

# Rejuvenating Your Body

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"Its no fun getting old and sick!" is a very common expression from my patients. Aging happens to everyone after maturity. Everyday, many millions of cells get old, sick and die which may result in degenerating body functions in the immune system, kidneys, and other body systems and deterioration problems such as Alzheimer's, arthritis, bone loss, heart disease, cancer and other diseases. It is important to rejuvenate your body, so aging can be slowed down, minimizing aging related diseases.

## **What causes aging?**

Many factors contribute to aging: natural processes (due to genetic reasons), toxins and free radical damage to DNA, smoking, over consumption of alcohol and food, malnutrition, high nervous tension and stress, fatigue, over exposure to sunshine, and lack of sleep are some examples.

## **Rejuvenating your body**

Avoid the above mentioned causes of aging as much as possible: refrain from deep fried foods, as these have a high concentration of free radicals. Avoid over exposure to the sun. Lead a healthy life style, etc. More than this, I have found the following to be effective in rejuvenation of the body:

### **1. Rejuvenating your DNA, detoxifying your body, and preventing diseases:**

No matter how careful you may be, your cells die everyday due to DNA damage by toxins, free radicals, and other factors. The secret is to supply your body with food that have a high DNA and RNA content which are essential for your body to create new healthy cells. I find that chlorella, a fresh water single celled algae serves this purpose. Chlorella contains 13% DNA and RNA, highest of all known plants. Since DNA and RNA contain the same materials your body uses for your own cells, you are able to take in these from chlorella as building blocks of your own.

Many scientific studies show that chlorella is able to eliminate the following toxins from the body such as lead, aluminum, PCBs (polychlorbiphenyls), cadmium, uranium, arsenic poison, herbicides and insecticides (some of these toxins are already in the food chain due to pollution, chemicals used in food growing and processing), because chlorella has a special affinity to these pollutants.

For these reasons, when you take chlorella, make sure it is from a clean source and not from a polluted source. Chlorella is also good for immunostimulation, preventing heart disease, cancer and many diseases related to aging.

For further information please read my research paper "The Detoxification, Immunostimulation And Healing Properties of Chlorella" which was presented to the 5<sup>th</sup> World Convention of Traditional Medicine & Acupuncture in Singapore on March 18 & 19, 2000. This paper can be found at <http://members.shaw.ca/drpaultse/research.htm>, or from my clinic.

From my clinical observations, I find that the patients who take 3 to 6 grams of chlorella daily, are able to restore youthful energy and appearance. Health problems such as memory loss, deteriorating vision, foggy mind, depression, heart disease, cancer and fatigue improve in response to ingesting chlorella.

## **2. Rejuvenation by Traditional Chinese Medicine**

Traditional Chinese Medicine (T.C.M.) is unique in preventing and treating diseases. We have over 5000 years of accumulated experience in rejuvenation by using herbal medicine, acupuncture, acupressure, Qi Gong (a practice of vitalizing the mind and body life force) and other natural methods. Disease and aging show on the face. From the appearance we are able to deduce health problems within the body. By helping the body heal and rejuvenate, we are able to get rid of diseases and slow down aging, hence resulting in a more youthful appearance.

### **a) Acupressure Rejuvenation:**

Acupressure (massaging acupuncture points) regularly at the face is able to rejuvenate skin and reduce wrinkles. Massaging certain acupuncture points and all the acupuncture channels according to the flow of Qi (life force) is very energizing because this promotes the blood and Qi flow, resulting in a healthy, youthful body.

### **b) Herbal rejuvenation**

There are many herbal medicines that help rejuvenate the body, for example, one of the most precious herbs from our T.C.M., the Sek Tsu Red Ginseng is a strong tonic for the whole body, vitalizing and rejuvenating the mind and the functions of the body.

Reshi Mushrooms are known as herbs for longevity as they can improve the immune response, liver function, calm the mind, and detoxify the body.

Fructus Lycii Chinensis is a tonic for liver and kidneys and can improve vision. It is used for poor eye sight, dizziness, tinnitus (ringing noise in the ears), diabetes, weak and aching lower back and knees.

Folium Artemisiae is the herb used for moxibustion (to heat the acupuncture points in acupuncture treatments to help the circulation of blood and Qi), and benefits the spleen, liver and kidneys if taken internally. It disperses "cold energy" and alleviates pain by tonifying the body.

Rhizoma Gusuibu tonifies the kidneys and liver, and is used for a weak lower back, knees and bones. It is a beneficial herb for preventing and treating bone injury (fractures) or bone loss associated with aging, etc. In T.C.M. we may combine many rejuvenation herbs to work together for better results. We may even design a herbal formula for different kinds of diseases or health problems to suit individual needs.

### **3. Ingest highly purified water only, including all drinking and cooking water.**

### **4. Drink tea daily.**

Tea, either black or green has a mild effect in detoxification, preventing cancer, heart disease, weight problems, etc..

Do not put cream or sugar as this minimizes the health benefits. If you feel warm all the time, tea is for your energy type. If you feel cold all the time, or if after drinking tea for awhile you feel colder, or have a runny nose, then tea is not for you, because tea is classified as "cool energy" in T.C.M.. Instead, drink ginger tea: 7 thin slices of fresh ginger root to be boiled with four cups of purified water for ten minutes to be drunk warm. This helps blood circulation and increase energy.

### **5. Avoid food with added artificial chemicals.**

### **6. Eat a balanced diet with wholesome natural food.**

### **7. Live a youthful life**

Be active and live a youthful life. It is good to be young at heart.

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