

# STELLAR HEALTH NEWS

The Stellar Physical Medicine Newsletter

Summer 2014



Pulse diagnosis, acupuncture, herbs and warm smiles are essential to all healing.

Dear Friends & Patients,

We all know how summers seem to get very long here in the Valley of the Sun. Below is a simple recipe to help you stay cool.

To your health,

Lloyd G Wright, LAc, DNBAO

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## Staying Cool Through Summer

According to Traditional Chinese Medicine all foods and all have qualities that convey specific effects on our physical body. Although there are several different areas to look at, I am going to focus on my two pairs of favorite qualities.

The first is **hot versus cold** and the second is **dry versus moist**.

It makes total sense for us to review these particular aspects at the warmest or the coldest time of year because that is when we need to pay the most attention to balancing hot & cold.

Since it is summer, we are going to focus on cooling foods. Here is a short list:

### Cooling fruits & vegetables:

Cucumber, Watermelon, Tomato, Apple, Banana, Grapefruit, Kiwifruit, Lemon, Orange, Pear, Strawberry

## In This Issue

- Cooling recipes for summer
- Quick Links—  
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- Up & Coming

We are very delighted to be a part of your community, we would like to hear from you about what types of interests and needs you and your family have.

We will be sending out a Survey Monkey to make it easy for you to let us know what classes, lectures and activities you are interested in and will help all of us to build a better more vital and interactive community.

Being in community is a part of being healthy.

Alfalfa sprouts, Asparagus, Bak Choy, Gai Choy (Chinese mustard greens), Bitter Melon, Celery, Chinese Radish (Daikon), Cucumber, Eggplant, Kelp, Lettuce, Mushroom, Spinach, Swiss Chard, Water Chestnut, Watercress, Winter Melon.

Barley, Buckwheat, Millet, Mung Bean, Soy Bean, Tofu, Wheat bran, whole wheat.

Chrysanthemum Tea, Green Tea, Peppermint Tea, Salt, beer.

**Warm foods include:**

Cherry, Peach, Onion, Lychee, Coconut milk, Red Dates, Beef, Chicken, Eel, Salmon, Cocoa, Coffee, Red wine, Basil, Rosemary, Garlic, Ginger.

**Always remember to balance your diet selection, never too hot or too cold.**

And now for this month's recipe:

**Chicken Bak Choy soup**

Prep time: 5-10 min. cook time: 30 min.



**Ingredients:**

- 1 ½ - 2 lbs Chicken drumsticks
- 2 lbs Big Bak Choy
- 1 lb carrots

**Directions:**

Rinse the chicken drumsticks, then wash the bak choy, and carrots. Chop the bak choy and carrots in big trunk, about 2" long. Set all ingredients aside.

In an 8 qt. stock pot, put in 15 cups of water, then add the chicken drumsticks, bak choy and carrots. Cook at high heat until it comes to a boil. Reduce heat, and let it simmer for 30 minutes, Turn off heat, and add salt for taste (optional). Enjoy.

This is a great soup for relieving internal dryness and heat from the hot summer. Both bak choy and carrots are cooling and moistening. Chicken is tonic, it enhance the immune system. If you use salt for taste, we recommend Himalayan pink salt because it has a rich mineral content that includes over 84 minerals and trace elements. NO TABLE SALT PLEASE.

You may rotate this chicken soup recipe with other ingredients, such as butternut squash, onions, and celery. If you are too busy to cook during the hot summer months, add some brown rice in when cooking this soup, now you have a full meal.

Stay cool & relaxed through our summer months through eating the right foods.

***"Let food be thy medicine"***

## Help a Friend



We are most appreciative of your kind referrals to our office. It is the highest compliment you can give us.

Refer a friend or family member today for a **FREE 15 minute consultation** to see if we can help.  
**480-423-3525.**

With gratitude,

**Lloyd G Wright, LAc,  
DNBAO**

If you have any questions on food or would like to attend a **special cooking class** give us call or drop an email.

Bon appetite,

**Lloyd & Kathy Wright**

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