

BRIDGET

MARIE

GET

FEBRUARY 2012

Vintage
LOVE
Story

In Bed
with

SEAMUS **DEVER**

GENERAL HOSPITAL, ARMY WIVES
& ABC'S CASTLE



BridgetMarieMagazine.com

“Kitchen Health and Beauty Tools”

By Dr. Julie T. Chen, M.D.

Integrative Medicine

San Jose, CA

www.makinghealthyez.com



When we go into our kitchen, most of the time, we are looking for something to eat or drink. But, what if the things we eat and drink can serve some of our beauty and health needs as well?

For my patients, there are a few things most of us have in our kitchen that I like to recommend for them to use daily for their beauty and health needs. For the purpose of this article, I'll focus on three of my most frequently recommended kitchen beauty health aides.

Ginger is one of my favorites for stomach upset and inflamed sports injuries. For those of you who have some chronic nausea, one or two fresh ginger slices thrown into warm water as a ginger tea can help to calm your stomach. It is also great as an anti-inflammatory agent for sprained ankles or sore inflamed muscles. You can cook the ginger, let it cool, and then place it over a thin cloth to soak over the area of the inflamed tissue. For those of you with gastritis, dyspepsia or heartburn symptoms, try ginger with caution because some people find that it may irritate these symptoms. If it does, then simply stop using it as a tea.

Another one of my favorite handy kitchen tools is chamomile. Chamomile tea bags are very useful for insomnia, diarrhea, upset stomach, and puffy eyes, just to name a few of its diverse utilization capabilities. For insomnia, you can brew 2 teabags in a half cup of water and steep for five to ten minutes and drink that before bed to help you de-stress and get to sleep. For an upset stomach, one to two teabags can also help to calm your symptoms. For puffy eyes, you can brew two teabags and allow them to cool by putting it in the refrigerator then placing them dry on closed eye lids for a few minutes. One word of caution with chamomile though...because it is an herb, please make sure that you are not allergic to it first.

The last kitchen ingredient we'll touch on in this article is milk. If you are not allergic to milk products, consider using milk as an exfoliant in masks and for skin conditions such as eczema. By combining crushed berries with plain greek yogurt, you can create a refreshing antioxidant mask that provides nutrients, moisturization, and exfoliation all in one. For those of you with eczema or frequent itching of the skin, cool milk on a wash cloth placed gently over the affected skin area can calm the itching and help to exfoliate the scaly dry skin. Just make sure that you use a hypoallergenic cream after this so as to help moisturize the area after you've had the wash cloth on for a few minutes and have rinsed off.

While I can go on and on about the multitude of other kitchen ingredients we can use for health and beauty, the most important thing to keep in mind is that the foods we eat are always going to be the most important factor in our overall health and beauty wellness. So, while we can use these foods for topical treatments and for teas, we should really be looking at eating a wide variety of plant-based foods to help us glowing from the inside out as well.

Dr. Julie T. Chen, M.D. an integrative medicine physician who is board-certified in internal medicine and is also fellowship-trained and board-certified in integrative medicine. She has her own medical practice in San Jose, CA, is the medical director of corporation wellness at several Silicon Valley-based corporations, is on several medical expert panels of websites as well as non-profit organizations, is a recurring monthly columnist for several national magazines, and has been featured in radio, TV, newspaper, and magazine interviews. She incorporates many types of healing modalities into her practice including, but is not limited to, medical acupuncture, Chinese scalp acupuncture, clinical hypnotherapy, strain-counterstrain osteopathic manipulations, and biofeedback. To learn more about Dr. Julie, you can check out her website at www.makinghealthyez.com.