

M.M. Van Benschoten, O.M.D, CA, Inc.

Joe McSweyn, O.M.D, C.A. ♦ Pari Vokshori, L.Ac, D.O.M. ♦ Alan Sher, L.Ac ♦ Gila Varis, L.Ac, R.N.
Steven Jarsky, L.Ac, D.A.O.M. ♦ Jordan Hoffman, L.Ac, Dipl. O.M. ♦ Tina VanBenschoten, R.N.
21201 Victory Blvd, Suite 135, Canoga Park, CA 91303
818-348-9973 phone ♦ 818-348-9974 fax
www.MMVanBenschotenOMD.com ♦ FrontOffice@MMVanOMD.com

New Patient Package

New patients, in order to save you time on your first visit we have compiled a packet of patient information. Please read, complete, and bring the following documents with you when you come for your appointment, or if time allows, use the self-addressed envelope to return them to our office. Also, please bring your most current lab test results, CT and MRI reports, prescription medications, and all nutritional supplements that you take to the initial visit.

- Patient Information
- Informed Consent to Acupuncture and Herbal Treatment
- Notice of Privacy Practices signature page (Acknowledgement of Receipt of Notice of Privacy Practices)

Several other documents are included with information about our practice, but do not need to be returned to us. They are:

- Office Information
- Common Problems Treated with Acupuncture and Herbal Medicine
- Twenty Reasons for Zero Dairy
- Healthy Choices and Dairy Substitutes
- Radiant Health and Endangered Species
- Chronic Sinusitis

Additional Information

- **Office Visits:** An average first visit is around \$250, according to how many grams of herbs are in your customized formula.
- **Payments:** We accept **Cash, Check, Visa, or MasterCard** for payment at the time of your visit. Should you need to submit a bill to your insurance company, we will supply you with an itemized statement. Make sure to ask for a Medical Necessity Form while you are in the office, if you feel your insurance carrier will require this information.
- **Refills:** Please order your refill at least 1 week before you run out of herbs. Allow extra time when having herbs shipped. We require that all patients ordering herbs place a credit card on file for us to charge when we fill the order. Otherwise you may come into our office and wait while your customized formula is being made.
- **Cancellation Policy:** If you need to cancel an appointment, please call our office at least 24 hours in advance to avoid being charged \$90 for the missed appointment. Monday appointments need to be cancelled prior to the weekend since our office is closed on Saturdays and Sundays. We appreciate your cooperation.
- **Dr. Van Benschoten's schedule** is set so that each patient receives all the time necessary for a complete examination, preparation of their formula, and time to address all questions. Due to the amount of serious cases Dr. Van Benschoten deals with, this individualized attention may result in a wait of up to 1 to 2 hours. You may call our office an hour before your scheduled appointment to see how he is running.

Receptionist: Michelle, Crystal, Jenny, and Natalie.
Business Manager: Faith Triandos

Thank you for your cooperation.

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Common Problems Treated by Acupuncture and Chinese Herbal Medicine

Allergies	Insomnia
Anemia	Interstitial Cystitis
Anxiety	Irritable Bowel Syndrome
Antibiotic resistant bacteria	Memory loss
Arthritis	Menopause
Asthma	Mercury toxicity
Attention Deficit Disorder	Migraines
Autism	Multiple Chemical Sensitivity
Back pain	Multiple Sclerosis
Bronchitis	Myocarditis
Candida	Nephritis
Carpal Tunnel Syndrome	Obesity
Chemotherapy side effects	Ovarian cyst
Chronic Fatigue Syndrome	Post surgical pain
Colitis	Post stroke paralysis
Depression	Post Traumatic Stress Disorder
Diabetes	Premenstrual Syndrome
Eczema	Prostatitis
Facial pain	Psoriasis
Fungal infections	Radiation side effects
Headache	Shoulder pain
Herpes virus infection	Shingles
High Blood Pressure	Sinusitis
Hormone imbalances	Tuberculosis
Hypo/Hyperthyroidism	Urinary Tract infections
Impotence	
Infertility	
Influenza	

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Healthy Choices and Dairy Substitutes

Note: COW, GOAT AND SHEEP MILK ALL CONTAIN VIRUSES AND HORMONES INCOMPATIBLE WITH HUMAN HEALTH. ORGANIC AND/OR RAW DAIRY IS NOT ACCEPTABLE.

Milk

WestSoy, Edensoy, Silk, Ah Soy, Mocha Mix, Westbrae, Vitamite, Vitasoy, Better than Milk (protein powder), Soy Power (Whole Foods), Trader Joe's Almond, Oat, and Rice milks also available.

Cheese

Soymage, Almondrella, Tofurella, Follow Your Heart, Soyco cream cheese, Soyco parmesan cheese, and Tofutti Better than Cream Cheese. Tofu: soft, regular, pressed.

Butter

Smart Balance, Nucoa, Earth Balance, Spectrum, Benecol, margarine spreads with NO whey or casein.

Ice Cream

Soy Delicious, Soy/Rice Dream, Mocha Mix, Ice Bean, Tofutti, Double Rainbow, any kind of sorbet (Haagen Daas, Dole, Ben & Jerry's). Tofutti Cutie's and Tofutti bars are great.

Others

Veganiase, White Wave Soygurt, Nancy's Soygurt, Wildwood Soy Yogurt, Tofutti sour cream, Silk nondairy creamer, Westsoy non-dairy creamer, New Market Brand adds instant flavoring to alternative milk beverages.

More Healthy Choices

Tofu (soybean cheese)

Regular – Good in soups, cold with green onion and soy sauce

Soft/Silken – Good for blender drinks with fruit and honey added. Also fruit preserves for yogurt like breakfast food, mixes for pudding (Mori-Nu" brand).

Firm or Pressed – Good for stir-fry, stronger taste

Tofu Bologna – May have egg white & wheat

Tofu Burgers – Made with tempeh, a fermented soybean food

Dehydrated soy meats – May have wheat and/or yeast

Tempeh (Indonesian-style fermented soybeans)

Higher protein than tofu because it is made with the whole bean rather than the soymilk. It has a stronger flavor than tofu, chewy texture, good marinated and stir-fried. However it is **not** a reliable source of vitamin B12.

Miso (Fermented soybean soup and sauce base)

Dark miso has less salt and a richer flavor than light miso, but all miso is at least 5-10% salt. Mugi (barley) miso is best for soups and sauces. Add honey and water to sweeten for dipping sauces.

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INFORMED CONSENT TO ACUPUNCTURE AND HERBAL TREATMENT

Print Patient's Name: _____

I hereby request and consent to the performance of procedures by a licensed acupuncturist including, but not limited to, acupuncture and herbal treatments on me (or on the patient named above, for whom I am legally responsible) by one of the licensed acupuncturist listed above or by future licensed acupuncturist who practice in this office.

I understand that in the practice of herbal treatments and acupuncture that there are no guarantees. I further understand that there are some risks to acupuncture treatment, including, but not limited to, slight bruising, tingling near the needling sites that can last a few days, nausea, and light headedness immediately following treatment. I understand that some herbs may be inappropriate during pregnancy. If I experience any gastro-intestinal upset or any other reactions that may be a reaction to the herbs, I will contact the acupuncturist. I do not expect the acupuncturist to be able to anticipate and explain all risks and complications.

I also understand that my continued association and cooperation with my medical doctor is imperative. While the acupuncturist may use his/her best efforts in assisting to alleviate the symptoms of my illness, such action is only a supplement to the care provided by my attending physician, and is not intended to be a substitute for any conventional means of diagnosis and treatment. Furthermore, no recommendations made by any member of the above named office shall be interpreted by me as requiring an independent course of action inconsistent with the course of medical care defined by my attending physician. If at any time I have any questions regarding the above, I will ask my acupuncturist and/or, if necessary, the business manager.

I have read, or have read to me, the above consent. I have also had an opportunity to ask questions about its content and by signing below I agree to the above-named procedures. I intend this consent form to cover the entire course of treatment for my present condition and for any future condition(s) for which I seek treatment.

Signature of Patient or Patient's Representative

Date

Print Name of Patient's Representative

Witness to Patient's Signature

Date

Relationship or Authority of Representative

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Notice of Privacy Practices

THIS NOTICE DESCRIBES HOW HEALTH INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION.PLEASE REVIEW CAREFULLY.THE PRIVACY OF YOUR HEALTH INFORMATION IS IMPORTANT TO US.

OUR LEGAL DUTY

We are required by applicable federal and state law to maintain the privacy of your health information. We are also required to give you this Notice about our privacy practices, our legal duties, and your rights concerning your health information. We must follow the privacy practices that are described in this notice while it is in effect. This Notice takes effect 4-14-03 and will remain in effect until we replace it.

We reserve the right to change our privacy practices and the terms of this Notice at any time, provided such applicable law permits changes. We reserve the right to make the changes in our privacy practices and the new terms of our Notice effective for all health information that we maintain. Including health information we created or received before we made the changes. Before we make a significant change in our privacy practices. We will change this Notice and make the new Notice available upon request.

You may request a copy of our Notice at any time. For more information about our privacy practices or for additional copies of this Notice please contact us using the information listed at the end of this Notice.

USES AND DISCLOSURES OF HEALTH INFORMATION

We use and disclose health information about you for treatment, payment, and healthcare operations. For example:

- **Treatment:** We may use or disclose your health information to a physician or other healthcare provider providing treatment to you.
- **Payment:** We may use and disclose your health information to obtain payment for services we provide to you.
- **Your Authorization:** In addition to our use of your health information for treatment, payment or healthcare operations, you may give us written authorization to use your health information or to disclose it to anyone for any purpose if you give us an authorization, you may revoke it in writing at any time. Your revocation will not affect any use or disclosures permitted by your authorization while it was in effect. Unless you give us a written authorization, we cannot use or disclose your health information for any reason except those described in this Notice.
- **To your Family and Friends:** We must disclose your health information to you, as described in the Patient Rights section of this Notice. We may disclose your health information to a family member, friend or other person to the extent necessary to help with your healthcare or with payment for your healthcare, but only if you agree that we may do so in writing.
- **Persons Involved In Care:** We may use or disclose health information to notify, or assist in the notification of (including identifying or locating) a family member, your personal representative or another person responsible for your care, of your location, your general condition, or death. If you are present then prior to use or disclosure of your health information, we will provide you with an opportunity to object to such uses or disclosures. In the event of your incapacity or emergency circumstances, we will disclose health information based on a determination using our professional

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judgement disclosing only health information that is directly relevant to person's involvement in your healthcare. We will also use our professional judgement and our experience with common practice to make reasonable inferences of your best interest in allowing a person to pick up filled prescriptions, medical supplies, x-rays or other similar forms of health information.

- **Marketing Health Related Services:** We **will not** use your health information for marketing communications without your written authorization
- **Required by Law:** We may use or disclose your health information when we are required to do so by law.
- **Abuse or Neglect:** We may disclose your health information to appropriate authorities if we reasonably believe that you are possibly a victim of abuse, neglect, or domestic violence or the possible victim of other crimes. We may disclose your health information to the extent necessary to avert a serious threat to your health or safety or the health or safety of others.
- **National Security:** We may disclose to military authorities the health information of Armed Forces personnel under certain circumstances. We may disclose to authorize federal official's health information required for lawful intelligence, counterintelligence, and other national security activities. We may disclose to correctional institution or law enforcement official having lawful custody of protected health information of inmate or patient under certain circumstances.
- **Appointment Reminders:** We may use or disclose your health information to provide you with appointment reminders (such as voicemail messages, postcards, or letters).

PATIENT RIGHTS

- **Access:** You have the right to look at or get copies of your health information, with limited exceptions, you may request that we provide copies in a format other than photocopies. We will use the format you request unless we cannot practicably do so. (You must make a request in writing to obtain access to your health information. You may obtain a form to request access by using the contact information listed at the end of this Notice. We will charge you a reasonable cost-based fee for expenses such as copies and staff time. You may also request access by sending us a letter to the address at the end of this Notice. If you request copies, we will charge you \$15.00 to \$ 25.00 per file, according to the size and postage if you want the copies mailed to you. Contact us using the information listed at the end of this Notice for a full explanation of our fee structure).
- **Disclosure Accounting:** You have the right to receive a list of instances in which we or our business associates disclosed your health information for purposes, other than treatment, payment, healthcare operations and certain other activities, for the last 6 years, but not before April 14, 2003. If you request this accounting more than once in a 12 month period, we may charge you a reasonable cost-based fee for responding to these additional requests.
- **Restriction:** You have the right to request that we place additional restrictions on our use or disclosure of your health information. We are not required to agree to these additional restrictions, but if we do we will abide by our agreement (except in an emergency).
- **Alternative Communication:** You have the right to request that we communicate with you about your health information by alternative means or to alternative locations. (You must make your request in writing.) Your request must specify the alternative means or location, and provide satisfactory explanation how payments will be handled under the alternative means or location you request.
- **Amendment:** You have the right to request that we amend your health information. (Your request must be in writing and it must explain why the information should be amended.) We may deny your request under certain circumstances.

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QUESTIONS AND COMPLAINTS

If you want more information about our privacy practices or have questions or concerns, please contact us.

If you are concerned that we may have violated your privacy rights, or you disagree with a decision we made about access to your health information, or in response to a request you made to amend or restrict the use or disclosure of your health information, or to have us communicate with you by alternative means or at alternative locations, you may complain to us using the contact information listed at the end of this Notice. You also may submit a written complaint to the U.S. Department of Health and Human Services. We will provide you with the address to file your complaint with the U.S. Department of Health and Human Services upon request.

We support your right to the privacy of your health information. We will not retaliate in any way if you choose to file a complaint with us or with U.S. Department of Health and Human Services.

Contact Officer: Faith Triandos for the office of M.M.Van Benschoten O.M.D., C.A. INC. and Associates

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**Acknowledgment of Receipt of
Notice of Privacy Practices**

* You May Refuse to Sign This Acknowledgement *

I give permission for the following people to _____
___ Make appointments for me
___ Talk with my practitioner
___ Use my credit card

I give permission for the following people to _____
___ Make appointments for me
___ Talk with my practitioner
___ Use my credit card

I, **(please print)** _____ have received a copy of this office's
Notice of Privacy Practices.

Signature: _____ **Date:** _____

For Office Use Only

We attempted to obtain written acknowledgement of receipt of our Notice of Privacy Practices, but
acknowledgement could not be obtained because:

- Individual refused to sign
- Communication barriers prohibited obtaining the acknowledgement
- An emergency situation prevented us from obtaining acknowledgement
- Other **(please specify)** _____

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Office Informaion

Welcome to our Practice. We are here to assist you in your goals for wellness.

Oriental Medicine

Oriental medicine includes the use of diet, massage, breathing exercises, meditation, acupuncture, and herbal formulas to relieve pain, regulate physical function, and promote health.

Clinical Experience and Biomedicine Knowledge Base

Our clinic staff has an extensive clinical experience and knowledge of biomedicine, with backgrounds in critical care, nursing, molecular biology, and psychotherapy. A biomedical reference library and database of treatment strategies for over 360 different biomedical conditions are used to provide state of the art therapy for complex conditions.

Diet and Nutrition

Excess sugar and fat, rather than deficiencies of vitamins and minerals cause chronic illness and weaken immunity. To reduce risk of heart disease, cancer, and diabetes we recommend a zero dairy, low sugar diet emphasizing whole grains, cooked vegetables, and small amounts of fresh fruit. We can provide food and nutritional supplement evaluations for optimal health, digestion, and weight control.

Chinese Herbal Formulas

Modern laboratory research in China, Japan, and the United States confirm the beneficial effects of Chinese herbal medicines. Clinical studies demonstrate the ability of specific herbs to improve immune system function, and provide antibacterial, antiviral, antifungal, and antitumor effects. Our pharmacy stocks the highest quality, pharmaceutical grade, Prop 65 compliant, herbal extracts from GMP manufacturers to create custom prescriptions for optimal results in complex cases. No alcohol, animal products, antibacterial, antiviral, antifungal, antiaging, immune stimulating substances, or minerals are used in our prescriptions. We do not use any premixed formulations or patent medicines to insure maximum safety and optimum clinical results.

Custom Formulated Prescriptions

All herbal prescriptions for our patients are custom formulated for the individual at each office visit, based on modern laboratory research on pharmacology and clinical applications of Chinese herbal medicines. We maintain a comprehensive database of scientific information on herbal medicines that is updated on a daily basis with online searches from the National Library of Medicine.

Acupuncture

Acupuncture relieves pain and stimulates healing by applying massage, needles, or herbs to specific points that regulate the function of the internal organs. We also use needleless techniques, which include cupping, massage, infrared, and electyrostimulation. Acute cases may respond in a few visits, whereas chronic problems may require more. All our needles are disposable, single-use only for maximum safety.

Limitations of Acupuncture

Acupuncture has limited effectiveness in treating diseases where the primary cause is infection or toxicity, due to the short-term effects of acupuncture treatment on the immune system. For optimum results, acupuncture treatment is given daily or every other day. When patients cannot come for regular treatment, we emphasize diet and herbal medicine as the primary therapy.

Craniosacral Therapy

This therapy may improve brain circulation, help with stress and emotional release.

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In Practice

All types of pain conditions may be relieved by oriental medical therapies, including but not limited to back pain, sciatica, neck pain, shoulder stiffness, menstrual cramping, athletic injuries, and neuralgias. Chronic viral, bacterial, and fungal infections not responsive to conventional medications may improve through the immune stimulation provided by acupuncture and herbs. Anxiety, depression, and stress-induced problems may also benefit. See Common Problems Treated with Acupuncture and Chinese Herbal Medicine for a more complete list.

Office Staff

M.M. Van Benschoten, O.M.D., M.A., C.A. has over 30 years of clinical, research, and teaching experience in acupuncture and oriental medicine. The author of over fifty papers on topics including chronic fatigue syndrome, AIDS, autoimmune disease, breast cancer, and mercury toxicity, his clinical practice focuses on chronic infectious disease, immune dysfunction, and environmental illness.

Joseph McSweyn, O.M.D., C.A. is a graduate of the California Acupuncture College of Los Angeles, and the International College of Chinese Medicine in Nanjing, China. His name appears on the Physician's Honor Roll of the Chronic Fatigue and Immune Dysfunction Syndrome Association.

Pari Vokshori, L.Ac., D.O.M. holds a MA and a Ph.D. in Oriental Medicine and a Ph.D. in Homeopathy. She has advanced training in Craniosacral Therapy, Iridology and Color Therapy/Energy Work. She is a scholar and a healer dedicated to helping others improve their physical and emotional well-being.

Alan Sher, L.Ac, graduated Summa Cum Laude from Emperor's College with a Masters in Traditional Oriental Medicine. He holds a Bachelor of Science degree in Psychology from the University of Connecticut. His practice focuses on general medicine, gastrointestinal disease, gerontology, and mental disorders.

Gila B. Varis, L.Ac, R.N. graduated with the highest of honors from Yo San University with a Masters degree in Acupuncture. She holds Bachelor of Science degrees in Nursing and in Kinesiology. Her practice focuses on internal medicine, preventive health, and nutrition.

Steven Jarsky, L.Ac, D.A.O.M. received his Doctorate in Acupuncture and Oriental Medicine from Pacific College of Oriental Medicine. He graduated with highest honors from Pacific Yo San University with a Masters Degree in Acupuncture & Traditional Chinese Medicine. He holds a Bachelor Degree in Cellular Molecular Biology. His practice focuses on family medicine, allergies, respiratory illness, and gynecology.

Jordan Hoffman L.Ac, Dipl. O.M.. Graduated Summa Cum Laude with a 4-year Master's Degree in Oriental Medicine from Emperor's College of Traditional Oriental Medicine, Nationally Board Certified (NCCAOM) with Diplomat Status in Oriental Medicine including Acupuncture, Chinese Herbology, and Biomedicine. Jordan focuses on Acupuncture and Chinese Medicinal Herbs with nutritional and lifestyle counseling, and a sincere desire to create a truly integrative medical practice. Specializing in Addiction, Internal Medicine and Pain Relief.

Tina Van Benschoten, R.N. Cranio Sacral Therapy

Faith Triandos, Business Manager

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Michelle, Jenny, Natalie, and Crystal are Receptionists

Office Hours

Monday-Tuesday 9:00AM to 4:30PM

Wednesday 10:00AM to 5:00PM

Thursday 9:00AM to 4:30PM

Friday 9:00AM to 3:00PM

Our office is closed New Years Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas

Emergencies should go to the nearest hospital or urgent care.

Payments: All payments are due at the time of services. We accept Cash, Check, Visa, or MasterCard. We do not bill or work with insurance companies. We will gladly supply you with an itemized statement that you may submit to your insurance company.

We are located on the north side of Victory between Variel Avenue and Canoga Avenue.

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Patient Information

Please Print

_____ M F _____
Patient Name Date of Birth Age

_____ City State Zip Home Phone #

_____ Work Phone # Pager or Cell #

_____ Social Security Number Drivers License

Legal Guardian or Responsible Party Information

_____ Relationship Social Security Number

_____ City State Zip

_____ Home Phone # Work Phone #

Other family members that have been seen in our office.

Who referred you to our office? _____

We supply itemized statements for insurance purposes.

Please be considerate of other patients and notify us at least 24 hours in advance of any cancellations, or you will be charged a full office visit.

I understand that full payment for the office visit and supplies are my responsibility and not that of the insurance company and are due at the time of service. I have read and understand the 24hr cancellation policy.

_____ Date

Signature of Responsible Party (Must be over 18 years of age)

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Radiant Health

New Challenges for Traditional Chinese Medicine

by

M.M. Van Benschoten, O.M.D.

An introduction to modern health issues and the role of Chinese medicine in prevention and treatment of chronic fatigue syndrome, candidiasis, HIV/AIDS, and environmental illness. Topics include diet, exercise, and the basic theory and applications of Chinese medicine to modern illnesses. Available at the front desk. \$20.00 plus tax.

Endangered Species

Music for healing and meditation

Researched, composed, and performed

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Twenty Reasons for Zero Dairy

**The consumption of milk, cheese, butter, ice cream, etc.
may increase your risk of the diseases listed below according to the resources listed.**

1. Heart Attacks and Strokes
2. Breast, Colon, Lung, Ovarian and Prostate Cancer
3. Childhood Diabetes
4. Infantile Autism
5. Osteoporosis and Hip Fracture
6. Allergies, Asthma, Sinus and Ear Infections
7. Multiple Sclerosis
8. Amyotrophic Lateral Sclerosis
9. Leukemia Viruses
10. Antibiotic Residues
11. Hormone Residues
12. Pesticide Residues
13. Salmonella, Listeria and E. Coli O157:H7
14. Dioxins and PCBs
15. Crohn's Disease and Irritable Bowel Syndrome
16. Chronic Constipation
17. Rheumatoid Arthritis
18. Acne
19. Migraine Headaches
20. Cataracts

Further information and additional scientific references can be found at www.notmilk.com.

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Medical Necessity Letter

Date of visit:

Patient Name:

To whom it may concern:

Nutritional supplements provided by our office are custom formulated, pharmaceutical grade aqueous extracts of herbal medicines that are medically necessary for the alleviation of symptoms due to antibiotic resistant bacterial, viral, and fungal infections, and immune suppression due to environmental pollutants. Your cooperation is appreciated.

Sincerely,

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Chronic Sinusitis

Chronic sinusitis is a common problem in Southern California, due to high levels of air pollution. This disease process can be aggravated by chemical exposures from indoor cleaning products, especially chlorine bleach and chlorine based window cleaners and bathroom products. Use white vinegar and baking soda for cleaning instead. Indoor potted plants can be a source of mold exposure which can severely worsen sinusitis and respiratory allergies. Remove all potted plants from the home. Air travel causes dehydration and exposure to jet fuel can also inflame the sinuses and weaken immunity. Bring one liter of water on plane flights, and use the sinus rinse procedure outlined below every two hours on long flights.

Automobile ventilation systems can be contaminated with mold and bacteria due to condensation from the air conditioner. If you smell a musty or mildew odor coming from your car, have the system cleaned with a deodorizing foam injected through the air vents.

Pillows may be contaminated with bacteria and mold due to moisture from breathing. Change pillows to hypoallergenic dacron polyester fiberfill, no down, feathers, or foam, as these can trigger allergic reactions, outgas toxic chemicals, and grow bacteria and fungi.

Daily flushing of the sinuses can help to clear current infections, and prevent new ones. This is especially important during air travel, Santa Ana wind conditions, and after exposure to mold from gardening or contaminated buildings. When cleaning dusty areas, or working in the garden, a protective mask should be worn.

Sinus rinse: before herbs and meals, use an over the counter saline nasal spray (Ocean, Sea Breeze, Xlear) 2 to 3 sprays up each nostril followed by blowing/spitting, if yellow or green color is present, repeat until mucus is clear.

Sinus steam and flush: make a tea with one half spoon of herbs to one half cup of hot water, do a steam inhalation with a towel draped over your head, when the tea cools to room temperature, pour a small amount of the tea into the palm of your hand and sniff it up your nose, spitting out any drainage that runs down the back of your throat, and blowing your nose into a tissue. If there is any color to the mucus, repeat the sniff/spit/blow process until the mucus is clear. By steaming and flushing your sinuses with the herbal tea infected mucus is prevented from draining into the digestive system.

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COFFEE BLUES

Eight reasons to change to green, black, or herbal teas, scientific research and clinical experience links coffee drinking to the following diseases:

1. anxiety disorders and depression
2. arrhythmias and tachycardia (irregular or rapid heartbeat)
3. increased risk of heart attack
4. aggravation of ulcers and acid reflux
5. increased cholesterol, LDL, and triglycerides
6. increased risk of osteoporosis
7. increased risk of rheumatoid arthritis
8. increased occurrence of colon and bladder cancer

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