you might consider Urine. Dehydration has been an ongoing issue for a lot of us. Dehydration causes lots of symptoms such as dizziness, decreased blood pressure, headaches, unconsciousness and in extreme cases, death.

How can you avoid dehydration? First, drink the minimum 8 glasses of water a day. Then, avoid alcohol consumption, especially when it is very warm, because alcohol increases water loss and impairs your ability to sense early signs associated with dehydration. Also, pay attention when you sweat or are exercising, and drink more water.

How do you know you're drinking enough water? One way is to look at the color of your urine. It is best with no color and is odorless. Pungent and strong in color is a sign of dehydration or kidney issues. If it is fruity smelling urine it is a sign of Diabetes.

DTF Pills are formulated to support and cleanse the kidney. DTF and Taifu plus are taken together as a prevention and maintenance of diabetes, and promotes weight loss and overall health.

The kidney is situated in the lowest position. It is associated with the phase water (moisture) and it is in charge of storing essence (jing). Just like water was the first substance to emerge from heavenly oneness, the kidney is the source of human body, the initial sprout of physical life.

Remember to take care of your Kidneys and stay hydrated!

Love,
Juli

