

HEALTH

Edited by Suzanne Harrison
suzanne.harrison@scmp.com

TCM: Clean start

Detoxification is a buzzword, these days. Many people visit spas or go on special diets after overindulging. Traditional Chinese medicine promotes moderation in all things, but for most of us this is hard to live up to.

Ridding the body of harmful substances is a continual and natural process. In TCM terms, when the body is in an excess state, it becomes congested with pathogens such as heat, wind, fire and dampness. People are likely to feel light-headed, have bloodshot eyes, a dry mouth, a thick coating on the tongue, throat soreness, a feverish sensation, constipation, scant, yellowish urine and skin problems. This disharmony leads to a sluggish metabolism and accumulated waste, signalling that the body needs help to clear out the pathological and toxic substances. A good treatment includes Chinese herbs that will address most of these problems.

A Chinese detoxification formula called "Ledebouriella powder for dispersing sagely" shows how TCM helps clean the body. There are 17 ingredients in the combination. Ledebouriella root, ephedra, schizonepeta herb and peppermint are used to cause sweating, to help release wind on the body surface; Chinese rhubarb and sodium sulfate minerals promote bowel movement and are used to eliminate heat through cleansing; gardenia fruits and talc minerals induce urination that can eliminate damp heat.

These ingredients work together to disperse the accumulated wastes outside the body. Also, balloon flower, gypsum, baical skullcap and forsythia not only help disperse and detoxify, they can inhibit the organs from generating more heat.

This aggressive dispersing may lead to unwanted effects, so some beneficial herbs are added to moderate the active ingredients. Angelica, lovage and peony root can nourish and activate the blood; atractylode and liquorice root are for replenishing *chi* and harmonising the whole combination.

Once the metabolic rate is functioning properly, the digestion and excretions may return to normal. A new and fresh energy then emerges and the emotions can move freely again.

Practitioners usually apply this detoxification approach to obese people. Herbs are combined differently to strengthen the metabolic rate, aid the excretive process and regulate appetite.

As well as cleaning and detoxifying your system, a good Chinese detoxification formula will greatly aid the body's production of energy.

.....
Rose Tse and Jenny Eagleton
info@shen.nong.com

Before taking any medicine, consult your TCM or medical practitioner