



# Hen Sen Herbs

Traditional Chinese Medicine since 1951

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## Why We Need More Water Than We Think

Okay, let's be honest here, how many of us drink the recommended 8 cups of water a day? Yeah, that's what I thought, not enough, huh? According to the Institute of Medicine, we are supposed to be drinking even MORE water than that. They state that adult men need about 13 cups (3 liters) per day of fluid, and adult women need about 9 cups (2.2 liters) of fluid of water every day. Every cell in your body needs water from head to toe. That is why it is so important to drink enough fluid.

For example, the human brain consists of 90% water. If you do not supply enough water to your body, your brain cannot function well to its full capacity. Did you know water has the ability to reduce heart disease and cancer? Not only that, but water helps flush toxins out of your body, and the fewer toxins that come into contact with your colon, bladder, and other organs, the less chance that critical ailments can. Drinking water raises your metabolism because it helps in digestion. Fiber and water go hand in hand so that you can facilitate your daily bowel movement. Some morn-

ings there is a greater need for toxin flushing than others, so if you're thirsty in the morning make sure to get a refreshing cup of water before your coffee!

Drinking water helps the body in so many ways. For example, it will help you lose weight! Woah...hold on...how can this be? Well get this: It's because it flushes down the by-products of fat breakdown. Drinking water reduces hunger, it's an effective appetite suppressant, so you'll eat less. Plus, water has zero calories. Water can relieve those pesky headaches and back pains due to dehydration. Although many factors contribute to headaches, dehydration is the common one. You'll look younger when your skin is properly hydrated. Water helps to replenish skin tissues, moisturizes skin and increases skin elasticity. You can get better exercise, since drinking water regulates your body temperature. That means you'll feel more energetic when doing exercises.

Water also helps to fuel your muscles. And wouldn't it be nice to not feel the crackling of our  
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# LIFESTYLE LETTER

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### Quotes of the month

*"You are never too old to set another goal or to dream a new dream."*  
C. S. Lewis

*"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."*  
Thomas A. Edison

### This month in history

April 2, 1513 - Spanish explorer Ponce De Leon sighted Florida and claimed it for the Spanish Crown after landing at the site of present day St. Augustine, now the oldest city in the continental U.S.

April 16, 1862 - Congress abolished slavery in the District of Columbia and appropriated \$1 million to compensate owners of freed slaves.

### Need to consult Juli about your health?

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## What Does Age Have To Do With It?

When we were young kids, most of us couldn't wait to grow older. We looked forward to each birthday as they brought milestones of freedom: The freedom to vote, to drive, to drink alcohol. But, then adulthood brings the stages of life most people do not look forward to reaching. As we age, we reach a point where we no longer enjoy it.

But, what does age really mean? Do you feel your age? Most people I know over 60 years old do not feel any different than when they were 35. What has changed is their body, not their spirit. Some have said, you are only as old as you feel!

The mind-set we have helps us look at life either as a chance to grow richer or to simply survive. As a result, age can either give us a marker for growth or a mark of time to feel old. I recently read the book, "Mindset" by Carol Dweck, Ph.D. She digs into the psychology of success. The book shared research and anecdotes to explain that we all find ourselves into two sets of mind-sets: growth or fixed. With the growth mind-set, we believe we can grow and learn no matter our age or circumstances. The fixed mind-set means we believe we get what we get when we are born and either have talent or do not – there's no changing our lot in life.

As I was reading the book, I thought about artists. When it comes to mastery of skills and talent, age is a blessing. I've been reading a lot about famous artists who didn't become famous until they were very old by current standards. One of those is Japanese artist, Hokusai who said, "At 75 I'll have learned something of the pattern of nature, of animals, of plants, of trees, birds, fish and insects," he wrote. "When I am 80 you will see real progress. At 90 I shall have cut my way deeply into the mystery of life itself. At 100, I shall be a marvelous artist. At 110, everything I create; a dot, a line, will jump to life as never before."

Sadly, he didn't live to be 110. His observations about his artistry are enlightening. It's only through practice and time that we can deepen our knowledge and talents. We are always growing if we simply focus our mind-set on the opportunities to grow and keep trying. Age is just a mark on the calendar! Enjoy each stage of your growth.

Warmly,  
Holli Margell, Editor



Like a Butterfly, we have stages of life, but we are only as old as our mind-set.

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Why We Need Water

## Delicious & Healthy Apple Raisin Scone Recipe - It's So Good .... Your Grandma Would Want To Steal This Recipe From You

I love scones. I am not addicted to it by any means, but it's one of those things I enjoy on a Sunday morning away from kids and family (if I could), sitting alone in couch reading a novel in a local cafe filled with the aroma of freshly ground coffee, maybe drinking a cup of coffee. Nothing beats it. Well, the problem is that I can't find any good scones anymore - at least not in the area where I live.

I go to Whole Foods every once in while and get some scones, just because it is conveniently located on my way to work. I must admit their scones are of decent quality. But it's not a kind of place I want to hang out and relax. There are a few good honest bakeries in Seattle area who bake good scones. But, I hardly ever go there because having to drive far and fight for the park-



ing space beats the whole purpose of relaxing on the weekend.

So what do I do? I simply come up with my own recipe! I did a little bit of research comparing other

recipes on online, mainly just to understand the basic ingredients and the ration of them. What I mean is that I never really follow the instruction or measure the ingredients accurately. I usually add more ingredients of my liking to further mess up the original recipe. Surprisingly it always comes out perfectly the first time. But ONLY THE FIRST TIME. The second

time is usually terrible because I try so hard to replicate it. That's what happened to this recipe. But his time, after many times of trial & error. I got it down to pretty precise recipe that anyone can follow. So, don't be like me. Just follow the recipe below. - Kaz Isogai

### Healthy Apple Raisin Scone Recipe

#### Dry Ingredients:

- All purpose flour 2 cups
- Sugar 1/3 cup
- Baking soda 1 tsp
- Salt 1/4 tsp

#### Other Ingredients:

- Butter 6 tbs
- Small Egg 1
- Soymilk 1/2 cup
- Vanilla Yogurt 1/2 cup
- Raisin (or Craisin) 1/4 cup
- Half large Apple

#### Preparation

##### Mixture A

1. Add Soymilk, Yogurt & Raisins (in order) in a glass (or any clear) measuring cup. This way you can avoid measuring each ingredient separately by simply checking the level of the Soymilk in the measuring cup as it rises from 1/2 cup, 1 cup to 1 1/4 cup.
2. Add one small egg into the mixture and beat it well.

##### Mixture B

1. Mix All the Dry Ingredients in the large bowl.
2. Cut butter into small pieces and mix it well with the dough blender hand tool.
3. Cut apple into small pieces (about the size of half inch cubes), and add them to the dry mixture.



#### Final Mix

1. Pour the Mixture B into the bowl (Mixture A) and hand mix them quickly with spatula. It should form a sticky dough.

#### Baking Instructions:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Divide the dough into 6 chunks and put them directly onto sheet pan lined with parchment paper. Since the dough is very sticky, it is not practical to cut them on the floured surface.
3. Bake in the oven for 25 minutes until the top is golden brown.
4. Transfer scones onto wire cooling rack.
5. EAT and Enjoy!

This is not a typical dry scone you are used to. It's a very moist & fluffy scone packed with good healthy ingredients. I guarantee you would love this scone!!

## Why We Need More Water Than We Think, continued from page 4

bones all day and feeling the tension of cramps and sprains on our bodies? Well, with proper hydration, water helps keep your joints and muscles lubricated, so you'll less likely get those cramps and sprains! Water also helps your body fight against flu and other ailments like kidney stones and heart attack. If you wanted to add a little zing to your water, add a lemon to aid against respiratory disease, intestinal problems, rheumatism and arthritis.

In another words, one of the benefits of drinking water is that it can improve your immune system. If your body lacks of water, your heart, for instance, needs to work harder to pump out the oxygenated blood to all cells, so are the rest of the vital organs, your organs will be exhausted and so will you. Why work so hard when water does it for you?

Water is everywhere, so it's easy to stay hydrated if you stay mindful of your body's needs. The Earth is filled with lakes, rivers, snow, rain, oceans, etc. The total volume of water available on Earth is about 1.4 billion km and about 70% of the Earth is covered in water. However, although water is good for us, water can also contain tons of bacteria and micro-organisms that can be harmful to the human system. On an average, 250 million people worldwide succumb to diseases related to water pollution. 80% of the water pollution is caused due to domestic sewage like throwing garbage on open ground and water bodies. In America, 40% of the rivers and 46% of the lakes are polluted and are considered unhealthy for swimming, fishing or aquatic life. So, make sure to purify any water you obtain through natural means by filtering to remove large particles and boiling it to kill off any parasites before you drink up! Let's all try to make sure that we leave a healthy supply of clean water for future generations!

- Shaila Suleman

## Thank you for your referral!

Matthew Fujii, Lina Linevich, Anna Bliznyuk, Nadia Trikur, Jacqueline Lavine, Zina Melnychuk, Liliya Prokhor, Anna Vinnichuk, Maria Dykstra, Victoria Kravchenko, Tanya Kuzuminskaya, Yuliya Holden



## Juli's Healthy Living Corner

The Triad: Allergies, Eczema and Asthma



Are all of these a hypersensitivity disorder of the immune system, a digestive problem called Pixu or an inherited disease? The answer to all three is YES!!! The causes of allergies, eczema and asthma are many: cold, stress, menstrual periods, incorrect eating habits, food allergies, irritants in the air, such as pollens, animal dander, and dust to name a few.

Food allergies may develop when food is not digested properly and causes fermentation activated by yeast in the intestines. This process further increases the amount of yeast in the digestive tract. The increased level of yeast causes the increased permeability of the wall of the intestine (leaky gut syndrome). The yeast then enters the blood stream and settles in the different parts of the body, including the lungs, the vagina, the kidneys, and the brain, and other organs. This can create a yeast infection (candida), allergy, sinus infections, asthma, meningitis, chronic fatigue, etc.

I believe the best treatment is knowing your body and finding your weakness or your sensitivity. In Chinese Traditional Medicine, we believe that each individual body is different. One formula cannot fit everyone with the same illness, it must be individualized. When the condition is acute, the symptoms have to be controlled using formulae to cut the histamines, expand the bronchia and stop the coughing and wheezing so the patients can breathe well. Allergies, Eczema and Asthma are all a form of Respiratory System Disease.

There are standard formulas that are made into pill forms, a general formula for the less acute allergy conditions when seeing an herbalist isn't an option. I recommend that we use a natural Herbal Digestive Aid such as Taifu Plus Pills. For allergies that relate to the respiratory system, UPR Pills or AE pills for clear skin and as an overall Antiallergenic.

For thousands and thousands of years, we have been gifted with the knowledge of healing and hearing and feeling our body. My father said that we must not loose the power to heal ourselves and the knowledge was given to me to pass on to you. We are only given one body and we must take great care of it. If our body is strong, illness will not invade. Trust yourself with this gift of life.

Love,  
Juli