

JUNE, 2022 ISSUE

# THE WESTSIDE BREEZE 西風

The Westside Chinese School

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# GUA SHA



By Lucia Liu

Gua Sha is the practice of using a smooth-edged tool to apply scraping pressure to the skin. This method has roots in traditional Chinese medicine, and is said to relieve muscle pain and tension, improve blood circulation, and aid lymph drainage. The technique often induces light bruising, appearing as purple or red spots called 'petechiae'.



Gua Sha shares similarities to a Western chiropractic treatment known as the Graston technique, a form of soft-tissue scraping therapy in which stainless steel instruments aid breakdown of scar tissue. In peer-reviewed research, Gua Sha has been indicated to increase local microcirculation, blood flow in small vessels such as capillaries, arterioles, and venules. In turn, elevated circulation may facilitate decreases in muscle pain. Evidence also exists for upregulation of innate and adaptive immune functions of the skin as a result of Gua Sha treatment, improving intradermal response to antigens.

Social media content, including articles from fashion and lifestyle magazine Vogue, have popularized Gua Sha in the West in recent years. Businesses have also jumped on the trend, producing Gua Sha tools with a new, characteristic shark-fin shape using materials such as jade and rose quartz. Yet, most of these aesthetically pleasing products carry a hefty price tag and are marketed with a focus on facial benefits – a direct contrast to the traditional use of commonplace coins or porcelain spoons throughout the body. Purchasing Gua Sha tools and learning techniques from Traditional Chinese Medicine practitioners remains the most reliable and culturally respectful approach.



HEART GUA SHA

FOR THE FACE

\$55.00



# 中藥 CHINESE HERBAL MEDICINE

BY AMELIA CHIEF 漆曉曦

Chinese herbal remedies have been used for centuries and are still being used today. Chinese medicine is based on the concepts of “Qi”, a force of life in the human body consisting of a balance between Yin and Yang. Under these principles, the body is healthy when Qi is stable and Yin and Yang are balanced. If the Qi is deficient or Yin and Yang are unbalanced, the body is ill and treatments are used to restore the balance.



These treatments often take the forms of teas, pills, or the burning of herbs near the body – a process known as moxibustion. Common herbs used in Chinese medicine include astragalus, ginseng, ginger, kudzu, and licorice. These herbs are divided into four categories: ministerial, deputy, assistant, and envoy:

Ministerial: Addresses the main cause of disease

Deputy: Addresses the other causes.

Assistant: Reduces side effects

Envoy: Directs treatment to the diseased area.



Chinese herbal medicine has been used since 3 BCE, and continues to be used today. However, there are some scientific concerns about its effectiveness and safety. Although the treatments can be effective in relieving symptoms, it is not always effective in addressing the actual illness. Additionally, some of the herbs and minerals used are toxic. Even if they are not, there is a possibility of negative reactions occurring when taken with Western medicine that are important to keep in mind.

中草藥已經使用了幾個世紀，到今天仍被廣泛使用。中醫是根據“氣”的概念，也就是人體中的一種生命力量，由陰陽平衡組成。在這些原則下，當氣穩，陰陽平衡時，身體才是健康的。如果氣虛或陰陽失衡，就表示身體有病，應該透過治療來恢復平衡。

這些治療通常採用茶、藥丸或在身體附近燃燒草藥的方法——這種過程通常稱作艾灸。常用的中藥有黃芪、人參、生薑、葛根、甘草等。這些草藥分為四類：部長，副，助理和使者。部長草藥是解決疾病的主要原因，而副草藥常用來解決其他原因。助手和特使通常是透過減少副作用和將治療分別引導到患病區域來扮演不那麼直接但同樣重要的角色。

中草藥自公元前三年就開始使用，而且一直沿用至現在。然而，有些專家對其中藥的有效性和安全性仍存疑惑。儘管治療可以有效緩解症狀，但並不能有效地解決實際疾病。此外，中藥裡所使用的一些草藥和礦物質是有毒性的。即使不是，與西藥一起服用時也有可能發生負面反應，這一點需要牢記。





# Cupping Therapy

By Jason Durkee

TCM or traditional Chinese medicine holds claim to a multitude of unconventional methods of treatment. Cupping therapy, while not uniquely Chinese in origin, has been used for the last two thousand years in China for its alleged health benefit. Historically it's been used in Iranian traditional medicine, also known as Persian traditional medicine and by the acronyms ITM and PTM respectively. In ancient Greece the physician Hippocrates used cupping for various treatments, and the Quran mentions the benefits of cupping as well, although it is therein called hijima. Cupping has seen popularity surges in China since 2012, and the use of it by American celebrities, most notably Michael Phelps during the 2016 Rio Olympics, has allowed it a similar surge in the West.

**How it works:** In essence cupping is applying heated cups to areas of the body to create a suction effect in the skin under the cup. This raises the skin and increases blood flow to the area, supposedly also cleansing or purifying it. It works in a similar way as a massage, just with cups applying the pressure to move the skin. The cups can be made of a variety of materials, including glass (shown below in and out of use), bamboo, plastics, and metals.



**Is it, you know, legit?:** Answers vary. The long answer is complicated, but at its core the result is that there isn't enough research into the practice to evaluate its legitimacy. What's important is the use. Many people report feeling soothed or relaxed from cupping's use in massages. The practice has the ability to soothe pain and relax the muscles. Whether this effect is placebo or practical remains to be seen. As with many other traditional medicines, cupping has been used as a cure-all treatment. Some claim it can heal serious skin conditions, cleanse the body of blood problems, and improve fertility. There are no signs that cupping is able to affect the body in intense ways such as this. Using cupping in this way more often than not will put the person being cupped in more medical danger than they might have been in. Cupping is safe when used as an add on to general massage treatments in the right way, but should not be used in place of real medical help.

**Methods of cupping:** Dry cupping is the simplest form of cupping. In short, a heated cup is applied to the targeted area, which creates a vacuum over the skin which stretches it. Typically the treatment lasts up to five minutes, as longer times can cause problems. Fire cupping uses the same idea as dry cupping, but multiplies the outcome by using fire. A fire is inserted into the cup and then quickly taken out as it is placed on the skin, with the intent to remove oxygen from the cup and intensify the suction. Burns and pain from this type of cupping almost never occur, since the fire acts more as a strengthener for the suction and is not a part of the actual suctioning. Wet cupping or the previously mentioned hijima in Islam is when cupping is used to draw blood from the area. Small cuts are made in the area to be cupped, and then the cup is used to suction the area to draw the blood out. The idea is that removing the blood increases overall blood flow to affected areas.

# 指壓 ACUPRESSURE

Written by Andrea Marie Pua



M-HN-9 (Taiyang)

**Helps headache and pain in the eye**



PC-6 (Nei Guan)

**Help relieve nausea and vomiting**



LI-4 (Hegu)

**Strengthens immunity, stops pain around the face and head area**

Did you ever try pinching the web-like area of skin between your thumb and the pointer finger of your hand? That is actually a part of a practice called acupressure.

Acupressure is the applied pressure on certain areas of the body used to control symptoms or ailments such as pain or digestive issues. In traditional Chinese medicine, the smooth flow of “Qi” throughout the body is critical to health. Qi is best described as the vital energy that circulates around our bodies in 12 major meridians. When one of these meridians is blocked or out of balance, an illness can occur. Acupressure is used to help restore balance.

Acupressure commonly uses fingers, palms, and special devices to apply pressure to acupoints on the body's meridians. So, these are some simple acupressure techniques you can do at home! (Do keep in mind that if you feel any pain, stop massaging immediately!)

**How to perform acupressure on yourself:**

1. Locate the acupoint using the pictures on the left
2. With your thumb or index finger, carefully massage the acupoint with a deep and steady pressure
3. Massage the point in a circular or up and down motion without lifting your finger
4. Keep massaging for one to two minutes
5. While massaging, it is best to close your eyes and take slow, steady breaths



# ACUPUNCTURE

WRITTEN BY  
KAYEE MAYS

IN ACUPUNCTURE, THIN NEEDLES ARE INSERTED INTO THE SKIN AT "ACUPOINTS."

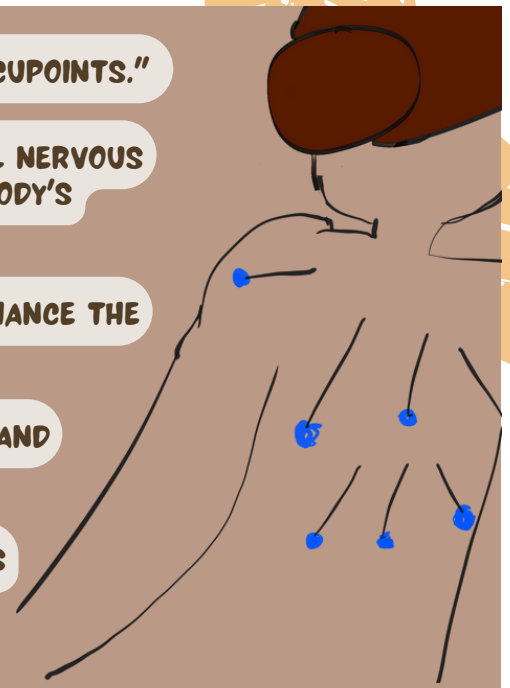
STIMULATION OF ACUPOINTS IS THOUGHT TO STIMULATE THE CENTRAL NERVOUS SYSTEM, WHICH RESULTS IN BIOCHEMICAL CHANGES THAT HELP THE BODY'S HEALING ABILITIES.

PRESSURE, HEAT, OR ELECTRICAL STIMULATION MAY BE ADDED TO ENHANCE THE EFFECTS.

ACUPUNCTURE IS SAID TO BE ABLE TO HELP IMPROVE BOTH PHYSICAL AND EMOTIONAL WELL-BEING.

ACUPUNCTURE IS SAID TO HELP IMPROVE A VARIETY OF HEALTH ISSUES SUCH AS MUSCULOSKELETAL PAIN, DEPRESSION, ANXIETY, INSOMNIA, POOR DIGESTION, AND MIGRAINES.

THE EFFECTS OF ACUPUNCTURE ARE SHORT-LIVED.



## TONGUE CHECK

WHY DO ACUPUNCTURISTS CHECK YOUR TONGUE?

THE COLOR, TEXTURE, AND THE COATING ON THE TONGUE CAN TELL US ABOUT THE HEALTH OF VARIOUS ORGAN SYSTEMS OF THE BODY.

FOR EXAMPLE, A THICK COATING ON YOUR TONGUE MEANS THAT YOU HAVE OR MIGHT GET A COLD.



## PULSE READING

WHY DO ACUPUNCTURISTS CHECK YOUR PULSE?

ALONG WITH TONGUE DIAGNOSIS, CHINESE MEDICINE PULSE DIAGNOSIS IS LIKE THE "MRI" OF TRADITIONAL MEDICAL SYSTEMS.

THE RATE AND FORCE OF THE PULSE HELPS DETERMINE THE HEALTH OF AN INDIVIDUAL.

FOR EXAMPLE, A PULSE THAT FEELS TIGHT LIKE A GUITAR STRING IS COMMON IN PEOPLE WHO ARE IN PAIN, UNDER STRESS, OR EMOTIONALLY UPSET.



# 2A 班作文

## GOALS!



### 我的夢想 ~ 高婉淇

當我長大後, 我想成為一名醫生, 因為他們通過藥物幫助人們感覺更好。他們可以使人們保持健康並过上更好的生活。醫生可以使人變得更強壯。醫生鼓勵我去幫助別人。在我看來, 醫生提供最重要的服務。為了成為一名醫生, 我正在努力學習並保持健康。

### 我的夢想 ~ 盧翰音

我的夢想是去北極探險。我一直很想去很冷的地方看北極熊和蓋冰屋。我要先坐飛機去北極, 再請北極人教我蓋冰屋。我可以在屋子裡看北極熊, 因為這樣才安全。

### 我的夢想 ~ 李欣然

我長大以後我要當太空人, 因為我想要乘太空飛船去太空。我可以看星星, 我也可以去月亮。說不定以後我也可以去火星。如果我要當太空人我就要努力讀書。



## 我的夢想 ~ 陳冰瀛

我的夢想是每天吃包子, 我要吃很多包子。我喜歡吃很多種包子, 我愛吃大包子, 我愛吃小包子, 我愛吃甜包子, 我愛鹹包子, 我最愛吃小籠湯包。



## 我的夢想 ~ 胡天銘

我的夢想是得到一百萬美元, 我想要一百萬因為我想買一棟房子自己住。我也想給房子買家具, 我會中彩票。

## 我的夢想 ~ 林衍銘

我想要成為一個工程師, 像我的爸爸一樣。我很喜歡算數學, 而且我對數學有天份, 我還會打算盤。

我希望認真讀書, 成為一個有用的人, 才可以照顧自己跟父母。

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# Senior Snippets

**STARTING CHINESE SCHOOL FROM THE AGE OF 5, MY YOUNGER SELF CONSIDERED IT AS ONE OF THOSE WEEKLY ACTIVITIES PARENTS SIGN YOU UP FOR. HOWEVER, AS I MATURED I STARTED TO SEE THE IMPACT TAKING THE TIME TO LEARN CHINESE HAD ON ME. ATTENDING CHINESE SCHOOL GAVE ME THE OPPORTUNITY TO CONSTANTLY LEARN AND PRACTICE A LANGUAGE I COULD'VE ENDED UP FORGETTING IN THE FUTURE. I'M THANKFUL FOR MY TEACHERS WHO TAUGHT AND GUIDED ME THROUGHOUT MY GROWTH IN LISTENING, SPEAKING, READING, AND WRITING. IT IS BECAUSE OF THEM THAT I'M ABLE TO ACHIEVE THE LEVEL OF CHINESE I'M CAPABLE OF TODAY. OUTSIDE OF ACADEMICS, CHINESE SCHOOL ALLOWED ME TO ENGAGE WITH A NEW COMMUNITY AND PARTICIPATE IN DIFFERENT CHINESE CULTURAL ACTIVITIES. I WOULD LIKE TO THANK MY FRIEND, AMY, WHO WAS ALONGSIDE ME ALL THESE YEARS. WHETHER IT WAS TAKING ORIGAMI CLASSES OR ANNUALLY VOLUNTEERING AT A BOUNCE SLIDE FOR CHINESE NEW YEAR CARNIVALS, SHE MADE MY EXPERIENCE HERE THAT MUCH BETTER. CHINESE SCHOOL PLAYED A SIGNIFICANT ROLE IN MY LIFE AND I HOPE TO CONTINUE PRACTICING AND IMPROVING THE SKILLS I'VE OBTAINED FROM THIS SCHOOL IN THE FUTURE.**

我五歲來到中文學校，小時候我覺得學習中文是一個父母幫我報名每週一次的課外活動。但是，慢慢長大後我開始看到花時間去學習中文的好處。上中文學校給我一個機會去學習一種我以後可能會忘記的語言。我感謝多年來教導和幫助我的老師們，以致我的聽，說，讀，和寫能達到現在的中文程度。學術之外，中文學校讓我接觸到一個新社區和參與不同的中國文化活動。我想感謝我的好朋友，Amy，多年來一直在我身邊。無論是我們一起上摺紙課或是多次在中國新年聯歡會的彈跳滑梯做義工，她都讓我在這裡有更美好的經歷。中文學校是我生活中一個重要的部分。我希望將來可以繼續運用和提高在這裡所學的中文。



**Isabelle Huang**  
**黃沁瑤**  
**UC Riverside**  
**Biology**







**Lydia Qin**

**覃凌怡**

**Harvard University  
Applied Math**

During my 9 years at Westside Chinese School, I've improved my Chinese, learned about Chinese culture, and made new friends. My Chinese school teachers have all been supportive and caring. They've guided me through writing competitions, speech competitions, and more, which helped me develop my Chinese skills through various experiences. I really enjoyed the festive events Westside Chinese School hosted every year, such as the Lunar New Year celebrations and end-of-semester performances. My favorite event was the annual track and field sports meet, where I competed against other Chinese school students in Southern California. I loved experiencing the fun, competitive spirit while meeting other Chinese school students. I plan to continue learning Chinese in college and visit China soon with the knowledge I've gained at Westside Chinese School.

在西区中文学校学习的九年里，我提高了我的中文水平，了解了中国文化，结交了新朋友。西区中文学校的老师们都很支持和关心我。他们指导我完成了写作比赛、演讲比赛和书法比赛。通过这些有意义的活动，我提高了我的汉语技能。我很喜欢西区中文学校每年举办的节日活动，比如春节联欢活动和期末庆祝大会。我最喜欢的活动是一年一度的田径运动会，在那里我与南加州的其他中文学校的学生们比赛。我喜欢在结识其他华裔学生的同时体验有趣竞争的精神。我计划继续在大学学习中文，也希望将来去中国旅游用上我在西区中文学校获得的知识。

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