Ingredients:

- 1 Package Medium Firm Tofu, well drained and cut into ½” cubes
- 2 tbsp Vegetable oil
- 1 clove Garlic, chopped
- ¼ cup Onion, chopped
- ½ cup Green and/or red peppers, chopped
- ½ cup snow peas
- 1¼ tbsp Black bean sauce
  (can buy a small package in the supermarket)
- ½ tsp Light soy sauce
- 1 tsp Fresh ground chili (option)
- ¼ cup Water
- 1 tsp Sesame oil
- Cornstarch solution: 1 tbsp. Cornstarch 1½ tbsp Water

Method

1) Heat the vegetable oil in a wok or frying pan over medium heat.
2) Add garlic and stir-fry until you begin to smell aroma.
3) Add onion, peppers, and snow peas and then stir fry for 1 minute.
4) Add firm tofu and continue to stir fry gently for 1–2 minutes until tofu is heated through (do not overcook).
5) Add your black bean sauce, soy sauce and ground chili. Mix well.
6) Then stir in ¼ cup water, letting it simmer.
7) Add your cornstarch solution to tofu and vegetable mixture, and bring to a boil.
8) When sauce thickens, add sesame oil. Mix well and serve immediately with rice.

As tofu absorbs many flavors of spices and marinades, it is complementary to many dishes. That’s why there are many different ways tofu can be prepared. Tofu can be prepared in a “silken” form, in which it has a softer and smoother texture making it great for desserts and cold salads. It can also be prepared as a “firm” form, suitable for being fried, steamed, baked or grilled, as well as a “soft” form which is more suitable for being fried, steamed, baked or grilled, as a meat alternative.

As tofu gains popularity in our Western culture, tofu is available in many markets. But make sure to use fresh bean curd quickly, as it can go bad.

Susan Oi-kwan Wong, D.Ac

Pacific Rim Stir Fry

Susan Oi-kwan Wong, D.Ac

Tofu is a soybean based food that has been made in China for thousands of years. With a high nutritional content of protein and calcium, tofu (made with non-genetically modified soybeans) is an excellent addition to your daily cuisine. As tofu absorbs many flavors of spices and marinades, it is complementary to many dishes. That’s why there are many different ways tofu can be prepared. Tofu can be prepared in a “silken” form, in which it has a softer and smoother texture making it great for desserts and cold salads. It can also be prepared as a “firm” form, suitable for being fried, steamed, baked or grilled, as well as a “soft” form which is more suitable for being fried, steamed, baked or grilled, as a meat alternative.

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Massage Therapy Can Help You!

By: Nicole Basque, B.A. RMT

Our bodies are adaptive, so muscles will constantly compensate for each other. This can continue until the root problem resurfaces and we are forced to seek treatment.

Swedish Massage Techniques (which most RMTs use as base techniques), aim to increase circulation, decrease anxiety and increase well-being. The strokes flow from the origin and insertion points of the muscle towards the heart so that the muscles can be brought back to their resting length. Massage calms tense muscles, and helps the client feel centered within their body.

The goal of massage therapy is to help return the muscles of the body to their resting length. It can help remind the body that it should be at ease with its muscles working in balance.

Massage can also help with anxiety. Stress is often the main cause for muscle tension. Massage therapy is a way to calm the muscles manually, which in turn will help ease the mind. The increase in circulation helps you feel refreshed and soothed. The dissolved muscle tension helps you feel connected to your body.

Self care is the key for massage therapy to be fully effective for clients. Because massage therapy appointments are generally an hour every 2-6 weeks (depending on the condition), the rest of the healing is mainly done by the client at home. Suggested strengthening and stretching exercises are paramount in helping clients maximize the benefits of massage therapy. It doesn’t take very much time to do (usually 15-30 minutes a day, maximum), and it will help you achieve your pain-free goals quickly.

Attitude is also essential in helping yourself deal with physical pain. If stress is the main cause of muscle pain, find the cause of stress and deal with it. It is never too late to create a happy life for yourself.

Massage Therapy is a great, natural way to get to know your body, and to take care of it.

Nicole Basque has been working at The Pacific Wellness Institute since November 2009. She loves to treat the body as a whole and believes in holistic wellness. She is experienced in many treatments including simple relaxation, injuries, chronic conditions, and pregnancy.

Overactive Bladder and Acupuncture

Tim H. Tanaka, Ph.D.

Acupuncture has traditionally been utilized to treat a variety of urinary bladder dysfunctions and symptoms.

Research studies have suggested that acupuncture may be effective in treating chronic prostatitis and chronic pelvic pain syndrome, preventing recurrent urinary tract infections, and relieving recurrent cystitis and overactive bladder. The exact mechanisms by which acupuncture works for certain individuals with urinary symptoms are unknown. However, it has been suggested that acupuncture elicits autonomic responses that exert a modulation effect on the nerves that control bladder function. In addition, acupuncture has been shown to positively influence the immune system and psycho-emotional status, and these effects may also benefit certain individuals with urinary symptoms.

Here, I primarily discuss how acupuncture works in the management of overactive bladder symptoms.

Read the full article on http://www.acupunctureoxibustion.com/conditions/overactive-bladder/

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**Seasonal Recipe**

**Pacific Rim Stir Fry**

Susan Oi-kwan Wong, D.Ac

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That's why there are many different ways tofu can be prepared. Tofu can be prepared in a “silken” form, in which it has a softer and smoother texture making it great for desserts (like vegan baking). It can also be prepared as a “firm” form, where it is denser and holds its shape well. This makes firm tofu well suitable for being fried, steamed, baked or grilled, as well as a meat alternative.

As tofu gains popularity in our Western culture, tofu is available in many markets. But make sure to use fresh bean curd quickly, as it can go bad.

Ingredients:

- 1 Package Medium Firm Tofu, well drained and cut into ½” cubes
- 2 tbsp Vegetable oil
- 1 clove Garlic, chopped
- ¾ cup Onion, chopped
- ½ cup Green and/or red peppers, chopped
- ½ cup snow peas
- ½ tbsp Black bean sauce (can buy a small package in the supermarket)
- ½ tsp Light soy sauce
- 1 tbsp Fresh ground chili (option)
- ¼ cup Water
- 1 tbsp Sesame oil
- Cornstarch solution: 1 tbsp. Cornstarch ½ tbsp Water

Method

1. Heat the vegetable oil in a wok or frying pan over medium heat.
2. Add garlic and stir-fry until you begin to smell aroma.
3. Add onion, peppers, and snow peas and then stir fry for 1 minute.
4. Add firm tofu and continue to stir fry gently for 1-2 minutes until tofu is heated through (do not overcook).
5. Add your black bean sauce, soy sauce and ground chili. Mix well.
6. Then stir in ¼ cup water, letting it simmer.
7. Add your comstarch solution to tofu and vegetable mixture, and bring to a boil.
8. When sauce thickens, add sesame oil. Mix well and serve immediately with rice

Susan Oi-kwan Wong, D.Ac, is a certified acupuncturist and member of the Canadian Association of Acupuncture and Traditional Medicine. She has been working at The Pacific Wellness Institute as a clinical assistant since 2010.

PUBLISHER The Pacific Wellness Institute, Tim H. Tanaka Ph.D., Director

CONTRIBUTORS FOR THIS ISSUE Nicole Basque, B.A. RMT Susan Wong, D.Ac.

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**In this Issue**

Dr. Tanaka Has Co-Aauthored a Textbook of Massage Therapy

The textbook was originally published in Japan in 2006. Since then this textbook has been widely used as one of the main texts in registered massage and shiatsu schools in Japan. This book has been also translated into other languages to be published in countries such as Taiwan.

A second impression of this book was released in February, 2012. The new printing expanded Dr. Tanaka’s chapter, which discussed the current evidence of massage therapy on circulatory, muscular, immune, nervous and hormonal systems.

**New Acupuncture Research Coauthored by Dr. Tanaka**

A study entitled “Is there any difference in human pupillary reaction to acupuncture between light- and dark-adaptive conditions?” was published in the Journal Acupuncture in Medicine of BMJ Publications in March 2012.


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**This is the series of the third research paper evaluating effects of acupuncture stimulation on human autonomic nervous system through pupillary observation. A specific acupuncture technique used in this research has been shown to induce a favorable response in our autonomic nervous system (the nervous system that regulates most of our internal organs).**

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