

# HEALTHY HEALING

APRIL 2009 Newsletter

<http://www.healthyhealingli.com>

Sharon McDermott, MS, L.Ac.

## SIGNATURE HERBS & FOODS – WHAT ARE THEY?

Recently I received an e-mail about the connection between how foods look and the parts of the body the foods are good for. As an example: A tomato is red and when you slice a tomato it has four chambers. The chambers represent the four chambers of the heart. Studies have shown that lycopene in tomatoes are good for the heart and blood. Another well known example is that a walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We know that the omega 3 fatty acids in nuts such as walnuts really do benefit the brain. Kidney beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

An insight of civilizations past has now been confirmed by today's investigative nutritional sciences. They have shown that what was once called "THE DOCTRINE OF SIGNATURES" was astoundingly correct. The doctrine of signatures is part of many traditions that plants as well as animals and minerals have clues or signatures in their shapes, forms and actions. The combination of these attributes provides clues to their purpose.

## GINSENG AS A SIGNATURE CHINESE HERB

Ginseng is a case in point for signature herbs. It has been used as an herbal tonic in China for millennia to treat a variety of mental and physical disorders. Human trials have been conducted that demonstrate its effectiveness in promoting antibodies in the blood that destroy invading microorganisms. In Chinese herbology it is considered a qi tonifying herb and also proven as an adaptogen (allows the body to adapt to environmental changes such as stress). Some of the traditional indications for ginseng are shallow respiration, shortness of breath, cold limbs, generates fluids, benefits the heart and calms the spirit. Its actions are to tonify overall body energy and tonify lung and spleen energy (digestion). Although the U.S. Food and Drug Administration lists ginseng only as a "generally recognized and safe food (GRAS)," it is regularly consumed by about six million Americans for its

alleged curative powers. What is interesting from the Doctrine of Signatures standpoint is that ginseng is derived from the Chinese *ren-shen* which means image of man. This is because ginseng has a homomorphic root, its wrinkled stubs look like the arms and legs of the human body.<sup>1</sup>

So, next time you bite into that carrot, think about how good it really is for your eyes!

## EVENTS & ANNOUNCEMENTS!

VITAMIN SHOPPE – In Store Q&A

WHERE: 502 Old Country Road, GARDEN CITY, NY

WHEN: TBA (End of April or beginning of May)

- **Give the Gift of Health with a Gift Certificate for a One Hour Session of Acupressure, Acupuncture and Massage**
- **10% off an Acupuncture Treatment – Refer someone to Healthy Healing and receive 10% off your next treatment**
- **10% off an Acupuncture Treatment - When it's your Birthday!**

---

***RAISE YOUR FAT BURNING POWER: GREEN TEA & TEA BARS***

**SALE!! ALL TEA BARS REGULARLY \$2.00 EACH, NOW 2 FOR \$3.00**

**Tzu The** – Premium full leaf green tea grown with enhanced ECGC's – antioxidants. Tea Bars in green tea, tropical fruit and natural rice flavors now available in my office.

**Chinese Quote of the Day:** “Love is of all passions the strongest, for it attacks simultaneously the head, the heart and the senses.” - Lao Tzu

---

<sup>1</sup> [www.sierrapotomac.org](http://www.sierrapotomac.org)