

To: ALL Maryland House of Delegates  
Re: House Bill 0482 Redistricting  
From: Jean Benhoff, Baltimore County  
Position FAVORABLE  
Date : 1/25/2026

All Representatives,

I pray that you will listen to your good conscience and will vote For the new  
**FAIRNESS IN DISTRICTING ACT.**

I grew up in Baltimore City and have lived all of my adult life in Baltimore County. I am now 72 years old.

Respectfully, Jean Benhoff

[Struggling With Fatigue and Frequent Urination? TCM Tips for Kidney Wellness](#)

## [Suffering From Frequent Urination? 2 Training Routines Can Help](#)

Naiwen Hu, a traditional Chinese medicine doctor in Taiwan, shared with The Epoch Times the following exercise method to strengthen pelvic floor muscle:

How to do it:

- Lie flat on your back with your knees bent, back touching the ground, and arms resting at your sides.
- Slowly lift your hips while simultaneously contracting the pelvic and gluteal muscles. Hold for about 10 seconds, then lower your hips and relax.
- Repeat this movement five to 10 times, and make it a habit to perform the exercise every night before bed.

The Epoch Times

## **Pumpkin Power: Nutrition for the Prostate**

TCM views food as medicine, with certain ingredients serving as therapeutic agents. Hu notes that pumpkin and pumpkin seeds offer protective benefits for the prostate. [Studies](#) have shown that extracts from pumpkin seeds and soybean germ can effectively improve urinary urgency, incontinence, nocturia, and overactive bladder syndrome.

### **Pumpkin Soy Milk**

Pumpkin soy milk is an easy-to-prepare daily drink that supports prostate wellness.

Preparation: Add 14 ounces of cooked pumpkin to a blender and mix until smooth. Add 24 fluid ounces of soy milk and blend thoroughly until well combined. Serve immediately.

## **Nervous System Disorders Lead to Frequent Urination**

Emotional stress can contribute to frequent urination. Ken treated a 30-year-old female patient with panic disorder and frequent urination symptoms. Her symptoms included fear of driving alone, discomfort in crowded spaces, avoidance of public transportation like trains or planes, and pronounced urinary frequency.

Story continues below advertisement

Reluctant to rely on Western medications such as tranquilizers, she turned to TCM, and after four acupuncture sessions, her condition improved considerably. She regained the confidence to drive independently,

occasionally used public transit, and saw a substantial reduction in frequent urination. Seeking a deeper transformation, she embraced Falun Gong, a traditional qigong practice that combines meditative exercises with the principles of truthfulness, compassion, and forbearance. This holistic approach resolved her physical and emotional challenges long-term.

## **Personalize Your Path to Wellness**

Hu noted that if frequent urination lacks a clear medical cause, it may be rooted in excessive stress or anxiety. He suggests practicing relaxation techniques, lightening work and life burdens, ensuring ample rest, or taking a brief vacation to alleviate stress and anxiety. Once stress is reduced, urinary frequency often improves.

Ken noted that frequent urination may indicate various underlying conditions. For optimal TCM outcomes, a qualified practitioner should thoroughly assess the patient's constitution to craft a personalized, effective treatment plan.



Ellen Wan  
Author

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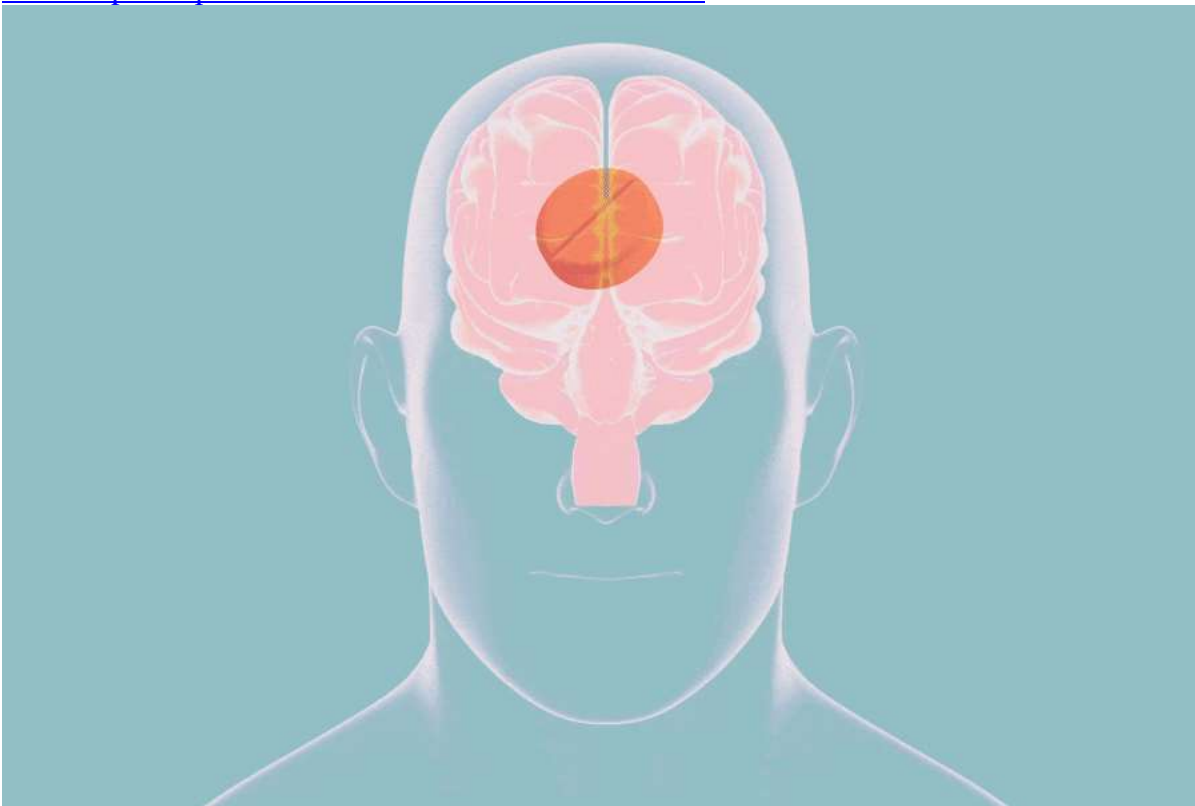
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