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# Ask the Professionals



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BPHE, RAC,  
RTCMP

**Q:** I am struggling with Depression and Seasonal Affective Disorder? Can Chinese Medicine help?

**A:** 'Tis the season of dark days, less sunlight, being forced indoors, and being alone with your thoughts. Winter is peak yin time - a time of reflection, of slowing down, a time to recharge. It is the opposite energy to summer. It is a time of contemplation and renewal, however if you find yourself sitting with negative thoughts for too long or too often, or if you are feeling really stuck and not able to go with the flow of winter mentally or physically, Traditional Chinese Medicine (TCM) can help.

Doctors in China have been using the TCM herbal formula Xiao Yao San for centuries. "Free and Easy Wanderer" contains eight commonly used herbs: bupleurum root, chinese angelica root, white peony root, poria, bighead atractylodes rhizome, roasted ginger, prepared licorice root, and peppermint. In Chinese Medicine theory terms, Xiao Yao San soothes the liver, invigorates the spleen, nourishes the blood and clears heat away from the liver due to blood deficiency.

Western medical research has found similar results. Researchers set out to evaluate the beneficial and harmful effects of Xiao Yao San. <https://www.hindawi.com/journals/ecam/2012/931636/> What they found was that using the prescription of Xiao Yao San in all of its forms (pills, powder and tea) can be beneficial to patients with depression.

So if you are struggling with depressive thoughts and low mood consider accessing TCM therapy. Besides Chinese herbal medicine, Acupuncture is also a super effective tool at stabilizing and treating the mood disorders. These can be used on their own or as an adjunct to your current medical therapy.

For more info, please check out [www.carolyndew.ca](http://www.carolyndew.ca)

## DR. ANOOP SAYAL

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DR. ANOOP  
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**Q:** What do I do for a Dental Emergency?

**A: Toothache**  
First call your dentist. Explain your symptoms and ask to be seen as soon as possible. Then ease the pain. Take an over-the-counter pain medicine that works for you, but do not put the pills on your sore tooth. Hold an ice pack against your face at the spot of the sore tooth. Do not put a heating pad, a hot water bottle, or any other source of heat on your jaw. Heat will make things worse instead of better.

**Chipped or broken tooth**  
Broken teeth can almost always be saved. Call your dentist and explain what happened. He or she will see you right away. If it's a small break, your dentist may use a white filling to fix the tooth. If the break is serious, a root canal may be needed. Your tooth may also need a crown also called a cap.

**Knocked out tooth**  
If the knocked-out tooth is an adult (or permanent) tooth, your dentist may be able to put it back. You must act quickly. If the tooth is put back in place within 10 minutes, it has a fair chance of taking root again. After 2 hours, the chances are poor.

If the tooth looks clean, put it back in its place (its socket). If this is not possible, or if there's a chance that the tooth might be swallowed, put it in a container of cold milk. Go to your dentist, or to the nearest dentist, right away. If you get help within ten minutes, there is a fair chance that the tooth will take root again.