

November 2025

Kunde Wellness Center

Tibetan Medicine Tips for a Healthy Holiday Season

Happy Thanksgiving

Dear Kunde Family

As the Thanksgiving and holiday seasons approach, many of us become occupied with planning meals, gatherings, and gifts, often turning a meaningful time into a series of tasks. Increasingly, people, including many of my patients, find Thanksgiving more fulfilling than Christmas because it centers on gratitude rather than the stress of gift-giving and preparation.

In our clinical practice, we encourage patients to cultivate a spirit of gratitude by journaling about three things or people they are thankful for each day or week. This simple exercise can foster mindfulness, appreciation, and emotional well-being.

As the holiday season and colder months arrive, it's a time of joy, celebration, and togetherness—but also a time when our bodies need a little extra care. With all the delicious feasts and festive gatherings, our digestion often works overtime, and the drop in temperature can make us more vulnerable to coughs, colds, and the flu—even for those who have received flu shots.

Understanding Acid Reflux & Indigestion in Tibetan Medicine

As the holiday season approaches, many of us indulge in delicious, rich meals that can leave our digestion feeling heavy or unsettled. In Tibetan Medicine, these symptoms, such as heartburn, bloating, sour belching, and sluggishness, are seen as signs of imbalance in the Tripa (fire element) and Badkan (earth and water elements). When these forces are disturbed, the Me drod, or digestive fire, becomes weak or unstable, leading to acid reflux and poor digestion.

Common causes include overeating, cold or oily foods, eating late at night, stress, and lack of movement after meals.

To restore balance, Tibetan Medicine emphasizes rekindling digestive warmth and harmonizing internal energies through both herbal formulas and simple lifestyle adjustments.

7 Precious Herbal Teas རྩིས་ཐང་།

Symptoms:

- Scratchy throat, runny nose, poor appetite & energy
- Feeling extreme cold in hands and feet
- Chills & Fever
- Body aches



I want to gently remind you to practice mindful eating during your Thanksgiving gatherings. Enjoy all the foods you love—just in moderation. As Tibetan medicine teaches, a balanced diet is the best diet.

Along with healthy eating and rest, we continue to offer Tibetan Medicine treatments to help support digestion, strengthen immunity, and ease symptoms of cold and flu.

After Thanksgiving dinner, many patients complain about food stagnation. My treatment focused on restoring digestive warmth and movement, and I provided her with a Sedru/pomegranate formula. She was also advised to drink warm ginger tea twice daily, avoid cold and raw foods for several days, and eat light meals such as soup or warm porridge. Gentle walking after meals and abdominal self-massage with warm oil were also recommended.

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Self-Care Tips



Winter Wellness

A Tibetan Medicine Approach



with Dr. Yangdron Kalzang

Sunday, November 23, 2025
1:00pm - 2:30pm PST
In Person Only | Registration Requested

- Drink warm ginger or cumin tea after meals.
- Avoid cold drinks, ice cream, and raw foods for a few days after overeating.
- Eat slowly and mindfully, and take a short walk after dinner.

Practice deep breathing or brief meditation to ease emotional tension, which can worsen reflux.

By following these simple practices and using gentle herbal support, you can help your body digest with comfort and ease, allowing you to enjoy the warmth of the season fully.

We invite you to join us for “Winter Wellness: A Tibetan Medicine Approach,” an in-person talk on Sunday, November 23, 2025. Please see the details below.

[Link to Dr. Kalzang's talk](#)

Health Update

Tibetan Herbal Formula for Digestion

National Institute of Medicine

The NIH studied the Tibetan herbal pomegranate formula Sedru Dhangne for its effects on gastrointestinal motility. This formula was developed by PADMA Pharmacists in Switzerland. The study showed that Padma Digestin affects gastrointestinal smooth muscle in a region-specific manner. In rat tissue experiments, it increased contractility in the stomach's antrum, altered acetylcholine sensitivity in the stomach and pylorus, and inhibited spontaneous and ACH-induced contractions in parts of the intestine and colon, depending on the dose. These findings support its traditional use for improving digestion and managing functional gastrointestinal disorders.



In-person and Telehealth are available with Dr. Kalzang on Self-care.
Call or Text: (415) 681-1643

[Learn about the article](#)

Note: This is our very first newsletter, created especially for our patients. You are receiving it because you are part of our Kunde Wellness community, and we hope this newsletter will help keep you informed, supported, and educated on topics related to your health and well-being. If you prefer not to receive future newsletters, you may unsubscribe at any time. We completely understand and appreciate your choice.

Thank you for being part of our clinic family.

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