



A Grease Free Vacation

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Under the influence of long vacation and its euphoric vibe, patients with chronic diseases often suffer from high cholesterol, blood pressure, blood sugar, and bloating from unrestrained intake of traditional festive platters and snacks that

are abundant in oil, sugar, salt and low in fiber. The relapse rate of patients with gastroesophageal reflux also climbed higher than usual. People are also more likely to experience nausea, vomit, and diarrhea from excessive eating,



Photo depicts Dr. Chang Ching-Hsiang and TCM teammates in a Tzu Chi recycling station to treat volunteers to regain strength by acupuncture.



placing their health at risk.

Common symptoms of acute gastroenteritis include nausea, vomit, diarrhea, bloating and abdominal pain, frequently accompanied by fever and appetite loss. From the perspective of TCM, excessive broiling and grease can wear down the digestive system. With the abundance of nutrition in modern diet, there is no need for binge eating during holidays. Those greasy festive platters are burdens to the stomach and can easily lead to discomfort and diarrhea.

Overeating or indigestion from excessive glutinous food products can aggravate acid reflux, while binge eating can lead to bloating and abdominal pain from reduced peristalsis. These symptoms are particularly prevalent in elderlies and patients with frail constitutions. To avoid overburdening the digestive system, moderate diet is the way to go. As for acid reflux and bloating, consult certified TCM physicians and take pinellia decoction to drain the epigastrium (Ban Xia Xie Xin Tang), preserve harmony pill (bao he wan), and calm the stomach powder (ping wei san) to ease the discomfort; massaging neiguan and zusanli pressure points can also relieve stomach discomfort.

Ingesting ingredients that are not fresh or too greasy can easily lead to stomach discomfort, accompany by

fever and diarrhea, and appetite loss when mild cases and dehydration when severe. While enjoy a sumptuous feast, it is recommended to drink tea brewed from dried tangerine peels and hawthorns to remove excess grease. In the case of fever, diarrhea, nausea, vomit, and cramps, be extra cautious, as these may be the symptoms of acute gastroenteritis caused by stale ingredients. Through the TCM syndrome differentiation and treatment, prescribe agastache powder to rectify the qi (huo xiang zheng qi san) and kudzu, scutellaria and coptis decoction (Ge Gen Qin Lian Tang) for the immediate relief of any stomach discomfort by righting the evil and regulating gastrointestinal conditions; or apply acupuncture or acupressure to the pressure points Zusanli and Fenglong to relieve gastrointestinal discomfort.

According to TCM philosophy, “a





Certified Traditional Chinese Medicine doctors would write suitable descriptions for patients in the form of concentrated scientific Chinese medicine powders.

good practitioner prevent diseases from arising,” the path to a healthy lifestyle lies in the implementation of preventative health care in daily life. The prevention of gastroesophageal reflux is based on the adaptation of moderate diet habit and routine lifestyle, such as avoiding lying down or exercising immediately after a meal and refraining from excessive diet. Furthermore, avoid eating two to three hours prior to sleep, and elevate head position when sleeping. Patients with gastroesophageal reflux or any discomfort are recommended

to avoid excessive stimulation (like spicy and fried food), eat less food with baking powder (bread, cake, and steamed bread), and reduce oil, salt, and sugar intake. People with bloating issues should avoid gaseous food (sweet potatoes and beans). When symptoms of acute gastroenteritis, such as diarrhea, stomach pain, nausea, and vomit, are present, eat something light (rice porridge), avoid greasy and spicy food, replenish water and electrolytes to prevent dehydration.



Hawthorn & Dark Plum Tea

Ingredients : Moderate amount of hawthorns and dark plums, 5 g tea leaf

Method : Brew with 500 cc of hot water and is ready to drink, rebrewable.





Fat-Reducing Tea

Ingredients : Lotus leaf (he ye), stir-fried cassia seeds (jue ming zi), roselles (luo shen hua), hawthorns (shan zha), eucommia leaf (Du zhong ye), Rhizoma Polygonati Odorati (Yu Zhu) 5 g each.

Method : Bring 1,500 cc of water to a boil, add ingredients, continue boiling on low heat for 5 min, turn off heat, keep the lid on for 30 min before drinking. Add crystal sugar to taste.





Dried Citrus Peel Chrysanthemum Tea

Ingredients : 5 g dried citrus peel, moderate chrysanthemum and herba lophatheri, 5 g tea leaf

Method : Brew with 500 cc of hot water and is ready to drink, rebrew until flavorless.

