

# Oriental Medicine

SPRING 2014

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## Pacific College New York CELEBRATES NEW CAMPUS LOCATION

**T**his January 2014, Pacific College of Oriental Medicine New York opened the doors to its new campus located in Lower Manhattan. The PCOM New York campus moved from its long-held Flatiron District location in December 2013, just in time to ring in the New Year from its 110 William Street, New York NY 10038 location.

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▲ This is the view from the student lounge, photographed by faculty member Daryl Thuroff.

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## A Few Clinical Tips from Taiwan

By **ERIC BRAND, LAc**

**I**n many ways, the ability to form good relationships with teachers is essential in the study of Chinese medicine. Relationships are incredibly important in Chinese society and those who learn how to cultivate meaningful relationships with a wide variety of teachers invariably acquire an excellent education. The art of building relationships cannot be learned in a textbook, but relationships with our teachers, colleagues, and patients tremendously affect our potential as practitioners. Several great teachers at PCOM touched me deeply as a student, and in the past ten years following my graduation I've been fortunate to have the opportunity to continue studying extensively with close mentors in Asia. In this article, I'd like to share a few random clinical tips from some of my early teachers in Taiwan.

### THE "SPINE OF THE PULSE"

Following my graduation, I had the honor of studying with an excellent doctor named Feng Ye in Taiwan. Feng Ye is one of the most

inspiring clinicians that I have ever encountered in terms of his intelligence and comprehensive knowledge, and he and Nigel Wiseman formed a powerhouse team on many academic projects. Together they wrote the Practical Dictionary of Chinese Medicine, and Feng Ye's expertise guided the text selection, explanations, and clinical commentary of the Paradigm *Shang Han Lun*. He played an important role in selecting source texts and solving challenging questions in our text, "Concise Chinese Materia Medica," and was kind enough to bring me into Chang Gung Memorial Hospital in Taiwan for prolonged clinical training shortly after I arrived in Taiwan.

At the time, Feng Ye was seeing about 3,000 patient visits per month, and he was working on his PhD research into the historical development of pulse diagnosis. Feng Ye would often instruct me to feel what he called the "spine of the pulse," and to use the position where the "spine"

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# Acupuncture for Athletes: *Performance, Prevention and Rehabilitation of Sports Injuries*

By **NANCY COHN MORGAN, BA, BS, MSAOM, LAc, NCCAOM**

## HISTORY, METHODOLOGY AND TECHNIQUE

Acupuncture, traditional Chinese medicine (TCM), dates back thousands of years. Some of the earliest known writings about TCM were recorded between 500 – 300 B.C. in the *Nei Ching Su Wen*. The translated version of these writings is called “The Yellow Emperor’s Canon of Internal Medicine.” This manuscript was written in dialog form between the Yellow Emperor, Huang Ti, and his minister, Ch’i Po (Beijing, 1980. p.5).

The foundation of acupuncture is based on The Five Element Theory (Fire, Earth, Metal, Water, and Wood) and Eight Principles (Yin / Yang, Internal / External, Cold / Hot and Deficiency / Excess) (O’Connor, 1984, pp. 19-20). Yin and Yang are two opposing, but complementary forces that work together to develop and sustain balance.

Through the asking of traditional questions, and a pulse and tongue examination, the acupuncturist arrives at a Zang-Fu diagnosis (the Zang organs are the Yin and the Fu organs are the Yang) and treatment plan (Beijing, 1980, p. 22). The treatment consists of placing acupuncture needles at specific points along the meridians. The meridians (12 organ meridians and eight extra channels) are the charted pathways of energy through the body (Kapthuk, 1983).

Public awareness of acupuncture increased in the United States following President Richard Nixon’s visit to China in 1972, when *New York Times* reporter James Reston wrote about receiving acupuncture in Beijing to ease his post-surgical appendectomy pain (Hall, 1999). Acupuncture schools then opened in the United States and a national governing body

called the National Commission of Certification for Acupuncture and Oriental Medicine (NCCAOM) was created. Today, acupuncture in the U.S. is regulated by individual states. There is a wide range of acupuncture practitioners, including medical doctors, who take as little as 25 hours of continuing education classes in acupuncture, chiropractors who gain certification from their governing board with 100 hours of acupuncture studies, and physical therapists, who practice a form of acupuncture called dry needling (placing acupuncture needles at trigger points and sites of pain) with little education beyond their physical therapy training. Most licensed acupuncturists are certified through NCCAOM with a master’s degree from an accredited acupuncture school, which consists of over 3,000 hours of course work plus an internship.

The technique of the acupuncturist can vary extensively between different practitioners. A practitioner may choose points based on diagnosis and knowledge of theory or through a form of cookbook acupuncture as in following a recipe to treat for a certain condition. The practitioner also needs to know the depth, angle of insertion, and length of time the needles need to be retained. Whether these treatments are successful may depend on the practitioner’s skill, knowledge, experience, and how responsive the subject is to acupuncture.

In Nov. 1997, the National Institute for Health (NIH) recognized acupuncture as a viable therapy for some pain disorders such as pain from surgery, nausea from pregnancy or chemotherapy, tennis elbow, and carpal tunnel (Hall, 1999). In the same news release by the NIH panel, it was acknowledged that there is a need for future acupuncture research. Dr. David Ramsay, a member of the panel stated that, “The acceptance of acupuncture as a reliable therapeutic choice in Western medicine will depend on such rigorous studies” (Hall, 1999).

In 2010, based on information from Complementary Alternative Medicine CAM research, which includes the most recent systematic reviews and meta-analyses, the NIH endorsed acupuncture as a promising alternative for the following conditions:

- Pain from surgery
- Nausea from pregnancy
- Nausea from chemotherapy
- Carpal tunnel syndrome
- Fibromyalgia
- Headache/migraines
- Low-back pain
- Menstrual cramps
- Myofascial pain
- Neck pain
- Osteoarthritis/knee pain
- Postoperative dental pain
- Tennis elbow


## CHINESE HERBAL MEDICINE IN ATHLETICS

Several different Chinese herbs have been studied for their efficacy in sports performance, recovery, and rehabilitation. One of the most recognized is ephedrine (mahuang), which has been used in China for over 3000 years. Mahuang is in the category of spicy, warm herbs for relieving the surface. Its nature is spicy, bitter, and warm and it is used for surface excess of cold affliction.

Mahuang promotes diaphoresis and helps to arrest cough and calm asthma (Cheung, 1984). In the late 1980s through the 1990s ephedrine was used, abused and marketed as an ergogenic aid for weight loss in the United States. In 2000 the *New England Journal of Medicine* published findings on adverse cardiovascular

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# Classical Chinese Medicine at Zhen Qi Tang (真气堂)

By MICAH ARSHAM, MSTOM, LAc

The Zhen Qi Tang (真气堂) clinic is a busy, privately run clinic in Lanzhou, the capital of Gansu Province in north-western China. Lanzhou is an ethnically diverse city, and the powerful, muddy Yellow River runs through its center. As a result of its location at the southern part of the Silk Road (Gansu Corridor), Lanzhou has always been a center of trade and cultural exchange. Not far from Lanzhou are the Mogao Caves at Dunhuang, which hold a rich and vast collection of Buddhist art; in 1990, a library cave was also discovered, containing many ancient relics and texts. Mosques can be found in the capital and in surrounding areas, where farmers grow wheat, potatoes, and lily bulbs, among other crops.

The owner of Zhen Qi Tang, Dr. Tan Sheng (谈升), sees over 60 patients a day, and over 150-200 patients receive care each day in the clinic. The clinic provides comprehensive treatment with classical Chinese medicine. Unlike many hospitals throughout China that provide traditional Chinese medicine (TCM) services, the Zhen Qi Tang clinic, which has about 25 full-time employees, does not provide any Western medical services. The clinic offers a vari-

\* DURING THE MONTH AT ZHEN QI TANG, Dr. Tan organized special seminars for the PCOM group and clinic staff, to supplement the days spent in the clinic to observe, practice, and learn classical Chinese medicine.

ety of traditional modalities, and patients may bring their medical records (X-ray from a hospital, lab work, etc.) if they like, but the approach at Zhen Qi Tang is based exclusively on classical Chinese medicine.

Dr. Tan was born in Lanzhou and practices a lineage-based, Daoist style of medicine. Since the age of 18, he studied martial arts with Dr. Prof. Li Shaobo (李少波), who died in 2011 at age 103. Dr. Tan studied classical Chinese medicine with Dr. Huang Xiping (黄西平) and Dr. Liu Yunteng (刘云滕). Although Dr. Tan's son, Tan Jiming (谈济铭), studies TCM at the local university, he also works in his father's clinic to learn the classical style of Chinese medicine Dr. Tan espouses. "The Yellow Emperor's Inner Canon" (Huángdì nèijīng 黄帝内经) and the "Classic of Difficult Issues" (Nànjīng 难经) are the foundation of daily practice in the clinic; similarly,

the formulas used at Zhen Qi Tang are all based on classical sources, specifically Zhang Zhongjing's "On Cold Damage" (Shānghán lùn 伤寒论) and "Prescriptions from the Golden Coffer" (Jīngù yàolüè fānglùn 金匮要略方论).

In August of 2012, Pacific College of Oriental Medicine (PCOM) faculty member Dr. Ji Dong (冀栋) brought four students to learn from Dr. Tan in Lanzhou. After completing his degree in traditional Chinese medicine (TCM) in Beijing, Dr. Ji continued his studies as an official disciple (by both private ceremony and state issue) of Dr. Tan, before moving to the United States. Dr. Ji specializes in the classical approach taught to him by Dr. Tan, and wanted to share the authenticity of this lineage-based approach with a few of his students from PCOM in San Diego. During the month at Zhen Qi Tang, Dr. Tan

organized special seminars for the PCOM group and clinic staff, to supplement the days spent in the clinic to observe, practice, and learn classical Chinese medicine. These classes were on the topics of history, philosophy, clinical techniques, and qi cultivation. Teachers included professors from Gansu Academy of Social Sciences, such as Professor Xie Zenghu (谢增虎), and from Lanzhou University, such as Professor Liu Yongmin (刘永民). Professor Liu gave a lecture on Daoism and Chinese medicine in which he talked about a text influenced by Daoism, the "Canon of Decoction Methods" (Tāngyè jīngfǎ 汤液经法), a version of which was found at Dunhuang; he compared formulas from this work to those from Zhang Zhongjing's "On Cold Damage."

The classical style informs every aspect of Zhen Qi Tang. However, Dr. Tan constantly improves the tools and techniques used in his clinic. In cases of edema in the legs, a procedure Dr. Tan designed is to iron over a patient's legs through a protective cloth that is soaked in an herbal decoction...the iron in the clinic is not for the uniforms! 'Stone therapy' (石疗) is when a bag of small stones is

continued on **NEXT PAGE**





heated in the microwave, and then applied to a patient's body with a specific motion, similar to that of tuina (推拿). Many of these devices (such as contraptions for moxabustion that attach to the umbilicus and are held with an elastic band) are his inventions. He teaches the procedures for all of them, including protocols for more standard techniques like cupping (拔罐) and guasha (刮痧), to his employees. The clinic team has regular meetings and proficiency tests to review their training and development as practitioners of classical medicine. They work long hours together, may have the option to live in housing near the clinic, and can practice qi cultivation (specifically, 八段锦) under the instruction of Dr. Tan. He is their teacher, not just their employer.

Patients come by the clinic early each morning, check-in, and get an appointment for a time slot later in the day. Often there is a long line of patients in the morning; in the afternoon vendors sell vegetables and fruits on the street outside. The neighborhood is primarily residential, with some businesses, including places to find the traditional beef noodle soup, for which the city is known. The soup contains many Chinese herbs, includ-

ing *huā jiāo*, but the exact recipe is a secret kept by the families (primarily Hui ethnic minority) who sell the soup. The clinic has a superior reputation, and Dr. Tan treats patients from many backgrounds, including: llamas from the nearby Labrang monastery, government officials, and patients of all ages.

Dr. Tan sees patients with many types of illnesses. Some of these illnesses include: arthritis, pain, cough, miscellaneous dermatological conditions, menstrual problems, heart disease, high blood pressure, stress, and insomnia, to name only a few. In the clinic there are separate rooms for moxabustion therapy, pediatric treatment, tuina, women's acupuncture, men's acupuncture, as well as Dr. Tan's office, where patients are first evaluated. After seeing Dr. Tan on the upper level, where the large windows of his office let in ample light and the noise of street traffic blends with pleasant recorded music, patients take their prescriptions to a counter downstairs that dispenses packets of bulk herbs. On the lower level there is also a room where patients can have the formulas cooked for them. If they are returning for follow-up care and do not need an herbal consult, they go directly to the

treatment rooms, which have a communal, social environment.

Although quiet during the lunchtime rest period and in the late afternoon, both mornings and afternoons are extremely fast-paced. Dr. Tan's office, the heart of the clinic, is usually filled with a sea of patients and their families. Sometimes the crowd spills into the hallway of the upper level where there are a few benches. On the wall behind his desk are photos of the doctors of his lineage: Li Shaobo, Huang Xiping, and Liu Yunteng. A pulse pillow with the clinic's name written on it sits on the desk, and stacks of prescriptions from that day sit under paperweights. Behind the desk is an impressive piece of calligraphy by an eccentric intellectual, artist, author, and friend of the Dali Lama, Mr. Zheng Tielin (郑铁林). Presently quite advanced in age, though young in spirit, Mr. Zheng was imprisoned for thirty-six years, including during the Cultural Revolution. In conversations with Dr. Tan, Mr. Zheng articulates that, in his opinion, the classical approach to Chinese medicine is most effective. He likes that "every human part" is used in classic formulas, such as urine from a six year-old boy, the crotch of "old pants" (i.e. with men-

strual blood), hair, and nails. Despite being offered exorbitant sums of money for Mr. Zheng's calligraphy, Dr. Tan would never part with it.

Dr. Tan's office has one desk where he sees patients, as well as another desk where his assistants (two employees, often his son, Dr. Chen Xiaodong [陈晓东], or Dr. Bao Fangfang [包芳芳], assist in the intake process). Dr. Tan goes between the three stations, where he feels pulses, reviews the inquiry examination notes, and dictates herbal prescriptions. Occasionally, Dr. Tan leaves the room for a few moments to give an acupuncture treatment. He is trusted and respected by his patients, and often multiple generations in families see Dr. Tan for their regular medical care. When working, Dr. Tan moves in a way that shows his energy is summoned and focused at every moment; he is very attentive to his patients and to everything going on in the room.

Despite seeing so many patients, Dr. Tan often takes the time to elaborate to his students about the treatment principle and prescription choice, and how it relates to traditional principles. For instance, he would

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The campus move will provide new opportunities for students and patients alike. According to Campus Director Malcolm Youngren, “The space is larger than our previous campus. The new space is 42,000 square feet compared to 38,000 square feet. This move has enabled us to create a larger student lounge and increase the number of classes and treatment rooms,” Youngren said. The increase in space enables the college to better accommodate its students with more area and resources to learn.

The new space is not only larger, but also more luxurious than before. It features an increased number of classrooms (16 compared to 13), a student lounge that is two times bigger in size (and features a stunning view of East River and the Brooklyn Bridge), changing rooms for men and women, and group study rooms for students. The new space also includes an expanded faculty lounge (three times the size of the previous one), and meeting rooms for faculty to converse with students. The college was attentive to large and small details when designing the new campus, including the feel of the environment and the Feng Shui flow. A Feng Shui specialist was consulted during the construction, resulting in a harmonious flux of traffic throughout

the rooms of the new campus, and more soothing and efficient lighting throughout. The opinions of the Student Council were also taken into consideration during construction, allowing for a balance between professional and personal input.

The move made many improvements possible for the PCOM clinic as well. “The clinic is brand new with 22 private treatment rooms on the ground floor and an additional 8 treatment rooms on the 19th floor, giving us a grand total of 30 treatment rooms (8 more than we previously had),” reports Amy Laiken, Director of Clinical Services. At the Flatiron location, the clinic shared a floor with the campus. In the new building, the clinic will be on the first floor as it’s most easily accessible to patients, while the main campus is on the 19th floor. At its new first floor location, an estimated 10,000 regular visitors of the building will pass by the Pacific College Clinic on their way to work each day, increasing the awareness and accessibility of the clinic.

This is the first time PCOM NY has been able to create a clinic from scratch according to its needs, rather than move into an existing carved-out space. Students and staff have been eager to begin treatments in the

new clinic that’s specifically tailored to PCOM. Laiken says, “The space is beautiful and self contained, away from the rest of the school so that we can concentrate on providing the best services in acupuncture and massage to the public.”

The new campus location is conveniently situated near Wall Street, the Brooklyn Bridge, Staten Island Ferry, City Hall, WTC/Ground Zero, Battery Park, Chinatown, and Soho. While it’s only about two miles away from the previous location, the new campus has a whole new energy and boasts an exciting neighborhood, gorgeous views, and attainable nearby transit for students and patients alike.

‘Lower Manhattan’ refers to the southern part of the island of Manhattan. New York City residents call the area south of Chambers Street and the Brooklyn Bridge “downtown,” which includes City Hall, various federal and local government buildings, and the neighborhoods of Battery Park City to the west, Financial District in the middle, and the South Street Seaport to the east.

So what’s invigorating about this new neighborhood for PCOM? Youngren explains, “There is a huge variety of places to dine, including fast food, healthy options, and cheap as well as high-end dining. There are

also many new places being built, which include new apartment buildings, condominiums, and shops.” Youngren states that the diversity and development of the area will attract a larger amount of people and provide a new reach for the PCOM clinic, as well as varied entertainment and dining options for students. Before the move, a large number of PCOM clinic patients were surveyed and many said they planned to move downtown with the clinic. PCOM NY also looks forward to serving the Downtown population of government workers, financial services professionals, and residents, as well as the large Brooklyn population to whom the facility will now be much more accessible than before.

Cynthia Neipris, Director of Outreach, Career/Alumni Services, and Community Education adds, “We think this area will be an attraction for students and patients. We’re now located in an area that is steeped in early colonial history with museums and some of the original cobblestone streets still in place, but it’s also an area of growth with the Century 21 flagship store and the shops at The South Street Seaport.” The new campus is walking distance to historic City Hall,

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PCOM Alumnus Douglas Freeman teaches Medical Report Writing in one of our newly equipped classrooms.



This photo was posted on Facebook by Faculty member Daryl Thuroff. The view of the Freedom Tower (erected to replace the world trade center which collapsed) when getting out of the subway at the stop for PCOM.



The 110 Williams St. exterior – with 10,000 residents, in addition to visitors, 110 Williams St entrance is very busy



Clinic Receptionists are happily greeting over 100 clients per day at the new Acupuncture and Massage Center.



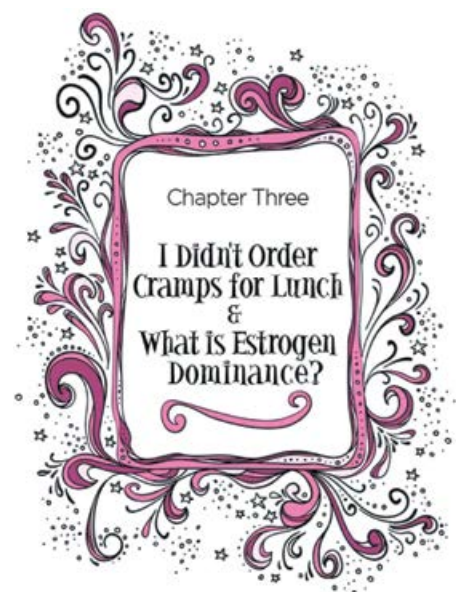
Librarian Svetlana Oziransky in the new library



# Stop Your Bitching...Naturally!

## A Step By Step Guide to Balance Hormones and End PMS & Menstrual Cramps

By CATHY MARGOLIN, LAc



The following chapters are an excerpt from Cathy Margolin's book:

*Stop Your Bitching...Naturally!*

*A Step By Step Guide to Balance Hormones and End PMS & Menstrual Cramps*

### Chapter 3

#### I DIDN'T ORDER CRAMPS FOR LUNCH & WHAT IS ESTROGEN DOMINANCE?

Cramps are a symptom of something not working correctly in your body. This pain is simply our body's way of crying out for help.

Western medicine often treats pain symptoms by hiding them with pain killers. Suppressing symptoms is one type of treatment but Eastern medicine also looks at the root cause.

What if we approach pain from a different perspective? What if we look at pain as a gift rather than a curse? Pain is our body telling us something isn't working quite right and that we need an adjustment. When we listen to little pains, we often can avoid the bigger ones that inevitably follow.

If you're a soccer player and you sprain your ankle but continue to play soccer, your ankle pain will increase. Your little sprain will become more inflamed and more troublesome because you missed the message your body was sending. Let's say you decide to run a marathon on your sprained ankle, how will it feel upon finishing? You get the picture.

You can block messages on your phone, in your email and in your body, but doing so does not mean the messages were not sent. You cannot cure the underlying imbalance by blocking out pain messages.

A primary cause of painful men-

strual cramps is prostaglandins. I promised only a small amount of necessary medical terminology, hang in there, it's not too complicated an explanation. These naturally occurring fatty acids are higher in some women. They cause cramps and may also be the cause of heavy menstrual bleeding.

Prostaglandins are chemicals released from cells of the uterus as we bleed or discard the uterine lining (our periods). Prostaglandins are not hormones, but they act like messengers similar to the way hormones do. They differ from hormones because they are produced in various places throughout the body and they target cells in their immediate vicinity with a very specific function. In the uterus, prostaglandins causes both uterine inflammation and the contraction and constriction of blood flow to the uterine, in other words: Cramps! This in turn causes the lining of the uterus to break down and die and this is our PERIOD.

These contractions of the uterus, in many ways, are our bodies practicing labor contractions so the uterus will be strong and ready for childbirth. Your body is smarter than you think.

However, even though modern Western medicine can pinpoint these prostaglandin chemicals as the cause of cramps, suppressing them as we so often do with nonsteroidal anti-inflammatory drugs (NSAIDs) is only a band-aid to the underlying problem. As you will soon discover, hormonal imbalance is the real root of the problem not just prostaglandins. Shielding us from the prostaglandin message with NSAID's creates a host of other problems as you will see in the next chapter.

#### A LITTLE MORE DETAILS ON CRAMPS

Period pain (uterine cramps) is categorized by Western medicine as primary dysmenorrhea (PD) and characterized by severe uterine pain during menstruation. While most women experience minor pain during menstruation, PD is diagnosed when the pain is so severe as to limit normal activities or require medication. Pain may precede menstruation by several days or may accompany it, and usually subsides as menstruation tapers off.

Secondary dysmenorrhea is diagnosed when symptoms are attributable to an underlying disease, disorder, or structural abnormality either within or outside the uterus. When secondary dysmenorrhea is the cause of menstrual cramps you should consult with a MD, General

Practitioner, or Gynecologist for your best treatment options. I would also recommend consulting with a registered nurse or nurse practitioner because they will often spend much more time with you and are more knowledgeable about complementary therapies including diet and supplements.

#### WHAT IS ESTROGEN DOMINANCE AND IS IT CAUSING MY PAINFUL CRAMPS?

The term "estrogen dominance" was coined by the late Dr. John Lee. He describes this condition as having deficient, normal or excessive estrogen in relation to progesterone. This means that even if you have just a small amount of estrogen throughout your monthly cycle, but you have little to no progesterone, you can still be estrogen dominant. Keep in mind, it is the balance of these two hormones that matters more than the actual amount. As you saw in "The Play," the amounts fluctuate all month long, so measuring these amounts can get very tricky.

Many chemicals in our environment behave as estrogens. You may also hear this referred to as "unopposed estrogen." We are exposed to these chemicals throughout our entire lives, including in the womb (remember I mentioned in the Chapter one that your hormone levels may be in flux at birth and even before you entered puberty). This group of chemicals has been given the name "Xenoestrogens" (xeno is the Greek word for stranger).

These "stranger" chemicals accumulate in our bodies as we develop and age. To our bodies, Xenoestrogens look like estrogen and both men and women are at risk.

Our fat cells can store these xeno-estrogen mimicking chemicals. Storehouses of these xeno's can reduce our excretion of copper (copper is a trace mineral or one which we have a very small amount of in our bodies). If we don't excrete enough copper we can create a copper accumulation or excess.

Why is this important? Copper accumulation disables certain vitamins and minerals, namely iron, zinc, vitamin C, and E. You'll see why these are important in the chapter on supplements.

Remember in the "PLAY" our two leading cast members Ester and Terone need to stay in balance and work together for everything in our body to work optimally. If Ester is dominant and does not give Terone some of the spotlight for at least

10-14 days of our monthly cycles, then things don't play out the way they should. Ester should not play a dominant role all month long. You will see in later chapters how diet, exercise, supplements, and even changing your laundry detergent can reduce estrogen dominance which consequently reduces your menstrual cramps and other premenstrual syndrome (PMS) symptoms.

If you are experiencing any of these symptoms, then it is likely that Ester (Estrogen) dominates your monthly hormonal cycle.

#### HERE'S AN A-Z LIST OF ESTROGEN DOMINATE SYMPTOMS

- Acceleration of aging, menstruation begins at younger age
- Agitation or Anxiety
- Allergy (asthma, hives, rashes, sinus congestion)
- Autoimmune disorders Lupus, Thyroiditis (Hashimoto's)
- Breast cancer (men and women)
- Breast tenderness with period
- Cervical dysplasia (abnormal papsmear)
- Cold hands and feet
- Copper excess
- Decreased sex drive
- Depression with anxiety or agitation
- Dry eyes
- Endometriosis
- Fat gain around abdomen hips and thighs
- Fatigue
- Fibrocystic (lumpy breasts)
- Fibroids
- Foggy thinking
- Gall bladder disease
- Hair loss
- Headaches
- Hypoglycemia (low blood sugar)
- Increased blood clotting
- Infertility
- Irregular menstrual periods
- Irritability
- Insomnia
- Magnesium deficiency
- Memory loss
- Mood swings
- Osteoporosis
- Ovarian cancer
- Ovarian cysts
- PMS/PMT
- Polycystic ovaries
- Pre-menopausal bone loss
- Prostate cancer (in men)
- Sluggish metabolism
- Thyroid dysfunction
- Uterine cancer
- Water retention, bloating and Zinc deficiency

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# Reliable

## Acupuncture Malpractice Insurance

- PCOM has researched and selected AAC to protect the school and faculty
- AAC supports Acupuncture Research projects
- Legal professionals that understand acupuncture and have never lost a case



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## The Brave New World of Chinese Herbal Medicine

By PETER D'AQUINO, LAc

The world of herbal medicine is confusing. Take a walk down the supplement aisle of your local health food store. It's full of herbs, minerals, and extracts from every corner of the planet. Ashwagandha (aka Indian Ginseng) is right next to Chinese Ginseng, Korean Ginseng, and American Ginseng. Formulas are comprised of Chinese herbs and Western herbs and whole herbs have been synthesized and isolated to a single chemical compound. It's total chaos, even for people who have knowledge on the subject. Although Chinese medicine has a long, rich tradition of using herbs safely in a balanced manner, consumers are looking for a more modern and scientific approach to the practice. The question at large is whether or not this modernization is beneficial to traditional Chinese medicine. Is the incorporation of modern science transforming TCM into something new and better, or slowly turning it into Western medicine?

The vast majority of people find the herb or formula they are looking for by taking advice from a salesperson (suspect), researching the internet (extremely suspect), or simply by word-of-mouth (hearsay). Most often, a person is under the impression that an herb is safe and healthy because it

is natural, however this is not always the case. Due to a lack of regulation and manufacturing standardization in the supplement industry, some herbs and formulas are not acceptable for consumption. As with most medical issues, it's best to stay well informed and seek advice from professionals. A trained Chinese herbalist completes three to four academic years of education at the master's degree level in an Oriental medicine or Chinese herbology program and must demonstrate professional competency by passing National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) certification examinations.

An example of the complications that can arise when herbs are no longer prescribed involves the herb "Ma Huang" or "Ephedra." Ma Huang is a classic herb for respiratory issues and has been used not only responsibly, but safely in Chinese medicine for thousands of years. On April 12, 2004, the Food and Drug Administration (FDA) issued a ruling banning the sale of ephedra-containing dietary supplements. Ephedra was rebranded and marketed in the United States as a weight loss drug and had been used by numerous athletes to enhance their performance; it is also

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Chinatown, and the beautiful Battery Park waterfront and the Staten Island ferry to the Statue of Liberty.

With a population that's more than doubled in the past eight years, Lower Manhattan is one of New York's fastest growing areas. In the past, the downtown area hasn't been thought of as much more than the home of Wall Street and the Financial District, but thanks to a steady influx of newcomers, it's transforming into a vibrant 24/7 neighborhood. Dozens of restaurants and retailers have set up shop in the area, and construction projects have brought revitalized parks and new transit options. The new campus is near obtainable public transportation, including the New Jersey path train, 2, 3, 4, 5, 6, A, C, E N, R, J, and Z subway lines, and the Staten Island Ferry.

In addition to the attractions of the new location, there are other benefits of PCOM's presence in a new neighborhood. "We look forward to increasing outreach to the variety of populations serviced by our new neighborhood. As the area that was most heavily affected by the devastation of 9/11 and an area that was

severely affected by Hurricane Sandy as well, the downtown area houses many organizations whose staff and clients could benefit from low cost acupuncture and massage," says Neipris. PCOM NY will continue to expand services to survivors, supporters, and first responders from 9/11 and Hurricane Sandy with the Tunnel to Towers Foundation, the NY Department of Mental Health, and the Department of Children and Family Services. The college also plans to reach out to the many organizations in the area who support mental health and post trauma clients, seniors, and other under-served populations.

Join Pacific College in celebrating its new campus and clinic by booking an appointment to get a treatment and visit the new space. The PCOM New York clinic is fully integrative, offering its community an array of alternative therapy including acupuncture, massage therapy, cupping, and gua sha. Each patient receives a highly individualized treatment and has a wide array of treatment options from which to choose. Celebrate your health with Pacific College in its new location! **OM**



Here is Joseph Parisi in our new student lounge. Joseph is our head of Facilities. He and his crew, along with the rest of the staff, have demonstrated almost super-human efforts in bringing the new space up to full function.



This is the view from the student lounge, photographed by faculty member Daryl Thuroff.

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# CHINESE MEDICINE and the INTERNAL PHARMACY

## *An Introduction to a Profound Understanding of Human Health and Disease*

By Z'EV ROSENBERG, LAc.

*"The constancy of the internal milieu is the essential condition for a free life."*

### INTRODUCTION TO EXPERIMENTAL MEDICINE/CLAUDE BERNARD, LATE 19TH CENTURY

Practitioners of Chinese medicine are often at a loss when it comes to describing how acupuncture and herbal medicine work to their patients and other health professionals. Distinguishing the practice from biomedicine and other alternative therapies presents a challenge as well. The foundations of Chinese medicine are found primarily in the Han dynasty medical classics such as the *Huang Di Nei Jing Su Wen*, "Yellow Emperor's Classic of Internal Medicine: Simple Questions," *Nan Jing*, "Classic of Difficulties," and *Shang Han Za Bing Lun*, "Treatise on Cold Damage and Complex Diseases." They are expressed through the rubrics of systematic correspondence, such as yin/yang, five-phase, wei/defense and ying/constitution qi, jing Luo/channels and network vessels, and the complex terminology of the subject. We need to be able to understand the philosophy and underlying principles of Chinese medicine, using source texts, in order to be able to contribute to the dialogue of modern-day health care. Superficially immersing ourselves in the language of Western medicine will not aid in understanding Chinese medicine; only through serious study, collaboration, and research will we be able to do so. We should also remember that until the early 20th century, all global medical systems such as Ayurveda, Greco-Arabic, and Tibetan medicine were based on a body systems and humors approach that still survives in the modern era. Even modern biomedicine retains influences from its roots in Greco-Arabic medicine, with its four elements and four humors (black bile, yellow bile, blood and phlegm).

Many years ago, I observed a panel discussion held by pharmacists at the University of California at San Diego, who concluded that the future of medicine lies in what they called "the internal pharmacy." In other words, finding medical treatments that utilized the powerful medicinal substances already inside the body rather than adding them from the outside. In this light, modern researchers have examined biofeedback, meditation, yoga, qi gong, natural substances, and diet as methods of achieving this. This "internal pharmacy" is the same as



what 19th century physiologist Claude Bernard called the "milieu interieur," i.e. the internal environment or "terrain" (this concept is still utilized as today by French physicians). The internal environment has incredibly sophisticated self-regulating mechanisms. The brain, along with the vital organs, endocrine glands, and nervous system produce a myriad of substances which are the same or similar to many pharmaceutical drugs. Various opioid-like substances, steroids, painkillers, and hormones circulate continuously through the body, maintained in a very delicate balance by what we can call the "bodymind intelligence," still not well understood by any modern explanation. In Chinese medicine, we understand this functionally, as the various expressions of qi, such as wei qi/defense qi, ying qi/constitution qi, jing qi/essence qi, yuan qi/source qi, and zang qi/visceral qi. These different qualities of qi, circulating and communicating in a grid of channels and network vessels, provide a framework to understand how the body/mind regulates itself and maintains its equilibrium.

Chinese medicine, in contrast to modern biomedicine, is based on binary principles established in such canonical texts as the *Yi Jing*, "Classic of Changes," and a holistic view of the universe that always considers human beings as an integral part. Human health is considered to be a reflection of an orderly universe, and internal order reflects living with and adjusting to the external order of the universe. This is expressed through laws of season, climate, and environment, and adapting through clothing, diet, lifestyle, residence, moderated emotions, work, rest, and other human activities. The Chinese medical classics such as the Han dynasty source text *Nan Jing*, "Difficult Classic," which has 81 "difficulties" in all is clearly based upon this principle. The purpose of diagnosis by pulse

and palpation, theoretical application of yin/yang and wu xing xue/five phase theory, and application of needles and moxa treatment to channels and acupuncture holes aims to restore equilibrium to the dynamic systems represented by zang fu/viscera and bowels, and jing Luo/channels and network vessels. What the *Nan Jing* describes is a dynamic approach to a complex system, and activating the self-healing mechanisms that can restore homeostasis.

The two main and most visible technologies of Chinese medicine are acupuncture and moxabustion therapy and internal or "herbal" medicine. This is not to undervalue counseling, dietetics, therapeutic exercise, and lifestyle as essential components of Chinese medicine. But these therapeutic modalities are the most 'active' and professional of Chinese medical interventions, and ones that can be readily studied as therapeutic interventions in their own right.

Acupuncture/moxabustion as described in the *Huang Di Nei Jing Su Wen*/Yellow Emperor's Internal Classic: Simple Questions, *Nan Jing*/Classic of Difficulties and *Ling Shu*/Divine Pivot is a treatment modality designed to restore equilibrium of channel flow, left and right, up and down, inside and outside, and most importantly recalibrating the body clocks that regulate so many functions and their timing, such as digestion, sleep, activity, thought, hormonal secretion, emotion and blood circulation.

For example, one method of treating irregular menstrual periods is to utilize points along or coupled with the *qi qing ba mai*/eight extraordinary vessels, specifically the *chong*/generating and *ren*/controlling vessels. Classical methods of acupuncture are not primarily focused on relieving symptoms, but in restoring dynamic equilibrium to the body and mind by allowing self-healing mechanisms to take effect. In essence, the body

'remembers' equilibrium that has been lost by habitual 'bias', i.e. adapting to an unhealthy state. In other words, we get 'stuck' in a habitual pattern that is less than ideal, and begin to self-medicate blindly with aspirin, alcohol, hyper-exercise, overeating, and other destructive behaviors.

The Han dynasty Chinese, according to medical anthropologist Elisabeth Hsu, conceptualized the human body in terms of health and disease in a threefold manner: 1) the architectural body: as described above, based direction, depth, time and synchronization as expressed in the channel system 2) the physiological/morphological body of tissues, fluids, and blood, ideally seen as solid, firm, and polished like 'a fresh plant, with shiny glossy leaves and stems full of water'. This solid body was seen to be an ideal receptacle of qi and its transformations. And, perhaps most significantly, 3) the sentimental body: the Han Chinese saw the zang/viscera as receptacles of emotions and qi. Paraphrasing the *Su Wen*, "grief, fear, rage and anger harm qi". Emotions in Chinese medicine, are, therefore, completely integrated with health and disorder, and both part of pathology and essential components of the healing process.

Chinese internal/'herbal' medicine is practiced primarily by utilizing multi-ingredient, 'polypharmacy' prescriptions that can be said to treat not only presenting symptom patterns, but the underlying 'terrain' as well. Herbal prescriptions can be envisioned external complex systems designed to interact with the internal environment in such a way that dynamic equilibrium is restored. Each prescription's ingredients is chosen according to how it interacts with other ingredients to create a complex system that matches the specific pattern revealed through *bian zheng*/pattern differentiation. This approach also ensures that such relatively toxic medicinals such as *fu zi/rz*. aconite are always combined with medicinals such as ginger root or licorice root to reduce toxicity, in addition to the intensive processing that medicinal grade aconite always undergoes before being used internally.

In the *Shen nong ben cao*, "Divine Farmer's Materia Medica," medicinals were divided into three grades: superior medicinals, which had no side effects, and like foods, could be consumed over an extended period with no harm. This included medicinals such as da zao/fr. Jujube, zhi gan cao/fr.

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# When Less Is More: *Treating the Sensitive Patient*

By FELICE DUNAS, LAc, PhD

This piece discusses an underserved topic: patient sensitivity. We are well positioned to have a strong positive influence on patients dealing with who show a physiological or emotional sensitivity from an energetic condition.

I was on a flight home after having given a lecture in Toronto when I met Suzanne. Dressed for business, dynamic, and obviously accomplished, she worked on the phone until the very last minute before departure. As soon as the plane took off she was writing away on a legal pad; she cracked open her laptop as soon as we were at cruising altitude. There was a toughness to Suzanne's demeanor, the kind of thick skin that many successful, professional women develop. Eventually she took a break and we began to chat.

I told her of my professional background and she was eager to tell me about her experience with acupuncture. She had been referred to an acupuncturist by several friends who had turned to the practice for discomfort with menopausal symp-

toms. Suzanne was going through similar challenges: her sex drive had changed, she had hot flashes, was easily thrown into irritable states of mind, and had mild discomfort with intercourse because of changes in her vaginal tissue. She had gone to an experienced practitioner who focused on women's health and she enjoyed the process, but she felt terrible afterwards. There must be something abnormal about her, she thought, because so many of her friends felt better after seeing the same person. It had taken her a number of years to get the courage to try acupuncture and she felt genuinely let down and confused. She went three times, had the same relaxing experience followed by negative after-effects and then quit.

"When you take medications, generally, do you notice that you feel better with smaller dosages?" I asked after listening to her story. Even though the question is too broad to be diagnostic on its own, her answer was important. "I have to be very careful," she replied frankly. Suzanne

can become very sick if she takes full doses of pharmaceuticals for an extended period of time but does well with things that require only one or two doses. When taking something every day for a significant amount of time, the medication has the potential to make her feel sick, no matter what it's for. She and her doctors have learned that she needs small dosages of long-term medications.

"How is your digestion? Do you ever get bloated or heartburn? Do you get the runs if you eat too quickly or lean towards constipation? I'm being general but if your gut ever bothers you in any way it would be helpful for me in guestimating why the acupuncture after-effects didn't feel good to you."

"I feel fine but my tummy gets bloated. No matter what I eat, I puff up, and I eat too fast because I am so busy," she confessed candidly.

## SLOW METABOLIC BREAKDOWN AND DETOXIFICATION

Suzanne was likely a slow metabolizer. If her liver broke down

compounds more slowly, her blood level of those compounds would remain relatively high. Substances would need to make multiple passes through her liver to be sufficiently broken into simpler compounds. As a result, less would be more for her. A mild dose of any substance, from food additives to medications would become stronger because they would remain in her bloodstream longer. Essentially, since Suzanne is a slow metabolizer, her liver would take longer to break down substances and to detoxify her bloodstream.

Slow metabolizers tend to be "sensitive" patients. They don't "digest" food or the events of life as quickly, hence my question about her digestive abilities. Like complex molecules, experiences stay with them longer, circulating more times through their energetic and physiological systems before being deconstructed. They are easily affected by what goes on in their worlds and tend to be empathetic, feeling

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# Lessons Learned from “Going-It-Raw”

By AMANDA J. KREISS, Dipl.OM, MSTOM, MA

Teachers I admire at my alma mater (Steve Bonzak) and in our profession-at-large (Dr. Huang and Sharon Weizenbaum) speak decisively about raw herbal medicinals as the time-tested, irreplaceable gold standard. Pioneering veteran farmers Jean Giblette and Peg Schaffer emphasize that a demonstrated, steady demand by herbal clinicians for ecologically cultivated raw medicinals is imperative to the confidence North American farmers need to risk growing these specialty crops.

Inspired by these and other valued influences, I understand that my day-to-day clinical choices have a powerful impact on the nature of my patients’ healing. Alongside those of my peers, these choices likewise have broad implications for the preservation of our age-old medicine and for the safe and sustainable re-rooting into North American soils that is vital to its ongoing evolution. Consequently, when I entered private practice, I made the commitment to “go it raw.”

I now craft custom formulae for nearly every patient, and typically order raw for over 90 percent of them on a weekly basis. I nearly always order for internal consumption. Infrequently, I order for external application or integration into congees, soups, or other foods. Less often, I order powdered-at-source for a draft or for honey-pill-making. The latter I find ideal for Winter Solstice celebrations, when Er Zhi Wan honey pills pair fabulously, in the way of tradition, as complement to red wine!

I understand my choice is unusual amongst US-trained herbal clinicians, and I want to share some of my lessons learned with you. For your ease of reference, I have numbered these germinal insights and kept them brief.

### LESSON #1: SUPERB SOURCE SELECTION MATTERS TO PATIENTS AND INSPIRES HEALING

This decade we’ve watched the local food movement blossom. The First Lady tends a White House garden. Alice Waters, Michael Pollan and Will Allen garner celebrity status. Terms like “farm-to-table”, “community food security”, and “foodshed”—once but seeds themselves—have flowered into everyday vocabulary. Meanwhile, the news highlights tale after tale of untrustworthy products and raging pollution within China.

Amidst all this, I recognize that my patients deserve the right to ask about the safety and quality of the herbal medicine they consume, in much the same way they have learned to do for food. As their clinician, I in turn have the responsibility to do my due diligence to seek meaningful answers. In large part,



Herbal medicinals awaiting formal line-up for formula compounding. (Photo Credit: Inner Ecology)



Meted out with precision and ready for packaging. (Photo Credit: Inner Ecology)

I answer by choosing to order their formulae from a source I know deserves their trust and can embrace their curiosity because it is committed entirely to the detailed art, science, and skill of source herbology.

This source, Inner Ecology™, dedicates its full time and resources to responsible, multi-faceted medicinals research; smart sourcing, both internationally and now domestically; fastidious compounding, compatible with current Good Manufacturing Processes (cGMP); education for patients, clinicians, farmers, and the public; and advancement in access to supply to ecologically cultivated medicinals of the highest quality. It does all of this because patients of our shared medicine deserve it and because it’s unreasonable for herbal clinicians, who are rightly busy applying their skills to patient care, to do this due diligence. I founded Inner Ecology, quite simply, because no other option existed that met my criteria. It now has the distinct privilege of serving many of you, on behalf of your patients, across the continent.

Over time, the patients in my clinical practice have come to understand clinical herbology as distinct from, yet interdependent with, source herbology—just as their primary care physician’s expertise is distinct from yet interdependent with that of their pharmacist. Picking up formulae (or receiving a bicycle delivery or a shipment, for those who are not local) from Inner Ecology further professionalizes the experience for them. Since most grew up heading to the neighborhood pharmacy, it feels familiar. Yet they routinely express delight and relief to receive formulas of vibrant herbs, not generic bottles of pills or powders.

### LESSON #2: EACH FORMULA’S FLAVOR ARRAY IS DISTINCT AND EACH PATIENT’S PALATE IS UNIQUE

When introducing new patients to decocting and imbibing, I frequently mention the value of what I call “palate maturation”. If they ask

what flavors to anticipate, I speak with equal parts candor and wonder about the thousands of herbal medicinals in the Materia Medica.

Just as each meal is unique, so each herbal formula showcases its own fusion of flavors, textures, and temperatures. These flavors, harmonized through interactive symphony during decoction, heal by educating the immature palate. Each taster, quite naturally, experiences them differently. This seems only reasonable: an individual reared with a native Indian palate may not experience the lingonberries, rye bread, and pickled herring of my own Swedish ancestors the same way they surely did. An herbal decoction opens, in essence, a whole new cuisine to a patient.

I am careful not to voice my assumptions, particularly when ordering a patient a formula similar to one that challenged my own personal palate. While I may mention flavor names (bitter, acrid, sweet, salty) to them, I tell my patients that I look forward to hearing what they taste in the recipe I built just for them. Experience teaches me that what Dr. Huang asserts is true: tastes evolve as healing happens. So, to a patient who needs bitter, bitter will be a delight, until the need for bitter extinguishes itself.

The importance of withholding assumptions has been reinforced on myriad occasions, including one that was especially clarifying. I ordered a modified Wen Jing Tang for a patient. It’s a formula I’ve taken myself, thanks only to sheer willpower, meted out dose-by-dose. Yet with her I never shared my own poignant aversion. I spoke, instead, about the adventures of palate maturation.

Two days later she called, wondrous and wanting to share the startlingly immediate results she’d experienced and to ask just what that mysterious ingredient was. Waxing more poetic with each passing phrase, she said it tasted to her like the most delicious, intoxicating, spicy, soul-stirring delectable chocolate she’d ever had. When I explained that E

Jiao is actually gelatinous glue from an ass’s hide, this past vegetarian of many years didn’t miss a beat; she was too enthralled by the delights of her taste buds. She and many other patients have taught me to mind my own tongue – quite literally!

### LESSON #3: RAW DECOCTION PROVIDES A TOOL FOR ONGOING LEARNING

The reason raw decoction has been the delivery method over the course of millennia is not for lack of technical prowess. It is, quite simply, the most clinically effective method available – a status that has been upheld over thousands of years through the daily empirical results of herbal clinicians.

Its superiority, I have learned, also makes it an unparalleled teaching tool. The legacy of the centuries, now partially transmitted through our primary medical textbooks, assumes raw medicinal usage. No other method of herbal delivery provides the immediacy, the potency, and the able-to-be-anticipated effects necessary to test diagnostic accuracy and refine dosing. Whether I read a patient well, do well enough but need improvement, or miss the mark entirely, it comes vividly clear. A dosage shift of a few grams in a raw formula can have substantial implications for results.

This simply isn’t true to the same extent with granules, for example. Despite the modifiability of granules, they comparatively lack as teaching tools in clinical practice. I do not observe the clarity of results I do with raw; even significant shifts in dosage can come to disappointingly little avail. My patients are often the first to report the difference. Whether it may be due to inferior grade raw materials, the extremes of manufacturing processes, the dulling effects of excipients on taste, the lack of connection patients have via granular powders to the medicinals themselves, or another factor that has

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Photo Credit: Inner Ecology

Liquid herbal medicine, ready to imbibe.



Photo Credit: Peg Schafer

Freshly harvested Angelica dahurica root from the Chinese Medicinal Herb Farm.



Photo Credit: Jean Giblette

Demonstration of the processing of Bai Shao at High Falls Garden in New York.

not made itself otherwise known to me, granules simply do not offer the same potency.

I still order granular formulae when needed. I am grateful that they exist as a delivery method; I just adjust expectations of clinical results and dependable feedback when I choose them. After all, I would likewise not expect a cup of processed, instant, mass-produced coffee to have the heart-enlivening effects that a cup of freshly ground, French-pressed, shade-grown coffee has!

#### LESSON #4: PATIENTS PREFER RAW WHEN GIVEN AN INFORMED CHOICE

There is a firmly entrenched, passionately defended myth perpetuated in our professional community—a myth beginning, quite sadly, with our academic institutions—that assumes people prefer ready-made, processed medicinals to custom-modified raw formulae. I have learned the truth to be radically opposite: nearly all patients staunchly prefer raw medicinals to other delivery methods when proffered an informed choice.

My patients have shared numerous reasons for their preference for raw formulas. They sincerely care to know that the compounding source for their herbal formulas fastidiously researches seed-to-shelf stories; they understand that the same detailed research, due in no small part to lack of transparency, is presently impossible to the same degree for other delivery methods. They prefer the clean taste and texture of decocted medicine, as well as the enhanced ease of digestion and absorption it offers. My patients also report that they really care that I custom-craft their herbal prescription. They enjoy practicing the rites and rituals of “slow medicine”—the sensual experience that touches sight, smell, and sometimes sound, just as much as full-bodied taste—along with the pleasures of its results.

My most intimate debunking of the unfortunate preference myth came in the form of someone grate-

fully not my patient. For years, my husband Brian saw a respected clinical herbologist who, time and again, ordered him granular formulae. We had near-daily battles about his lack of discipline in taking them. His dislike for them rather approximated disdain. Even when, actively grimacing and gagging, he followed her directions for stretches of weeks, he noticed no results.

One day he asked me to order his formula raw. As he’s a kinesthetic learner, we decocted it together at home. It took only one dose for him to look at me wide-eyed. As if betrayed, he said, “Why on *earth* didn’t you *tell* me how much better this was?”

A former manager of high-end restaurants in Manhattan, Brian has a keen palate and is as attuned to texture as he is to flavor. As a native Midwesterner, I take free license to comment that he is a typical New York snob when it comes to demanding quality. The dulled, processed taste of granules combined with the particular murkiness of the granule brand chosen by his clinician had contributed to his ongoing lack of compliance. Now an aficionado of raw, Brian decocts himself and imbibes regularly to resulting twinned benefits for his personal and our marriage’s wellbeing!

#### LESSON #5: PATIENT COMPLIANCE IS EASIEST WITH RAW DECOCTION

My patients are more compliant with raw decoction than with other delivery methods I have tried. Though they are busy professionals, battle-weary educators, athletes in training, brand new parents, serious students, and the unemployed too, they are real people living amidst the speed and stimulation of the 21<sup>st</sup> century.

What initially surprised me before rarely does now. For example, whole families manage decocting for various members – quite often simultaneously. Parents model taking their “potions,” and kids imitate with ease; at times, in reverse, kids inspire their

parents’ compliance. Families who decoct for human members often seek out veterinarians trained in Chinese herbology to do likewise for animal members. Many take compliance even further by specifically seeking travel destinations, whether for pleasure or for work, with kitchen access!

The way that I model and explain decoction may play a role in the level of compliance I witness. My patients see me with my personal liquid herbal medicine regularly. When I prepare to describe decoction to new patients, I ask first about their dominant learning style – verbal, visual, kinesthetic. I then pick from the tools—including step-by-step decoction instructional videos—that Inner Ecology has developed to make it easy for herbal clinicians to communicate with patients in order to resonate with their individual learning style. I let them know that, in the end, it’s really as easy as simmering water. I regularly decoct for myself and have guided many patients through the process. I feel very comfortable identifying creative solutions when they’re needed to work with a given patient’s lifestyle.

Whenever it won’t compromise effectiveness, I ask patients to decoct every other or every third day; modern refrigeration makes this possible. I explain that this is a proportional medicine—that it can be concentrated or diluted as long as directions are followed. I describe how to divide decocted liquid evenly into mason jars so that each jar contains a day’s worth of medicine that can be further divided into doses. It’s then ready to be warmed, and easily carried along for the day’s pursuits. There’s no need for them to find water of any kind; there are no pills to swallow or granules to dissolve.

I’ve learned how much it matters to my patients that I apply skill and take time to custom-craft their herbal formulae and introduce them to a more vibrant form of self-care. It’s meaningful to them that their medicine is personalized and that

I am not attached to a brand or to handing them a bottle that sells trite titles. Maybe most importantly, patients feel connected with what they have cooked. Connection—whether through custom-crafting or through cooking—inspires compliance.

#### FOR PATIENTS OF EAST ASIAN HERBOLOGY:

- Ask your clinical herbologist questions about your herbal formulae. Why does s/he choose a particular delivery method for you? What does s/he know about the source of your herbs? Were they grown with pesticides and herbicides? Were they mass-farmed or grown with integrated methods? Were they sulfured? Was your formula compounded in a cGMP compatible facility? You deserve to know the answers to these and other relevant questions about the substances you take into your body.
- If your current clinician does not yet choose to prescribe customized raw formulae for you, request that s/he does so on your behalf. You’ll see the results and understand in a very embodied way why it matters.
- If you are seeking a clinical herbologist, identify one who not only prescribes customized raw formulae, but also who uses a professional compounding service with the integrity, fastidiousness, and efforts at sustainability you expect.

#### FOR STUDENTS OF CLINICAL HERBOLOGY:

- Seek out clinic supervisors and mentors who are experienced in prescribing customized raw herbal formulae for their own patients. These clinicians will be best able to help you with accurate diagnosis, effective dosing, as well as patient education.
- As a patient yourself, choose a clinician who will prescribe customized raw herbal formulae for you. Decocting for yourself is one of the very best ways to build a sensual relationship with the herbs you study, to know their potency at work within you, and to gain confidence in the basic skills that you’ll want to share with your future patients.
- Become accustomed to asking the important questions you ask about your food’s safety and integrity about your herbal medicinals now while you are still in school. Take the opportunity you have to start asking these questions of your school’s dispensary.

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“The best part of my job is helping our policyholders; there is no question that is too simple or too routine for me. I am always happy to help.”

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was clearly felt to determine the overall depth of the pulse. In addition to determining depth, the spine of the pulse is the place that allows one to feel the global pulse quality with the greatest degree of clarity.

Over time, paying attention to the spine of the pulse has been particularly helpful for my acquisition of pulse diagnosis. As Feng Ye describes it, the spine of the pulse is determined by the following technique: Apply pressure with all three fingers, then gradually press harder to sink to deeper levels. Find the spot where the vessel can be occluded if the middle finger presses just a bit harder than the other two fingers; at this spot, the pulse will slap up against the other two fingers as the middle finger occludes it. Now back off just a bit with the middle finger so that the pulse is no longer occluded. At this spot, you can feel the pulse evenly with all three fingers. This is what Feng Ye would describe as the spine of the pulse, and again he would use this spot to determine its overall depth and quality.

Additionally, when feeling the pulse of a familiar patient, a change in the depth of the spine may signify a relative floating or sinking state of their qi at the present time. For example, a patient with relatively weak yang qi may not ever manifest with a truly floating pulse (*fu mai*) when they experience external contraction,

but their pulse's depth may rise from its norm. As early as the *Shang Han Lun* ("On Cold Damage"), we find evidence that both the terms "floating pulse" (*fu mai*) and a "pulse [that is] floating" (*mai fu*) were in use and were regarded to have similar clinical implications. Feng Ye uses this "spine of the pulse" as a natural gauge for the depth of a person's normal pulse, so he pays attention to deviations from it.

NEEDLING TECHNIQUE

I was fortunate to study with several good doctors in the acupuncture department at Chang Gung, and it would take many articles to do justice to the various needle techniques and clinical tips that I was exposed to. However, to start I would like to share two distinct tips from Dr. Chen Yu-Sheng that have been really useful for me.

The first regarded the holding of the needle. Dr. Chen instructed me to make a triangle around the insertion site by placing my index finger and thumb of my left hand on the skin, along with the middle finger on my right (needling) hand. The center of the triangle is the insertion site, and the thumb and forefinger of the right hand hold the needle handle for insertion and manipulation. This triangle of light pressure diffuses the

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Chinese licorice root, and ren shen/Chinese Ginseng, designed for yang sheng/nourishing life. The second, Middle grade medicinals, had mild side effects and treated the personality and supplement vacuity, such as *shao yao*/Peony root and *huang qin*/Rx. Scutellaria, and lastly, inferior medicinals, used to treat specific diseases, which are more potent and toxic, such as *da huang*/Chinese rhubarb root and *fu zi*/Rx. Aconite.

In contrast, modern pharmaceutical medicine is primarily based on the use of singular molecular substances that interact with the body in a very direct, forceful way to achieve specific therapeutic effects. In any medical system, the more powerful a specific therapeutic effect is, the greater the toxicity and potential for harm. Also, such an approach is one-sided, and ignores the inherent complexity of the human organism. Recently a new approach, called combinatorial chemistry, has appeared that uses combinations of drugs to treat various bodily systems, rather than just one targeted organ or tissue. While theoretically this is an advance over the “one drug/one disease” model, and is closer to the clinical reality of patients on multiple

medications, no solution has arisen to the increase of drug toxicity that usually occurs when combining many medications. As it stands, it is routine clinical practice to give drugs for side effects caused by other medications or for patients with more than one defined disease at any given time.

A new institute opened in Seattle, Washington in 2000 called the Institute for Systems Biology. Its focus is “analyzing biological complexity and understanding how biological systems function.” While the language of this discipline is derived from biology, chemistry, cybernetics and other scientific disciplines, many of its observations can be related to the systems approach of Chinese medicine. While not based on channel theory and qi, systems biology recognizes that simple reductionism cannot explain the complex interactions between cells, tissues, organs, nerves, other structures, and the communications systems to keep everything functioning in balance. It is here, perhaps, where a mutual understanding of human health and disease between east and west can begin to flourish.

In the 19th century, there was a debate between Louis Pasteur and

Jacques Beschamp about the nature of disease. Louis Pasteur, of course, was famous for the discovery of infectious agents including bacteria, which he considered to be the prime cause of disease, while Jacques Beschamp considered imbalances of the “milieu interieur” to be the prime cause. Interestingly, on his death bed, supposedly Pasteur said that Beschamp was correct, but Pasteur’s students went on to evangelize the doctrine of infectious disease agents with no regard for the patient’s terrain/internal environment. It is “historical accidents” such as these that often lead to predominant trends in science. Of course, Jacques Beschamp was in full agreement with Claude Bernard’s “milieu interieur.”

If we practice Chinese medicine’s technology (needle and moxa therapy, herbal medicine) primarily aiming to treat biomedical diseases, and explain our treatment through biomedical logic, we are essentially practicing a second-rate Western medicine. How can our tools ever compete with the strength and “precision” of surgical interventions or the power of drugs? We must practice Chinese medicine according to its essential strengths as has been

done for two thousand years. Just as we have studied modern medicine and embraced its strengths and noted its weakness, modern biomedical health professionals must also embrace and study traditional medical systems such as Chinese medicine.

OM

**Z’EV ROSENBERG, LAc** is recognized as one of the first generation of practitioners of traditional Chinese medicine in America. Before opening his practice in acupuncture and herbal medicine in 1983, he was a shiatsu therapist and macrobiotic counselor since 1975 in Denver, Colorado and Santa Fe, New Mexico. He was one of the initiators of an acupuncture licensing law in Colorado, spearheading a drive as President of the Acupuncture Association of Colorado from 1984 to 1988. As well as being a professor at Pacific College of Oriental Medicine for the past 23 years, he has lectured widely around the United States, and has written many articles published in all of the professional English-language journals of the Oriental medical profession. Presently, he is the California director of the Institute of Classics in East Asian Medicine, director of the Alembics Institute, and a member of the Xinglin Institute, a research organization in classical Chinese medicine.



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**Neck Formula (Bai Zhi Ge Gen Wan)** One of the most common modern uses for the *Shang Han Lun* formula, *Ge Gen Tang* (Pueraria/Kudzu Formula) is to “release the muscle layer” in the *taiyang* zone behind the head, but we lost this formula in the USA when ephedra (*ma huang*) was banned. Golden Flower’s **Neck Formula** was designed to replace and augment this popular application of the classical formula.

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**Rejuvenation Formula (Huan Shao Dan)** is a traditional formula, commonly used as a longevity tonic. It is used to compensate for the decline of functions that can lead to premature aging. The creator of the formula, Master Hong, of the 12th century, stated that **Rejuvenation Formula** “greatly supplements root qi . . . [for] timid weakness of the heart . . . confusion and clouding of the essence/spirit. . .” In addition to the list provided by Master Hong, the formula is commonly used today to support male sexual function.

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# 2013 Alumni Award Winners

Pacific College of Oriental Medicine (PCOM) alumni are hard at work bringing Oriental medicine to the next level. To acknowledge those graduates that are using their passion for healing in innovative ways, PCOM has designed the annual Alumni Award.

Each year, one graduate from each campus (San Diego, New York, Chicago) will be awarded free admission to Pacific Symposium along with an honorary plaque. There is a different theme for the award each year. The 2013 theme was “Teamwork in

Patient Care.”

Working alongside doctors, nurses, pharmacists, physical therapists, psychologists, and chiropractors is a collaboration that continues to advance Oriental medicine in the West. Pacific College is proud of all of its graduates that are working in conjunction with their patients’ Western healthcare providers and initiating further dialogue about Oriental medicine. The more communication there is between different types of healthcare providers, the more opportunity there is for patients to have the best of both

worlds in terms of healthcare options.

Applicants were required to submit real life examples (in written form or as a video) of teamwork in the practice of Oriental medicine. Examples could include working with patients and their families, other healthcare providers, supporting other Oriental medicine professionals, and interacting with Western medical professionals or the community at large to improve the quality of care provided to patients.

Pacific College of Oriental Medicine is working with the Academic

Consortium for Complementary and Alternative Health Care (ACCAHC) to inform our community of the trends and advancements in healthcare.

Teamwork is one of the six competencies that have been identified as key components to moving our medicine forward. For more information on these competencies, visit [www.accahc.org](http://www.accahc.org).

The 2013 winners were announced at the annual Pacific Symposium in San Diego. We are pleased to showcase their hard work and dedication to our medicine! **OM**



## SAN DIEGO

### JUSTIN HEESAKKER, MS, LAc, Dipl. OM

Justin is a life long athlete, and began swimming competitively at an age of 9. A lifetime of healthy living and training led to graduating from BUD/S class 241 and serving as a Navy SEAL. He completed his Bachelor of Science degree at Marquette University in Milwaukee, WI. Motivated by his own successful results with the healing arts, Justin graduated from Pacific College of Oriental Medicine. There he served as a clinical intern at Rady’s Children’s Hospital, San Diego Hospice and The Institute for Palliative Medicine, UCSD Sports Medicine Center, and Acusport Wellness Center. Justin is the acupuncturist and program manager for the Holistic Health Program (HHP) at Naval Hospital Camp Pendleton (NHCP). Justin is the first federal employee to be employed as an acupuncturist. He works as part of a truly integrated team of mental health specialists. His work is primarily with PTSD cases, and exclusively with active duty service members.



## NEW YORK

### ROBBIE BENHURI, LAc

Robbie Benhuri is a licensed acupuncturist in NY and NJ and the founder of City Acupuncture, a large group practice in downtown Manhattan. City Acupuncture started out as a part of the Community Acupuncture movement, but has grown over the past 5 years into one of the largest OM-based health centers in the country, offering community acupuncture, private acupuncture, massage therapy, skin care, and herbal medicines. Robbie stopped seeing patients in early 2013 to focus strictly on running the business, and he moonlights as a business consultant for other acupuncturists across the country.



## CHICAGO

### TANUJA JAGERNAUTH, LAc, MSTOM, NCCAOM Board Certified

Tanuja Jagernauth is a practitioner at Sage Community Health Collective. A 2007 Albert Schweitzer Fellow and Fellow for Life, Tanuja believes that offering sliding scale services within a framework of harm reduction, body/fat positivity, and trauma informed practice facilitates health and healing in a way that is liberating for both the practitioner and the patient. A graduate and faculty member of Pacific College of Oriental Medicine, she uses the tools of acupuncture, herbs, nutrition strategies, bodywork, body-centered writing, and National Acupuncture Detoxification Association treatments to facilitate healing and transformation in individuals and the community.



- Plan to prescribe raw formulae as soon as you receive your board certification. You've been trained well. Don't allow those skills to atrophy; develop them through practice. Choose the compounding service you will use with great care.

#### FOR HERBAL CLINICIANS:

- Don't forget how important self-care is. Give yourself the gift of decocting raw formulae for yourself on a regular basis. Doing so will keep you connected with the plants, animals, and minerals that comprise our traditional medicinals and it will enhance your comfort in communicating with your patients. As we all know well, modeling matters.
- Trust your training. If you have graduated from PCOM or another institution with a strong emphasis on herbal training, you already have a scaffold of knowledge available for your reference. Use it, in full, for the benefit of all your patients by writing customized raw prescriptions for them.
- Choose to study with continuing education teachers and to associ-

ate with colleagues who themselves regularly prescribe raw formulae. You'll find fans of raw medicinals in all corners; particularly if your passion is for the classics, you will discover that your satisfaction only grows as you go-it-raw, just like the beloved doctors of old.

- Be fastidious about your source selection. Opt for an entity that is committed to professionalism, uncompromising quality, clinician support, and the long-term sustainability of the medicine. Your ordering, formula by formula, from a reputable compounding source is the most regular, rhythmic contribution in your daily power to make toward the big picture of our medicine's viability.

#### FOR ACADEMIC INSTITUTIONS OF EAST ASIAN MEDICINE:

- Require that all students decoct a certain number of raw formulae before graduating from your clinical herbology program. A surprising number of students today leave school never having developed fluency in these most basic skills.

- Be certain that decoction of raw herbal formulae is actively demonstrated in herbal classes. This increases student confidence, and it may help instructors revive skills that have become less fresh.
- Integrate concrete information about cGMP requirements and how to evaluate prospective compounding services for herbal formulae into curricula as students approach graduation.
- Demonstrate means of talking with patients about decoction throughout the sequence of herbology courses. Be certain that this is thoughtfully reinforced in practice management courses, and that it is witnessed during clinical supervision for all herbology students.
- Require raw prescribing for advancement and graduation. Do not allow students to advance through clinical stages toward graduation who have not had demonstrated experience in prescribing customized raw formulae to their patients. Allowing this advancement not only does a disservice to the student; it negatively affects that emergent clinician's

future patients and undermines the profession at large.

- Inspire both students and teachers to love these traditional medicinals that have cultivated wellness for billions of people across millennia.

It takes all of us in cooperative support to make a movement – in this case one that brings all of us closer to the roots of our medicine.

**AMANDA KREISS** has enjoyed 12 years of practice in Chicago at Inner Architecture where she cares for clients across the life spectrum through traditional East Asian medicine and Roling® Structural Integration. She is the founder of Inner Ecology™. The first registered Benefit Corporation in our profession and a leader in social entrepreneurship, Inner Ecology is a comprehensive service for herbal clinicians nationwide that is committed to safe and sustainable sourcing, compounding, and distribution. Amanda is an active member of the board of High Falls Foundation, which is committed to the restoration of authentic plant medicine to North America.

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**STOP YOUR BITCHING...NATURALLY!** continued from page 7



Western medicine tests are available to test estrogen and other hormone levels. This might be done by testing your blood, saliva, and/or urine.

As an Oriental medicine doctor, I generally do not look at the outcome of lab tests, but rather diagnose according to patterns, including those patterns and symptoms that look like estrogen dominance. If an excess of symptoms are present, then the imbalance is present. It is as simple and straightforward as that. If your health professional believes you absolutely need a blood, saliva or urine test to check your estrogen, progesterone, and testosterone levels then that decision is one you need to make with your health professional.

However, you should know that blood tests frequently do not give a true picture of how much estrogen is bioavailable (at the tissue level) in your body. A blood test is a snapshot in time and a woman's estrogen level changes every six to eighteen hours as does her progesterone levels. You read about daily changes in Chapter 2. Not to complicate the issue, but a woman's body also makes approximately 30 different estrogens including the three most important ones: estrone, estradiol, and estriol. The only estrogen tested by a blood test is estradiol.

I am trained to read blood tests and when my patients come to me with blood, urine, or saliva tests results, I first ask them a plethora of questions about how and when the test was performed. What lab was used? What day of your cycle was the test conducted? Were any drugs taken within the last 5-7 days? Was a base line test done previously? As you may begin to realize, there are more to test results than just a number on a piece of paper. More often than not, my patient did not track her cycle, but rather went for the test on the first available appointment. Your healthcare provider may recommend a saliva test on day 21 of your cycle

(when progesterone should be peaking), 24-hour urine tests on day three of your cycle (my recommendation), or look only at blood tests.

Estrogen dominance is more than a list of possible symptoms. It can wreak serious havoc every day of our lives. Cells grow more rapidly when estrogen, rather than progesterone, is present. Progesterone is a hormone that keeps cells orderly. It stops growth, induces cell maturity and programmed cell death. Normal levels of progesterone are nature's protectors. We know natural progesterone levels can actually protect us from some cancers.

Consider that we know estrogen stimulates cell division and growth in the breasts. This is the very reason many therapies for breast cancer are targeted towards stopping estrogen production. For some breast cancer patients this means a hysterectomy, including the removal of the ovaries, even before menopause. Drugs called luteinizing hormone (LH) inhibitors are also commonly used to stop the production of estrogen in breast cancer treatments. Additionally, drugs such as Tamoxifen that block estrogen receptors are another method to lower estrogen levels.

#### MY PATIENT LINDA:

Linda was 20 when she came to me for help with her horrible back pain and period cramps. She always had debilitating cramps from the onset of her period. During her teen years she dosed herself with over the counter pain killers. During college she tried birth control pills because all of her friends told her it was the answer to her painful periods. By her third month on the pill, Linda found herself more depressed in her life than ever. She was more moody, couldn't seem to control her feelings, and even crying often, which was unusual for her. She was unhappy with

continued on page 23



# The Importance of Creating Patient Education Materials *(and Hopefully Garnering Some Passive Income)*

By **CHRISTINE GRISHAM**, Dipl.OM, LAc, CMT, MA

I'm a relative newcomer to private practice since graduating in April 2012. What I've learned so far has often felt like "trial by fire" and honestly, it's been a bit harrowing, but I've learned many helpful and important lessons as a result. I also recognize that being an entrepreneur is about learning to balance my time between being a businesswoman and being a clinician as well as paying careful attention to my level of efficiency.

What do I mean by efficiency? Here's an example: during each appointment, I seek to provide a relaxing and healing physical space, give sound, and potent treatments that address my patients' needs, and provide a take-away activity to help them progress even more in between our scheduled appointments--and all in one hour or less!

And that's exactly where I got stuck about six months after hanging out my shingle. I wanted to better understand how I could:

1. Maximize my efficiency during the limited time I have for each treatment
2. Feel like I'm not somehow "cheating" my patients by unnecessarily limiting the brainpower and effort I allocate to each of them, AND
3. Make more money in less time.

The formation of these complicated questions happened to coincide with a presentation I gave to a local vegan and raw foodie group. My goal was to tell them about nutrition and traditional Chinese medicine and hopefully draw in several new potential patients. When *none* of the 35 people in attendance signed up for my free consultation, I realized my fatal mistake: I'd given them a free lecture, but it was way too academic and complicated. So, I decided to regroup and began searching for extremely accessible books about traditional Chinese medicine (TCM), especially those related to diet and nutrition. I wanted resources that both outlined Oriental medicine in basic terminology and that provided how-to tips on using TCM to enhance one's daily life. There are some very informative, in-depth, and fascinating resources out there, but most are understandable only to individuals with a college level education at the least (by contrast, the average American reads at around the 7th grade level).

I also wanted to address the question that had surfaced about better maximizing not just my time, but my patients' time as well. As

any practitioner is well aware, trying to explain most TCM theoretical concepts quickly and accurately can be a challenge. When I talk to most people, it's obvious that virtually no one is very familiar with the breadth of TCM, nor how effective it is at treating just about any ailment. When you combine patients' lack of understanding with the "ticking clock" that restricts time during every patient appointment, you have a significant challenge on your hands.

Some of our patients will read an entire 200-page+ book on TCM if we ask them to, but many of them are simply too busy—and frankly just want to get better (not necessarily read about things like medical theories and historical lessons). They want concrete, simple ideas that can be easily and seamlessly integrated into their lives.

After a bit more thinking, I finally decided to go ahead and create some original patient education materials. Once again, I found myself in a "trial by fire" situation of my business because writing and self-publishing online is a huge skill set that I absolutely did not possess six months ago. However, this endeavor has been really interesting and rewarding thus far. I currently have one e-book for sale on both my website and Amazon and plan on writing several more (surprise, the book is about nutrition!).

How did writing an e-book help improve my efficiency as a busi-

nessperson? For one, it forced me to study more (I can hear a lot of you out there groaning right now). The studying that I completed was on my own terms and was very directed, so I learned a great deal of new information, which will ultimately make me a better clinician. Second, I chose to format the book in a way that allows patients to buy individual chapters for a very affordable price (\$1.97) yet still provides them with a great deal of information.

Once I determine their five-phase constitution, I can direct them to a specific chapter of the book. For example, if someone is a Liver/ Wood/ Spring constitution, I would suggest that they purchase that particular chapter. Each of the chapters on the five phases describes the characteristics of the corresponding constitution and the typical health symptoms associated with it, along with the its paired season, emotion, and color. The five-phase chapters also give tips on how to adapt one's lifestyle to their constitution as well as a sample grocery list. I consciously wrote the book so that patients will get their money's worth and the language is simple enough that the majority of people can easily understand the material. Since the book is formatted this way, I no longer have to spend as much time during patient appointments explaining diet, nutrition, and lifestyle habits. I can instead direct them to the e-book resource and

they can then subsequently return to me with any questions. Third and last, by selling these books online I am creating a source of passive income. This increase in earnings has created greater mental and emotional space within my world, where the financial stressors are a bit lessened and I actually feel more focused on treating my patients vs. thinking about tasks such as paying rent. Yes, creating the book was a lot of work and it wasn't free to produce, but I believe that finding other options for making money, *especially while you're not actually working*, is a legitimate reason to undertake such a project!

I'd be thrilled if you decide to check out and purchase my e-book or recommend it to your patients. I'd be even more thrilled if you become inspired to write your own. More of us need to be out there showcasing our unique voices and knowledge. **OM**

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**CHRISTINE GRISHAM** lives and works in San Diego, California and is a graduate of Pacific College of Oriental Medicine. She loves her patients and her job, and hopes to tell the world about acupuncture. She recently published an e-book on living in harmony with nature by adapting your diet and habits, called "Food for the Five Seasons: How Traditional Chinese Medicine Can Fuel Your Health." To learn more about Christine, you can view her website at [www.cgacu.com](http://www.cgacu.com) or Facebook page at <https://www.facebook.com/CommunityGardenAcupuncture>.





# Acupuncture for *Mental Health*

By PAIGE BOURASSA, LAc

Acupuncture has been effectively treating mental illness for thousands of years. In ancient China, the chief complaint may have been something about being haunted by the ghosts of ancestors, while today it is something more modern, such as depression. Acupuncture aims to restore balance back to the body and in doing so, calms the mind. I think anyone who's made it through the holiday season can attest to the fact that a little mind calming goes a long way, especially if it's without the dependence of pharmaceuticals. 1 in 10 Americans are affected by depression yet a staggering 8 percent of those suffering are not currently receiving treatment for it.

There are countless acupuncture systems, protocols, and point combinations that can treat mental health. For the sake of simplicity I will focus on basic traditional Chinese medicine theory and one of the more common mental health disorders, depression. Depression is one of my favorite conditions to treat, (which I've been told is strange), but then again, growing up around a family affected by bipolar disorder, alcoholism, and anxiety disorders, has caused me to become somewhat immune to the opinions of others. I was the kid wearing the

rainbow unitard and cape to school, the one sitting in the principal's office with a handwritten note from my mother to excuse me from class, as we needed to have lunch in Paris that day. I love strangeness and abnormality. I am used to it. I've been in that deep, dark hole you think you can't crawl out of and those times when breathing, sleeping, eating and thinking hurt. I know the tricks your mind can play on you and how it sometimes feels as if your conscious thought has abandoned you completely. When a patient comes into my practice and has the courage to put sweats on and roll out of bed that day to show up, I'm excited as hell to be on a journey to recovery with them.

The most amazing part of using Chinese medicine (in my opinion) is how subtle yet effective acupuncture can be without the patient having to constantly relive their pain and re-tell their story. When I was studying psychology at the University of Colorado, I kept thinking about how I was going to help a vast amount of people with their depression, but was completely unaware of the dark, heavy, messy stories that would come along with it. I thought that by sharing in someone's pain I could help take it away, but after

working with case studies and putting that theory to practice, I realized that although the patients were able to express and share their negative thoughts and symptoms, they didn't necessarily *feel* different. Even at the closing of a session when they had figured out the root of their depression, the process was always more of a mental one than a genuine emotional release. As anyone who has ever felt the symptoms of depression, it is listed as a "mental health" disorder, but you can be convinced the symptoms feel physical. This is where acupuncture can step in and serve as the light at the end of the tunnel. When a patient comes into my office and we do intake, there is a period of the session that is dedicated to discovering how that patient is feeling, what's going on in their lives, and any particular areas they would like help with. We inevitably partake in the "talking about feelings" part, but once the patient is on the table, that is when the magic begins. Starting with the pulses, we are able to feel and tune into what exactly is going on inside a patient's body. Where their qi is strong, where it's weak, where it's stagnating or where it's stuck. Then we start to get an idea of what's under the picture the patient has painted for us, kind

of like getting the under current, we understand what the body wants to tell us. After we've gone through the basic Chinese medical diagnostics we then put together an acupuncture treatment protocol that will specifically address what the body needs in order to balance the patients qi and restore health. For example, if you take depression and break it down, you could use a condition we acupuncturists call "qi stagnation" to explain why a patient may be having feelings of frustration, sadness, melancholy, and poor concentration to name a few.

Qi stagnation is when the energy running through our bodies stagnates and gets stuck. This gridlock causes traffic jam (metaphorically speaking) of qi, which then produces agitation, friction, heat, and manifests as the emotional symptoms outlined above. What acupuncture does to remedy that condition is stimulate certain acupoints that transport trapped or stagnant qi, therefore gently and effectively moving the build up of stagnation back along its rightful meridians like a traffic conductor. Then with the qi moving harmoniously again, the symptoms of frustration, sadness, and melancholy dissipate leaving the patient feeling an actual *physical* and emotional release, along with any mental releases that may have occurred during the intake session or as a mental revelation during the treatment.

The beauty of being able to access the emotions and treat in this manner is that for the 80 percent of Americans who are not comfortable enough to admit that they are feeling the symptoms of depression, the acupuncturists will still inevitably be able to treat the underlying pattern of disease. Therefore, even without discussing the cross-dressing, circus clown father, the acupuncturist is moving the stagnant qi and helping to create positive physical and emotional changes within the patient. This is an incredibly powerful way to effect mental health, and I personally feel that the less time spent of the exact color of fishnets your father may or may not have worn and the more time spent on you *feeling* better, is going to be key in moving through depression and returning to health. **OM**

**PAIGE BOURASSA** MSTOM LAc is a licensed acupuncturist, Chinese herbologist and enthusiastic lover of life. Her background includes psychology, holistic nutrition and ayurveda, which she blends with her knowledge of traditional Chinese medicine to offer her patients a whole body wellness approach to healing at her practice in New York City. For more information please visit [www.paigeacupuncturenyc.com](http://www.paigeacupuncturenyc.com).





# Feng Shui to *Warm the Heart*

By AMANDA COLLINS

Spring is on the way, but the weather is still frosty in many parts of the country. This is the “yin” time of year—a time for stillness, patience, and to just “be.” It’s a time to remind ourselves that we are human beings and not human doers.

There are five elements to Feng Shui: water, wood, fire, earth, and metal. Winter is associated with the element of water. When translated, Feng Shui means “wind and water.” As expressed through the translation, water is a prominent element in the field of Feng Shui. Water represents intuition or that inner knowing that allows the water element to guide you into a space of trust. Enjoying this particularly chilly time of year will replenish you. Spend this season dreaming and planning for the changes that you want to make in the approaching spring, where new beginnings start.

Winter is a time when the earth rests and gets prepared to sustain life for another year. The winter months offer us a special time to go inward for introspection. By creating a nurturing, harmonious home during this season, you will aid yourself in staying grounded and joyful in your present and future.

In Feng Shui, each season is linked to a specific area of your home. Winter applies to the rooms of your home that face north. This particular direction is associated with your career and life’s journey, so it’s important that the home is positively representing these aspects of your life. The best way to evaluate your home is to stand in the appropriate area (in terms of direction) and close your eyes. With your eyes closed, try to sense how the energy feels. Does your energy rise or fall? What is this area of your home saying to you? Do you feel light or heavy? Some other things to consider include: Is there any clutter, do you have items you love in this space, are there sharp objects, or things that are broken?

The north-facing space of your home is associated with the water element and the kidney, bladder, ears, and reproductive systems. From a health standpoint, it’s vital that the energy here is flowing freely.

The first step to a steady flow of energy is to ensure there is no clutter in this part of your home—only items that have sentimental meaning and reasons for use. There should be no sharp corners and no broken items. In an effort to support your health and career, you can decorate the northern portion of your home with water related crystals. For example, you might try black obsidian, black tourmaline, and turquoise. Adding moving water to this space with a beautiful fountain or fish bowl



can help to stimulate the energy in your career. Incorporating pieces of artwork that depict water such as the ocean, waterfalls, or a lake can be beneficial as well. Spend a bit of time each day sitting by these water themed decorations whilst you focus on your career or business goals.

It’s also crucial to make sure your bathrooms are up to par and working properly as they are filled with the element of water. Make sure all your plumbing is in good working condition.

## SOME SUGGESTIONS FOR YOUR HOME

- Keep your home warm and bright. Set your lights on timers so that when you come home in the evening, you arrive at a gently-lit home. Make sure all the bulbs are fresh and far from burning out. Use full spectrum lighting as it is the closest lighting to natural light and is much kinder on the eyes. Plants love full spectrum light, so feel free to put some greenery nearby. Even better, create a small winter garden that will serve to cheer you up and help provide

oxygen for your rooms.

- During the winter months, we tend to spend more time inside. Make sure you have lots of indoor plants to improve the air and give out oxygen and remove the carbon dioxide.
- Make sure all the windows are in good working order. If you live in an older home and the windows do not close properly or have poor insulation, try getting nice heavy curtains to keep the heat inside and ward off the cold.
- Honor your five senses. Make your home inviting and nurturing with lit candles and sweet smells for the holidays such as mulling spices and cinnamon.
- Create a special area in your home that captures the most sun possible, and curl up with a good book. Surround yourself with warm yang colors such as burnt orange, yellows, and reds. Don’t forget a soft throw and pillows.
- Honor the sense of touch and think about your feet. Do you have warm rugs on the floor? When bringing new items into your home, use natural organic

fibers whenever you get the chance.

- Winter is a time for friends and family. Plan to celebrate the long, cold nights with friends, and make it a point to invite friends over for dinner and share stories around the fire.
- Honor your sense of taste by cooking natural organic wholesome foods that are in season, such as pumpkins and squash.
- In the garden, keep the birds fed with bird feeders. Bringing wild-life into your garden brings joy and color into your outside environment and into your being as well. By striving to surround yourself with different forms of life, you will see positivity increase throughout your daily routine.
- Even though it may be cold outside, it’s important to have some time outdoors and connect with nature each day. If you can, take a stroll, do a little gardening, or watch the sunset.

Find out more about Amanda Collins and Feng Shui at [www.AmandaCollins.com](http://www.AmandaCollins.com).



# Top 5 Study Tips

By **LENG TANG-RITCHIE, LAc**

With classes in full swing and exams around every corner, the sheer amount of material that you study can be overwhelming. Here are some quick study tips that can help you navigate through the maze of information and better manage your time. Take control of your own learning process!

## 1. EMBRACE YOUR INDIVIDUAL STUDY STYLE

While a handful of people can effectively study in a completely silent room, sitting up straight in a chair with just a textbook in front of them, others may find it torturous. However, this picture of “real” studying has been ingrained in our psyche since childhood. Everybody is unique and learns differently. A person’s study habits should reflect their own individual style. Albert Einstein once said, “Everybody is a genius, but if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”

Auditory learners learn best by hearing. If you are an auditory type of person, don’t feel guilty if you need music or white noise during study time. Sing your notes out loud and chant your way through your study materials. Visual learners learn best by seeing. Turn your notes into pieces of art by using different color pens to underline or circle significant words or phrases. Visual learners also love to incorporate symbols, models, and charts into their notes. Kinetic learners learn best by experiencing. Study acupuncture points by feeling and finding the points on a partner while reciting the location definition and functions. Hold the actual herb that you are studying in your hands while describing it out loud.

The most important aspect to remember when finding your personal study style is to make studying as fun as you can, rather than a chore. The less torturous your study routine is, the more likely it will become a habit and the information will stick.

## 2. MAKE SOME TIME EVERY DAY TO STUDY

Cramming the night before a test may work in the short run, but it does not build on long-term memory. According to research done by the National Science Foundation, last minute cramming does not allow for activity of synapses (where one neuron communicates with another neuron) and brain systems to properly form memory. It then becomes a “brain dump” and you’re setting yourself up to have to re-learn all of the information again, as if it were brand new.

The best thing to do is to take a full and honest inventory of where



your time is being spent and figure out how to conveniently incorporate studying into your schedule. Ideally, you should be studying 2 hours for every hour in class. This may seem like an astounding amount, but take a moment to put it in perspective: let’s say you are taking five core classes and each class is 3 hours. For one week, you should be studying a total of 30 hours. If you divide those 30 hours per week into 7 days, that is 4 hours per day. Let’s go deeper and divide up the time even more. Now, you only have to study 2 hours in the morning and 2 hours at night. Sure, it’s a lot of work, but do-able nonetheless.

Find a time during the day where you can truly focus. Perhaps you are not a night person. If you have more energy in the morning, you should consider moving your study time to the first half of the day. My best time to study has always been 5 a.m. when no one else is awake and I can cocoon myself and my notes under a throw blanket. Also, it may help if you break down your study material into smaller, more manageable chunks. For instance, try not to say “I’m going to study for points,” instead say “I’m going to study the functions for stomach 1-8.” It is rewarding and motivating to have topics checked off, rather than believing that you are constantly studying the same material without progressing any further.

## 3. GO OVER THE LAST LECTURE WITHIN 24 HOURS

Consistently, research has shown that if a student reviews new material within 24 hours of a lecture they can increase their retention of the material by 60 percent. On the other hand, if that material is not reviewed within the first 24 hours, a student will lose up to 80 percent of the information learned. All that is needed is 15-20 minutes to read over the notes from the last lecture. The time a person spends in the bathroom, with nothing else to stare at, can be time used for review. Waiting for your pizza to be done? Try feeding your brain in the meantime. My point is that reviewing the material from the most recent lecture does not take that much time or effort.

## 4. MAKE YOUR OWN STUDY MATERIALS AND BUILD YOUR PORTFOLIO

Although there are numerous study products available, it’s still best to make your own. Creating your own study materials will force you to sort through and pick out the significant information needed to succeed. It will also force you to analyze the material and give meaning to important concepts. If this can be done in the beginning of the program, all you have to do is just add on to it in the following semesters. By the end of the program, and in time for boards, you will already have a full study portfolio that you can simply pull out and use.

Another benefit of producing your own study materials is that you now have a greater depth of understanding. The next step is to develop study questions that gradually

increase in difficulty. According to research done at Washington University, we learn best when “desirable difficulties” are incorporated. Desirable difficulties are certain difficulties, such as learner-generated tests, that can facilitate a deeper understanding of the material when added to the learning process.

## 5. KEEP YOUR PASSION AND MOTIVATION IN SIGHT

This program is a marathon. Whether you are in the beginning, middle, or end, remember to keep your motivations close to your heart. As with anything in life, it is too easy to get discouraged and burnt out. It is essential to maintain your enthusiasm for Chinese medicine. Upon my graduation, my cohort received herbs with accompanying messages from faculty members. One herb and its message continue to inspire me. It was a message that accompanied the herb Rou Gui (Cinnamomi Cortex). One of Rou Gui’s functions is to lead the fire back to its source. While we all have difficult or challenging days, it is important to recall the source of our passions and to keep that fire alive. **OM**

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the 5-10 pounds she gained quickly and just didn't feel quite "right," but her periods were lighter and more pain free than ever so she decided to continue the birth control pills.

When she came home for the summer, her mother noticed her depression worsening. Linda went off the pill and started to exercise and watch her diet. She came to me for acupuncture and herbs and we discussed her other options. Linda decided to supplement her diet and make the changes I suggested while stopping the birth control pill. Within two months of being off the pill she had dropped the weight she had gained and felt more at ease. The moodiness and depression were getting better and the acupuncture and lifestyle changes were making a difference in her monthly cramps.

Today, Linda is 25 and says she would never use the pill again. The depression she experienced when taking the pill was unprecedented in her life and even though her doctor had prescribed a low dose pill she really noticed the effects once she stopped taking it. Linda is one example of numerous young women I've worked with who looked for options to alleviate painful periods, and after experiencing the negative effects of the pill, began an alternative path to healing from within.

Chapter 4

TEMPORARY RELIEF OPTIONS

What are your options to minimize or end painful periods?

Your options can be listed on one hand (almost). But each one is more complex than initially meets the eye. We will explore each in depth in the next few chapters over the next few days.

- Here are the options available:
1. Do nothing!
  2. Take NSAIDS
  3. Take oral contraception (Chapter 5)
  4. Make lifestyle changes (Chapter 6)
  5. Take herbs and vitamin supplements (Chapter 7 & 8)
  6. See alternative practitioners: Acupuncturists, Chiropractors, Homeopathic & Naturopathic doctors (see Chapter 9)
  7. Combine any or all of the above (Chapter 10)

OPTION #1

#1 Do nothing is an unpleasant route to take and you wouldn't be reading this if that was your choice. Thank goodness you have moved past this option and are ready for real solutions. Give yourself a pat on the back and a lot of credit for deciding to take action and change your life. You deserve it!



✿ KEY INTO YOUR OWN INTUITIVE SELF  
*and you may be able to CHANGE the behaviors that are requiring you to pop the NSAIDs in the first place.*

OPTION #2

Taking NSAIDs such as ibuprofen (Advil®, Motrin®, Midol PMS®), naproxen (Aleve®), and acetaminophen (Tylenol®) and aspirin. NSAID's are available over the counter with the above names or sold under other generic brand names. All have analgesic effects (pain killers), antipyretic effects (fever reducing), and in high enough doses, anti-inflammatory effects otherwise known as reducing inflammation.

HOW DO NSAID'S WORK?  
WHY ARE THEY SO POPULAR?

Acetaminophen blocks production and release of chemicals that cause pain such as prostaglandins. We have all probably experienced the effects of NSAIDs for ourselves. Whether taken for muscle aches, period pain or headaches, NSAIDs work quickly and are effective, but at what cost? All NSAIDs have side effects and studies cite everything from peptic ulcers, diarrhea, nausea, liver damage, and increased risk of heart disease. Beyond

the documented harm that can occur with short term duration of taking NSAIDs there is strong evidence that long term harmful effects compound over time with increased dosage and years of use.

NSAIDs are metabolized or broken down in our liver and then excreted. Metabolism may differ depending on the individual and accumulation may occur even with normal dosage. Since NSAIDs account for approximately 300 million in sales each year in just the U.S., the wide spread use of these drugs has shed light on the adverse drug reactions or ADR's. Stomach upset, gastrointestinal (GI) effects and renal (kidney) effects, liver toxicity and vascular effects, (heart attacks) are the most prevalent adverse reactions.

The potential for acetaminophen to harm the liver is increased when it is combined with alcohol or drugs that also harm the liver. University of California Los Angeles experts warned in January 2010 that combining many pharmaceutical drugs such

as Vicodin and Percocet for pain with an over the counter (OTC) cold and flu medicine can be a deadly liver cocktail. New data is surfacing as liver transplants hit an all time high in the U.S. It turns out the number one cause of liver damage is acetaminophen poisoning from long term overdosing. Unfortunately, most people never knew they were taking too much.

I'm certain many people don't mean to overdose, but did you realize only two extra strength tablets or 650 milligrams daily is the U.S. Food and Drug Administration (USFDA) recommended dose? This lower and safer dosage (down from 1000 mg) was recommended by the FDA's own advisory board in June 2009 but has not been completely put into effect by the FDA as of this book printing.

Are you using an acetaminophen sleep aid and an extra strength pain reliever for menstrual cramps? You may be causing liver damage. This information has not been widely publicized. You can check out the FDA website for more information. In addition, new information from the FDA has been released confirming there is no sleep benefit from night time sleep aid products containing acetaminophen and diphenhydramine combinations. Not all drugs are marked, so check with your pharmacist.

You should be aware that combining acetaminophen products may put you over the "safe" dosage recommendations. For example, if you combine any OTC sinus caplet, cold and flu formula, a pain reliever, Sudafed®, Excedrin®, Tylenol®, Pamprin®, Benadryl®, Premsyn®, CVS® decongestant, Eckerd® Pain relief, Thera flu® cold packets, Vicks® Dayquil or Nyquil, or arthritis pain relief caplets, you're most likely going over the recommended/safe zone for acetaminophen, which can lead to liver damage.

It may be difficult to consider liver damage as a side effect of one of the most popular drugs OTC (Tylenol) for pain, but it is also the number one cause of liver transplantation surgeries in the U.S. and Europe.

Consider this disturbing quote: "Unfortunately, the prevalence of acetaminophen makes it easy to accidentally exceed the recommended levels, which can occur by dosing more frequently than indicated or by combining two or more acetaminophen-containing products."The maximum adult dose is 3 grams per day; toxic daily levels range from 7 to 10 grams per day.



# Stop a Migraine in Seven Seconds with a Pachi-Pachi

By HOLLY GUZMAN, LAc

### TOOLS NEEDED:

- A Pachi-Pachi (or a Hibiki 7)
- Aluminum foil (preferably flimsy)
- A silver chain to go around the neck or a Kawai diode chain
- A three-way ion pumping chord

Stopping a migraine may not work every time, but incredibly, it works *almost* every time! Being able to stop an established migraine is amazing, since in general, once a migraine becomes acute it becomes difficult to end. That is why those who suffer with migraines learn to take medication early while there is still a chance for effectiveness. Additionally, as people are often nauseous with migraine headaches, taking oral Western or herbal formulas is not helpful if the person can't keep them down. Once it has its painful spasm gripping behind the eye or the temple, a migraine is difficult to abate entirely.

In these later stages, I have been impressed with the consistent success of the electro-acupuncture pachi technique. I have offered this service (at no cost )to those suffering with migraines as a simple, compassionate

resolution. My hope is that the pachi technique will find its way into the emergency room and the neurologist's office in order to allow people to reclaim their precious time that is so often spent in a dark room recovering. Severe migraines prevent patients from driving, so it's necessary for another person to bring them to the treatment. Low-level migraines are often tolerable enough for people to work or attend class, but with persistent pain that may last for days. The spasm of a blood vessel that causes the migraine is loosely related to other spasms, such as a cramp in a muscle i.e. a "charley horse" in the calf. When the calf muscle fully spasms, it is dreadfully painful. Different types of triggers may release it, such as walking and stretching out the muscle. After the spasm is over, there is still soreness in the muscle as a result of being so clenched. In some cases, spasms can even lead to bruising. The left over soreness from a charley horse is similar to the left over feeling on the scalp after a migraine spasm releases. Migraines are not only located in the head; other spasms are considered migraines as

well. I have had a few patients with a Western diagnosis of stomach migraines. These types of migraines entail episodes of persistent vomiting without any headache involvement.

Of course, it is important to determine and treat the cause and triggers of a migraine to prevent the headache from getting started. However, if it has already set in, here is the advice I have to offer. There is a relatively simple device that was introduced to me by Kiiko Matsumoto, called a pachi-pachi or a sparker. There is a section about this device in the book "Kiiko Matsumoto's Clinical Strategies Vol. 1." Kiiko was first introduced to the pachi-pachi by Master Yoshiro Kawai. Like Kiiko, Kawai was a student of the famous acupuncturist Yoshio Manaka, MD. Manaka is the inventor of the ion-pumping chord and Kawai, developed Manaka's original two- way chord into a three-way ion chord. He attaches the black clip of his three-way chord to a pachi pachi, the other two clips to acupuncture needles, and chooses a central needle to spark that conducts a current through the link. Most often, the black clip is removed from the back

of the pachi and clipped to the needle that was sparked.

The name "pachi-pachi" comes from the Japanese word for the sound that the device makes when it emits a static electric spark. Pachi pachis are battery operated with the size of the battery depending on the model. One may require AA while another requires C batteries. The frequency and intensity of the spark varies between models. My model, which consists of an AA battery, is far more rapid than the C type. The device resembles fire starters that are run on a fuel-like butane, but a fuel-type starter can never be used when working with a pachi. Secondly, pachi-pachis are equipped with an electrical ground on the base, to which a three-way ion chord can have the black clip attached. The current source I have for a pachi-pachi and for the silver dioded chain is from England, at [www.dulwichacupuncture-supplies.com](http://www.dulwichacupuncture-supplies.com). They also carry the three-way chord, as does L'hasa/OMS.

The technique is also somewhat strange. Strange enough that one of my tutorial students refused to learn

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### THE BRAVE NEW WORLD OF CHINESE HERBAL MEDICINE continued from page 8

believed to have contributed to the death of 23-year-old Baltimore Orioles baseball player Steve Bechler in 2003. During that time, he was taking a supplement called Xenadrine, which contained an excessively high dose of Ephedra along with other stimulants. Traditionally, Ma Huang is dosed extremely low and in the rare chance of a higher dose, it is well-documented with the side effects being noted. In other words, a properly trained TCM herbalist would *not* consider mixing Ma Huang with any other stimulants, especially at a high dose. This is a classic example of not using herbs in the traditional, responsible way.

One may wonder why the interest in TCM has grown rapidly in the most recent years. There is an increasing awareness that TCM is a safer and more natural form of healthcare, but how has the use and prescription of Chinese herbs changed from its origins? Generally speaking, herbs aren't being sold the way they were traditionally prescribed, as in formulas. They are going from a broad use of herbal formulas to the single isolation of a chemical component created to help our ailments. Do manufacturers truly know what they are producing



✿ SINCE THE ANCIENT CHINESE DIDN'T HAVE MODERN EQUIPMENT TO UNDERSTAND THE CHEMICAL COMPOSITION OF HERBS, *they had to rely upon their intuition and their own understanding of how the herbs affected the body.*

with this new way of formulating and repackaging traditional herbs? If part of the original allure of Chinese medicine is safety (due to a long history

and understanding of how to use the herbs), then it is illogical to suddenly manipulate the tradition by extracting chemical components, radically

changing dosages, and reformulating herbs with completely new and untraditional formulations.

Today, even in China, there are increasingly newer ways of manufacturing and prescribing herbs. Chinese medicine pharmaceutical companies are attempting to package herbs in a Westernized manner and are slowly moving away from whole herbs to isolated active ingredients. Of course, doctors will continue to prescribe the classic formulas, . bBut in modern day China, herbs are often prescribed similar to Wwestern pharmaceuticals. Mixing well know herbal chemical components with western drugs all in one pill. According to theone study "Western Healers in Traditional Chinese Medicine" by Xue-Juan Li and Hong-Yu Zhang, it states "today, a large number of TCM formulas contain Western drugs and approximately 10–30% of TCM therapeutics are based on synthetic chemicals" (Zhu, 2004).

It's obvious that alternative medicine is a thriving business and there is a massive market apart from mainstream medicine. Complementary and Alternative Medicine (CAM)

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and central nervous system events resulting from inappropriate use of ephedrine (New England, 2000). It is now highly regulated in the United States. The International Olympic Committee and the World Anti-Doping Agency (WADA) has placed it on their banned substance list when its concentration in urine is greater than 10 micrograms per milliliter (World, 2013).

Acupuncture in Athletics  
Many elite athletes over the years have used acupuncture as part of their sports medicine regimen. Matt Callison has a B.S. in sports medicine from San Diego State University, a master's in traditional Chinese medicine from the Pacific College of Oriental Medicine (PCOM), and is a professor at PCOM in San Diego, California. He has treated many elite athletes. One is Marcellus Wiley, a defensive end for the San Diego Chargers. Wily says the following about acupuncture, "I responded quickly and favorably to the treatment, it was refreshing to receive therapy that allowed me to sustain my health for the duration of a season and physically grueling career" (Pacific College, 2005). Another athlete, Baltimore Ravens safety Will Demps regards sports acupuncture as "a definite asset to his training" (Pacific College, 2005). Callison says, "By combining traditional Chinese medicine and sports medicine, the result is a unique blend of sports acupuncture and exercises that has a quick rehabilitation time" (Pacific College, 2005).

Mukaino Yoshito, M.D is a Professor of Sports and Health Science at Fukuoka University in Japan. He has practiced, documented, lectured, and written extensively on the benefits of acupuncture for elite athletes in pregame conditioning and recovery from fatigue. In his book, *Sports*

*Acupuncture the Meridian Test and Its Applications*, he explains how he uses acupuncture with a technique he has developed called the Meridian Test (M-Test). This technique is based on choosing acupuncture points along the meridians that relate to the somatic movement of the athlete; this is done by observing the athlete's range of motion as the athlete performs movements of his specific sport (Yoshito, 2008).

A survey conducted in the Department of Sports and Health Science at Fukuoka University found that 70 percent of those surveyed believed that fatigue from training was a major cause in sports injuries (Yoshito, 2008 p.58). In Yoshito's book he classifies the stages of injury as fatigue, leading to restriction of movement, which causes an imbalance, ending in an injury. He has found using acupuncture between the fatigue and restriction stages will interrupt the progression to the imbalance and injury stages (Yoshito, 2008, pp. 58-59).

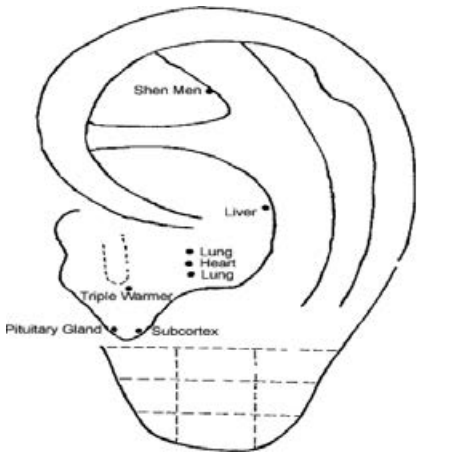
The first of two studies presented in this article, was published in *The American Journal of Chinese Medicine*. It chronicles the use of acupuncture in an athlete's recovery process. This study is called "Acupuncture Stimulation on Elite Athletes" (Lin, 2009). The subjects in this study were 30 male elite university basketball players with an average age of 21 years, height of 182cm and weight of 82 kg. They were organized into three groups with 10 subjects in each group. One group received the acupuncture points Pericardium 6 (Neiguan) and Stomach 36 (Zusanli). The second group received sham acupuncture points that were placed 1 cm away from PC6 and ST36. The third group, which was the control group, did not receive any

acupuncture. The test consisted of a stationary bike examination starting at a speed of 60 rpm, 120 Watts (W) which increased every 2 minutes by 30W. The subjects rode until fatigued. During the post exercise recovery period, data was collected at three different intervals: 5 minutes, 30 minutes and 60 minutes. The data that was collected was Heart Rate (HRmax), oxygen consumption (VO2max), and blood lactate. The subjects in the group that received acupuncture stimulation at the points PC6 and ST36 had notably lower HRmax, Vo2max and blood lactate at the 30 minute post exercise interval than the other two groups. The blood lactate in the acupuncture group continued to be lower at the 60 minute interval. There was no substantial difference between the three groups at baseline and after 72 hours of post exercise. At 72 hours post exercise the acupuncture group did have a lower perceived pain perception than the other two groups (Lin, 2009).

Table 2 is the data that was collected in the study from *The American Journal of Chinese Medicine*, Vol. 37, No. 3, (2009) p. 475

The second study that was published in *The American Journal of Chinese Medicine*, observed the use of auricular acupuncture in an athlete's recovery process. This study is titled "Effects of Auricular Acupuncture on Heart Rate, Oxygen Consumption and Blood Lactic Acid for Elite Basketball Athletes" (Lin, 2011). In this study, 24 male elite university basketball players with an average age of 21 years, height 184 cm and weight 82 kg were divided into two groups. The auricular acupuncture group (AAG) consisted of 12 subjects. The other 12 subjects were in the control group, called normal control group (NCG). The

test subjects rode a stationary bike until fatigued. During the post exercise recovery period, data was collected at three different intervals, 5 minutes, 30 minutes and 60 minutes. The data that was collected was heart rate (HRmax), oxygen consumption (VO2max), and blood lactate. The subjects in the AAG group received bilateral auricular acupuncture with magnetic stud patches put in place 30 minutes before the stationary bike ride and left in place until the post 60 minute marker. The Auricular points used were Shen Men, Heart, Lung, Liver, Triple Warmer, Subcortex, and Pituitary Gland.



(Lin, 2011, p.1134)

Subjects in the NCG group received 3 M tape instead of the magnetic stud patches. The 3 M tape did not have any auricular acupuncture stimulation effect on the NCG subjects.

The results of the experiment found that the AAG group had notably lower HRmax, Vo2max and blood lactate at the 30 and 60 minutes post exercise interval than the NCG group. There was not any substantial difference between the two

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Table 1. A Comparison of Cardiopulmonary Endurance between AAG and NCG			Table 2. A Comparison of Cardiopulmonary Endurance among Acupuncture Group (AG), Sham Group (SG) and Normal Group (NG)			
Variables	Acupuncture Group (AAG) Mean ± SD	Normal Group (NCG) Mean ± SD	Variables	Acupuncture Group (AG) Mean ± SD	Sham Group (SG) Mean ± SD	Normal Group (NG) Mean ± SD
HR (bpm)			HR (bpm)			
Rest	66.58 ± 1.37	68.3 ± 1.05	Rest	68.3±1.31	69.4±1.77	68.3±1.05
P5	121.5 ± 1.24	122.0 ± 2.08	P5	118.9±2.84	119.0±2.40	117.8±1.39
P30	80.25 ± 1.28a	83.4 ± 1.31	P30	80.0±1.24a	82.3±1.25	83.4±1.89
P60	73.08 ± 0.90a	75.25 ± 2.56	P60	75.2±2.69	75.6±1.64	75.8±1.68
VO2max (ml/kg/min)			VO2max (ml/kg/min)			
Rest	4.36 ± 0.14	4.38 ± 1.12	Rest	4.4±0.5	4.3±0.10	4.3±1.6
P5	22.91 ± 1.24	23.58 ± 1.62	P5	23.4±1.31	23.7±1.15	22.8±1.31
P30	7.25 ± 0.18a	8.07 ± 0.34	P30	7.37±0.35a	7.86±0.45	7.9±0.39
P60	4.18 ± 0.15	4.29 ± 0.15	P60	4.19±0.01	4.23±0.15	4.29±0.14
Blood lactic acid (mmol/l)			Blood lactic acid (mmol/l)			
Rest	0.85 ± 0.01	0.83 ± 0.01	Rest	0.83±0.01	0.82±0.01	0.8±0.01
P5	9.04 ± 0.15	9.00 ± 0.10	P5	8.65±0.17	8.45±0.10	8.54±0.28
P30	4.05 ± 0.17a	4.75 ± 0.12	P30	3.89±0.29a	4.78±0.16	4.74±0.12
P60	1.26 ± 0.01a	1.65 ± 0.13	P60	1.20±0.11a	1.62±0.11	1.67±0.14

Statistically significant (p < 0.05) when compared to NCG. (Lin, 2011, p.1135)

Statistically significant (p < 0.05) when compared with SG and NG.



ask, “why use evodia [fruit] (*wú zhū yú*) to warm up the spleen yang?” The answer would be, “to use the reverting yin to warm it up.” Similarly, Dr. Tan would often use the light nature of lotus leaf (*bé yè*) to lift the qì in cases of persistent diarrhea, as in the following case, in which a modified Mume Pill (*wū méi wán*) is used:

August 21<sup>st</sup>, 2012  
 Male, age 41

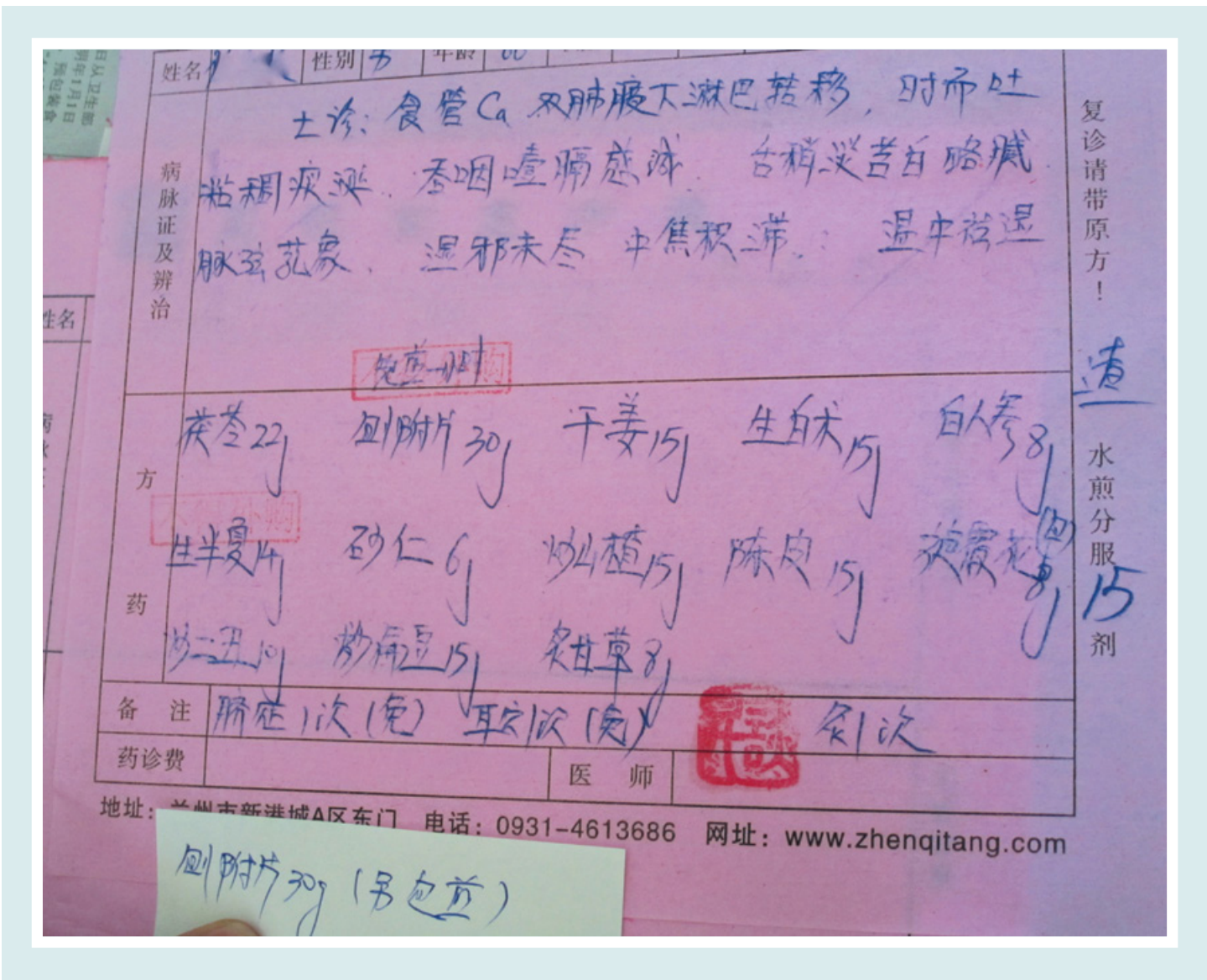
The patient has discomfort in the epigastrium, loud intestinal sounds, decreased appetite, and left rib-side pain. He has an aversion to cold and catches colds easily. There is fatigue and lack of energy, he sweats easily, and wakes easily during sleep. After eating oily food the patient has a tendency to have loose stools, and he is easily angered. The pulse is wiry-moderate (弦缓), the left *guān* position has tension and is not soft (左关不柔). The tongue is pale, and the tongue coating is thick in the middle and slightly yellow. The patient’s lips are red, and his cheeks are also slightly red.

Prescription: mume fruit (*wū méi*) (18g), dried ginger (*gān jiāng*) (10g), coptis (*huáng lián*) (5g), scutellaria (*huáng qín*) (4g), zanthoxylum (*chuān jiāo*) (1.5g), cinnamon twig (*guì zhī*) (15g), asarum (*liáo xì xīn*) (8g), white ginseng (*bái rén shēn*) (8g), blast-fried aconite (*pào fū piàn*) (10g), stir-fried lablab (*cháo biǎn dòu*) (15g), poria (*fú líng*) (15g), lotus leaf (*bé yè*) (8g), prepared licorice (*zhì gān cǎo*) (8g).

Prescription: Five packets of herbs; three acupuncture visits; two applications of herbal paste to the umbilicus.

Dr. Tan routinely uses Zhang Zhongjing’s formulas, but with characteristic modifications from his years of experience and in accordance with a patient’s progress. Frequently used base formulas include: Channel-Warming (Menses-Warming) Decoction (*wēn jīng tāng*), Minor Green-Blue Dragon Decoction (*xiǎo qīng lóng tāng*), Coptis Decoction (*huáng lián tāng*), Aconite Center-Rectifying Decoction (*fù zǐ lǐ zhōng tāng*), Center-Rectifying Decoction (*lǐ zhōng tāng*), Cinnamon Twig, Dragon Bone, and Oyster Shell Decoction (*guì zhī lóng gǔ mǔ lì tāng*), and others.

Each day one or two cancer cases are seen in the clinic, and over the years Dr. Tan has treated many types of cancer with traditional methods. In a single day at Zhen Qi Tang, a patient with laryngeal cancer was seen, and one with advanced breast cancer. Over the past two years, about 90



cancer patients have gotten regular treatments at Zhen Qi Tang. Dr. Tan has experience with lung cancer, liver cancer, cervical cancer, rectal cancer, kidney tumors, leukemia, stomach cancer, breast cancer, pancreatic cancer, throat cancer, bone cancer, and large intestine cancer. One patient, a woman, age 50, had liver cancer and cirrhosis from Hepatitis B, which she contracted at a young age. She presented with an enlarged abdomen, dark facial color, and emaciation. Other hospitals wouldn’t accept her for treatment, but Dr. Tan gave her an herbal prescription to treat the ascites. After two doses of herbs, the abdominal fluid volume decreased by two thirds. Another patient, a 70 year-old woman, was stricken with lung cancer that had metastasized to the bone. She was in severe pain, which was not well controlled. Her pain lessened with treatments at Zhen Qi Tang and she continued to see Dr. Tan for ten years, until dying in 2012 at age 80 of heart failure. In these cases, Dr. Chen emphasizes that the focus of traditional Chinese medicine is on the person, not on the disease.

Dr. Chen explains that patients who get chemotherapy treatment tend to suffer more, but treatment with Chinese medicine helps them to be more comfortable. Breast cancer patients are often treated with moxabustion and breast massage, and they get better results in patients who have not undergone surgery, as scar tissue impedes the circulation locally.

Moxabustion treatment usually consists of the points: CV-4, CV-3, CV-7, CV-12, *zǐ gōng*, and ST-29. The extra point *zǐ gōng* is supplemented, as the “breast is related to the uterus.” He notes that according to the “Yellow Emperor’s Inner Canon,” if the uterus has enough blood, the blood can go to the breast to make milk. Accordingly, nurturing post-natal essence from the spleen and stomach is important to a patient’s recovery, as she must have the material substance to support the recovery procedures. Dr. Chen has observed that the majority of breast cancer patients seen at Zhen Qi Tang can survive and maintain their health for many years.

In another case, a 58 year-old male presented with lung cancer. He had undergone surgery and was suffering from oppression in the chest (胸闷). He wasn’t able to sleep well. His face was dark and his build was slim. The diagnosis was blood stasis and cold-dampness in the chest; Dr. Bao explained that in this case, the root was vacuous and the branch was replete. The treatment principle was to warm the lung and transform rheum (温肺化痰), promote qì absorption, and calm panting (纳气平喘).

The prescription, Minor Green-Blue Dragon Decoction (*xiǎo qīng lóng tāng*), was modified as follows: raw ephedra (*shēng má huáng*) (10g), cinnamon twig (*guì zhī*) (15g), white peony root (*bái shāo*) (15g), dried ginger (*gān jiāng*) (18g), asarum (*xì xīn*) (12g), raw pinellia rhizome (*shēng bān xià*) (15g),

prepared schisandra [berry] (*zhì wú wèi*) (15g), crude dragon bone (*shēng lóng gǔ*) (20g), raw oyster shell (*shēng mǔ lì*) (20g), red ginseng (*bóng shēn*) (9g), ginko nut (*bái guǒ*) (8g), coltsfoot (*kuǎn dōng huā*) (10g), aster (*zǐ wǎn*) (10g), cornus fruit (*shān zhū yú*) (30g), and prepared licorice (*zhì gān cǎo*) (8g); four packets were prescribed. When the patient returned, all the symptoms were less pronounced, and five packets of the same formula was prescribed, with ginko nut (*bái guǒ*) removed and blast-fried sliced aconite [accessory root] (*pào fū piàn*) (20g) added. On the third visit when five more packets were given, coltsfoot (*kuǎn dōng huā*) and aster (*zǐ wǎn*) were removed, and ginko nut (*bái guǒ*) was added. On the fourth visit, the cough was less pronounced and the patient could lie down, although he was tired. Six packets of Minor Green-Blue Dragon Decoction (*xiǎo qīng lóng tāng*) were given, with the additions of crude dragon bone (*shēng lóng gǔ*) (20g), raw oyster shell (*shēng mǔ lì*) (20g), white sliced aconite [accessory root] (*bái fū piàn*) (20g), ginko nut (*bái guǒ*) (8g), and earthworm (*dì lóng*) (8g).

On the fifth visit, he had chemotherapy and was tired, could not eat, and had insomnia. Five packets of a modified Aconite Center-Rectifying Decoction (*fù zǐ lǐ zhōng tāng*) were prescribed: blast-fried sliced aconite [accessory root] (*pào fū piàn*) (24g),

continued on page 31



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is becoming a fully accepted and integrated form of healthcare. CAM is one of the fastest growing areas of healthcare and people are spending billions of dollars of out-of-pocket expenditures to reap its benefits. CAM therapies are estimated to be \$34 billion annually in the United States, so it's not surprising that large companies such as Nestle are partnering with Chi-Med, one of the world's largest research and development companies for developing herbal medicine. Chi-Med's chairman, Li Ka-shing, is Asia's richest man. Nutrition Science Partners Ltd, a fully owned subsidiary of Nestle, will have access to Chi-Med's massive botanical library and research to formulate and patent new proprietary drugs such as the development of HMPL-004, an extract of the Chinese herb "Chuan Xin Lian" or "Andrographis paniculata."

The Western approach is to reduce to the furthest degree in order to understand the smallest components until arrived at the very essence of how something works, but Chinese medicine has never worked that way. It follows an integrated approach that treats every patient as unique and as a whole. When you are treated by a TCM herbal practitioner, they don't simply ask you your symptoms and give the appropriate herbs that are appropriate for your ailments. They take time to understand the root

causes of your illness and how it fits into larger patterns of health. It's not that your symptoms are disregarded, but are seen more as a piece of vital information that paints a larger picture of health. Of course, there are many examples of Chinese herbs that empirically treat specific diseases, but to follow this prescription method alone would be missing the point of treating the underlying problem and not the quarantined symptoms.

#### THE TRADITIONAL CHINESE HERBAL WAY

Chinese herbal medicine is traditionally an energetic medicine. Since the ancient Chinese didn't have modern equipment to understand the chemical composition of herbs, they had to rely upon their intuition and their own understanding of how the herbs affected the body. Their early discoveries were passed along for thousands of years and applied to millions of human trials. This ongoing tradition brought about the evolution of a sophisticated system of diagnosis and herbal medicine.

There are hundreds of Chinese herbs in a typical pharmacy. On average, there are about 300 to 450 single herbs in stock. From this vast collection of single herbs, a Chinese herbalist has hundreds of standard formulas at their disposal, each of which can be modified to fit a patient's individual pattern of disharmony. Often,

a traditional herbal formula is used as a foundation and other specific herbs are added to fit the individual's complaint and constitution. The herbalist will decide the right formula based on the diagnosis, using the patients tongue and pulse, and asking a series of questions to understand the patient's disharmony.

The most common ways of prescribing Chinese herb formulas are either to make a decoction, simmered for about an hour or making honey-bound pills with the decoctions. These days, people can decoct the herbs at home or have a herbal pharmacy complete the task for them. The modern method to replace older formats is to use granular powders and tablets or capsules.

The classic canons of traditional Chinese herbal formulations are significant to many practitioners of TCM. The authors and books that they came from are still revered for their beauty, sense of balance, and medical knowledge. Some people consider the way the herbs complement and fit together as gospel. Others believe that when all the single herbal components are decorated together, they form an entirely new chemical substance. These formulas are tried and true throughout a long history of use and understanding of how they affect the body and are not to be deviated or altered. The avoidance of alteration is sensible, as it is one of the main reasons many

people are attracted to TCM in the first place; the idea of something older and much bigger than our own time. Through thousands of years of trial and error, TCM has lead us to a deeper understanding and knowledge of medicine that is not only safer than the majority of Western remedies, but sometimes even more effective.

Many lament the loss of a tradition and balance in the older formulas for the new chemical understanding of how certain drugs work. Traditionally, formulas were designed with inherent safety devices. For instance, if a formula was meant to dry the body, there was an herb included to also moisten, as to prevent the formula from over drying. TCM formulas are full of examples such as this and are always looking to find balance while ensuring safety. It would be a shame if the future of TCM followed down the path of western pharmaceuticals and became simply reduced to the sum of its parts, leaving behind its history, legacy and true meaning. **OM**

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**PETER D'AQUINO, LAc** is a Licensed Acupuncturist in the State of New York and is nationally board certified in Oriental medicine by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). He completed the intensive four-year Master of Science of Traditional Oriental Medicine program at Pacific College of Oriental Medicine in New York City (PCOM-NY).

#### A FEW CLINICAL TIPS FROM TAIWAN continued from page 1



sensation at the skin's surface and dramatically increases one's control of the needling site. I've found it to be very helpful, and several of the students at the PCOM clinic that I shared the advice with found it helpful as well.

Another helpful exercise Dr. Chen recommended to me regarded qi sensation. He would have me practice needling and obtaining qi at the superficial level, then at the mid level, and finally at the deep level. In other words, the exercise was to achieve qi sensation at three different layers of depth, paying attention to the differences in the sensation between the levels. Throughout this process, he was adamant that I didn't lose the qi sensation. The goal is to feel the qi through the needle superficially, then maintain continuity of that sensation as you sink the needle into the two successive deeper levels. I found that this exercise really helped me to develop sensitivity with the qi sensation.

In Asia, the general trend is to teach little until a student demonstrates dedication and sufficient background knowledge to merit the lesson. In the West, we favor free sharing of information and students

show up to class demanding to learn the goods. Obviously, education suffers a bit at both extremes of the spectrum, from the traditional martial arts style school of hard knocks to the Western style of just showing up and paying tuition. In any culture, most teachers love to teach and most students love to learn, and the ability to form a relationship and come together is where the true magic of Chinese medical education lies. **OM**

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**ERIC BRAND, LAc** is 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.



# PACIFIC COLLEGE STAFF ACKNOWLEDGEMENT PROGRAM

Since January, 2012, the Pacific College Staff Acknowledgment Program has featured shout-outs to its amazing staff members in each spring issue of the OM Newspaper.

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.” Says Elaine Gates-Miliner, Vice President of Operations and San Diego Campus Director.

PCOM is grateful for its motivated and talented staff members, many of who have been with the college for over a decade, and looks forward to growing its PCOM family over the many successful years to come. PCOM plans to feature staff milestones in each OM Newspaper issue going forward.

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CORONA, NAYELI .....	9	VOGT, GAIL .....	5	ANDREWS, CATHY D .....	1
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LEYVA-PADILLA, BRENDA .....	6	RENDON, OLYMPIA A .....	2	ZIEBER, DEANNA G .....	1
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dried ginger (*gān jiāng*) (8g), white atractylodes [root] (*bái zhú*) (15g), red ginseng (*bóng shēn*) (10g), prepared licorice (*zhì gān cǎo*) (15g), amomum [fruit] (*shā rén*) (6g), stir-fried crataegus (*chǎo shān zhā*) (15g), stir-fried barley sprout (*chǎo mài yā*) (20g), cinnamon twig (*guì zhī*) (15g), cuscuta seed (*tū sī zǐ*) (15g), psoralea [fruit] (*bù gǔ zhī*) (15g), and cornus fruit (*shān zhū yú*) (30g). By the next

visit, the patient had stopped chemotherapy treatment and he could eat. Dr. Bao went on to explain five subsequent modifications, after which the patient was well enough to take Aconite Center-Rectifying Pills (*fù zǐ lǐ zhōng wān*).  
At Zhen Qi Tang, the classical approach to Chinese medicine is fairly pure. Dr. Tan stays close to the traditions and ancient texts. He con-

tinues to study the classics and relate them to his clinical practice. Each patient is viewed within the framework provided by the canonical texts of Chinese medicine. However, it is not only knowledge of classic texts, but also Dr. Tan's prioritization of balance, movement, and natural rhythms that define the clinic. He models the tenet that through cultivating one's qi, one's pulse taking

and acupuncture skills can improve. The clinic is an ever-developing place, where Dr. Tan both provides medical care and trains other practitioners in his style, which has been refined by experience over time. This article touched on only a few cases to show Dr. Tan's approach to prescription writing, which is a daily, vital activity that serves the people of Lanzhou. **OM**



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groups at 5 minutes of post exercise interval (Lin, 2011).

The results of both the above studies found that acupuncture does have an effect on the recovery process in athletic performance.

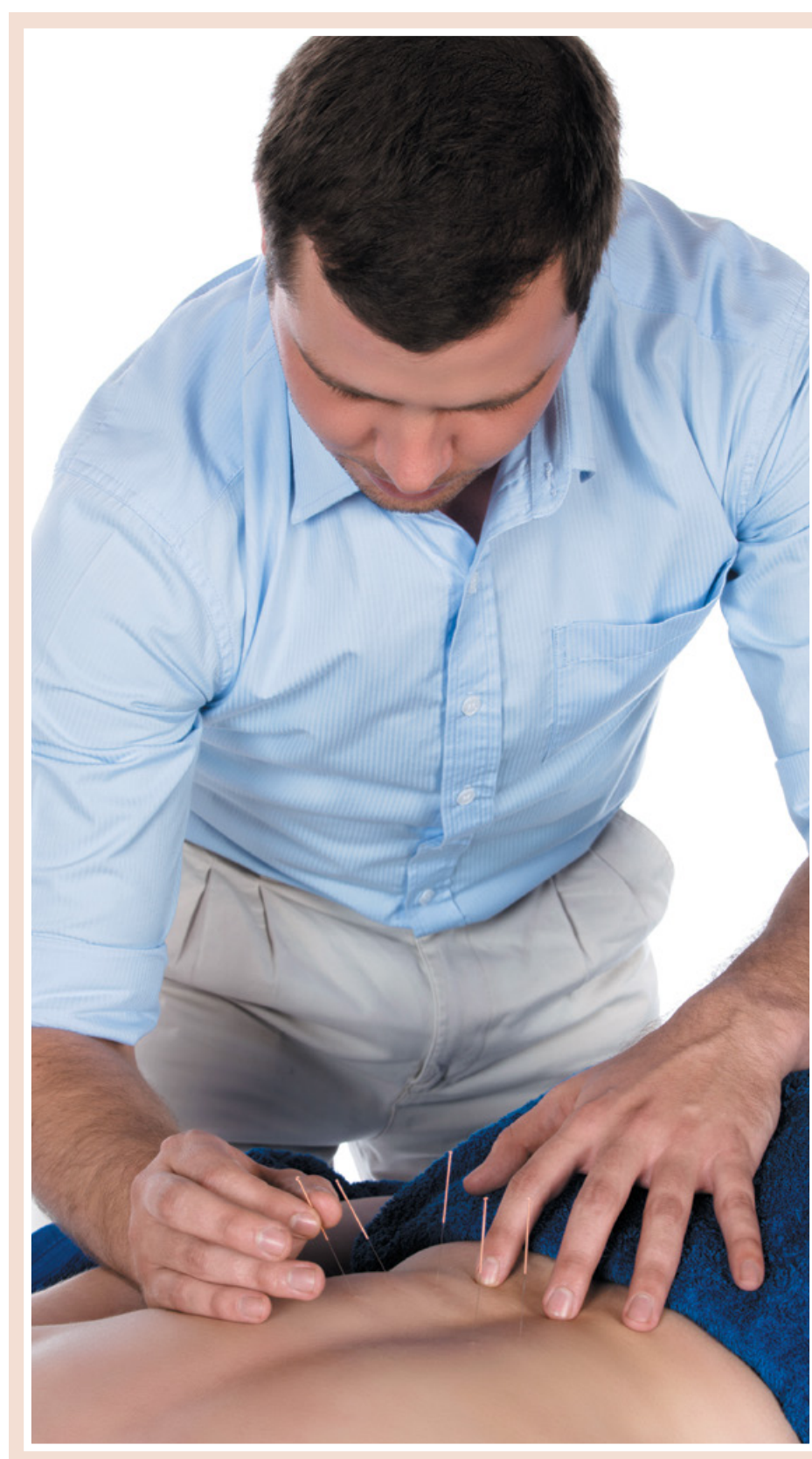
## DISCUSSION

In both studies of elite basketball athletes the measurement of HRmax, Vo2max and blood lactate during each phase of recovery, utilized an effective method of analyzing and comparing data. In the first study, the group that received acupuncture had lower HRmax, VO2max and blood lactate levels during the recovery process at 30 minutes and at 60 minutes. After 72 hours all groups returned to the same levels they had at baseline. The only difference was that the perceived pain perception from the group that received acupuncture was notably lower. Perceived pain perception is a subjective form of measurement, which makes it less reliable under scrutiny. This study demonstrates that acupuncture does have an effect on the athlete in the beginning stages of the recovery process. One of the drawbacks of the study was the sample size of only 30 subjects. Some areas in the article that described the study were unclear. For example, it did not specify how the acupuncture was administered, what types of needles were used, how long the needles were retained, and what the depth of insertion was. Studies such as these merit further research with the utilization of a greater number of test subjects. This would give a more accurate representation of the modality of acupuncture and athletic recovery.

Dr. Yoshito has been using acupuncture on athletes for over 20 years and has found it to be beneficial in conditioning, performance and recovery from fatigue.

Matt Callison has found that using acupuncture in combination with long established sports physiology modalities can quicken rehabilitation time for the athlete.

I too have a master's in acupuncture and have had the privilege to successfully treat a three-time Olympic biathlon skier, a national college rodeo finalist bronco rider, a college National Collegiate athletic Association (NCAA) Division 1 woman's basketball player, world-class swimmers, skiers, runners, bicyclists and tennis players. Some of the injuries I have treated are trauma, and overuse such as sprains, strains, tendonitis, bursitis, tennis elbow, and carpal tunnel. Acupuncture is not only effective for pain. It also helps with insomnia, anxiety, and digestive problems, which can sometimes affect an athlete's performance ability. Athletes have told me that they feel an in-



creased clarity, an inner calmness, and more centered after an acupuncture treatment.

## CONCLUSION

There is a place for acupuncture as an adjunct therapy when combined with other sports medicine modalities. Acupuncture is a drugless form of medicine and with elite athletes having to be drug tested for their sport, acupuncture can be an optimum treatment for them.

From my research and personal experience, acupuncture has been found to be beneficial for prevention and rehabilitation of sports injuries. For prevention, it has been shown both subjectively (rate of perceived exertion reported) and objectively to help with muscle fatigue after exercise. For rehabilitation, it has been shown to assist in the recovery process. Although it is not a mainstream

protocol in sports medicine, it is being used in conjunction with other modalities by a small number of elite athletes. In order for it to become recognized and utilized in sports medicine, there needs to be further research consisting of a greater number of test subjects done in an academic setting with peer review. Additionally, appropriate protocols and standardizations will need to be put in place in order for it to be accepted as a viable sports medicine therapy. **OM**

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how to use it as a result of how odd she would feel using the pachi-pachi in front of her patients. After she

started her own practice, she came to me and asked me to please teach her, as there was no other technique

she could find to replace its effectiveness. Her patients seemed more concerned with positive results than the awkward procedure.

The steps of the procedure are as follows: with the patient sitting, place a silver chain around their neck, and attach the red and green clips of a three-way ion chord to the chain, with each color on opposite sides of the throat. Secure a strip of aluminum foil, about 2 inches wide, all the way around their neck, over top of the chain and the two clips. Piecing together the foil's end to another strip is usually necessary for a piece of foil long enough to encircle the neck (a piece of tape is handy to hold it loosely in place). Thin foil will conduct better than thick foil. Next, insert (on one side only) a fine needle just behind the patient's earlobe in an upward direction. It doesn't matter which side the needle is on or which side the migraine is on. Attach the black chord to the base of the pachi pachi, and spark the needle with the pachi pachi for about seven seconds. Then you can remove the whole apparatus.

At this point, the acute migraine spasm should be over, but the majority of migraine patients will still have a tight feeling residing in some area on their scalp. Allow the patient to show you where the tightness resides. Take just the pachi-pachi and touch the spark to the scalp over this area for a few moments until that sensation has dissipated as well. The touch of the pachi-pachi spark releases tight tissues without attaching it to anything at all. For instance, sparking the skin on the area near GB 21 when someone has a frozen shoulder will soften the tension and increase mobility. To secure the effect of the

pachi pachi treatment, the patient should rest, either by going home to their own bed or napping on a treatment table.

There are other closely related treatments developed by Kawai, such as the one for thyroid dis-regulation, as both hyperthyroid and hypothyroid are balanced by it. The chain used for the thyroid dis-regulation contains Kawai's patented diodes. The point location for the thyroid, called Master Kawai's special ear point (or Eustachian tube point), is behind the ear, slightly higher, and under the ligament that is found behind the middle of the ear when you bend the ear forward. The stimulus for the thyroid treatment is a spark that lasts for one or two seconds-- not for a full seven seconds. Although the patented Venetian silver chain with six of Kawai's diodes was originally suggested, the thyroid treatment and the migraine treatment have both worked successfully with a plain silver chain.

The technique itself is similar to a usage of a historical machine called a Hibiki 7, which Kawai taught me how to use. I attended a seminar by Kawai, hosted by Kiiko, in San Francisco in April 2000. Kawai interchanged the pachi-pachi and the Hibiki in many treatment protocols to stimulate chords and points. He taught a usage for the Hibiki 7 with a 7 second stimulus behind the ear lobe attaching the black chord to one of his patented diodes on a local point for toothache. At this time, the Hibiki 7, is not for sale (at least to my knowledge). However, for those of you who do own one, the Hibiki 7 migraine protocol is as follows: The round knob for intensity is turned to maximum, the black clip is attached to the chain around the neck that is covered in foil, the red handled probe is held just behind the ear lobe (directed upwards). As pressure is applied to the probe, a high-pitched sound will continue to increase as the pressure becomes greater. When the highest pitch is heard, hold that location for 7 seconds and then the spasm of the migraine is gone! The crucial component is that regardless of the chosen devices, the stimulus arrests the migraine spasm and the outcome is successful. **OM**

**HOLLY GUZMAN** graduated from New England School of Acupuncture in 1979. Since that time, she has enjoyed ongoing studies with Kiiko Matsumoto. Her applied clinical studies also include working with Ted Kaptchuk, Miriram Lee, and Jeffery Yuen. Holly has been teaching acupuncture at Five Branches University since 1984, the same year she began her practice in Santa Cruz, CA. The seminars she teaches, hosts, and offers on-line can be found at [www.HollyGuzmanSeminars.com](http://www.HollyGuzmanSeminars.com).

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compelled to reach out to and then retreat from the world around them. Many feel porous and compensate by becoming tough, as Suzanne did. She ignored her sensitivity by working harder and staying goal-oriented.

"My husband complains that I work too much and then crash," she admitted. "But if I am not engrossed in my work I am just not comfortable. I feel overly stimulated." Structure and plowing through life were easier for her than feeling as deeply as was her natural inclination.

I felt comfortable suggesting that the acupuncture treatments may have been too strong for Suzanne. Though her pulses were "vital enough" to receive the work, being "sensitive" meant that a much lighter treatment would have been "digested" better. Her body had been given more information, too many instructions by the needles than it could work with, even though her qi was strong. If the liver doesn't break substances down quickly, from the physiological perspective, it doesn't break experiences, emotions or instructions from needles down quickly from the energetic perspective.

Just as Suzanne reported feeling noticeably better a few weeks after

those three treatments were over, a sensitive person can feel the negative effect and then begin to feel better, even substantially improved, a few days to a few weeks after the acupuncture is administered. Once the body has digested the work, it can begin to benefit from it, but there can be a big tummy ache (metaphorically speaking) first.

#### RESPONDING TO SENSITIVITY

People respond differently to sensitivity. Some use it to their advantage as the nourishment for their creativity while others feel plagued by it.

They may live on emotional roller coasters, barely getting over one affected reaction before encountering another. This can support artistic expression and human intimacy or it can be over-stimulating. Sensitive people may become self-protective, reclusive or routine based. On the positive side, they gain pleasure from the small blessings of life, tend to be intuitive, and enjoy helping others.

Some sensitive types disguise their innate natures by toughening up, as Suzanne did, going so far as to build their entire life structures around avoiding their empathetic na-

\* It's easy, as a practitioner, to miss how physiologically and energetically sensitive someone may be *especially if they show a strong demeanor or pulse/tongue picture. Many sensitive types do present this way.*

tures. They marry people who don't "go deep," choose careers that keep them very busy, and may build lives in opposition to what they truly need. All this compensatory activity is an expensive use of qi, but if you grow up feeling deeply in an environment that doesn't understand or discourages it, what is a child to do? Just suffer alone? Yes, often that is the case.

Having worked with many elite level amateur and pro athletes, I can inform you that some of them compensate for their sensitivity by building muscles. The "shield" built by the musculature can easily mislead practitioners as to the weakness and porous nature in some patients' energetic profiles and personalities.

As a practitioner, it's easy to miss how physiologically and energetically sensitive someone may be, especially if they show a strong demeanor or pulse/tongue picture. A myriad of sensitive types present this way on a regular basis.

#### CHANGES IN SENSITIVITY

Sometimes people become sensitive as the result of an event or trauma. Bob was born with a genetic defect and had known for years that open-heart surgery would eventually be necessary. Months prior to surgery, he had begun incorporating acupuncture and herbs with a seasoned practitioner, had gone through dietary detoxification, and had reworked his schedule to give himself sufficient recovery time without pressure. Sherry, his acupuncturist, arrived at his home two weeks after he returned from the hospital to give him his first post-surgery treatment. She was careful not to over-stimulate him. Unfortunately, the condition of his qi had changed more dramatically than expected after the surgery, and his entire personality would, over time, reflect that. The treatment was much too strong and he felt pain and fatigue for weeks.

Since Bob and I had been friends for a long time, he listened to my explanation as to why things had gone as they had. He allowed me to treat him a month later, and by working with his surgical after-effects and his newly developed sensitivity, I was able to help him improve quickly.

In Suzanne's case, when I explained to her why the acupuncture might not have given her the results she wanted, the firmness in her demeanor began to soften and her expression turned from one of serious-

ness to relief. Sensitivity was a concept she had never heard of before and she was grateful to learn that she might not be "abnormal," as she had always felt herself to be. During the course of our conversation she began seeing how she had built her life infrastructure to avoid feeling her sensitivity.

"The acupuncture can be very helpful for you if less work is done each time," I said. "If you try acupuncture again ask for 'half' or 'mild' treatments. In your approach to life, recognize that you feel things very deeply and that this is perfectly fine. You don't need to build a fortress of activity into your day to fend off feelings and what is true for you."

I received an email from Suzanne last week, which is why I was inspired to write this piece. Her husband had asked her to thank me. "I'm chewing my food 10 times per bite as you suggested," she wrote. "I'm relaxing more and my half-treatments are helping me feel so much better."

How blessed are we to have a positive impact. One of the greatest gifts of our work is that we have the ability to change lives by sharing our knowledge, even in unplanned circumstances. Taking the time to learn more about "sensitive people" can increase the blessings you bring to those who cross your path; it may even help you better understand yourself.

My dear friend, Judith Orloff, released a wonderful book on this subject entitled "Emotional Freedom." Many of my sensitive patients have benefited by it and perhaps it will serve you and yours as well. **OM**

**FELICE DUNAS, LAc, PhD** is an internationally acclaimed lecturer and educator. Dr. Dunas was awarded with the title "Acupuncturist of the Year" by the Association of Acupuncture and Oriental Medicine" AAAOM, in 2002 for single-handedly introducing the subject of human sexuality to the OM profession. Among the first non-Asian acupuncturists in the United States, she has worked in her field since 1970. Dr. Dunas has developed an extensive private practice in the Los Angeles area utilizing both Westerns and Chinese medical techniques and has taught for the industry for 30 years. Additionally, she is a public speaker, consultant and executive coach to corporate and healthcare industry CEOs and has lectured in over 70 countries around the world. Dr. Dunas is the author of *Passion Play: Ancient Secrets for a Lifetime of Health and Happiness Through Sensational Sex* ((Penguin-Putnam).



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# *Chinese New Year* **YEAR OF THE HORSE**

**T**he Year of the Horse has arrived! On January 31, 2014, the Chinese New Year celebration began, complete with gorgeous hanging lanterns, traditional lion dances, and incredible firecrackers. In essence, Chinese New Year is about spending time with family, gift-giving, and the much-anticipated holiday feast.

The history of Chinese New Year spurs from legends that have been passed down over centuries about a mythical lion-like beast that preyed on villagers. This beast was known as “Nian,” which in Chinese is translated to “year.” Legend has it that a wise man told the villagers that the only way to conquer the evil Nian was to make loud noises with drums and firecrackers and hang red paper cutouts and scrolls on their doors as Nian was scared of the color red. The villagers did just as the wise man said and the beast was defeated. Each year, the Chinese celebrate the passing of the Nian and welcome a new beginning. It’s because of this myth that the color red and fireworks are still widely used as traditional New Year’s décor.

The Chinese Lunar New Year is the longest chronological record in history. The beginning of each year is determined by the cycles of the moon, thus the beginning of the year can fall anywhere between late January and the middle of February. It takes 60 years to complete a full cy-

cle, and each cycle is broken up into five smaller cycles of 12 years each.

Each of the 12 years is named after a specific animal. According to ancient myth, Lord Buddha summoned all the animals of the world to come and bid him farewell before he left earth. Only twelve animals came, so he named a year after each one as a reward. The Chinese believe that the animal ruling each specific year has a profound influence on the personality of those born in that year.

2014 marks the Year of the Horse, the sixth animal in the 12-year cycle. People born in 1918, 1930, 1942, 1954, 1966, 1978, 1990, 2002, and 2014 are Horses. According to the Chinese Zodiac, Horses are excellent communicators and it is often left up to them to communicate an issue within their community. They are natural mediators, and they enjoy being in the limelight. It’s important for those under this zodiac sign to develop a way to express themselves, whether it’s a form of art, writing, or speech. Horses love their freedom and self-expression.

Horses are kind by nature, clever, cheerful, and talkative. Because the horse is associated with the Earth element, people born under this sign can also be stubborn. Horse people enjoy the finer things in life and must work harder than most to save money and avoid being wasteful. Despite this, Horse people are often associated with luck and are thought to

lead charmed lives. With their sunny outlook and vivacious personality, Horses are loved by many and are often the life of the party. The horse has been venerated in China because important battles were won due to the power of the horse.

The year of the Horse also symbolizes the seventh earthly branch in Chinese medicine and is associated with June, the fifth lunar month—and the sign of Gemini, the Horse’s Western astrological counterpart. According to Chinese astrology, Horse years are considered fortunate and active. Chinese astrologers anticipate big changes around the world in 2014, from the appearance of innovative new ideas to changes in policy or lifestyle norms.

However, in China, people don’t just celebrate the New Year if it pertains to their zodiac animal—the Chinese New Year is a major public holiday, and its traditions trace back more than 4,000 years. There is much preparation that goes into this celebration each year. Cleaning house is one of the most customary ways to ring in the New Year. The Chinese believe a thorough house cleaning (including repainting doors and window panes) will sweep away any traces of bad luck that may have accumulated over the past year. After the cleaning, people will decorate the house to welcome new beginnings. The majority of the New Year decorations are red and the most popular decorations

are upside down fu, dui lian, lanterns, year paint, and papercutting.

In addition to good luck and fresh starts, the Chinese New Year is a time to be with family and friends (another reason to clean the home before the guests arrive!). The Chinese New Year is about reconciliation. Making peace and casting aside old grudges is paramount to beginning anew. The New Year is considered the ideal time to dismiss resentment and feelings of ill will.

Families unite over dinner, which is usually a feast of seafood and dumplings, signifying various good wishes. Some of the delicacies include prawns for happiness and fish dishes to bring good luck and prosperity. After the New Year’s Eve stroke of midnight, fireworks are launched to celebrate the coming New Year. Like the color red, fireworks are also a symbol of driving away evil, traced back to the legend of “Nian.” It is believed that the person who launches the first fireworks will have good luck.

Regardless of how each person honors and celebrates the New Year, the goal is unanimous: to have a fortuitous and happy year. The Chinese New Year is truly an illumination of the rich traditions and values of Chinese culture. Now it is time to honor the past and ring in the Year of the Horse. Gung Hay Fat Choy! Best wishes and congratulations! Have a prosperous and good year! **OM**



More at this reference:  
<http://livertox.nlm.nih.gov/Acetaminophen.htm>

IBUPROFEN BASED NSAID'S

Upset stomach or indigestion is the common side-effect with Ibuprofen based NSAIDs. Hundreds of thousands of hospitalizations result each year from overuse of these drugs, many from unnecessary prescriptions. The most common gastrointestinal (GI) problems include nausea, vomiting, heart burn, bleeding stomach ulcers, and diarrhea. Ibuprofen is now required to have the strongest warning given by the FDA on all their products. It's called a "Black Box" warning and looks like this:

BLACK BOX WARNING ON IBUPROFEN PRODUCTS

CARDIOVASCULAR RISK  
may incr. risk of serious and potentially fatal cardiovascular thrombotic events, MI, and stroke; risk may incr. w/ duration of use; possible incr. risk if cardiovascular dz or cardiovascular dz risk factors; contraindicated for CABG peri-operative pain

GI RISK  
incr. risk serious GI adverse events incl. bleeding, ulcer, and stomach or intestine perforation, which can be fatal; may occur at any time during use and w/o warning sx; elderly pts at greater risk for serious GI events

GI RISKS

GI bleeding, ulceration, and stomach or intestinal perforation (which can be fatal) may occur at any time and without warning.

Because NSAIDs work well at reducing inflammation in the body by inhibiting prostaglandins, they also inhibit prostaglandins which are beneficial in our GI tracts. This causes an increase in gastric acid and or the stomach acid that rises to our esophagus which we know so well as heart burn or Gastro-Esophageal Reflux Disease (GERD).

This has been such a common side effect of NSAIDs in fact, that many manufacturers have now created new pills with an "enteric-coating" to minimize GI symptoms. These newer pills don't dissolve in the stomach, rather they begin dissolving in the large intestine in an effort to reduce the risk of stomach ulcers. Unfortunately, these newer pills have other side effects in the large intestines. Bloody diarrhea was noted in a study done in Feb. 2010 on some of the newer NSAIDs. Another recent study showed over 5 percent of patients taking NSAIDs have sustained damage to their small intestine.



\* OUR LIVER IS, THEREFORE, VERY IMPORTANT IN MENSTRUAL BLOOD FLOW. *Limiting your use of NSAIDs may be one of the changes you make to improve your health and well being.*

Ibuprofen NSAIDs should not be used by those suffering from Inflammatory Bowel Disease, Crohn's Disease or Ulcerative Colitis due to their tendency to cause gastric bleeding and form ulceration in the gastric lining.

The use of NSAIDs (except for low-dose aspirin) has been associated with a more than 10-fold increase in heart failure. NSAIDs are also estimated to be responsible for up to 20 percent of hospital admissions for congestive heart failure.

I could not possibly list or site all the studies that have been done on NSAIDs, but it's easy to look them up at [www.pubmed.com](http://www.pubmed.com), the largest medical database in the world. Many articles or short abstracts are free. Simply type in "NSAIDs" on Google or [pubmed.com](http://pubmed.com) and start reading; you could read for days. NSAIDs are also associated with kidney problems which can result in high blood pressure and water retention. NSAIDs can become toxic to the kidneys if taken concurrently with prescription drugs such as an ACE inhibitor and a diuretic - the so-called "triple whammy" effect. These agents have been shown, quite ironically, to actually increase inflammation (the very thing it's used to treat) when combined with exposure to sunlight.

NSAIDs should never be used during pregnancy, particularly during the 3rd trimester. Other common adverse reactions to NSAID's include

higher than normal liver enzymes, constipation, headaches and even allergies.

The goal here is not to scare you from ever taking an OTC NSAID ever again... but to impress upon you that just because it's OTC doesn't mean it's completely safe. Depending on your own use and dosage, side effects can be minimized and these products can be used safely. However, you should be aware that the use of NSAIDs to manage severe menstrual pain each month does carry risks.

A good night's sleep is always a great answer to pain and stress. A trip to a spa would surely help, but it's not always possible. Before you pop that NSAID for a headache or joint pain or period pain, ask yourself where the pain started. What or where did it emanate from? Was it emotional or a fight with a friend? Was it physical such as an over-worked body? Your body often inherently knows these answers. Key into your own intuitive self and you may be able to CHANGE the behaviors that are requiring you to pop the NSAIDs in the first place.

One last comment on NSAIDs from an Eastern medicine point of view: we want to minimize liver congestion. Soothing liver qi and moving liver blood is a very important concept in Oriental medicine. Our liver is the main organ that cleanses our blood and metabolizes

every drug we put in our body, including NSAIDs. Our liver is therefore very important in menstrual blood flow. Limiting your use of NSAIDs may be one of the changes you make to improve your health and well being. I will cover the topic of liver health in the chapter on Oriental medicine. **OM**

NIH reference for ibuprofen: <http://livertox.nlm.nih.gov/Ibuprofen.htm>  
NSAID info graphic here: [www.mercola.com/infographics/nsaids.htm](http://www.mercola.com/infographics/nsaids.htm)

**CATHY MARGOLIN, LAc** is an acupuncturist, herbalist, author and founder of Pacific Herbs. Her practice focuses on helping women and girls of all ages to balance their hormones, improve their health, and stay well. Cathy's books, "Stop Your Bitching...naturally! A Step By Step Guide to Balance Hormones and End PMS & Menstrual Cramps" and the companion guide, "30 Days of Tips to Stop Your Bitching...naturally!" draw upon her success helping women with natural treatments such as Oriental medicine, diet, lifestyle changes, and without drugs or artificial hormones. Cathy earned a master's degree in Traditional Oriental Medicine from the Emperors College of Oriental Medicine in Santa Monica, CA. She holds a license in acupuncture and Chinese herbology in California and is certified as a Diplomat of Oriental medicine by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).



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