Oriental Medicine

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Pacific College New York Brings Healing to Survivors of SUPERSTORM SANDY



urricane Sandy, the largest Atlantic hurricane on record, was classified as a Category 2 storm at its peak intensity when it hit the East Coast of the United States in late October 2012. Over the course of one week, Sandy devastated portions of the Caribbean and the Mid-Atlantic and Northeastern U.S, also impacting Southeastern and Midwestern states and Eastern Canada. Sandy's winds spanned 1,100 miles, and this hurricane is estimated to be the second-costliest Atlantic hurricane on record, behind Hurricane Katrina. Sandy was deadly, and 253 people lost their lives. Due to the severe and widespread damage of the storm, combined with its unusual composition, it has been termed "Superstorm Sandy".

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Quad Partners and Pacific College Partnership

In 2008, Pacific College entered into a partnership with Quad Partners. This has sparked a lot of interest, as well as questions from Pacific's holistic health community. To answer some of these questions, we sat down with Pacific College President Jack Miller and Quad Partners General Partner Daniel Neuwirth to explore the result of the partnership to date, and what's in store for the future.

FIRST OFF: WHO IS QUAD PARTNERS?

Quad Partners is a small, unique firm based in New York City that provides growth capital and operational assistance solely to education institutions. Perhaps their approach is best explained from the source. As Dan Neuwirth says, "Our strategy is to invest in small and mid-sized educational institutions with significant strengths, then apply the educational expertise of our principals to help college directors achieve their accreditation or growth goals while maintaining or improving academic results." The Quad team is a mix of educators, administrators, and investors, and includes Thomas H. Kean,

the former Governor of New Jersey, Chairman of the 9/11 Commission, and the President of Drew University.

Quad is currently partnering with Pacific College, as well as other schools and universities. For a complete listing of current partnerships see the Quad website: http://www.quadventures.com/c1_current.php.

WHY DID PACIFIC COLLEGE CHOOSE TO PARTNER WITH QUAD PARTNERS?

President Miller's vision for Pacific College has always been about educational excellence in holistic medicine and providing greater opportunities for students.

"After 20 years at the helm of Pacific College, I saw dramatic changes happening in higher education," Miller said, "I believed I needed to secure additional partners for the school who were extremely experienced in the issues of accreditation, government regulation, marketing, and distance education. Whenever I asked about firms that were committed to higher education, Quad Partners were always at the top of everyone's list."

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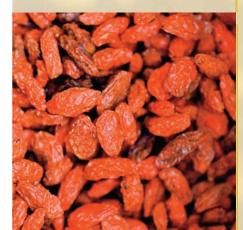
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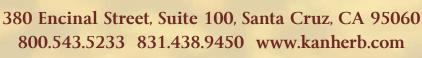




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Nestlé, Coca-Cola, and Chinese Medicine?

By ERIC BRAND, LAC

s Chinese medicine increasingly attracts worldwide attention, more and more global companies are investing in Chinese medicine-related research. Large pharmaceutical companies such as Pfizer, GlaxoSmithKline, AstraZeneca and Merck have been researching Chinese herbal medicines for years, and major Western universities such as Harvard and Yale have begun to research Chinese herbs as well. It seems natural for pharmaceutical corporations and scientific institutions to take an interest in Chinese medicine, but nothing seems to attract as much attention as the odd pairing of Chinese medicine research with companies such as Nestlé and Coca-Cola.

While Coca-Cola's involvement in Chinese medicine is old news, Nestlé made headlines recently by launching a joint venture to develop Chinese medicinal products. At first glance, there is something almost paradoxical about pairing corporations that built their empire on sugary foods with Chinese medicine. It seems like an odd match, like a McDonald's-funded obesity research center. Yet, given the vast size of the Chinese market and the fact that the Chinese herbal beverage "Wang Lao Ji" currently outsells Coca-Cola on the Chinese domestic market, it makes sense that these food and beverage giants would not let the local health drink market pass them by.

In Hong Kong and some parts of China, it is already common to see herbal beverages made by Coca-Cola in convenience stores, but Nestlé and Coca-Cola are likely looking beyond alternatives to soft drinks. In a recent BBC News article about Nestlé from November 29, 2012, Luis Cantarell, the chief executive of Nestlé Health Science, was quoted as saying: "We believe traditional Chinese medicine has a real potential to become part of innovative solutions." The article noted that Nestlé will first focus on gastro-intestinal products, but "may in the future expand into the metabolic disease and brain health areas."

In the case of Coca-Cola, the situation developed a bit earlier. As a business-savvy international enterprise, Coca-Cola cannot afford to ignore the growth potential of China. Coca-Cola made headlines in 2007 when they announced the opening of a Beijing-based research center for traditional Chinese medicine. Connected to the China Academy of Chinese Medical Sciences and China's Ministry of Public Health, this research institute aims to develop beverages that have medicinal benefits. In July of 2007, Coca-Cola invested \$80 million into non-carbonated drink research at their facility in Shanghai.

* COCA-COLA IS A COMPANY WITH DEEP ROOTS IN HERBAL MEDICINE. Their original recipe is a closely-guarded trade secret, but it is believed to contain berbs used in Chinese medicine such as nutmeg and cinnamon, in addition to many other *berbal extracts.*

Already one can see a plethora of herbal drinks on the shelves at 7-11 ERIC BRAND, LAc A graduate of the Pastores throughout Hong Kong and cific College of Oriental Medicine and a China that bear the Coca-Cola tradefluent Chinese speaker, Eric has pursued mark. Selections range from coolextensive academic and clinical opportuing teas with Xia Ku Cao (Prunellae nities in mainland China, Hong Kong, and Spica) and Ji Gu Cao (Abri Herba) to Taiwan. He is the author of A Clinician's lung-moistening beverages with Bai Guide to the Use of Granule Extracts and Mu Er (Tremella), Bai He (Lilii Bulthe co-author of the text Concise Chinese bus), and Asian pear (Xue Li). They Materia Medica, and he has edited a varimake qi-supplementing drinks with things like Xi Yang Shen (American ginseng) and Hong Zao (Jujubae Fructus). Indeed, Coca-Cola is prov-

market, and I have to say that their herbal beverages taste great. Coca-Cola is a company with deep roots in herbal medicine. Their original recipe is a closely-guarded trade secret, but it is believed to contain herbs used in Chinese medicine such as nutmeg and cinnamon, in addition to many other herbal extracts. Even the name Coca-Cola is related to its early herbal recipe, which originally contained cocaine from coca

leaves at the turn of the 20th century.

Given Coca-Cola's long his-

ing to be quite adaptive in the Asian

tory of herbal extract use, it should hardly be a surprise that they are dabbling in Chinese medicine. In fact, it is even possible that research funded by corporations like Coca-Cola or Nestlé could someday make a significant contribution to Chinese medicine. At the very least, they will likely end up funding some research projects that help our academic colleagues and friends in the Chinese medicine world, just like the Hong Kong Jockey Club has done in the past. If Nestle or Coca-Cola did indeed effectively design and market a formula with proven health benefits, it could increase awareness of the power of Chinese herbs worldwide. At the very least, it recycles some of the profits of the sugar enterprise back into the world of plant science, and it doesn't pose any threat to the well-trained, sophisticated practitioner of traditional medicine. OM



ety of modern and classical texts. Eric has a particular passion for Chinese herbal processing, herbal authentication, and quality discernment. He spends much of his time immersed in Asia, and is the owner of the granule company Legendary Herbs. Eric is as a TCM advisor to the American Herbal Pharmacopoeia, and he serves as a U.S. delegate for the ISO 249 committee on TCM standards. OM

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Pacific College Integrative Student Exchange Program Proving a Success

*This article was derived from the case study: "Interprofessional Student Education: Exchange Program Between Albert Einstein College of Medicine and Pacific College of Oriental Medicine," by the following experts in the field: Belinda J. Anderson, PhD, LAc, Patrick D. Herron, MBE, Sherry A. Downie, PhD, Daniel C. Myers, MSW, Felise B. Milan, MD, Todd R. Olson, PhD, and Ben E. Kligler, MD, MPH, with Victor S. Sierpina, MD, and Mary Jo Kreitzer, RN, PhD

acific College has always placed a great deal of emphasis on the value of integrating traditional East Asian medicine with more mainstream or Western medicine, through its classroom courses, off-site internships, and educational programs. One such program put on by the Pacific College New York campus and the Albert Einstein College of Medicine is currently in its fifth year and is proving to be a successful venture for both schools.

East Asian medicine students are receiving hands on learning experience from Western doctors and Western medical students are receiving hands on learning experience from licensed acupuncturists. Not only are students learning about each other's medicine focus, they also report to be finding a new found respect for each other's way of thinking and developing professional relationships, which will aid in referring patients to each other in

WHY FOCUS ON INTEGRATION?

People are no longer doing one-stop shopping for their medical treatment. Rather, they are seeking a wide variety of complementary therapies to treat their medical conditions. These therapies, known

as Complementary and Alternative Medicine (CAM) have been growing in popularity across the U.S. and the world. In 2007, in the U.S. alone, approximately 38 percent of adults were using some sort of CAM, according to the National Center for Complementary and Alternative Medicine (NCCAM). This is an increase from 36 percent in 2002.

As a result of this growing demand for CAM, medical school curricula is evolving in an effort to increase students' awareness of the medicine. Exchange programs between conventional medical schools and CAM institutions are recognized as an effective method of interprofessional education. The Pacific College/Einstein exchange program is part of a broader relationship between the schools encompassing research, clinical training, interinstitutional faculty and board appointments, and several educational

HERE'S HOW THE PROGRAM WORKS

The exchange program is part of the Einstein Introduction to Clinical Medicine Program, which aims to teach first and second year medical students the basic skills and knowledge needed for early clinical interactions with patients. This program provides the opportunity for Einstein students to attend an orientation lecture presented by Pacific College Faculty Member Dr. Belinda Anderson, LAc on Chinese medicine and acupuncture techniques.

After the lecture, students may also opt to receive an auricular acupuncture treatment for relaxation and stress management. This lecture is a prerequisite to a four-hour session at Pacific College's outpatient clinic located in New York City. The Pacific College clinic is the largest Chinese medicine clinic on the East Coast and provides care for 100 to 150 patients per day, six days per week. Einstein students shadow a Pacific College clinical intern and supervising faculty member while treating clinic patients. The Pacific College students demonstrate and explain the treatment modalities utilized in their specialty.

For Pacific College students:

For Einstein College students:

Students are provided the opportunity to attend an orientation lecture by Einstein faculty and then participate in a two-and-a-half-hour dissection laboratory session along side Einstein students. The Einstein students demonstrate their dissections, clinically relevant findings, and discuss their allopathic approach to medicine.

Pacific College students are also able to perform acupuncture on the cadavers. After the dissection laboratory, faculty and students discuss their experiences over lunch at the Einstein Faculty Club. After lunch, the Pacific College students are taken on a tour of, and receive a brief lecture about, the Einstein Clinical Skills Center. The newly opened Center was specially designed for the teaching and assessment of clinical skills, which are core components of the medical students' training. Through the use of patient simulation, students are able to observe and improve their interpersonal and communication skills.

BENEFITS OF THE PROGRAM

There are several tangible benefits of the exchange program, one of them being the learned ability to refer patients for CAM services. Patient referral is arguably one of the most important competencies that all medical students need to achieve. One of the primary reasons for this is that it is not feasible that medical school curricula can be increased to include substantial coursework on all of the CAM techniques. Therefore, knowledge of CAM disciplines needs to be strategically presented so that physicians know enough to recognize when a patient may be a good candidate for referral for a specific type of CAM therapy.

Developing relationships between medical schools and CAM institutions is a major benefit for facilitating professional relationships between CAM and Western medical students. It has also been suggested that bringing CAM and Western medical students together early on in their respective training helps to break down barriers to effective collaboration and communication much more effectively than simply teaching the different styles of medicine.

There have been several previous examples of similar successful integrative exchange programs. The University of Minnesota first-year medical students have an immersion experience in Chinese medicine at Northwestern Health Sciences University. Similar to the exchange program presented here, the University of Minnesota students observe and experience various aspects of Chinese

Georgetown School of Medicine and Potomac Manual Therapies Institute (PMTI) also have a program that is similar to the Einstein/Pacific College program in that PMTI students visit the Georgetown school of Medicine anatomy lab and observe a

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The Pacific College of Oriental Medicine New York campus was in Sandy's path. Due to loss of power and damage in the surrounding area, the campus was closed for a week. This caused a great deal of stress for students, staff, and faculty who not only had to make up for lost work and class time—but who were already experiencing the complete upheaval of the storm. Much of the tri-state area came to a standstill as power was out and public transportation came to a halt due to flooded subway tunnels, damaged equipment, etc. A good number of students, staff, and faculty lost their homes or suffered significant damage, and some lost friends or family members as well. Many community members became ill as the temperature dropped and power remained out in some areas for close to three weeks.

In the aftermarth of Superstorm Sandy, Pacific College New York took an active role in helping whereever possible. Acupuncturists and massage therapists throughout the tri-state area came together to provide much-needed relief to the survivors of the storm, first responders, and shaken community members. Much as it has in the past in the aftermath of tragedies, such as post 9/11, the 2007 Southern California wildfires, and the 2010 Joplin Tornado, Pacific College wanted to help to those affected.

The first order of business, once the college re-opened, was to assess the damage and locate all members of the Pacific College community. Many were unable to get in to the school due to loss of transportation. Faculty reported all students who were missing from classes, and the college reception staff searched for missing students. Within a couple of weeks the staff were able to locate each of the students and determine what type of

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PACIFIC COLLEGE NY PRESIDENT MALCOLM YOUNGREN HELPS OUT AT THE PANCAKE BREAKFAST BRIGADE.

assistance they might need, whether it meant replacement textbooks, children's clothing, or temporary housing. Everyone stepped in to help. Malcolm Youngren, New York campus director, cancelled his plans to attend the Pacific Symposium in San Diego (where senior staff from all three campuses meet annually) in order to remain in New York during the immediate aftermath of the storm.

Student Council members set up bulletin boards, both through social media and at the college to help determine who needed what and who was available to help. People posted comments such as, "I need a place to stay until I find a new home"; "I need a babysitter during evening classes; my regular babysitter can't get to where I live in New Jersey"; "Does anyone have a winter jacket size medium?"; and "I have a couch someone can sleep on."

Knowing that sometimes simple comforts can go a long way, the Stu-

dent Council provided an All Day Pancake Breakfast Brigade. For some this was the first hot, homecooked meal for many since before the storm.

The Pacific College San Diego community pitched in, too. Staff members took action and a donation was made toward Superstorm Sandy relief. This money went toward supplies. Back in New York, many students and graduates, along with teams of ablebodied New Yorkers, volunteered in the most hard hit areas to distribute supplies and assist with cleaning up the wreckage. Pacific College Alumna Manna Lu-Wong tells about her personal experience:

"We were loading and unloading most of the morning," she said, "Donations came by the truck loads, some from as far as Maryland. We unloaded two truck loads of supplies. We saw an 85-year-old woman carrying a supply of toilet paper... We loaded up a wheelbarrow of cleaning supplies and walked her to

her home... Inside, it was gutted, no walls, no installations, no light. She only had a table and TV, no eletricity The water flooded her basement and first floor; the wood on the floor was still damp. After we unloaded, she hugged us, gave a kiss and a prayer. It will take a long time to recover. I will never forget the strength in people and compassion in action."

Pacific College alumni like Lu-Wong teamed up with Acupuncturists Without Borders (AWB), an organization that provides relief to communities in times of trauma, to provide free acupuncture treatments to disaster medical teams by request from the US Surgeon General's Office.



PACIFIC COLLEGE NY ALUMNA JULIE CHO PROVIDES ACUPUNCTURE TREATMENTS TO DMAT STAFF.

Pacific College Massage students provided relief to Disaster medical teams as well. "When responding to a disaster, a little time out for self and relaxation is key to long-term effectiveness," said a Health and Human Services staff member. "This was a welcomed respite." Another Disaster medical assistance team member added, "After a long and stressful deployment, this was what I needed to relax my tired muscles. I would recommend this therapy to anyone who needs a stress release."

One massage recipient commented, "I have not had a day off in 30 days. I work for FEMA in support of hurricane Sandy Logistics. And on my only day off, to have this treatment to my body was a huge stress reliever."

Pacific College Alumna Julie Cho worked on an AWB project aiding in relief efforts in Manhattan and Queens, NY. One of Cho's acupuncture recipients wrote the following

"After several days without heat or electricity from hurricane Sandy and several friends whose homes were flooded under seven feet of water, my heart was heavy with grief and burden. When I saw AWB, my heart leapt and I felt tears of joy. The treatment was an oasis in the desert of darkness, desperation and traumas we were feeling. I sat down next to a friend who is a fellow PTSD survivor from before and



PACIFIC COLLEGE NY GRADUATES WHO PROVIDED ACUPUNCTURE FOR ACUPUNCTURISTS WITHOUT BORDERS STRESS RELIEF AT A CHELSEA COMMUNITY CENTER.

continued on next page



CLIENTS AT A CLINIC IN THE ROCKAWAYS, COORDINATED BY PACIFIC COLLEGE GRADUATE MICHELLE LADUE.

immediately we laughed with relief knowing things would get better."

Overall, Pacific College provided more than 400 free acupuncture and massage treatments at the college for the surrounding community. Pacific College also supported acupuncturists like Cho and organizations like AWB and Community Re-Education and Re-Building Through Education and Wellness (CRREW) in setting up and supplying free acupuncture clinics in multiple locations throughout New York and New Jersey.

Wendy Henry, one of the founding members of CRREW, described how the acupuncture clinics were organized: "At a site in Far Rockaway, we had a small crowd gather round us and taught them how to place the reverse Shen Men auricular point for calming. CRREW members established sites to offer the NADA protocol [ear acupuncture] and other holistic treatments and lessons."

Henry, who is continuing in the relief efforts, noted, "The work is growing and we are collaborating



with other groups. Being part of this effort has touched me deeply. I know some of the places from childhood and at relief sites have bumped into people I know who lost their homes. There is not much one can do, yet I know from years of experience the value of receiving acupuncture in a group and just being present."

A community-wide disaster can traumatize most everyone in a community, even those who have not experienced direct losses. The effects of trauma can manifest as difficulty sleeping, eating well, communicating, and managing daily life tasks, and many survivors may feel extremely anxious, irritable, or sad. The profound trauma experience can keep communities from rebuilding as effectively as they otherwise could. Although counseling and talk therapy are important, healing methods like acupuncture serve a unique complementary role in addressing the physiological trauma response, which can become locked in the body.

"Because it is non-narcotic, inexpensive, safe, effective, and doesn't require the clients to talk about their feelings at at a time when verbalizing may be difficult, acupuncture is becoming more and more popular as a treatment," explains Youngren.

Community-style acupuncture treatments allow large numbers of people to heal together in a group setting that doesn't require them to talk about their experience, but allows each individual to simply "be" and regain some semblance of normalcy in their body, with a technique that is fast, low-cost, low-tech, and easy to set up.

Acupuncture has been used successfully to treat traumatized populations in the days and months following the 9/11 attacks, after Hurricanes Katrina and Rita in New Orleans, in

the Iowa floods, wildfires in California, the Haiti earthquakes, and shootings in Colorado, among other traumatic events. Pacific College alumni recently worked with The Connecticut Society for Acupuncture and Oriental Medicine in an effort to provide stress relief treatments to the community in the wake of the Newtown school massacre.

The free treatments for the community after Hurricane Sandy were part of a larger outreach effort at Pacific College's New York campus. During this past year, the college provided over 1,700 free treatments and donated over \$40,000 worth of free services. 2013 is Pacific College New York's 20th anniversary and the volunteer opportunities are beginning right away with nine free on-site acupuncture clinics already planned for the winter semester. **OM**



A PATIENT RECEIVING AURICULAR ACUPUNCTURE AT A CLINIC IN THE ROCKAWAYS.



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Treating *Sports* Injuries and Pain

The Tendino-Muscle Meridians (Jin mai, Jin jing)

By WHITFIELD REAVES, OMD, LAC

he tendino-muscle meridians (TMMs) are one of the first techniques to consider in treating sports injuries and pain. Their treatment is often overlooked and frequently under-utilized by the practitioner of acupuncture. The activation of these important pathways can be crucial to effectively treating patients with acute trauma or repetitive stress injuries.

Let us start with a description of the tendino-muscle meridian (jin mai, jin jing). The TMMs are described as a channel network that circulates qi over the superficial aspect of the body. This includes the skin, the muscles, and the tendons. As described in The Secondary Vessels of Acupuncture, they travel in the "depressions and planes between muscles and tendons".2 Furthermore, the muscle meridians are comprised of wei qi ("protective" qi), which is not "contained" within a vessel. Thus, their pathways have a bit more freedom and flexibility. I suggest that the reader view the tendino-muscles meridians as a general pathway of qi in the muscles, the fascia, and the tendons. They are responsible for many functional activities of the musculoskeletal system, and are therefore involved in many sprains, strains, and other traumatic injuries.

The *jing-well* point is the only acupuncture point directly shared by both the primary meridian and the tendino-muscle meridian. After the *jing-well* point, the TMM follows the path of the primary meridian past the first, second, and third joints of the extremity (i.e., the ankle or wrist, the knee or elbow, the hip or shoulder). Because the wei qi of the meridian is not contained within a vessel, its pathway is superficial, broad, and diffuse. If we think of the primary meridian as a freeway, then the tendinomuscle meridian is the frontage road that parallels it, where so much of the business activity occurs.

Most texts describe the pathology of the tendino-muscle meridians as syndromes of either excess (shi) or deficiency (xu). For this article, we will cover the excess syndromes, as this is the primary diagnosis in trauma and injury. And as you can guess, an excess syndrome of the TMM produces pain! It is usually described as diffuse and distending, and frequently found at multiple abshi points in the affected muscle, fascia, or tendinous areas. Most sources emphasize that pain is elicited by light palpation and pressure.

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Remember, the TMMs are superficial and the qi is not contained within a vessel. Thus the pain will not manifest as fixed, localized, and deep. Other accompanying symptoms include stiffness, swelling, spasm, and contraction. You may observe inflammatory signs of a yang nature, including heat and redness.

A typical clinical picture is the downhill skier who has been on the slopes all day long. He or she complains of pain, tightness, and a feeling of fullness in the quadriceps muscle group – that typical and predictable ache after a good hard workout. Upon palpation, there are numerous abshi points on the anterior thigh, elicited using relatively light pressure. These painful points are found in the superficial layers of the muscle, along the Stomach channel. This may be diagnosed as an acute excess condition of the tendino-muscle meridian of the Stomach. Simply bleeding St 45 (*Lidui*), the jing-well point, should improve the condition significantly, possibly without any

If, however, our ambitious skier had taken a hard fall, the quadriceps could have sustained a slight strain or tear in the muscle tissue. This case would present quite differently. Palpation would reveal fixed pain at the site of the tear, elicited with deep pressure. While the TMMs may also be involved, the primary lesion is in deeper tissues of the muscle, and treatment to the *jing-well* point would not be sufficient to fully heal this case. You would undoubtedly need additional points and techniques in the treatment protocol for the patient.

TREATMENT OF THE JING-WELL POINT

Bleeding technique is the preferred way to treat a jing-well point Using sterile lancets and surgical gloves, swiftly needle-prick the point while holding firm pressure on the finger or toe. Try to get 10 large drops of blood to drain from the point. If the quantity of blood is not sufficient, a simple trick is to lower the patient's foot or arm off the table. Gravity works wonders, and this will often get the necessary drops of blood.

In sports medicine acupuncture, I generally organize treatment into a systematic approach using Four Steps. Activation of the TMMs is one of the techniques of Step One. With all the techniques of this initial step,

Heavenly Streams: Meridian Theory in Nei Gong

By DAMO MITCHELL

Except from Chapter 10: Building a Picture

INITIATING CHANGE

The process of initiating change is fairly simple. In order to change the nature of the energy body we need to access it in the same way that we previously accessed the meridian system; we use the meridian points to translate the frequency of our awareness and access the energy body. Unlike before, where we only observed the nature of our internal environment, we now begin to change it using our intention. This is a practice which sits between Qi Gong and meditation; it the foundation of Daoist internal health exercises.

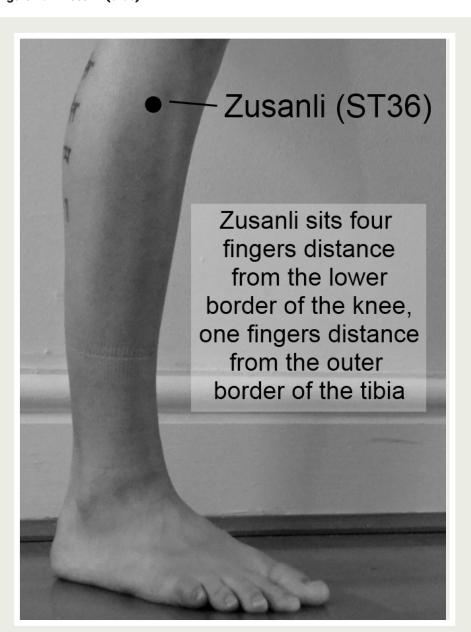
Along the meridian pathways lay the meridian points. Each of these not only serves as a contact point between the internal energy system and the external environment but also as a way to change the nature of the Qi within our body. Through connecting

our awareness to the correct points we are able to activate the element of our energy body related to that point; this begins to change the intricate balance of energies within us. Through developing an understanding of these points and their transformational nature we are given an easy and efficient way to take charge of our own health, an aspect of life which people often seem resigned to place in the hands of others.

The first thing we must learn is how to activate a meridian point so that it may begin to change the nature of our Qi. For this process I suggest you use Zusanli (ST36), a commonly used point. The reason I suggest using this point is that it will not have a detrimental effect upon any internal condition which you may have identified. Some points in the body can cause a problem to become worse; for example, a point which takes Heat out of the body will not be a good point to select in

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Figure 10.1: Zusanli (ST36)



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continued on page 24

A New Era of Communication: An Informal Report on the First Cross-Straits Conference on Granules and Pharmacopoeia Standards

By ERIC BRAND, LAC

n September 5th and 6th of 2012, mainland China and Taiwan held their first-ever cross-straits conference on granules and herbal pharmacopoeia standards. Sponsored by Taiwan's Department of Health with assistance from a Chinese medicine trade association and two local TCM universities, the conference was an important political milestone featuring phenomenal presentations. As an herb nerd with a love for both granules and herbal quality assessment, it was an unbelievable stroke of fortune to have the opportunity to attend this historic conference.

The conference opened up with a full-day of presentations on herbal standards and quality control. Topics included updates on current developments in the official pharmacopoeia standards of each region, which provided a thorough overview of the number of medicinals recorded in each pharmacopoeia, as well as the testing methods used to ensure their safety, identity, and quality. An overview of the newly emerging Hong Kong Chinese Materia Medica Standards was presented, and the topics ranged from discussions of official reference standards from the Chinese Pharmacopoeia to the newly established case-by-case heavy metal limits for medicinals that are being developed

in Taiwan. The first day closed with a presentation on the importance of macroscopic identification and other methods of assessing herbal authenticity, and no

simple review could hope to capture the elation of my inner herb nerd as the day progressed.

Herbal quality discernment and

standards are central themes in my academic life, and having lived in both mainland China and Taiwan I was thrilled to see the enhanced cooperation and cutting-edge knowledge that was in evidence at the pharmacopoeia meeting. However, when it comes to raw herbs, the few experts that delve deep into the topic tend to travel all over China anyway, and their knowledge base is already largely built without borders. Granules, on the other hand, differ dramatically between Taiwan and mainland China, and a crossstraits conference on granules was a totally unprecedented event that I'd dreamed of seeing for years, so I will devote the majority of my brief review to the adventures of day two.

GRANULES

scribed slightly differently in mainland China and Taiwan, yet until recently there has been minimal academic exchange on the topic of granules between the two regions. When I first started studying in a Chinese medicine hospital in Taiwan, I immediately noticed that the local granule prescribing style was different than anything I'd been exposed to in the U.S., and over time I came to realize that the prescribing style in mainland China was totally different as well. There were no cross-straits conferences at the time, and no books had been written that explored the cultural variations in granule prescribing and manufacturing. As a student hungry for knowledge, the only way that I could research the topic in-depth was to systematically visit factories and talk to clinical experts about their prescribing styles one-on-

Granules are made and pre-

one, and I found that many experts in both regions remained poorly informed about the granule trends of their neighbors. Almost 10 years later, I was fascinated to see experts from mainland China and Taiwan come together to discuss the very questions that I'd struggled for years to find

If we look at the clinical trends in granule prescribing today, we find that there are several broad differences between how granules are made and used in mainland China vs. Taiwan. However, even in the Chinese world, relatively few people understand the scope of the differences and the factors behind these differences. In addition to lack of familiarity with the different regional prescribing styles, most practitioners have never seen the actual granules used in the other locale, because no granules that are produced in mainland China are permitted to be sold in Taiwan and vice versa. As in most cross-straits conferences, finding ways to harmonize standards and reduce barriers to trade was a central topic, but the conference was notable in that it was the first academic forum to dedicate space to the differences in the prescribing styles of the two regions. While the differences in prescribing styles cannot be resolved in a single forum, it was fantastic to see people asking all the right questions, and the day was full of rare facts and hard-to-find statistics that illustrate many interesting details of the granule world.

In Taiwan, most practitioners build custom formulas for patients by starting with one or more pre-made, whole formulas, and then add single herb extracts for additional customization. By contrast, in mainland China most practitioners build a granule formula purely from single-herb extracts. The prescribing style used in a given area is influenced by the products that are available

in that region, and the

different regula-

tory systems of

ference, and the already enormous current estimate of 4 billion RMB in annual granule sales is expected to increase up to tenfold or more after ted to use granules. A presentation given by one TCM hospital director from Jiangsu province indicated a steady rise in the proportion of pa-

fluenced their respective clinical styles when it comes to granules. In mainland China, granules

Taiwan and mainland China have in-

only became commercially available in the mid-1990s, and they remain available only as single-herb extracts that are prescribed by doctors in hospitals. Chinese law currently regulates whole formula extracts as experimental new drugs, which reguires evidence of safety and efficacy similar to the process of developing a new drug. This process is extremely expensive and cumbersome given the wide range of formulas that are used in TCM, so very few pre-made whole formulas are available in granule form on the Chinese domestic market. While the Chinese Pharmacopoeia is rumored to be working on whole formula standards that will allow whole, pre-made classical formulas to be used as traditional drugs by TCM doctors, at present the granule market in mainland China revolves around single herb extracts, which are classified in a manner more akin to decoction pieces or raw materials (i.e., the products are not "medicine" until they are customized by a doctor for a patient, which gets around the regulatory burden).

In mainland China, over 1000 hospitals currently use granules, and six factories are nationally licensed to produce granules for the hospitals. By law, granule companies must manufacture at least 400 single-herb extracts in order to supply hospitals, although hospitals can make their own granules for research with approval from the provincial level of the Chinese SFDA. While granules are found in nearly every herbal pharmacy in Taiwan, granules are not permitted to be sold in non-hospital pharmacies in mainland China.

Estimates of the current market volume of granules in mainland China were given at the cross-straits con smaller, regional hospitals are permittients using granules relative to raw herbs, and a stunningly large number of single-herb extracts exist on the

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Merging East & West With Synergistic Massage and Acupressure Treatment with Oil

By OSI LIVNI, HHP, NCBTMB - CI

7 e are so blessed to be living in an era when both ing modalities are available to us.

"There is no way I can go for the surgery now..." My client is quite anxious. "Who is going to care for my babies?" Her newborn twins are only a month old. Sleepless nights, constant nursing and caring for the two have impacted her health. A past shoulder injury has flared up. After several physical therapy sessions, she is still in much pain and has a very limited range of motion. Her doctor has scheduled her for surgery.

"You have options..." I'm trying to comfort her. "Surgery is only one of them. You can keep that as your last resort. There are alternative treatments we can try first. Traditional Chinese medicine (TCM), soft tissue manipulations, and various bodywork methods may resolve your condition." I explain that often in chronic or re-occurring

injuries there might be an emotional component that needs our attention. The physical pain may reflect an emotional pain. Eastern medicine provides powerful tools to treat both physical and emotional symptoms as we open up energetic blocks.

Synergistic Massage offers an integrative process, merging both Eastern and Western healing tools to restore the harmonious flow of life within. The treatment of joint pain and injuries is just one example of a beneficial blend of Eastern and Western medicine. Back in time, when Eastern medicine was the only option available in Asia, it healed and saved lives in miraculous ways. Yet, these ancient treatments had their limitations. Today, modern medicine can step in with technology, diagnostic tools, scientific measurements and, if necessary, surgery.

Although there are fundamental differences between Eastern and

Western approaches to health, each approach has a unique set of values. More and more often, we see trends of incorporation between the two, especially when applying Asian bodywork, massage, and hands-on healing.

The main challenge in merging Eastern and Western treatments is their contrasting approach to healing. The Western approach tends to focus on seclusion. Western medicine tends to focus on the affected area of the body, and divide it from the rest of the body and the person, in order to treat the symptoms.

It creates a separation between the condition and the overall health of the body. Additionally, in Western procedures, there is often more of a separation between the doctor and patient. A firm line is drawn between the roles of each, with the doctor in charge of the healing process, providing the treatment for the patient.

The Eastern approach focuses on balance and harmonious integration of the body as a whole, as well as the combined efforts of both the practitioner and patient. Oriental medicine views the symptomatic/ unbalanced area and the healthy/balanced parts as one. The focus is to bring the flow of balance and wellbeing from the healthy part to the symptomatic one. The practitioner facilitates the therapeutic process. Yet, the patient and the healer are working together in creating wellbeing.

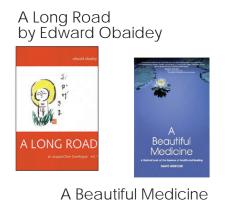
When applying bodywork tools of healing, we come across differences between these two methods, but these differences can also lend a unique advantage:

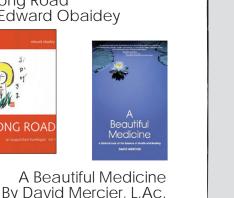
The Western oil massage focuses on the physical body. The oil strokes on the bare skin address pains, aches, or tightness in the muscles and joints.

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Pacific College Serving Others Through Global Health

By STACY GOMES, Ed.D., with special interview by CHRISTINE DIONESE, LAC, featuring the founder of ACUPUNCTURE AMBASSADORS

he increasing interest in grassroots global healthcare organizations has grown over the years. Pacific College students, faculty, and alumni continue to search out opportunities to serve others during their class term breaks. Opportunities abound among volunteer organizations, many of which are listed on the Center for Integrated Care (CIC).

Pacific College New York Faculty Member Maryanne Travaglione, LAc does work with one of the CIC organizations: Global Alternative Healthcare Project (GAHP). Her group of healthcare practitioners has provided aid on five continents and documented thousands of treatments. Travaglione said about her most recent trip to Bali, "For the seven volunteers who traveled to provide care, our lives were profoundly changed. We worked hard, learned and laughed; but most importantly, we had the incredible opportunity to see the powerful healing potential of Chinese medicine in action.

Another faculty member, Gretchen Seitz, LAc volunteered through Acupuncturists Without Borders offering acupuncture treatments after hurricane Katrina, and the Witch Creek and Cedar fires in California "This kind of work can be challenging in many ways," she said, "but the beauty of Traditional East Asian Medicine is that it allows for the ability to adapt the treatment to the needs of the patient, as well as the environment within which the treatment takes place.'

If you're looking for similar outreach opportunities, a prominent non-profit organization of acupuncturist volunteers is called Acupuncture Ambassadors.

"The mission of Acupuncture Ambassadors clearly captures the vision and intention of Chinese medicine in terms of its universal application and appeal," said Terry Courtney, MPH, LAc, program coordinator for CIC, "There is overwhelming need for international humanitarian work and this organi zation is clearly at the forefront of the effort to meet that need.

Pacific College Alumnus Christine Dionese, recently had the privilege of interviewing Acupuncture Ambassadors Founder Anthony Giovanniello, LAc.

Anthony resides in New York and travels to serve countries across the world with Acupuncture Ambassadors. The mission of Acupuncture Ambassadors is to travel, teach, and treat with acupuncture internationally in areas of the world

where healthcare is minimal or nonexistent. Anthony's dynamic private practice specializing in emotional issues of stress, anxiety, depression and Post-traumatic stress disorder (PTSD) with TCM and Japanese style acupuncture is located in the heart of New York City.

CD: Anthony, what is the current goal or mission of Acupuncture Ambassadors?

AG: The defining goal of Acupuncture Ambassadors is the integration of the medicine of acupuncture into global healthcare. Our mission is to organize sustainable acupuncture treatment clinics and training programs worldwide to care for refugees, victims of violence, war, international conflict and the poor.

At Acupuncture Ambassadors we feel that in a war-torn world where there are countless victims: refugees, sufferers of torture and human trafficking and the desperately poor, so many of them have PTSD. In developing countries with limited or non-existent healthcare these individuals have little or no hope for relief. Their illness affects their ability to learn, work, enjoy life and contribute to their family, community, country and our world.

As you may know, for many centuries acupuncture has been used as an effective, economical and versatile treatment protocol for so

many health issues including PTSD and its devastating symptoms such as digestive issues, chronic pain, respiratory, cardiac and nervous disorders and depression. Our acupuncture ambassadors are dedicated to sharing their knowledge with those in need by treating patients, setting up sustainable clinics and ultimately schools to train personnel charged with their care. We serve communities independently and partner with existing humanitarian projects that are interested in adopting an integrated approach to global healthcare.

We believe that global change begins with personal transformation and our goal is to support global healing by mainstreaming humanitarian acupuncture while contributing to the health and productivity of individuals worldwide, one point at

CD: You agree that we can learn from the past - from the classic principles of Chinese medicine to bring our global communities closer together. What types of responses do you receive - are there critics that think we already have enough work on our hands here in the US?

AG: I do agree wholeheartedly as there is so much to learn from the rich history and principles of our medicine, especially the principles



of yin and yang, of "balance". Our whole world is so out of balance and in a way, it was acupuncture and Asian medicine in general that was the first "global" medicine to teach about balance in the lives of people and our relationship to the world. I deeply believe that our medicine can be a vital source of healing for this "out of balance" world.

For practitioners of Asian medicine, we are constantly hearing contorted and misguided opinions of our medicine among other healthcare models. As with most anything, the perception is so far from the truth. Our similarities are many more than what is perceived as differences. It really is part of our responsibility as practitioners to dispel this perception and bring all medicine closer together. Not to become part of some other medicine but to "be who we are" in a great exchange of knowledge. Be the best we can be in our medicine, but understand and appreciate the best of all other practices. And, the time to do that is now!

I have great respect for the notion of "grassroots" kinds of movements, a slow and steady approach to build consensus and union with people of like-minded thinking; yet we as humans do not have that kind of time any more. What is needed is doing "big" things and doing them now. Some people look at the global projects and plans that I am working on with Acupuncture Ambassadors and say that what we are trying to do is admirable but, for instance, why don't you do this kind of work in your own "backyard" for your "own" people? What I have learned from our medicine, the philosophy behind it and its long history is that there are no borders, no "that" group or "this" group. We are all the same and we all need healing.

I can certainly go through the myriad of excuses for the difficulties of practicing and doing charitable work in the U.S. For instance, as a practitioner in New York I can't even take the Path Train and treat someone in New Jersey because I don't carry a New Jersey license. That of course is true but if I am to be the best practitioner of Acupuncture and Asian medicine or just plain medicine, I need to open myself up to treating the world. I see a time very soon where acupuncturists will be integrated partners on medical missions with Doctors without Borders and various other important global medicine organizations. To see this to fruition we all as medical practitioners need to work on

continued on page 17

If you would like to join this esteemed group, enroll in Pacific College's Doctoral Program



The list below is of those who have successfully defended their dissertations:

Validation of Point Prescription for Radiation Prostatitis, by Pierre Aurelien

Invitro Effect of 350 Chinese Herbs on the P450 CYP3AA Enzyme, by Lily Chang

Dr Jiao's Herbal Medicine for Rheumatiod Arthritis, by Ay-ying Chen

The Efficacy of Simultaneous Use of Massage Therapy and Acupuncture Treatment (SUMTA)

for Patients Undergoing Pain Management, by Mei Chou

The Efficacy of Electro-Acupuncture in Treatment of Schiatica Due to Intervertebral Disc Herniation, by Michael Corradino

The Critical Review of Acupuncture's Effects on Relieving Symptoms Due to Prostatitis Radiation, by Elisebete DeSouza

Comparisons of CD4 Count and HIV Viral Load in Patient Treated with Point Injection Therapy,

Acupuncture and Glycyrrhizin Tablets, by Uchenna Egwuonwu

Evaluation of Required Elements of Fully Integrated Pocket Clinic Manual, by Daniel Hsu

Precision Using Chinese Herbal Medicine for Optimal Efficacy in the Treatment of Various

Microbial Pathogens, by Steve Jarsky

Systematic Review of the Effectiveness of Traditional Chinese Medicine Treatment on Alzheimer's Disease, by Brian Kouo

The Effects of Acupuncture on Weight Loss in Overweight Adults Over 40 Years Old, by Ed LaMadrid

An Evaluation Study Designed to Improve the Evaluation Process of Clinical Supervisor Skills, by Gina Lepore

Evaluation of Miriam Lee's Rotation Method as a Primary Needle Manipulation in the Treatment of Pain, by Leslie McCoy

A Critical Review of Etiology, Pathology and Treatment of Pediatric Attention Deficit Hyperactivity

Disorder in Oriental Medicine, by Karen Pan

Response of Blood Glucose Levels to Acupuncture in Type II Diabetes, by *Don Snow*

Systematic Analysis of Electronic Health Record Software for the Oriental Medical Clinic, by Greg Sperber

The Effect of Traditional Chinese Medicinal Herbs on Reducing the Vasomotor Symptoms of

Climacteric Women in the United States, by Robin Tiberi

The Effectiveness of Anatomical Acupuncture vs. Anatomical Plus Scalp Acupuncture on the Voluntary Movement of the Flexion and Extension of the Dysfunctional Arm in Post-Stroke Patients, by *Toan Truong*

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- knowledge management
- Online learning

* "THE LIST IS LONG AND EVERYTHING HAS BEEN POSITIVE," Miller said, "Quad is a significant resource for us to achieve our long-held goals.

The enthusiasm goes both ways; Quad was equally excited about Pacific College

"Let me first say that, in additional to Pacific College, there are a number of excellent Oriental medicine colleges across the country," Neuwirth said, "We were drawn to Pacific College because of its reputation and the quality and depth of its faculty and alumni. Jack Miller, its president, has wonderful vision and passion and we were thrilled to be invited to partner with him."

A unique quality about Quad is that they don't just choose to work with any company. They are specifically focused on educational institutions, and Neuwirth explains why:

"I hope this doesn't sound corny, but I wanted to be able to look back on my career and feel like I helped create something meaningful that impacted someone's life in a positive way. To me, helping to build really high-quality schools was an ideal way to do that. I know my colleagues feel the same. Maybe I saw Dead Poet's Society too many times as a kid."

It was Neuwirth's dedication to education and helping institutions like Pacific College that first drew Miller to Quad.

SO, WHAT EXCITING DEVELOP-MENTS IS QUAD HELPING TO **BRING TO PACIFIC COLLEGE?**

There have been many positive changes at Pacific College since partnering with Quad including: the hiring of Deans of Students Services and Deans of the massage programs, as well as additional support staff; achievement of ACCSC accreditation, which led to financial aid for the massage students; the beginning of the WASC regional accreditation process; and increased paid time for faculty work outside the classroom, along with increased benefits and performance bonuses for administrative staff.

"The list is long and everything has been positive," Miller said, "Quad is a significant resource for us to achieve our long-held goals. With their experience and knowledge, many of our desired improvements can come to fruition."

One of the most recent developments has been the distance education initiative. Pacific College eventually hired Quad's Director of Distance Education, Malcolm Youngren, as New York's new campus director, when Gina Lepore left to pursue her interests in finance and information technology.

"Malcolm is super bright, personable, and in tune with our medicine. The fit was perfect." Miller said, "Now we have an expert in distance education as part of our daily work team."

Distance Education (DE) merges the wisdom and experience of Pacific's faculty and curriculum with technology to make holistic education more widely available and more interesting. You may have already experienced this at Pacific Symposium. The November 2012 conference was available for the first time as a live streaming Internet event. Those who were not able to attend Pacific Symposium in person were able to tune in to lectures online. "This is just a small taste of the distance education and webenhanced educational resources we'll be implementing in upcoming months and years," Miller said.

Pacific College is also in the process putting Symposium video archives onto the web and making them eligible for CEUs. An alumni who may have only been 5 years old when the presentation was originally given may now get CEU credit for it.

As you see, 2013 is shaping up to be an exciting year for the Pacific College community. If you have any questions about Quad Partners or if you're interested in learning more about upcoming opportunities or developments, feel free to contact Pacific College President Jack Miller at: JMiller@pacificcollege.edu. OM

Chinese domestic market (around 600 single-herb extracts are sold, with numerous different processed forms of common medicinals).

In Taiwan, the regulatory situation is somewhat different, which in turn has influenced the products that are available there and the clinical style of prescribing them. The first batch of granules was made in Taiwan in 1963, and granules began to be covered by insurance in 1983. Taiwan and Japan were closely aligned in terms of granule manufacturing in the early era, and many factories in Taiwan made whole formula granules for export to the Japanese market.

From the beginning of its industry development, Taiwan began producing whole-formula granule extracts, and the regulations in Taiwan permit unmodified classical formulas to be prepared as traditional TCM drug products. Currently, 337 traditional formulas are registered, and the process of harmonizing the source texts and ingredient proportions used in these formulas began in the 1990s (at present, 200 formulas are formally harmonized and

the final 137 are being completed). Clinically, most doctors in Taiwan tend to prescribe whole formulas as a base, and use single-herb extracts as well as pre-made classical formulas to modify their prescriptions. About 400 single-herb extracts are produced in Taiwan, but there are fewer choices of medicinals with multiple processed forms (fewer choices of the same herb with different pao zhi). In Taiwan, the most commonly prescribed single-herb addition to formulas is van bu suo (Corydalis Rhizoma) and the most commonly prescribed formula is jia wei xiao yao san (Supplemented Free Wanderer Powder).

In an assessment from 2010, over 90 percent of 3000 Chinese medicine clinics and hospitals in Taiwan accepted insurance reimbursement (the only herbal products permitted for insurance reimbursement in Taiwan are granule products). There are 47 factories registered in Taiwan to produce granules, and around 20 of these factories produce 200 or more products; of these, 5 large companies are estimated to produce about 72 percent of the total product used. Additionally, several new regulations

have been developed in recent years to implement realistic industry-wide standards for heavy metals; these have already been established for all formulas and 89 single-herbs, and standards for the remaining single herbs will be completed in the coming years. Ultimately, a single conference

can only scratch the surface on the

complex clinical questions and trade issues that currently divide the granule worlds of Taiwan and mainland China. Many excellent suggestions were raised regarding ways to enhance cross-straits cooperation, including practical suggestions such as removing current export limits that restrict the amount of licorice that may be sent from China to Taiwan. Nonetheless, substantial regulatory barriers will continue to prevent direct trade in granules between the two regions for the foreseeable future, so only practitioners in overseas markets such as the U.S. and Singapore will have the chance to directly compare the granules made in mainland China vs. Taiwan on an everyday clinical basis. As for us in the West, we still have a long way to go in terms of practitioner education about the clinical trends in granule

use in Asia, and I was saddened to see that my small herb company was the only Western granule company in attendance at this historic event. At the same time, I was phenomenally excited to see a whole room full of granule experts and I'm thrilled that the academic discussions are finally beginning to take off in earnest. I guess I always see the glass as half-full. **OM**

ERIC BRAND, LAc A graduate of the Pacific College of Oriental Medicine and a fluent Chinese speaker, Eric has pursued extensive academic and clinical opportunities in mainland China, Hong Kong, and Taiwan. He is the author of A Clinician's Guide to the Use of Granule Extracts and the co-author of the text Concise Chinese Materia Medica, and he has edited a variety of modern and classical texts. Eric has a particular passion for Chinese herbal processing, herbal authentication and quality discernment. He spends much of his time immersed in Asia, and is the owner of the granule company Legendary Herbs. Eric is as a TCM advisor to the American Herbal Pharmacopoeia, and he serves as a U.S. delegate for the ISO 249 committee on TCM standards



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2012 Pacific College/ACCAHC Alumni Awards!

acific College is currently working with the Academic Consortium for Complementary and Alternative Health Care (AC-CAHC) to recognize alumni leaders in the field of integrative healthcare.

Three alumni received the Pacific College/ACCAHC Alumni Award for "Communication and Inter-professional Relationships." Since 2009, the college has recognized our "Leaders in the Field," those who have gone

above and beyond to make a difference in the development and awareness of the medicine, and we are pleased to honor these individuals for their extraordinary contributions in 2012! The winners were awarded

at Pacific Symposium and given congratulatory plaques along with complementary admission to next year's Symposium in 2013. OM



PACIFIC COLLEGE NEW YORK CAMPUS WINNER

JILLIAN L. CAPODICE, LAc, is the director of the Center for Integrative Urology & Holistic Medicine in the Department of Urology at Columbia University Medical Center. She has been at Columbia University Medical Center since 2003 and completed a fellowship in the Center for Holistic Urology in 2004. She has been conducting research in acupuncture, botanicals/ dietary supplements, and other complementary medicine modalities, including numerous trials on acupuncture for patients with prostate and breast cancers.

Jillian maintains a busy clinical practice at the center that offers tailored treatment programs for

patients with a wide variety of urologic and general health concerns. She is a co-leader of the Oncology Interest Group of the Consortium of Academic Health Centers in Medicine. She has published numerous articles in peer-reviewed journals and textbooks, and has presented extensively at prestigious national and international academic meetings. As a frequent health and complementary medicine contributor she has appeared as a guest on TV and radio stations across the country, including WCBS news. For more information on the Center for Integrative Urology and Medicine,

visit our web site: www.columbiaurology.org.



PACIFIC COLLEGE SAN DIEGO CAMPUS WINNER

SHERYL MARTIN is a Doctor of Oriental Medicine, Licensed Acupuncturist, and Registered Nurse. She has been practicing traditional Chinese medicine for 24 years, and has worked as a Registered Nurse for 41 years with specialties in women's health, chronic pain management, and psychiatry. She has been speaking, both nationally and locally, on varied health topics such as chronic pain management, infertility, natural hormonal regulation, dream work, and how to integrate Chinese medicine in daily life

She was owner and clinical director of the Maryland Center for Integrative Medicine, a large integrative medicine clinic in the Baltimore area. Along with her partners, she operated the center for 10 years, and in 2009 sold the center to the Johns Hopkins School of Medicine. For the last three years she has been

employed with Hopkins, and practicing in the Johns Hopkins Integrative Medicine and Digestive Center. She is co-author of the book Tao of Dreaming, a book that teaches self-dream interpretation using the principles of traditional Chinese medicine. Last year, she was appointed to the Editorial Board of the Journal of Evidenced Based Complementary and Alternative Medicine, (JEBCAM) which is a peer-reviewed journal. Visit the Johns Hopkins Integrative Medicine and Digestive Center: http://www.hopkinsmedicine.org/ integrative_medicine_digestive_center/

Sheryl attended Pacific Symposium this summer and we got to talk with her more about the Johns Hopkins Integrative Medicine and Digestive Center. Check out the interview!



PACIFIC COLLEGE CHICAGO CAMPUS WINNER

PATRICIA PIANT, LAc draws from a strong background of both traditional and integrative medicine, and has witnessed first-hand how powerful the combination can be. She has experience in the healthcare industry from both the business and clinical sides. In addition, she has years of practice in complementary therapies such as yoga, tai chi, reiki, karate and other forms of

Patricia treats patients of all ages, with a wide variety of health needs. In addition to providing supportive oncology treatments and in-patient sessions, she treats a full spectrum of women's health issues including PMS, fertility, pregnancy and menopause. She also treats insomnia, migraines, stress/anxiety, gastrointestinal issues, acute and chronic pain, pediatrics, addiction, asthma and allergies.

As part of her practice at NorthShore University HealthSystem, Patricia educates patients, physicians,

residents, medical students, acupuncture students and administration regarding Traditional Chinese Medicine and Integrative Medicine. She helped found the Integrative Medicine Advisory Board, and the Oncology & Pediatric Scholarship Committees. She was co-chair for the Integrative Medicine Benefit Concert for Kellogg Cancer Center patients.

She has helped create standards of care for the use of Low Level Laser Therapy(LLLT) in the hospital setting and has a special interest in LLLT benefits for lymphedema patients.

Patricia is currently the lead acupuncturist of a collaborative program she helped pioneer, offered by the Integrative Medicine Program at NorthShore University HealthSystem's Kellogg Cancer Center. This program addresses the special needs of cancer patients and provides a bridge between traditional and integrative medicine. Visit Patricia at: www.northshore.org

If you missed Pacific Symposium this year, where the Annual Alumni Dinner is held, see a recap <u>here</u>. Also, check out more

outstanding PCOM alumni and learn about what they're doing now in our new <u>Alumni Video Series!</u> **OM**

breaking down walls and initiate conversations. It helps us all, especially the patients we dedicate our lives to treat.

CD: In Feb of 2010 you traveled to Nepal and reported experiencing treatment of health concerns we don't regularly see in the US. How did that experience enrich the way you practice here in the US and what can other practitioners learn from what you have?

AMG: I have had the privilege to work in Nepal on a number of occasions so far as well as other developing countries. They all have something unique to teach you. Some of it is about disease but mostly it is about human nature. As far as health issues, you will see cases of TB, leprosy, symptoms of poor or malnutrition and polio just for instance. The first time these patients come through the clinic door, you usually take a good deep breath and do your best to center yourself. Sometimes at the end of the day you feel the urgent need to cry. There are times when you can't help but be emotional about the work. Even the sheer number of patients that you can easily see in a day

is overwhelming. For the most part, the patients are so grateful. You may be dead tired after your shift but feel purposeful and fully engaged in life.

When I get back to the States, clinically I feel more confident in my ability to help my patients. There are always some new theories, techniques or protocols that you pick up from other practitioners you meet. You also get very fast in getting to the root of the chief complaint of the patients and the treatment itself as you have so many more to see that day. It is not that you give less of a treatment but you must get the job done as soon as possible. One important personal "gift" I received and brought back to my practice is much greater appreciation of the life that we live at home. I feel it is so important to see the rest of the world to fully embrace life wherever you call home. We have so much to be grateful for and its not to be taken for granted.

CD: Are there plans to employ any efforts or special projects here in the US?

AMG: We are very proud to be a part of the Humanitarian Acupuncture Movement worldwide and ap-

of groups like the Community Relief and Rebuilding through Education and Wellness (CRREW), Global Alternative Healthcare Project, The Global Clinic and Acupuncturists without Borders who have been doing so much for disaster relief in the U.S. Acupuncture Ambassadors is looking into the potential of opening a Community Acupuncture Clinic in New York City to work directly with the as

plaud the wonderful volunteer work

of torture living in N.Y.C. We have been invited back to Nepal in 2013 to begin to set up a permanent Acupuncture Ambassadors clinic in Kathmandu. There are also plans in the works to set up clinics and teaching programs in Senegal West Africa, South Africa, Venezuela, Jordan, Haiti, Guyana, Barbados, India and the New Republic of Southern Sudan.

many as 90,000 refugees and victims

CD: I understand AA is developing a documentary style television series following Asian medicine practitioners on the road. Its working title is From Point To Point: On The Road with Modern Barefoot Doctors. What type of

awareness do you hope to create and how can practitioners become involved in this project?

AMG: Well to be quite honest I am not a fan of reality based shows but our series will be very different. The idea of From Point To Point came out of reading the journals of some of my acupuncturist friends and colleagues who have made trips to very remote and very interesting places. The stories were absolutely amazing. My first thought was putting their stories in a book and using the sale of the book as a fundraiser. At the end of each chapter would be the contact information of the individual authors so their particular group or mission would have an opportunity to get noticed and potentially have readers donate directly to their work The book project is in development at this time, but this idea soon became the concept for a travel television series. As my past career was in television production, I felt I could create a series that would do justice to the medicine. The whole production would not only become a fundraising tool for medical missions but also give

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Pearl of Knowledge & Wisdom

Pacific College Brings Oriental Medicine to Veg Fest!

he first annual San Diego Veg Fest came to Balboa Park this past October, and Pacific College was there! The fest was designed to build a movement of conscious San Diegans toward a healthy and sustainable future.

You may be wondering: What do Veg Fest and Oriental medicine have in common? Well, they both place an emphasis on food and nutrition as integral components to a

person's health. In traditional Chinese medicine (TCM), food is more than sustenance; it's a medicine used to treat conditions and support the entire body.

In TCM, foods are perceived as natural healing substances that include grains, legumes, vegetables, fruits, nuts and seeds, algae, and minerals your body needs to stay healthy. The emphasis is on whole organic food in its simplest form. In





China, food grade herbs are highly respected, producing the most lasting results with the most gentle of action. They nourish areas of your body and bring it into balance.

Ann Wigmore, holistic health practitioner and co-founder of the Hippocrates Health Institute back in 1968, was quoted as saying, "The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."

TCM operates on this same belief that everything is interconnected on some level. Therefore, everything that goes into your body affects your health in some way, either positively or negatively.

Pacific College represented this theory and Oriental medicine as a whole at the San Diego Veg Fest. Representatives used the opportunity to educate people about the benefits of healthy eating, along with acupuncture, massage, and other holistic forms of preventative medicine.

"Many of the attendees had never experienced the benefits of TCM and were eager to explore alternatives to conventional therapies," said Kristine Vanderstock, Pacific College admissions representative, "Our presence at the festival emphasized the growing popularity of integrative medicine and the importance of preventive care.

SAN DIEGO 11

go sustainable.

Veg Festival

The World Beat Cultural Center hosted San Diego's event as part of a larger, nation-wide movement to promote conscious and healthy living. Vegetarian awareness has been celebrated across the nation in cities such as San Francisco, New York City, and

> Veg festivals are hosted all year long. These festivals gather a diverse group of people from all walks of life to celebrate and educate the community about healthy eating and sustainable living.

Chicago as far back as the 1960's.

World Beat Cultural Center's Founder and Executive Director Makeda Cheatom started the first vegetarian restaurant back in 1971. She believes, "If I didn't have this foundation from a young age, I wouldn't be as healthy as I am today. I feel it's imperative that we expose a healthy lifestyle."

Check out more healthy lifestyle tips at Veg Fest 2013. For more information, visit www.sandiegovegfestival.com. We'll see you next year! OM

HEAVENLY STREAMS: MERIDIAN THEORY IN NEI GONG continued from page 8

people with excess internal Cold. Zusanli (ST36) is a point which has a nourishing effect upon the body's Qi and Blood; it is beneficial no matter what internal imbalances you may have. Figure 10.1 shows the location of Zusanli (ST36).

Locate the point physically first. Follow the guidelines in Figure 10.1 and you should find a small depression in the leg where the point is located. Massage the point with your thumb to ensure that you are totally

clear on the location. This is a key point on the Stomach meridian which is part of the Yang Ming divisional aspect of the body. As the Yang Ming aspect has an abundance of both Qi and Blood, this point will help to nourish the Qi and Blood of the body.

Once you are familiar with the location of the point, stand in the Zhan Zhuang position you have used previously. This is shown in Figure 10.2.

This is the most effective position to ensure that the energy of the body

can flow freely but if you find this difficult then you can experiment with connecting with the point while lying on your back. While this point is not so efficient with regards to Qi flow it may be easier for beginners who have difficulty relaxing the muscles of their legs while in standing postures.

Bring your awareness (Yi) down to the point as if you were going to access the Stomach meridian through it. You should aim to bring your mind to the point on both legs at the same

time since the meridians are bilateral. It is quite likely that the Stomach meridian will unfold for you as your awareness will be used to this process by now. Just ignore the line of the Stomach meridian; while it does not matter if you have connected with it, you do not want your awareness to begin following the meridian's pathway. You need to keep your awareness on the point of Zusanli (ST36).

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Holistic Getaways

Inspired Mind, Body, Spirit Locations Around the Globe

student of the holistic healing dedicates years to the study and practice of Chinese medicine before entering the world as a practitioner. Time spent in school is often spread across diverse courses of study, and in different mediums. From textbooks to hands-on clinic practice or internships, students strive for a range of experiences to best prepare them to enter the workforce.

But in the midst of test cramming and clinic prep, what about taking a break? What are some ways to incorporate into a hectic lifestyle the beloved Chinese medicine principle that the mind, body, and spirit are deeply interwoven? And what if that 'break' not only brings the person more in touch with his or her passion, but teaches a rich new component of living the medicine? It was the scholar Miriam Beard who said, "Travel is more than the seeing of sights; it is a change that goes on, deep and permanent, in the ideas of living." Switching gears every once in awhile and choosing to travel may be one of the most rewarding and valuable experiences that someone within the Oriental medicine community can have.

It's possible to pursue the same passions that inspired Oriental medicine schooling (and often improve knowledge of TCM and holistic healing) by getting out of town and living in the moment. As Pacific College of Oriental Medicine San Diego Academic Dean, Bob Damone, puts it, "There is a long history in East Asian Medicine of valuing practices that balance mind, body, and spirit. In fact, East Asian medicine assumes no disconnect among these three. What benefits the mind, benefits the body, and vice versa. Practices such as Qi Gong, meditation, Tai Ji Quan, and yoga are essential tools for stress reduction and health cultivation. They help healers and their patients prevent and treat illness." The following are a few getaways that aim to inspire, enlighten, and empower students and practitioners to new heights of healing awareness, both for themselves and their patients.

YOGA RETREATS — COSTA RICA

Many people within the OM community are yogis. The practice of yoga is a great example of the mind/ body connection. The breathing principles, meditation, and cultivation of mindfulness that yoga teaches directly align with many of the teachings behind ancient Asian practices like Qi Gong. Ironically, going out of town to practice yoga will force a person to focus on relaxing. Traveling to a remote, nature-oriented location to practice yoga repeatedly each day



is a serious reboot of the mind and spirit for the year to come. Pacific College acupuncture student, Najah Abdus-Salaam, traveled to Costa Rica in April, 2012 to participate in a voga surf retreat. Held at the Montezuma Yoga Center in Costa Rica, the retreat that Abdus-Salaam went on was hosted by two local San Diego yoga instructors, Heather Fenwick (Pilgramage of the Heart) and Sara Deakin (Little Yoga Studio). When asked what one of her favorite parts of the trip was, Abdus-Salaam says, "Doing yoga daily in an outdoor teak wood studio (in the shape of a bagua) in the middle of the jungle on a mango grove with the ocean just a few steps away. I really loved the nature - it truly became a part of each one of us on that retreat."

The Montezuma Yoga Center helps organize yoga retreats and even collaborates with local restaurants to provide guests with a range of healthy options (including vegetarian or vegan specialties). "I especially think it is

important for those in the OM field to go on mind/body oriented retreats to renew the body, mind and soul. Being in this field, we are constantly giving to others and our tanks can run a little low at times. Forcing yourself to go on a retreat guarantees that you will give your body time to relax, sleep, eat wonderful organic food, ground yourself with nature, and get connected through your yoga mat," explains Abdus-Salaam. A retreat is so much more than just practicing yoga—it's about the environment, the nutrition (often these retreats correspond to cleanses), and the meeting of likeminded travelers that can make it so rewarding.

STANDARD PROCESS HERBAL RETREAT — PALMYRA, WISCONSIN

The Wisconsin herb company Standard Process is offering an affordable educational trip that will appeal to practitioners. For two separate date options in 2013, the first being April 26-27, and the second

October 11-12, Standard Process is offering a free two day educational event. All that guests need to do is purchase airfare to visit the Standard Process Palmyra, Wisconsin location. Once guests have registered and bought plane tickets, the herb company will pay for their three night accommodations in a local hotel.

Over the course of the two-day trip, Standard Process is offering a tour of their state of the art facilities, the farm and manufacturing site, and a chance to meet fellow acupuncturist and learn how to combine whole food nutrition with ancient Eastern knowledge. This trip may be too good to pass up! It's an excellent opportunity to see first-hand where herbs are grown and how. This trip is designed to show practitioners how Chinese herbs are created from "seed to supplement", as well as other nutrition tools for themselves and patients.

CHINA TRIP — CHINA

Each year in the spring, Pacific College organizes a trip to China. This trip is available for both students and practitioners, and is a rare opportunity to experience Chinese medicine at its root, alongside experts in the field and experienced travelers. San Diego Academic Dean, Bob Damone, an organizer of the trip who goes each year with students, explains, "There is no better way to supplement your PCOM education than to have an authentic experience of East Asian medicine in its land of origin." The annual PCOM China trip is more than a vacation to an incredible destination; it's a look at the roots of Chinese medicine. Participants are taken to tour Chinese medicine college facilities, hospitals, and authentic Chinese herb factories and markets.

PCOM San Diego MSTOM Gradu-

ate Micah Arsham went on the April 2012 China trip with Damone. She reports, "Visiting different areas of China has given me an appreciation of how traditional medicine functions in various settings, from a familyrun clinic that uses only traditional methods (Zheng Qi Tang in Lanzhou, Gansu province), to hospitals in Liaoning and Guangxi, where it is integrated with Western medicine." The trip gave Arsham new insight into how traditional medicine can be implemented into a large healthcare system, "When you see traditional medicine used on a large-scale in China, not only to treat existing disease but also to 'nourish life' (yang sheng), it does not compare to anything in the States. There are many simple, inexpensive ways to improve

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OM Newspaper Essay Contest Chooses Winner

College students and alumni of the college's three campuses. The OM has always enthusiastically encouraged publishing articles by noted authorities in the field, so the contest was held to give students and alumni an opportunity to begin creating a name for themselves in the field of Oriental Medicine.

Congratulations to the winner, David Heron, for his essay entitled, "Chinese Pediatric Tui Na: The Caring Touch of Chinese Medicine." As one of

The OM Newspaper held an essay contest last summer open to all Pacific this year's featured articles, he also received a \$100 gift certificate to the Pacific College bookstore and was featured in the college's online newsletter. The OM Staff would like to thank all those who participated, making this an exciting and close contest!

> Missed out on submitting your essay? Log onto www.PacificCollege.edu/ omessaycontest and find out how YOU can get published in next year's Winter edition of the Oriental Medicine Newspaper! OM

Chinese Pediatric Tui Na: The Caring Touch Of Chinese Medicine

By DAVID HERON

arents of sick children can find various modalities of treatment within Traditional Chinese medicine (TCM). There is a long and continuing history of using Pediatric tui na massage to treat a large variety of diseases. Pediatric tui na uses gentle hand techniques to stimulate acupuncture points and channels to effectively treat many conditions. In China, this non-invasive treatment method is still found to be an effective way to treat pediatric patients even where Western medicine is more readily available. In this essay, some basics of Chinese pediatric tui na will be introduced along with examples of their actual use at the Zheng Qi Tang, a TCM Clinic in

Lanzhou, Gansu Province, China. Pediatric tui na is a branch of Chinese medicine that has been developing for over two millennia. While there are some references to pediatric tui na in the most important classic of TCM, the *Huang Di* Nei Jing, the field of pediatric tui na developed and flourished most during the Ming Dynasty (Flaws, 1994). Prior to the Ming Dynasty (1368 - 1644) there was a gradual development of pediatric tui na. For example, during the Tang Dynasty (581 - 907) the famous doctor Sun Si-Miao's Prescriptions Worth a Thousand Gold details various pediatric conditions and how to use various external herbal preparations and hand techniques to treat these conditions (Cline, 2000, p.2). However, during the Ming Dynasty pediatric tui na grew from a sub-specialty into its own discipline within medical institutions as several books and treatises were written on the subject (Cline, 2000, p.2). Since the Ming Dynasty, practitioners of pediatric tui na have refined these techniques and still practice them today.

Pediatric tui na can address the whole body using various hand techniques which can be combined with additional modalities. Some of the most common manipulations are pushing, pushing apart, kneading, round rubbing, pinching and pulling manipulation, pressing, nipping, and grasping (Fan, 1994, p. 15 - 21). These different manipulations are commonly applied to points and channels on the extremities, back and as well to areas that are frequently affected by illness such as the abdomen, head, and face.

While pediatric tui na has some

similarities to adult tui na there are definite distinctions between them. While the majority of the points used in adult tui na are connected to the standard 12 (or 14) Jing-Luo (acupuncture channels), in pediatric massage there are numerous special points that are rarely used on adults (Fan, 1994, p.8). From birth to adulthood the organ systems and channel systems go through change as they develop. Therefore, even when standard points are used on children, these points may have different functions in the context of pediatric (Cline, 2000, p.53). Pediatric tui na also focuses on the hands far more than adult tui na. Finally, while adult tui na makes use of the Jing-Luo it is not purely an energetic massage in that it is common for adult tui na to include the manipulation of structures that may not directly affect the main channels such as the muscles, tendons, and bones. Conversely, pediatric tui na is almost exclusively energetic in nature as children's delicate bodies could not handle the strong manipulations of adult tui na. Therefore, pediatric tui na requires highly skilled hands. It is common for doctors of varying skill to produce varying results from each other while using the same points and the same manipulations on pediatric patients (Fan, 1994, p.9). Pediatric tui na requires the practitioner to have skills outside of those needed for adult tui na.

In China, it is still possible to see the prevalence and effectiveness of pediatric tui na at clinics such as Zheng Qi Tang in Lanzhou, Gansu Province. Zheng Qi Tang is run by Dr.

Tan Sheng, who received the title of Famous and Veteran Doctor of Chinese Medicine from the Gansu government. Under his guidance, Zheng Qi Tang has become well known for . treating childhood conditions. For example, the Bureau of Public Health of the City of Lanzhou has designated Zheng Qi Tang as an educational center for Chinese doctors of Western medicine to study TCM's approach to Pediatrics.

While the therapists at Zheng Qi Tang are well versed in all of the aforementioned manipulations and apply tui na all over the body, the core of most pediatric tui na prescriptions at Zheng Qi Tang involve the child's hands, necks, and backs. Pediatric Tui Na of the hand involves stimulation of areas on the hand in order to stimulate the corresponding internal organs. The pediatric hand reflexology practiced at Zheng Qi Tang focuses on the tips of fingers (between the distal interphalangeal joint and the tip of the finger) as well as the palm, thenar eminence, and the hypothenar eminence. While there are numerous hand reflexology systems, each slightly different from the other, Zheng Qi Tang's style of hand reflexology is based on the following correlation of organs to hand structures: the tips of the fifth digit pertains to the kidney, the tip of fourth digit pertains to the lungs, the tip of third digit pertains to the heart, the tip of the second finger pertains to the liver, and the tip of the first finger pertains to the spleen. The hypothenar eminence also correlates with Kidney and the Water elements while the thenar eminence also pertains to the Spleen and

Zheng Qi Tang's pediatric hand tui na utilizes various strokes to stimulate the Zang-Fu (internal organs). To begin, the pediatric patient is sat down in front of the practitioner. The practitioner then uses the second digit of both their hands to gently clasp the patients first digit at the distal interphalangeal (DIP) joint, exposing

the pad of the patient's first digit from the DIP to the tip of the finger. The practitioner then strokes the pad of the patient's first digit by alternating their thumbs over the patient's finger pad for a total of 300 strokes. When done correctly only the lateral edge of the practitioner's thumb will be used to complete the stroke. This process is then repeated for each of the remaining digits. This entire process is then repeated on the other hand.

Once the tips of the fingers have been stroked, the palm is stroked. The direction of the palm strokes will depend on the state of the patients digestion and elimination. If the patient presents with no digestive complaints, then alternate circular strokes may be performed up the center of the palm and down both sides and then up the center again using both thumbs alternatively. However, if the patient presents with diarrhea, due to any TCM pattern, the hypothenar eminence is stroked from it's bottom near the base of the pinky up to the area bordering the wrist and then across to the thenar eminence and the base of the thumb. The direction of this stroke sequence is reversed if the patient presents with constipation. For constipated children, the strokes are to be performed across the thenar eminence towards the hypothenar eminence and then downward. In the case of diarrhea, the upward strokes toward the spleen area on the palm are said to be tonifying in nature to assist in proper transformation and transportation of food while in the case of constipation the strokes down the thenar eminence are said to promote a downward movement of qi from the middle jiao to the lower jiao. Whichever palm stroke sequence is used should be performed for approximately 1 to 1.5 minutes.

Gua sha (scraping) is another technique that can be used to treat pediatric conditions. At Zheng Qi Tang, gua sha is performed with a gua sha tool and a proprietary herbal oil.

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Dredging the Channels; Relieving Deep Stagnation

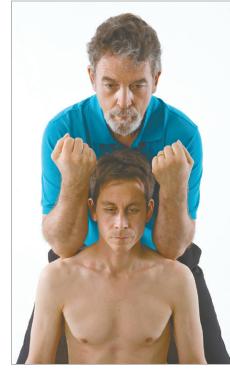
By BILL HELM

he problem of dispersing deep stagnation of "qi" (the innate life force present in all living beings) and blood is addressed in many different ways in traditional Chinese medicine (TCM) practices. This includes acupuncture, moxibustion, cupping, gua sha (scraping), herbal methods, and tui na massage therapy. According to TCM theory, pain is caused by a stagnation of qi and blood, regardless of origin. There are various causes of stagnation, but it's usually the result of external pathogens such as wind, cold, or damp lodging in the channels and muscles of the body surface. Stagnation can also be due to the consequences of trauma where the blood vessels are damaged and the blood leaves its proper place, inhabiting the interstitial space of the body. This situation is often complicated by the accumulation of dampness and phlegm, which creates swelling and hardness in the form of nodules or as a thickening of the tissues locally. When external pathogens invade the area as well, Bi or Painful Obstruction syndrome, a chronic pain disorder, develops.

In any of these conditions, the goal is to remove the obstructions so that the free flow of qi and blood can be restored. This relieves the pain and allows for complete recovery. In acupuncture, there are three methods described as "dredging": 1) Specific acupoints are used to strongly activate the affected channel 2) Heating the needles with moxa or simply heating the needles if there is a strong cold pathogen lodged in the area, and 3) Pricking or bleeding is used if there is blood stasis.

Gua sha (a scraping method) and cupping (a suction method) are also used for releasing deep blood stasis. Gua sha involves a light oil being rubbed over the affected area of the skin, and then a repeated rhythmic scraping is applied with a smooth edged tool. The tool can be as simple as a ceramic soup spoon, or as sophisticated as \$1000 stainless steel tool (Grafton method tools). When the blood stasis is released, a reddish to dark purplish color appears on the surface of the body over the areas of stasis. It only appears in the affected areas, surrounding tissue simply reddens and then returns to a normal color.

In cupping therapy, a vacuum is created through either applying a flame inside a cup to produce a vacuum, or by suction applied by a pump inserted in the cup. The cup is placed along the channels or specific areas of stasis and left there until a deep purple to black color appears.



DREDGING THE SHOULDERS WITH THE ELBOWS

Sometimes the cups are slid along the length of the area to increase the area of application

In tui na manual therapy (a form of Asian bodywork), manual techniques or shou fa are applied to increase the circulation of gi and blood. These techniques are used in an ascending degree of pressure from mild oscillating techniques such as rolling, finger springing, light and moderate kneading and grasping, to heavier techniques such as pushing, press-rub, scraping, and pressing.

Generally, these techniques are applied locally to the specific area and associated nearby areas in order to activate deep circulation and to release local muscle and tendon tension, also known as the obstruction. Often, the application of these techniques elicits an `ahshi` response, which is an automatic pain reaction in which the patient responds reflexively in a startled manner. This is a desirable reaction because it reveals the presence of unresolved blood stasis and qi stagnation.



DREDGING GB 21 WITH THE THUMBS

When the action of these techniques fails to release the obstructed area, dredging methods are applied. These are techniques such as pressing and pushing, but they are utilized with higher intensity and pressure. To "dredge" is to dig deep to remove an obstruction. The technique must be applied repeatedly, firmly, and persistently to remove the stagnation. Caution must be taken to avoid over- treating and re-traumatizing the area by using too much pressure. It's also important to avoid applying the technique for an excessive duration. To avoid this problem, it is important to communicate consistently with the client and receive feedback about the pressure, sensations, and feelings that they are experiencing.

The therapist should observe the change in tissue consistency, temperature, and tension to avoid over-treating. The client's emotional and mental state must also be observed and considered in calculating the correct length of time in applying any of these techniques. A general guideline is to apply strong, intense dredging techniques for a short



DREDGING THE NECK WITH A THUMB

duration of time. The area of application for dredging should begin on the channel above the area of the worst obstruction. Start by applying the technique along the channel, then move towards the area and slow down the rate of application as the deep obstruction is reached. At this point, ahshi responses may be elicited. It is important to reduce the pressure of the technique so that the response is not elicited. The person is then able to tolerate the pressure and facilitate releasing the stagnation.

A pulsing rate is useful in releasing tension in the area where the pressure is being applied. This is done by pressing firmly into the stagnation to a point just before the ahshi response is elicited, and then reducing the pressure and applying it again in an alternating or pulsing rhythm. It may be necessary to move past the area and continue down the length of the channel to help draw the stagna tion out of its place. Be sure to not stay too long in the stagnant area to avoid over-treating. At the lower end of the channel, or structure, the direction of pressure and technique can be reversed and applied again.

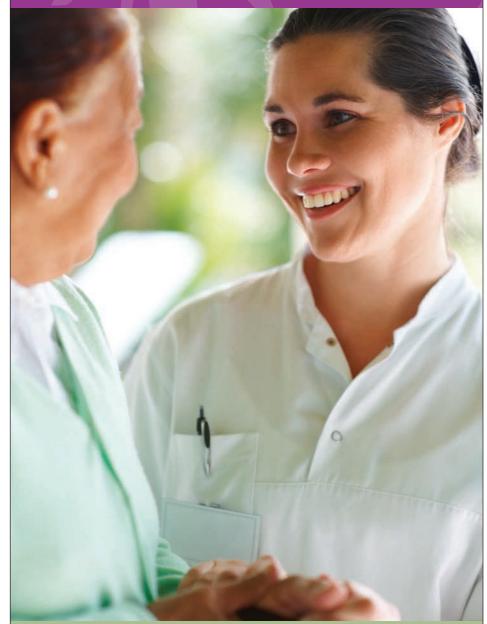
Commonly, the elbow or knuckles and fist are used to apply the dredging action. A helpful strategy is to alternate between using large contact pressure with the olecranon and the small contact of the fingers

DREDGING THE UPPER SHU POINTS WITH AN ELBOW

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DREDGING THE MID BACK WITH AN ELBOW

or thumb, or single knuckle. This creates a variation of pressure that sometimes accelerates the release of the stagnation.

In Western massage, these methods are referred to as "deep tissue methods". The local thickened tissue is seen as an adhesion, or as fascia. that has attached itself inappropriately to neighboring structures and is preventing the free movement of the muscles and tendons. Fascia is an important tissue in the body, holding structures in place, reducing friction, and stabilizing movement. There are a series of what are called "fascial planes", which roughly follow the course of the musculotendinous channels and the main acupuncture channels.

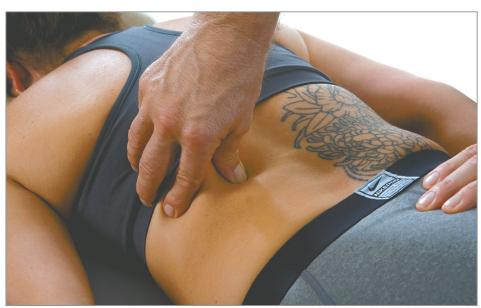
Methods for releasing inappropriate fascial adhesions were developed in Europe in the late 1940s. The most well known is Structural Integration, or Rolfing, which was developed by Ida Rolf. Most deep tissue methods, when taught currently, are adaptations influenced by her early work. They all use methods to release fascial adhesions and facilitate a more efficient relationship with the pull of gravity.

Their primary paradigm is that the gravitational field exerts a con-

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tinuous pull upon the structure of the body. Due to trauma, poor posture, and lack of symmetrical exercise, the different sections of the musculoskeletal system become distorted and appear in poor alignment. This causes the body to use fascia to help stabilize the structure, and to conserve energy that is expended through chronic muscular contractions used to maintain an erect posture. Through a series of sessions, these chronic contractions are released and the structure becomes more symmetrical and aligned, preventing loss of energy and the development of chronic musculoskeletal pain and dysfunction. The general result is that people feel much more relaxed and have more physical energy.

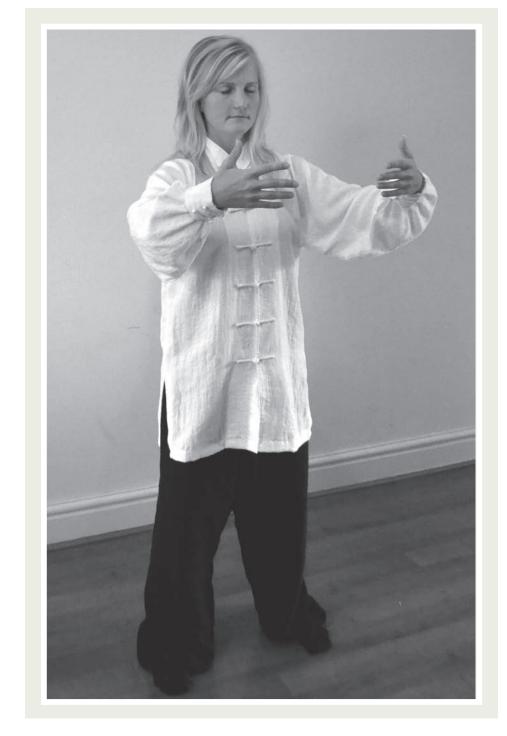
In contrast with dredging, tui na is not focused upon reorganizing the entire structure, but rather on releasing local stagnation of qi and blood to help balance the overall flow of qi and blood in the body. Common areas of application are the neck, shoulders, arms, back, hips, and legs. In the following photographs, several techniques will be used on some of these areas as an example: neck and shoulders, low back, and hips. **OM**



DREDGING THE BACK WITH A THUMB

BACK WITH A THOUND

Figure 10.2: Zhan Zhuang



ACTIVATING THE POINTS

The actions of meridian points can be activated in several different ways. A beginner massage therapist may press on the point which will stimulate it; this will activate the point to a very small degree and the effects will not last very long. A low level acupuncturist will simply place a needle into the point which will cause activation stronger than from a massage but it will still be fairly weak and temporary. The most skilled massage therapists, acupuncturists and so forth will combine their therapeutic techniques with their intention. The Yi must travel down the massage therapist's hands or fingers into the point to ensure full activation of the point. A skilled acupuncturist will send their intention through the length of the needle they have inserted into the point to fully activate the points they are using in their treatment; without this part of the treatment the effects will be greatly lessened. Sadly, the vast majority of modern Chinese medicine practitioners do not even accept the possibility of this process and so Chinese medicine has been greatly weakened. It is for this reason that Qi Gong exercises

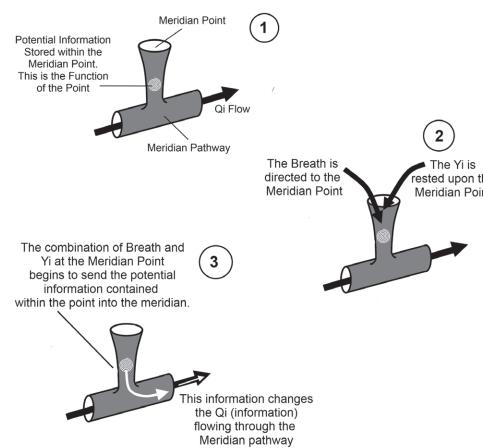
are an essential part of any Chinese medical practitioner's training; without Qi Gong, practitioners of therapies such as acupuncture will never progress past a shallow level of skill.

Within the techniques outlined within this book we are solely going to be using our awareness. We are bypassing the physical therapeutic technique and directing our mind straight into the required meridian points. This should be fairly easy to do as we are working with our own energy system; it takes considerably more practice to repeat these techniques on another person's energy system.

Activating a meridian point is much like gently blowing on the dying embers of a fire to ignite them to flame once more. Through a combination of our breath and awareness we cause the information stored within the Qi of a point to expand. This will activate the point causing its transformative properties to take effect. Figure 10.3 summarises this concept.

It is through this process of studying and activating the meridian points of the body that the ancient Daoists devised their intricate system of meridian based medicine.

Figure 10.3: Activating a Meridian Point



Keep your awareness on Zusanli (ST36) as you begin to 'breathe' into the point. Your Yi will lead the Qi as before. It is now that you begin to use change your breathing for the first time. We are now aiming to stimulate the point rather than just connecting with it and listening to what is taking place. Put a little more emphasis into the exhalation than before; you should direct more force into your out-breath. Note that this increase in force is extremely slight. Think how much force you have to use when blowing the dying embers of a fire, it is very slight indeed. Your breathing should be in and out through the nose, keep your mouth lightly closed throughout this process. Keep with this process for a while. The extra emphasis on the exhalation coupled with the placement of your Yi will begin to stimulate more Qi to be led through the body to the meridian point.

After some time you will begin to become aware of a growing pressure in the area of Zusanli (ST36). This pressure will begin to become clearer until the point feels warm and starts to tingle. Keep with this process and observe what is taking place as you continue to lead your breath and Qi to this area. This warmth will then begin to move outwards into the Stomach meridian; once this happens, you have managed to activate the meridian point meaning that its therapeutic function has been engaged.

Keep up the practice for at least ten minutes once you have reached this stage. With practice the sensation will become stronger and begin to move out into the whole of the meridian. If the Qi and Blood are stimulated to a high degree you will also find that the feeling of warmth and tingling spreads out into the rest of your body. This is a very nourishing practice which has great benefit to your general well-being.

Do not worry if this stage in your practice is difficult; it can take time. Just as with learning to connect with the meridians, it can take practice and perseverance. Stick with it though and before long you will have managed to activate your first meridian point using only your intention and breath. This is an important step as it means that you now have an effective way to adjust the health of your body as its energetic root. This root is the most effective place to change if you wish to bring lasting balance to the whole of your mind-body system.

As stated above, Zusanli (ST36) is a good meridian point to practise on due to its safe and nourishing effect upon the Qi and Blood of the body. Even if you discover very little in the way of internal imbalance, this is still an effective point to work with as everybody could do with a boost to their Qi every now and then.

Practice regularly until you are able to contact and activate this point quickly and easily. From here you can begin to activate further points on the body according to your own personal needs. **OM**

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Copies of Heavenly Streams: Meridian Theory in Nei Gong (to publish March 2013) by Damo Mitchell are available to readers of Oriental Medicine at a special 20% discount. To order, visit the Singing Dragon website (www.singingdragon.com). When checking out, enter voucher code OM2013 to receive the discount

the practitioner is looking for an immediate effect on the patient. Carefully observe if there is a decrease in pain or an increase in range of motion. My experience is that up to 80 percent of patients with pain due to injury or trauma will have some degree of improvement from bleeding the indicated *jing-well* point(s). Patients with *qi* stagnation and blood stasis in the deeper tissues – conditions like sprained ankle, shoulder tendonitis, or joint pain – will often experience a 15 to 25 percent improvement. Not bad for a few minutes of work!

I recently treated a runner from a local high school track team. He had a slight tear of the quadriceps tendon at its attachment to the ilium at the anterior superior iliac spine. Manual muscle testing of both hip flexion and knee extension reproduced pain and weakness. As this injury is likely on the TMM of the Stomach, the jing-well point St 45 (Lidui) was treated with bleeding technique. After performing this simple procedure, I immediately retested hip flexion and knee extension. These tests revealed both a strong muscle and significantly reduced pain at the tendinous attachment. This was the first



acupuncture treatment for this young athlete, and he was amazed to see such an immediate change. Within several treatments and a week or so of rest, he was back to full training and competition. The *jing-well* point was used along with other local and distal points on the Stomach meridian.

CLINICAL COMMENTS ON THE TMM

The most important technique is treatment to the *jing-well* point:

in the texts to activate the TMMs. These may be included with the treatment of the *jing-well* point, if indicated. However, it is beyond the scope of this article to discuss their use in detail.

The following are additional

techniques commonly included

1. TREAT THE AHSHI POINTS

When the TMM is affected, *ahshi* points may be found in the superficial tissues of the muscle, fascia, and tendons. Thus, shallow insertion of the needle is usually recommended. Many sources consider other techniques, such as cupping, *gua sha*, and massage to these affected tissues.

2. TREAT THE "INSERTION" OR "BINDING" POINTS

The texts refer to the "insertion" or "binding" points of each tendinomuscle meridian. These are located at the three major joints of each extremity. Generally, the insertion points "above and below" the injury are recommended for treatment.

continued on page 28

same side as the site of injury. 2. The *yang* TMMs are usually more responsive and clinically effective

1. Jing-well points are treated on the

- than those of the *yin* meridians.

 3. Treatment may include more than one jing-well point when the site of injury extends to multiple meridian pathways.
- Care should be taken in bleeding *yin* meridian *jing-well* points, considering all of their contra-indications.

Bridging the Understanding Gap

Using the language of adaptogens to increase awareness of traditional Oriental medicine

By JENELLE KIM, MSTOM, LAC

s a licensed acupuncturist and herbologist, I could not be happier to see that more people are turning to traditional Oriental medicine (TOM) to improve their overall health and well-being.

The healthcare we provide has the ability to positively affect the lives of others, and so, we are in a special position as ambassadors for the medical system we practice. And, despite the expanding awareness of our medicine, I still find people on a daily basis who are not familiar with TOM. and the benefits it can have on their lives.

My area of focus is herbology. When I speak to people who are unfamiliar with TOM or herbology, I find that it is often useful to use a more commonly understood concept in order to bridge the understanding gap. This usually makes our medicine easier to understand.

For example, while someone may understand pharmaceutical drugs, individual herbs may seem like a foreign concept to them. An easy way to bridge this understanding gap is to explain that many pharmaceutical drugs are derived from whole herbs, but the pharmaceutical drug uses a highly concentrated part of an active component of that herb. Most people are aware that pharmaceutical drugs have side-effects because of the drug commercials that air on television. A big difference between the two is that very often the whole herb has other properties that help to counteract some of the sideeffects of the active ingredient used in the pharmaceutical drug. Proper herbal formulations containing multiple herbs are also designed to counteract the side-effects of the strong active ingredients

Another concept that is help-ful for bridging the understanding gap is the concept of adaptogens. As trained health care providers, we are more than aware of the benefits of herbs and the reasons why they are beneficial; however, for some people who have not invested time in research and study, the concepts can be a challenge to understand in a society where herbal formulas are not the norm.

So what is an adaptogen? Simply put, it is a quick way to understand why certain herbs function the way they do.

Adaptogens are unique from other substances. They help your body "adapt" to adverse conditions that affect homeostasis and they help

to balance the body's immune and endocrine systems, thus helping your body systems to work in harmony with one another.

In TOM, herbs such as Ginseng, Stephaniae, and Astragulus have been used for centuries; however, it was not until after World War II that top Russian scientist Dr. N.V. Lazarev coined the term "adaptogen" to classify these specific herbs that help to increase health and the body's natural resistance.

One of Lazarev's students, Dr. Israel Brekhman, recognized that these rare botanical herbs with adaptogenic characteristics survived through the ice ages by flourishing and adapting in even the most severe living conditions. Essentially, the herbs with the most vitality and strength were able to survive these harsh conditions, while others perished. Based on this principle, Brekhman believed that these stronger herbs might possess

qualities that could help our bodies

adapt to the changes and stresses of modern day life.

With a team of 1200 biologists and physicians, Dr. Brekhman investigated and analyzed adaptogens and paved the way for over 3000 different types of experimental studies and clinical trials. These studies revealed the extraordinary immunity-building and stress-protective capacity of adaptogens.

Their research showed that adaptogens are non-toxic to cells, boost cells to a healthier state, help the body adapt to stress, and improve physical performance.

As students and practitioners of TOM, we have a unique perspective, where the basic understanding of herbs can seem so elementary that we might assume it is common knowledge. Yet, while we are seeing the understanding of TOM grow on a larger scale, the reality is that something so seemingly simple to us may be lost on the average person.

As ambassadors of TOM, we can take the time to understand what our potential patients understand about our medicine, and then use bridges of understanding to help them see the benefits of TOM. We are already seeing TOM being implemented in spa treatments and consumer products. In massage therapy and other healing modalities, TOM formulations, including adaptogenic herbs, are being used in treatments, providing benefits that enhance the power of the healing touch.

By building bridges of understanding, we are able to relate our medicine to concepts that our society already understands, and we also open the door for more understanding of how TOM can help so many people live with more comfort and happiness in their daily lives. We have gifts to share, and by creating a greater understanding of TOM, we help individuals, society, and the TOM community. **OM**

JENELLE KIM is an herbologist, speaker and entrepreneur. She is the co-founder and formulator of Jadience Herbal Formulas, Jade Spa, Tao of Man, and JBK Wellness Labs. Her mission is to share her family lineage of herbal formulas with the world by building bridges that make Traditional Oriental Medicine more readily available to the general population. Her family formulas are carried in notable locations, such as Ritz-Carlton & Four Seasons spas across the country, as well as Whole Foods Market and other natural products retailers.

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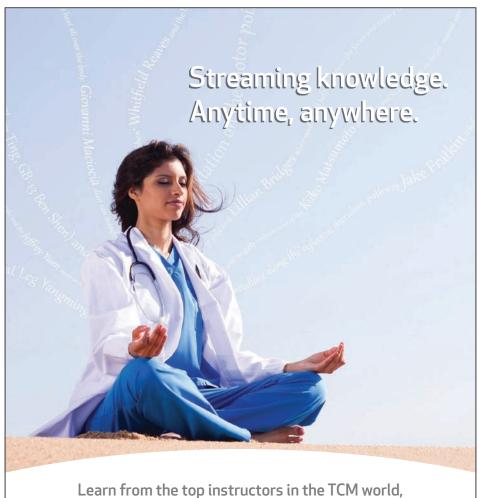
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The herbs used in the oil mostly have the function of promoting blood circulation. Gua sha is primarily used for patients presenting with a common cold or what Chinese medicine considers an external attack. However, gua sha can be used for other presentations as well. In cases of external attack, gua sha is typically applied to the neck and forearms to treat external invasion of wind-cold or windheat. On the arms the Lung and Large Intestine channels are treated. On the neck the Urinary Bladder and Du channels are treated with gua sha for external attack. Point prescriptions are chosen based on the presenting pattern of external attack. For example, a treatment prescription for a child with a high fever secondary to wind-heat attack is to apply gua sha alternately to Du-14, Large Intestine-11, and Large Intestine-4 for five minutes. Following this, stationary cupping is to be applied to Du-14 then Du-12 for 1 minute each. Afterward, gua sha should be applied to the Lung and Large Intestine channels on each forearm for five minutes. Added attention would be given to the areas around the acupoints Large Intestine-11 and 5, as well as acupoints Lung 6, 7, 8, and 9. This prescription serves to clear internal heat and release exterior windheat. In general, at Zheng Qi Tang if pediatric patients are prescribed gua sha, the treatment occurs after first receiving pediatric hand tui na as detailed above.

Pinching and pulling is another pediatric tui na technique commonly performed at Zheng Qi Tang. Pinch-

ing and pulling is typically used to tonify deficiency and regulate yin and yang(Cline, 2000, p.46). This is especially true when it is performed along the Du channel (along the spine) or along the back shu points on the Bladder channel. In children, pinching and pulling should begin at the sacrum, where the practitioner should gently grab the child's skin with both thumbs and forefingers. The practitioner then rolls the skin up the length of the spine to C7 (Cline, 2000, p.46). At Zheng Oi Tang, while rolling the skin upward, practitioner's would stop and gently pull in the area of back shu points which treated the child's presenting pattern. For example, while pinching and rolling up the spine of a child with low appetite due to Spleen qi deficiency, a practitioner may pull on Bladder 20, the back shu points of the Spleen, as this point has the function of tonifying Spleen qi and is indicated for lack of appetite (Deadman, 2007, p.279). Pinching and pulling up the spine can be performed three to nine times. At Zheng Qi Tang, this procedure was often performed last after pediatric hand tui na

in the West there would be great benefit in furthering the development of modalities and practices which reach some of the most delicate members of our society, such as children. While acupuncture is a powerful and effective modality it is not all that Chinese medicine offers

for pediatric patients. The gentle and

As TCM continues to develop

non-invasive nature of Chinese pediatric tui na would allow TCM practitioners to reach a larger population than they currently reach with just acupuncture and/or herbal medicine alone. I studied Psychology during my undergraduate at New York University and

worked in research for a few years after that. I always had an interest in herbolog and medicine. Traditional Chinese Medicine in particular caught my eye due to it's high level of sophistication and written history. I'm very happy that I decided to change careers. I have many interests including meditation, philosophy, food, and athletics. OM

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DAVID HERON studied Psychology at New York University and worked in research for a few years after that. Heron always had an interest in herbology and medicine. Traditional Chinese Medicine in particular caught his eye due to its high level of sophistication and written history. Heron has many interests including meditation, philosophy, food, and athletics.



PACIFIC COLLEGE INTEGRATIVE STUDENT EXCHANGE PROGRAM **PROVING A SUCCESS**

continued from page 4

* EXCHANGE PROGRAMS BETWEEN CONVENTIONAL MED-ICAL SCHOOLS AND **CAM INSTITUTIONS** are recognized as an effective method of interprofessional education.

90-minute cadaver tour. The medical school students visit PMTI and experience a massage.

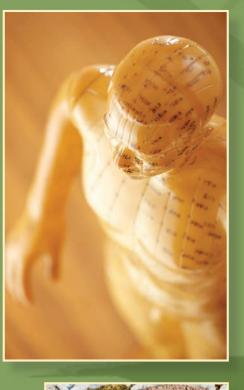
All of these exchange programs, including the Einstein/Pacific College program, have been very well received by students, faculty, and administrators and serve as models for other similar programs that could build the foundation of CAM training in medical school programs and vice

Both Einstein and Pacific College students who have been through the program value their reciprocal educational experience. For the Pacific College students, seeing the body through the experience of cadaver dissection significantly expanded their perception and appreciation of what lies underneath the skin and where acupuncture needles penetrate in the body. Having Einstein students shadow them in the Pacific College clinic enhanced the Pacific College students' understanding and appreciation of Western medicine.

For the Einstein students, their understanding of Chinese medicine, as a component of an integrative whole medical system, was significantly expanded. Both groups of students also appreciated the relationships that they developed with each other and the opportunity to have a dialogue about their respective medical training experiences.

The exchange program clearly demonstrates the value of such reciprocal educational exchanges between Western and CAM schools that can serve as a model for other similar partnerships. The faculty who participated believe the demonstrated success of this program will lead to future opportunities for educational and professional collaboration between both institutions and that this will result in improved health outcomes for all combined patients.

For further information on the inter-professional student exchange program or similar integrative programs at Pacific College of Oriental Medicine, feel free to contact Dr. Belinda Anderson at banderson@pacificcollege.edu. Or visit the Pacific College website: www.pacificcollege.edu. OM







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Pacific College New York Reveals Renovated

Clinic Space

he Pacific College of Oriental Medicine, New York campus gave its clinic a facelift in September, 2012. Changes to the clinic area were extensive, addressing a number of improvements for patients, students, and staff. There is now new carpeting in the patient

* The new décor is meant to streamline the appearance of the clinic as a whole.



waiting area, as well as new furniture that can seat up to 17 patients. Creating a waiting area that is more inviting and comfortable for patients was a priority. Director of Clinical Services in New York, Amy Laiken explains "We had bulky furniture that couldn't accommodate more than about 7 people at one time. The new chairs take up less space, creating a more streamlined area, with more walking room." There is also new décor and a new wall in the clinic office. Laiken says, "We used to have a huge wall fountain that was very difficult to maintain and often leaked



onto the floor. The new wall piece is soothing and has renewed the energy of the area." The new décor is meant to streamline the appearance of the clinic as a whole.







TREATING SPORTS INJURIES AND PAIN continued from page 24

3. TREAT THE "CONVERGENT" OR "MEETING" POINTS

The "convergent" or "meeting" point is where the TMM unites with the two other *yin* or *yang* meridians that traverse the extremity of origin. While I rarely use this technique, some practitioners insist that treatment of the convergent point clinically improves results. These points are summarized as follows:

In conclusion, don't underestimate how much improvement can be achieved by the simple technique of bleeding one or more *jing-well* points. So important in treating sports injuries and pain, this point category is often the first technique I use to start a treatment.

Portions of this article are excerpts from *The Acupuncture Hand-book of Sports Injuries and Pain* (Hidden Needle Press, 2009), by Reaves and Bong. **OM**

Meridian Grouping	Convergent point
Three Arm Yin (Lu, H, P)	The region of GB 22 (Yuanye)
Three Arm Yang (LI, SI, SJ)	The region of GB 13 (Benshen)
Three Leg Yin (Sp, Kid, Liv)	The region of CV 3 (Zhongji)
Three Leg Yang (St, GB, Bl)	The region of SI 18 (Quanliao)

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- 2 Low, R: The Secondary Vessels of Acupuncture. Thorsons Publishers, United Kingdom, 1983 (pages 77-81).

WHITFIELD REAVES, OMD, LAc is a nationally certified acupuncturist, and has been in the forefront of sports medicine acupuncture since 1981. His clinical experiences includes medical care for athletes at the 1984 Olympic Games in Los Ange-

les, as well as numerous triathlons, skiing, running, and cycling events during the last 25 years. In 2009, Whitfield published *The Acupuncture Handbook of Sports Injuries and Pain*, which is the compilation of more than 25 years of clinical experience treating competitive athletes. Whitfield Reaves can be reached at www.whitfieldreaves.com.

Contributions from **CHAD BONG**, MS, L.Ac. is a nationally certified acupuncturist and holds a Master's degree in Exercise Science. He is a contributing writer to *The Acupuncture Handbook*. Chad is a lifelong athlete, and he combines acupuncture with Western sports medicine and fitness training

PACIFIC COLLEGE STAFF ACKNOWLEDGEMENT PROGRAM

Congrats to our Pacific College staff members for their outstanding commitment and service to the college! As of June 1, 2013, these staff members have achieved the following years of service landmarks. Each Spring edition of the OM Newspaper will feature similar acknowledgements noting the length of time each member has been with the college as of June 1st of that year.

Incentives ranging from certificates to vacation time and gift cards will be awarded to employees as they hit specific milestones. "We realize we have a

lot of very loyal employees, some who have been with us for many years, and some who have just joined our team with enthusiasm. We want to make sure they each know how much we value their service and passion for what we stand for," said Elaine Gates-Miliner, vice president of operations.

Pacific College is grateful for its motivated and talented staff members, many of whom have been with the college for over a decade, and looks forward to growing its Pacific College family over the many successful years to come.

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Breast Thermography: A Complementary Tool to Traditional Chinese Medicine

By WENDY SELLENS, LAC, WABT-CBI

Ithough breast thermography has been an available technology since the 1970s, few people understand what a significant tool it can be for treating breast health and hormone balance. Breast thermography monitors the blood flow/circulation in the breasts. Blood vessels tend to form specific patterns, which can signal an abnormality for early detection. The evaluation of these patterns can determine potential risks as well as excesses and deficiencies with regard to hormones.

Breast thermography is usually advertised with colorful images, but this is not the proper imaging used to determine breast health risk. Color imaging does have its place, but it is reverse grey/ black hot images, which reveal the vascular patterns. Vascularity is stimulation of the blood vessels.

Color images can also be misleading. Imagine a company who wants to sell a breast health cream. They take an initial color image, and then apply a cream, followed by another image minutes later. Because creams are reflective, they will cause a change in measurements, thereby resulting in a different color pattern when there has been no change in the underlying condition. It is vital to use a camera with a minimum 480 optical line resolution with interpretations in black hot.

Breast thermography is a visual assessment where the patient and provider can see with their own eyes specific vascular patterns. One can visually compare the progression or

regression of breast health conditions over time and, therefore, evaluate which treatments are effective, and more importantly, which treatments are harmful. In this way, the breasts can be a window to women's health.

Breast thermography has demonstrated that exogenous estrogens are increasing vascularity and risk. This is appropriate during menstrual years, but is a risk factor after menopause. Constant stimulation from exogenous estrogen creates chronic vascularity which can possibly stimulate neoangiogenesis. Angiogenesis is necessary for neoplasia to move from in situ to an invasive cancer.

As Chinese medical physicians,

we are capable of transforming our patients' health; however, practitioners may experience unsatisfactory results in treatments as they are not aware of the harmful effects of exogenous estrogens. We do not need lab reports to tell us the state of our patients' health; we are trained to read the body. This is what makes breast thermography so spectacular, yet simple for our profession. We are used to monitoring subtle changes in the tongue and pulse; monitoring subtle changes in the blood vessels of the breasts is an effective tool to add to our arsenal.

Before we can venture into the field of breast health we need to be re-educated, as many of us have fallen victim to propaganda. Exogenous estrogens are increasing many health conditions including PMS,

infertility, symptoms of menopause, accelerating aging, weight gain, hair loss, irritability, insomnia, etc. Excess estrogen can create a cascade effect compromising other organs/systems of the body, such as the thyroid, and is contributing immensely to the increase in breast and uterine cancers.

Breast cancer has increased by 210 percent since 1970.^{1,2} Combine this statistic with the fact that 80 percent of breast cancers are estrogen-driven and there should be a great concern when every female health issue is addressed with a form of estrogen therapy. Essentially, the number of women diagnosed with breast cancer is senseless since many women can treat their breast health if simply given the correct information rather than the very thing which contributes to their risk.

Propaganda has spread misinformation like wildfire throughout the medical community. Falsehoods are accepted as truths while the number of deaths should be evidence enough to the validity of these erroneous claims. The effects of exogenous estrogen are so prevalent that I rarely see a "healthy" or "normal" thermogram; this includes other physicians and their patients.

Exogenous estrogens are synthetic estrogens and eco-estrogens. Synthetic estrogens include birth control pills, IUD with hormones, estrogen shots and rings plus hormone replacement therapy. Eco-estrogens and commercial grade estrogens, are found in most non-organic everyday products.

The most surprising and difficult to believe fact is the harmful effects of phytoestrogens. These plant derived estrogens include flax, soy, black cohosh, red clover, evening primrose, bio-identical estrogen creams, patches, and pellets. Bio-identical is a term that deceives women into believing this form of estrogen is safe because it is "natural." This is not true. Bio-identical is defined as having a similar molecular structure. HRT's and BCP's are bio-identical hormones.

Another claim in the medical

community is that phytoestrogens are weak. One study, <u>Implications</u> of <u>Phytoestrogens Intake for Breast Cancer</u>, measured several phytoestrogens. They found that high levels of phytoestrogens are present in flax (163,133 PE per ½ cup) and tofu (8,688 PE per ½ cup). After decades of thermographic evidence, flax and other "natural blockers" are not considered weak estrogens and do not block estrogen receptors, but rather, stimulate them.

The theory of blocking the body's estrogen receptors to prevent endogenous estrogens from binding is illogical. If endogenous estrogens were the problem, the body would cease to manufacture them. Rather, the exogenous estrogens bombard the system, creating an imbalanced endocrine system, which confuses the pituitary leading to numerous health issues.

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PACIFIC COLLEGE SERVING OTHERS THROUGH GLOBAL HEALTH continued from page 17

the viewing public an opportunity to see the medicine at work in the field. I truly believe that this kind of production would be able to help mainstream understanding of the medicine of acupuncture and Asian medicine in general. So many more people could really see it work in real life situations. It is our hope it will raise the level of awareness and respect it deserves.

On another media front, Acupuncture Ambassadors, in partnership with In Balance Media, a New York based production company, is also developing a YouTube sponsored channel. This new venture called "The Balance Channel" is on integrative medicine and wellness, Western and Eastern medicine with a focus on the Eight Branches of Chinese Medicine. The Balance Channel with be launching at the beginning of 2013.

As far as practitioner involvement with the TV series, we are planning to follow and film the missions of the more than thirty humanitarian acupuncture and Asian medicine groups that are in existence now and in the next few years. By supporting all the missions planned and now being executed, would be a great start for participation. I encourage practitioners to find some time, join a mission if you can or if not donate to your favorite group or individual volunteer. We acupuncturists and practitioners of all modalities have a great capacity for generosity and compassion and sharing of resources and knowledge. I urge all in our community (individuals, organizations, schools, manufacturers etc.) to support the efforts of all those who have the ability, time and life situations that allow them to volunteer and

bring the power of our medicine to all who need it in our world.

Pacific College will be hosting panel discussions at each campus to discuss how you can get involved with organizations like Acupuncture Ambassadors. The San Diego Panel is scheduled for March 14, 2013 from 6-8 p.m. OM

STACY GOMES is Vice President of Academic Affairs at Pacific College of Oriental Medicine. She is currently interested in increasing awareness of service opportunities in the TCM community. She writes, consults and trains on accreditation, instructional and curriculum design, faculty development, program evaluation and student learning.

CHRISTINE DIONESE, a graduate of PCOM works bi-coastally in both California and New

York. She is an integrative health specialist, medical and food journalist and co-founder of Garden Eats, an organic gardening and food therapy business. Christine's private practice highlights the field of psychoneuro-endocrinology, which explores the dynamic connections between neuropsychology, endocrinology and immunology. Her devotion to patient awareness and advocacy is evidenced through this result-driven, multi-disciplinary practice style, which integrates Chinese medicine, functional environmental medicine, acupuncture and clinical nutrition.

Currently, Christine is working on a medicinal culinary therapy book incorporating Chinese herbal medicine and kitchen garden wisdom for the modern eater. Visit Christine at her website and find her blogging at Garden Eats; she'd love to hear

The Circle of Tao

By TED KARDASH, Ph.D.

This is the first of several articles to explore the nature of Tao as presented in the writings of legendary sages Lao Tzu and Chuang Tzu, and to investigate how we might understand and apply these ideas in our daily lives.

INTRODUCTION

e have all had the experience of being "plugged in," deeply connected with something greater than ourselves. Watching a sunset or hiking in the woods, enjoying music or some other work of art, experiencing a special relationship with another person, whether through love, friendship, or compassion – any of these events can evoke a feeling of expansion and well-being.

Such occurrences are most often deeply meaningful. We encounter a larger reality where the boundaries between us and the outer world seem to vanish. We are totally present and feel whole and complete. We have entered the Circle of Tao.

ALL IS TAO

All things arise from Tao.
By Virtue they are nurtured.
Ch 51, Tao Te Ching

The word Tao has several meanings and many applications. It essentially refers to the interconnectedness of life and its constant transformation. Tao signifies all that exists. Tao *is* the universe, "the mother of all things." And it manifests itself as a flow of unceasing change continuously moving toward a state of balance and harmony. We are all Tao and part of this natural process of change.

Our current scientific view of reality, quantum physics, concurs, asserting that all phenomena, such as our bodies and the distant stars, are constructed of the same basic particles of energy and that this energy is always in motion. Imagine everything as part of a vast, never-ending, always-changing grid or sea of energy. Tao is that energy and "all is Tao."

As humans we are, by our very existence, a part of that continuum of life. However, we generally don't experience ourselves that way.

Rather, we perceive ourselves to be separate entities, or "individuals."

Albert Einstein once described this perception as "an optical delusion of consciousness" and urged us to see ourselves as part of the larger whole.

Actually, humans have sought this realization of interconnectedness throughout history. In order to attain this state and achieve our full potential, over the centuries we have developed an array of practices and belief systems. Taoism, as one such tradition, provides us with a vast array of tools, including ideas for contemplation, mind/body disciplines, and even specific behavioral guidelines, to direct and support us in this quest. The writings of legendary Taoist sages Chuang Tzu and Lao Tzu, by acquainting us with the various characteristics and functions of Tao, help us recognize and fully experience our true nature.

THE REALIZATION OF INTERCONNECTEDNESS

The greatest Virtue is to follow Tao and Tao alone. Chapter 21

Why is it so important that we realize our oneness with the Tao, with all of life? Such a realization is critical to our natural development because it is part of an innate drive toward wholeness, a basic need which reflects our essence. Just as a seed matures and reaches its potential by becoming a full-grown plant, we become psychologically or spiritually whole by experiencing our true nature.

We are already one with the Tao whether we recognize it or not. By training our awareness to open to deeper levels of existence and to our own natural processes, we make this knowledge part of our conscious experience and gain all of the benefits that such an awakening offers.

Freeing ourselves from the limiting delusion that we are separate and isolated being provides us with the opportunity and the power to totally enter life's flow. We become fully-grown and whole, part of the harmonious and natural change that is the Tao. Recognizing the various attributes and principles of the Tao guides us in this undertaking.

This experience of oneness applies both outwardly and inwardly. Externally, we are an inseparable part of the natural world, sharing space and air (oxygen and carbon dioxide) with other beings and with the vegetation of the earth And as we have learned so dramatically, our behaviors, our interactions with our environment can have great impact.

Internally, the importance of psychological wholeness, knowing who we truly are, is recognized in both Western psychology and spiritual traditions as fundamental to well-being and healthy functioning. Rather than disowning or denying parts of ourselves because they are painful or offensive, we learn to accept them

as part of our current process and to cultivate the skills necessary to bring ourselves into balance. To fully know ourselves is to experience ourselves as part of the Tao. To be whole is to heal ourselves.

My own experience might serve as an example. Earlier in my life I often felt angry, hopeless, and confused about the state of the world. Everything seemed overwhelming environmental and social crises with pollution, war, and poverty. How could I equate this with the "natural and harmonious way" of the Tao?

Through contemplation, study, and wise guidance, in time I was able to see myself as part of this larger dynamic. This allowed me to connect with life more fully, rather than rejecting it because of my feelings of anger and powerlessness. In turn I was able to see how I might contribute to a more harmonious balance in the world. After all, I, too, was part of the Tao!

Today, aside from doing whatever I can personally - using water wisely, recycling, respecting others experiences - I include environmental awareness and social cooperation in all of my teachings.

On a personal level I have become more accepting of myself, seeing my challenges, my struggles, and my "failings" as part of my own natural path of growth and development. I try to understand my own process with kindness and patience rather than judging or denying it. "All is Tao," I often remind myself including my neuroses or bad habits (which are hopefully moving in a direction of harmonious balance)!

THE TAO FLOWS EVERYWHERE

The great Tao flows everywhere, Both to the left and to the right. It nourishes the ten thousand things. Chapter 34 Tao Te Ching

We continue to face significant challenges regarding life on this planet - politically, economically, and environmentally, as well as individually. Yet only by embracing these experiences and seeing ourselves as part of the process - "no man is an island" - can we align with and positively affect the flow of natural change. Taoist teachings can help us to develop an accurate awareness of what is currently happening in our lives, on both global and personal levels. Then we can see ourselves as part of the process and, by extension, part of the

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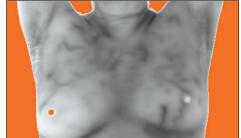
When specializing in women's health, it is vital to understand physiology. At around the age of 35, the breasts begin to involute (gradual shrinking/maturing), and continue until the ages of 60-70, when breast tissue is reduced to about 35 percent.⁴ Normal healthy breasts should be non-vascular, especially after menopause when the breasts are mature. There should be no stimulation, vascularity, as the body has stopped producing estrogen.⁴ Stimulation after the breasts have involuted increases breast risk.

When the ovaries stops producing eggs, estrogen and progesterone are no longer produced in the body.4 There is a belief that the fat cells can produce bio-identical estrogen, but these simple storage units lack the internal mechanics to biosynthesize such complex molecules. It is also believed that the adrenals can manufacture bio-identical estrogen. This may be possible, but it's typically a response to an emergency condition in the body. For example, a man can be castrated and still grow a beard. Therefore, the adrenals should not be producing bio-identical estrogen in the majority of women; it would only be used as an emergency organ and only during the menstruating years. The body will not produce estrogen after menopause as there is no longer a need to in this new phase of life.⁴

Many physicians believe estrogen must be stimulated to maintain youth. Sadly, this theory has killed thousands of women. As Chinese medical physicians we should recognize the yin-yang balance needed between progesterone and estrogen. If this natural balance is skewed with exogenous estrogens, then the body must strive to maintain homeostasis, putting an unnecessary burden on the body and resulting in premature aging and risk of cancer. In Western terms, this is progesterone deficiency. Estrogen deficiency is extremely rare and if breast thermography is not an option for your patients, medical history and patient evaluation should be used to determine if a patient is progesterone deficient.

Many patients are self diagnosing and are self administering treatment methods which unfortunately involve exogenous estrogens and are most likely countering beneficial treatments. Just as you read this, you may be running through a list of patients who are not corresponding to treatment as expected. Until this is addressed, (removing all exogenous estrogens) there is little hope for effective treatment, let alone preventative care.

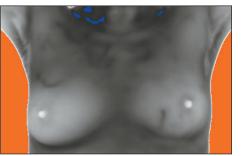
Since today's woman is continually exposed to exogenous estrogens, treatment must address all aspects that involve such external influences. Utilizing thermographic images, breast health risk can be determined



6 MONTHS AFTER FLAX USE, HYPERVASCULA



AI RISK, HYPERVASCULAR, DUE IC BIO-IDENTICAL ESTROGEN



BEFORE FLAX



HEALTHY NON VASCULAR

by evaluating the progesterone deficiency a woman presents with graded from mild to severe. A baseline is established to compare effectiveness in treatment. Breast health begins at puberty and monitoring with thermography begins at the age of 25, but can be used earlier if treatment diagnosis is needed. Breast exams can be performed to monitor treatment.

First, assist the patient in removing all exogenous estrogen from the diet and home. This is difficult for many patients and may take 3-6 months to integrate new foods and products. Be sure your patients read the labels of all processed foods - soy is an emulsifier and is in most food products. Advise patients to only purchase organic, petrochemical free, estrogen-free foods and products. Avoid "natural" foods, household and body products which are generally not "healthy," but quite toxic.

Before treating, proper digestion must be determined. Digestion is essential to address as nearly all efforts will be in vain if the patient is not extracting the nutrients from their food.

Nutrition is the key to success. Remind your patients that food is medicine. Give each patient Eastern nutrition suggestions for underlying conditions. It is recommended to remove all grains from the diet. Grains are generally carbohydrate and sugar rich (resulting in inflammation) contain phytates (blocking absorption of vitamins/minerals) and are what Li Dong Yuan would refer to as "sodden wheat foods" (dampness engendering).

Suggest organic meats, vegetables, fruit, raw dairy, nuts and seeds. Eggs are essentially a food source closest to *jing*, in my opinion, as it is potential life in a small package. According to Eastern medicine, they engender blood and from a biomedical perspective they contain cholesterol which is the necessary precursor for all hormones. Encourage consumption of egg yolks and butter, healthy

cholesterol, for proper hormone levels. Avoid eggs and/or chickens fed flax and soy. Avoid sesame seeds and hummus, which are high in phytoestrogens.

Every patient receives a specialized herbal formula that usually corrects the underlying conditions in conjunction with acupuncture three times a week. As the ovaries are the only source for progesterone, ⁴ one major point to utilize is *Zi Gong Xue*. If addressing breast health specifically, *Hua Tuo Jia Ji* points at T4 - T5 may influence the nerve roots corresponding to the breasts.

Avoid supplements/vitamins, including "whole foods," which are toxic due to preservatives, contaminates and ingredients. Multiple vitamins inactivate each other due to their antagonist properties, alkaline versus acidic, oil based versus aqueous. Studies are demonstrating increases in cancer from supplement/ vitamin use. One study exposed a 19 percent increase in breast cancer, Multivitamin Use and Breast Cancer <u>Incidence in a Prospective Cohort of</u> Women.⁷ If choosing to supplement, individual vitamins should be taken separately. Encourage patients to get sun daily since Vitamin D can be

The majority of women need to be on a progesterone cream due to the constant exposure to exogenous estrogens. A compounded progesterone cream is applied directly to the breasts daily as this is where the progesterone receptors are located. Don't apply cream to arms, legs or abdomen. This is a waste of product and does not reduce vascularity. Pills are ineffective as they get destroyed in the gut; sublingual administration is ineffective as it is not local and dissipates in the circulatory system. Only use creams as they are fat soluble which will accumulate and fight off excess estrogen. Avoid "natural" or wild yam progesterone as they are not extracted properly

and contain estrogenic factors. Don't mix progesterone with other hormones into a cream. Don't be concerned with blood/saliva tests since they are usually inaccurate.

Testosterone can be used for patients with low libido, night sweats and hot flashes. Cream is applied to the clitoris. Testosterone cannot convert to estrogen. William Hobbins, M.D., used testosterone to treat breast cancer. Just as estrogen counters testosterone in prostate cancer, testosterone will counter estrogen in the breasts. Testosterone is effective in decreasing vascularity in the breasts which is evident in transgender therapy when a woman uses large amounts to shrink her breasts.

Treating with an understanding of exogenous estrogens is essential to women's health issues. Re-educating patients on the harmful effects of estrogen therapy, supported through the technology of certified breast thermography, one can expect to improve their health practice and decrease women's risk. To view images of treatments and watch educational videos, please visit my websites and Youtube channel. **OM**

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THE CIRCLE OF TAO continued from page 31

Remember, all is Tao - both "the left" and "the right" (a political challenge, if there ever was one!). Our ancient sages tell us that as human beings we have some choice as to how to live our lives. We can learn to live in accord with the environment, with the Tao. Or we can remain ignorant, out of harmony with the natural flow, and not achieve our potential. Life itself will continue on. As a species, we are an expression of the Tao, and we can contribute to the balancing of life energies. This, in turn, brings stability and the most profound meaning to our own lives. The Tao acts through us. We become the Circle of Tao.

CONTEMPLATIONS

Here are some thoughts for your own contemplation based on the idea that "all is Tao." How can you create a life that is more balanced, connected, and whole?

 Do you feel a part of your environment? Do you notice your environment - the air you breathe, the street you walk or drive on, the park you enjoy, the home in

- which you live? How do you relate to these different aspects of your life? Note the ways in which you split off from your surroundings.
- As individuals we tend to see others as different on the basis of skin color, geography, or attitudes and beliefs. Yet scientists tell us we are 99% genetically identical! How do you separate yourself from others? What are the underlying beliefs that cause you to do this? What are the feelings involved?
- To be psychologically healthy we must understand and honor all parts of ourselves. What parts of yourself do you reject or deny? What are the feelings and beliefs involved?
- What needs to happen in your life so that "all is Tao"?
- Take 2-3 hours and allow yourself to "wander" in some natural setting (a park, the beach, your backyard). Silently repeat to yourself: "All is Tao" as you walk or sit. Whatever you experience sights, sounds, your own thoughts and reactions, your breath, other beings simply repeat, "All is Tao." **OM**



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Seasonal Health: The Chinese Medicine Way

n traditional Chinese medicine (TCM), human health has long L been considered closely tied to nature. The natural world is thought of as a holistic entity in itself, and man's health is determined both by his inner balance as well as in relation to the surrounding environment. Since ancient times, Chinese medicine practitioners have studied and developed complicated parallels between nature and health. In fact, the Yin Yang and Five Element theories in Chinese medicine are two examples of entire medical philosophies that are based on the holistic elements of nature as related

As organic creatures, it stands to reason that humans are affected, directly and indirectly, by the natural environment. Humans can be affected by a variety of natural changes including those related to the weather, climate, or duration of daylight. For example, in TCM, a change of season causes the rate, rhythm, volume, and tension of a person's pulse to vary. In Chinese medicine, there are specific corresponding changes that a person can make with each new season in order to improve health.

One of the first known documentations of Chinese medicine's thoughts on nature and health is the Yellow Emperor's Classic of Medicine (Huang Di Nei Jing). This ancient text is comparable in importance to Chinese medicine as the *Hippocratic* Corpus is to Greek and Western medicine. The Yellow Emperor's Classic of Medicine dates back to 240 B.C., and is actually a dialogue between the legendary Huang Di Neijing, known as the Yellow Emperor, and six of his ministers. One such minister involved in the dialogue was Qi Bo, the emperor's acupuncturist.

It was Huang Di and Qi Bo who first pointed out in this text, "In the old days the sages treated disease by preventing illness before it began, just as a good government or emperor was able to take the necessary steps to avert war... If someone digs a well only when thirsty, or forges weapons only after becoming engaged in battle, one cannot help but ask: Aren't these actions too late?" By making the appropriate dietary and lifestyle changes advised according to the seasons, it's possible to prevent illness.

Winter is one of the two most extreme seasons. With the cold weather, hibernation of animals, decrease in plant life, and few daylight hours, winter was the toughest season to maintain health in the ancient world. As Huang Di explains, "During the winter months all things in nature wither, hide, return home, and enter a resting period.... There-

fore, one should refrain from overusing the yang energy. Retire early and get up with the sunrise, which is later in winter." Some of this advice for winter focuses on humans' natural circadian rhythms, a biological process noted in almost all living organisms that displays a change over a 24-hour period.

The circadian rhythm relates to the sleep cycle. With the change in daylight in winter, and fewer daylight hours, it's important to alter the time of waking and bedtime in accordance with the sun. This will help a person to feel his most energetic during the day. Huang Di elaborates, "Desires and mental activity should be kept quiet and subdued, as if keeping a happy secret. Stay warm, avoid the

cold, and keep the skin covered."
However, while the Yellow Emperor advises of staying warm during winter, this doesn't mean exerting the body with physical activity in order to get warm.

It is advised to avoid sweating during the coldest months, as this is thought to cause injury to the kidney qi, or energy, an internal energy people should strive to preserve in winter. According to Huang Di, sweating will "cause weakness, shrinking of muscles, and coldness, and the body may lose its ability to open up and move in the spring." It is important to conserve energy in winter so that it can be put into action in spring.

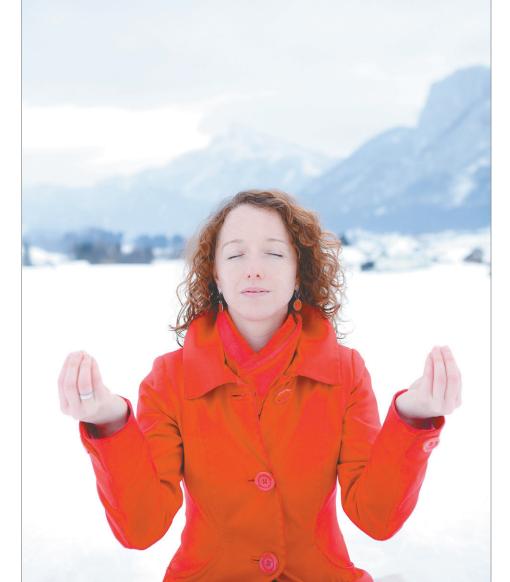
As Chinese Herbalist Dragana Vilinac writes in his article, *Healing*

with the Seasons, "winter is marked by the qualities of the element of Water." Water is an element capable of stillness or momentum. In Winter, it is advisable to mimic the quieter qualities of water. Vilinac writes, it is a time to "...simply be still and quiet, to contain our energy within ourselves is to stand in the energy of the Water element. Meditation, yoga, qi gong, contemplation are all great tools that help us to be present to the deep inner strength." Consequently, each of these meditation and gentle exercise activities can also improve symptoms of Seasonal Affective Disorder (SAD), a disorder that arises during winter for many people and can cause seasonal depression.

In addition to these suggested lifestyle changes and light exercise suggestions, certain foods should be consumed in winter. Chinese medicine strongly believes that it's always best to eat seasonally—produce that is currently in season is often the food that best addresses seasonal complaints. In winter, root vegetables such as turnips, rutabaga, and carrots are ideal (and also taste great in hot stews during cold weather). It's important to eat tonic foods during winter because these are what will help preserve the kidney qi mentioned earlier.

Fu Zheng is a strategy of traditional Chinese medicine. "Fu Zheng" means "support the right [qi]", which breaks down to a fundamental belief in Chinese medicine—that the road to health lies in strengthening what is already correct in the body. By "tonifying" or strengthening kidney qi, it's possible to prevent colds, flus, and other illnesses, as well as to preserve and enhance a person's energy. Tonifying foods to try this winter to facilitate strong kidney qi include cinnamon, fennel seeds, walnuts, raspberries, and adzuki beans.

If a patient abides by the Yellow Emperor's proclamation that "winter is dominated by storage of energy," by the time spring arrives, it may find him in his best health yet. **OM**



* "...simply be still and quiet, to contain our energy within ourselves is to stand in the energy of the Water element. Meditation, yoga, qi gong, contemplation are all great tools that help us to be present to the deep inner strength."

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The strokes increase the flow of the lymphatic system and improve blood circulation.

The Western massage movements offer useful tools to release tension, boost the immune system, and help injuries, discomfort, and pains in the tissues.

Asian bodywork methods provide the wisdom of the energetic body.

Although Eastern massage affects the physical body, it reaches deeper layers. These techniques can influence the emotions and the mind, impacting our thought patterns, beliefs, and attitudes, as well as the pure essence of our qi (our innate energy force) - the life force itself.

The Eastern healing practices are done with clothes on and without oil. In an Asian bodywork massage, we apply the knowledge of the energetic vessels, the meridians - as well as hundreds of therapeutic pressure points, designed to balance the qi. Most training programs for massage therapists and bodywork healers recognize both Eastern and Western modalities. Yet, because of their differences, they are often kept separate. Their

divergences become a point of confusion. Most practitioners choose one approach, missing out on the benefits of the other.

Over the years, working with clients and students, I found ways to combine and synergize these two approaches. As I realized the gifts of both, I wanted to merge their benefits. This is what inspired me to create the ©Synergistic Massage – a method of integrating both Eastern and Western healing tools. Synergistic Massage combines the nurturing Western oil massage with the therapeutic power of the Asian bodywork methods. This technique synergizes them together into a unified modality, allowing us to embrace the special gifts each has to offer.

With Synergistic Massage we can enjoy the nurturing aspect of the Western oil movements and the therapeutic effect on physical symptoms. We can deeply relax under the covers, and be pampered with the soothing strokes of the oil treatment. Yet, we also gain the energetic value of the Eastern techniques and the therapeutic pressure points that balance the body, mind, and spirit, providing healing beyond the physical body.



The Synergistic Massage includes three sections:

A. THE BACK

The backbone is the foundation for our physical and emotional support system. The Synergistic methods of the back massage incorporate the bladder (shu) points as a tool for both assessment and treatment. The assessment provides insights regarding the condition of the internal organs and their effect on the back.

Evaluating the emotional bladder shu points along the external line of the BL meridians helps us understand the origin and reason of various back pains, as well as their link to specific emotional stresses.

The Synergistic Massage techniques aim to release physical, emotional, and energetic blockages from the back. This massage can alleviate back pain, and benefit the internal organs as we activate their corresponding acupressure points.

B. THE EXTREMITIES AND THE MERIDIANS

The arms and legs are the landscape of the 12 meridians. When our qi flows freely within the meridians, we are empowered to utilize our extremities to move forward, grow, and create a meaningful life purpose. The Synergistic Massage helps us to release energetic blocks that restrict our flow of qi and limit our health and expansion. The meridian massage incorporates the classic Western massage movements of effleurage, petrissage, cross-fiber and friction, along with a meridian pump technique and about 50 therapeutic pressure points and powerful point combinations.

This massage is designed to free the qi flow within the meridians, as well as increase the flow from the meridians into the muscles and joints. It improves circulation, energizes the entire body, and restores overall well being.

C . THE UPPER BODY

The front upper body is considered the most vulnerable part of the body approached by this massage. The locations of the internal organs are in the abdomen region and the chest. These are the locations in which we manufacture and maintain life. Therefore, most people tend to hold pain, fears, and survival tension in these areas.

The neck, head, and facial massage provide a deep physical, mental, and emotional relaxation. The focus of this section of the massage is to nurture the life-giving systems of the body, release emotional tension, energize the senses and increase vitality, as it tranquilizes the body, mind, and spirit.

The Synergistic Massage worked well in treating my client's (the new mother) shoulder condition. The combined Eastern and Western methods helped her to reach a deep state of relaxation. It warded off the impact of her sleepless nights and induced internal rejuvenation. The back massage strengthened and balanced her entire body, specifically her nervous system and internal organs.

The Western oil strokes and deep tissue manipulations released her muscle tension, alleviated her pain and restored her joint mobility. The meridian pump technique, along with therapeutic acupressure points around the scapula, as well as distal therapeutic points for shoulder pain opened up both physical and emotional blocks. Surgery was no longer necessary. She was able to heal her shoulder from within. She can now care for her newborns with renewed strength, as she has restored her overall wellbeing. **OM**

For more information on classes and private sessions visit www.soulgatehealing.com
U-Tube link © East / West Synergistic Massage
-- By Osi Livni

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he Year of the Snake begins on February 10, 2013 and will last until January 30, 2014. As we phase out of the fifth sign of the zodiac, the Dragon, and enter the Year of the Snake, there are some things you may like to know about what lies ahead. The Snake is the sixth year of the Chinese zodiac, which consists of twelve years (and twelve different animals) total. Contrary to Western stereotypes about snakes being a fearful animal, Chinese folklore looks upon snakes as lucky.

Ancient Chinese wisdom went so far as to believe that finding a snake in your home was a good omen, and meant your family would be well-fed and prosperous. In fact, during certain Chinese spring festivals, people like to paste the paper-cut 'Fu' character, which means happiness, and combine it with a snake twisting around a rabbit onto their doors. This popular pattern is a sign of abundance and wealth in the year ahead.

The Chinese zodiac is known as Shen Xiao in Chinese, and is based on a twelve year cycle. A different animal represents each year in the zodiac cycle. The Chinese zodiac is dictated by the Chinese calendar, which incorporates both a lunar and solar calendar and dates back at least as long as the Shang Dynasty in the late second millennium BC.

Some of the first pieces of evidence of the Chinese calendar are etchings found on oracle bones from the Shang Dynasty.

However, the selection of the 12 animals that correlate with the 12 year cycle is thought to have been developed in the Han Dynasty (206-220 BC). The 12 animals in the Chinese zodiac include the rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog, and pig. Each animal is thought to have a different personality, with different attributes. The animal's qualities affect those born during that year, and can even affect the events of the year. The animal year when a person is born is called his or her Benming Nian.

For example, people born during a Year of the Snake are thought to be charming, passionate, mysterious, cunning, acutely aware of their surroundings, and proud. Those born in the Year of the Snake are attractive people with a strong head on their shoulders. They stay calm in a crisis and aren't easily unsettled. These people are graceful, classy, and often exciting to be around. However, they also have a dark side and can be secretive. Additionally, Snake people can become bored easily, and may switch jobs often. Those born in the Year of the Snake enjoy the finer things in life—they are intellectuals who love to read, have a passion

for music and fine food, and enjoy the theater. Snakes are hard workers. They are diligent, organized, and have great follow-through on projects. They often like to work alone don't take this personally! They're just extremely focused.

No matter which animal the year falls on, the Chinese New Year is taken seriously and is a huge celebration in China to this day. Every year, the festivities are kicked off with a thorough cleaning. The Chinese believe that all negativity, bad luck, and experiences of the past year should literally be swept out of the house to make way for the new year. This should be done before the holiday starts, so spend your last days in the Year of the Dragon with a broom! Once everything is spick and span, it's time to decorate.

it's time to decorate. In Chinese culture, red is considered a lucky color. For the New Year, doors and windows are often painted or covered in the color red. Red paper decorations are hung up, and children are often given small gifts in red envelopes. There are many deities in Chinese culture, and it's considered important to honor them, as well as your ancestors, especially at the time of the New Year. The Kitchen God is a deity that is often given special attention at this time. Many Chinese homes have a picture or emblem of the Kitchen

God in the kitchen. Before the New Year starts, try giving him a token of your appreciation so he will give a good report of your family's behavior from the past year. Try offering him some honey or making a traditional Chinese sticky cake (Nian Gao).

Perhaps the most important (and meaningful) of the typical celebrations for Chinese New Year is to gather all your family and friends together for the eve of the New Year. Chinese families often spend this time preparing Chinese dumplings together (known as Jiaozi). Sometimes, a coin is hidden in one of the dumplings. The one who finds it will be lucky throughout the year! Check out a recipe to make your own traditional Chinese dumplings here: http://chinesefood.about.com/ od/dimsumdumplings/r/jiaozi.htm Another traditional dish to serve at your celebration is known as a Tray of Togetherness. While you have all your loved ones in one spot, give them this compilation of symbolic foods thought to bring good fortune. A Tray of Togetherness is a circular teak or wood tray with eight (a lucky number in Chinese lore) different compartments for food such as lychee nuts, lotus seed, coconut, water chestnut, carrot, and tangerine. Whatever you do on a Chinese New Year, be sure to spend time with family and friends! **OM**

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the quality of life for patients." Arsham was particularly interested to see how the use of TCM in China affected people's attitude toward health and medicine.

"It is very inspiring to see the extent to which traditional medical practices are utilized by modern Chinese people. It helps to see the extent to which these practices are deeply integrated into many aspects of Chinese culture, not only in medicine, but also in philosophy, cuisine, and lifestyle," says Damone.

PHILO APPLE FARM COOKING STAYS - PHILO, CALIFORNIA

The Philo Apple Farm in Philo, California, hosts guests for "Cooking

Stays." The apple farm offers a variety of events from a weekend stay known as the "Relaxed Farm Weekend" to "Family Farm Weekend". Guests will learn the ins and outs of sustainable living and farm life. In addition, cooking classes are taught, which incorporate the organic produce from the farm itself.

The farm has been hosting classes for over 15 years, but recently the farm reports, "We are now finding that many folks are eager to develop their homesteading skills and knowledge." This includes practical garden and landscaping, vegetable farming, and animal husbandry. Visit the Philo Apple Farm website for more info: http://www. philoapplefarm.com/stays.php.

RED BEE APIARY - RIDGEFIELD, CONNECTICUT

Inspired by and sponsored by Martha Stewart's Whole Living Magazine, the Red Bee Apiary in Connecticut now hosts "Adventure for Appetite" weekend workshops. Red Bee founder and author, Marina Marchese, and her team will teach basic beekeeping practices as well as how to create lotions and skincare products from natural ingredients. Marketed to the "creative spirit with a love of home made goodness", these workshops are idea for someone who embraces holistic health and wants to discover more about creating natural skin products.

The workshops include a vegetarian lunch composed of estategrown produce.

Guests will learn about how to clean beeswax and create beeswax candles, how to create old fashioned soaps, natural lotions, tips for cooking with honey, and even get to taste a variety of honeys. For more information, visit http://www.redbee.com/ appetite-for-adventure-whole-livingmagazine.

Any one of these trips will leave the traveler with a relaxed mind and expanded tool belt. As Pacific College San Diego Campus Director Jaime Kornsweig says, "trips expand our consciousness and allow us to experience different cultures. If we as practitioners are constantly pushing ourselves to expand and grow, it is more authentic for us to ask our patients to do the same." Traveling can be healing in and of itself, and if it's to a destination that is of particular interest to the traveler, it can be a true growing experience.

Pacific College San Diego Student Advisor Jason Rogers adds, It's also extremely important to travel and experience nature since Oriental medicine is so closely connected to, and influenced by, the natural world." Each of the trips detailed above have several things in common. Each involves nature. Each involves learning a new skill or viewpoint on a holistic practice. And, perhaps most importantly, each trip can inspire a sense of fulfillment and wellbeing that only travel can provide. As Lao Tzu said, "A good traveler has no fixed plans and is not intent on arriving." OM





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