NEWLY ACQUIRED BOOKS


In China, people send greetings by wishing a person 'a long and healthy life'. Our natural state is to be healthy and happy. This includes having a calm mind, a healthy body and emotional resourcefulness. This book reveals the profound, yet simple health maintenance secrets that Chinese medicine has developed over many centuries. These secrets enable you to deal with stress and return to your natural balance. In this book, you will discover guidelines about many aspects of your lifestyle including:

• Understanding your own particular constitution

• eating well for your own unique needs

• Being emotionally resilient and using setbacks to grow

• Finding the right balance between work, rest and exercise

• Recognizing how the environment affects us all

By practising these secrets you will learn how to recover the ability to nourish and protect your energy, overcome illness, and feel an easy joy in simply being alive.
**Traditional Chinese Medicine (Introductions to Chinese Culture) by Yuqun Liao; Cambridge University Press, 2011.**

Traditional Chinese medicine is one of the most renowned and most controversial scientific achievements of ancient Chinese civilisation. Although Western medicine is often the basic method used to deal with medical problems, the techniques developed in traditional Chinese medicine still play an important part in protecting the health of the Chinese people and are practised throughout the world. Liao Yuqun provides a comprehensive, illustrated introduction to the history and theory of traditional Chinese medicine, exploring classical medical texts, diagnostic methods, the use of medical herbs and techniques such as acupuncture.

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**Supportive Cancer Care with Chinese Medicine by Editor William C.S. Cho; Springer, 2010.**

This book provides a comprehensive coverage and a succinct overview of the current status of supportive cancer care with Chinese medicine written by leading experts in the field. The chapters coherently present an overview on the major treatment approaches of Chinese medicine and progresses made with different important aspects on supportive cancer care with acupuncture, herbal therapy and qigong. Moreover, there are reviews on the evidences and efficacies of Chinese medicine for controlling radiation-induced injuries, chemotherapy-related side effects, as well as pain control with Chinese medicine. In order to provide information from basic science at the bench to the patient’s bedside, modern researches and clinical trials would be overviewed so as to give an up-to-date and realistic evaluation of a therapy’s utility for cancer patients. It is also worth noting that toxicology, safety and herb-drug interactions are the main concerns of using Chinese medicine combined with Western medicine. A chapter will expound on these issues and there will also be chapters discussing integrative Chinese and Western medicine, as well as cancer prevention with Chinese medicine. This book presents state-of-the-art knowledge on supportive cancer care with Chinese medicine, which will appeal to anyone involved in cancer care. This is a precious book for all types of readers, including but not limited to oncologists, cancer researchers, pharmacologists, pharmaceutical specialists, traditional Chinese medicine practitioners, Chinese medicine educators, medicine postgraduates and undergraduates, cancer caregivers, cancer survivors, and family members of cancer patients who want to expand their knowledge in supportive cancer care.
Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science by Claudia Welch; Da Capo Press, 2011.

Tired? Overworked? Stressed? Out of balance? Welcome to the twenty-first century, where women's stress levels have reached unprecedented heights. Between myriad responsibilities, women burn through even the energy gained from sufficient sleep and a healthy diet. The result? Hormonal havoc.

In clear, accessible language, internationally renowned doctor Claudia Welch explains hormones from A to Z, specifically how they relate to each other, how and why they become imbalanced, and how women can restore that balance. Welch includes simple diet tips, stress-management techniques, and natural sleep secrets. Using the principles of Ayurveda (popularized in the West by Deepak Chopra) and the holistic sensibility of Dr. Christiane Northrup, Balance Your Hormones, Balance Your Life gives women the essential tools to achieve the perfect balance between their yin (sex hormones) and yang (stress hormones), and between the body and the mind.


From tai chi to acupressure, the ancient art of Chinese medicine remains as popular today as ever. This comprehensive guide explains all the key principles of this holistic method of healing, including the five-element theory and balancing yin and yang. There's also information on what causes illness; diagnostic tools like tongue and pulse analysis; and treatments for common ailments. Also included: a directory of Chinese herbal medicine, acupuncture and acupressure basics, and a guide to self-help techniques such as Qigong.

The author offers a unique and supportive insight into the challenges and the pitfalls that the novice acupuncturist is likely to encounter, and provides encouragement and down to earth ideas for tackling them. Written in an easy-to-read conversational style with useful case studies throughout, this book will help the newly-qualified acupuncturist to reflect on what kind of practitioner they want to be. It addresses styles of working, common mistakes, confidence with patients, becoming a better practitioner, and how to think about success and failure in the treatment room. The ultimate goal is to ensure that the practitioner ends the day refreshed and enlivened by their work and has confidence in the treatments that they have given.

Cancer Management with Chinese Medicine by Yu Rencun & Hong Hai; World Scientific, 2010.

Significant advances made by Western medicine in the treatment of cancer are well-documented, but little has been written in English on complementary holistic treatment with Chinese medical methods that manage its symptoms and ameliorate the side effects of surgery, chemotherapy or radiotherapy. This book explains the complementary approach using cases from the medical files of Professor Rencun Yu, who was trained in Western medical oncology but also practices Chinese medicine. In addition, an introductory chapter explains the basic principles of Chinese medicine, while other chapters cover the prevention of cancers through appropriate nutrition and living habits. The book should command the attention of medical professionals as well as the layperson interested in preventing and understanding the illness. There does not appear to be an equivalent book in English that explains the useful role that Chinese medicine can play as complementary treatment for cancer patients undergoing Western treatments comprising surgery, chemotherapy, or radiotherapy, or a combination of these.
Pathomechanisms describe the dynamic process through which disease develops and transforms in the body. While pattern diagnosis provides the practitioner with a snapshot picture of the current state of illness, it is a thorough understanding of pathomechanisms that allows one to predict and prevent the progression of disease. A comprehensive knowledge of the pathomechanisms involved in a given case allows treatment to be more holistic, preventative, and effective. In modern China, pathomechanisms have become a major focus of Chinese medical literature and education. Up to now, relatively little of this material has been transmitted to the West, and consequently many practitioners have failed to go beyond pattern diagnosis to examine the underlying disease process that produces the patterns. Thus, pathomechanisms are often described as a ‘missing link’ in a Westener’s Chinese medical education. Paradigm’s new series of texts devoted to pathomechanisms attempts to bridge this gap so that practitioners may advance their knowledge and reap the rewards of greater clinical success.

Choosing the foods and herbs that are right for you is essential to achieving and maintaining good health. Over thousands of years, Traditional Chinese Medicine (TCM) has accumulated knowledge about using foods and herbs therapeutically, providing a natural way to boost energy and immunity, extend longevity, enhance beauty, reduce toxins, regulate mood and treat other health conditions, externally and internally. This book will help you put the wisdom of TCM to use, guiding you with case studies, treatment details, recipes and illustrations.
There are so many small details that create the story of one Chinese herb and much of the initial work of learning is a long slog of memorization, forgetting, and memorizing again. The Medicinal Herb Identification book is meant to inspire you to want more information. Each herb tells you a story and the fun of learning this subject is getting to know the narrative: from seed to medicine. Nature is truly a work of art and Renee wanted to capture a bit of that. If you can memorize the basic details with an understanding that each marker—category, flavor, nature, channel, dosage, and herb type—are key pieces to its meaning, the tedium and repetition of the learning becomes less difficult. Throughout your training and career the information contained in these pages is the base upon which you will build all of your herbal knowledge. It is simultaneously basic and complex, and like the whole of Chinese medicine, profound.

**ARTICLE ABSTRACTS**


Channel palpation serves as an objective means of verifying symptom-based clinical diagnosis in Chinese medicine. Interpretation of palpable channel changes is based on an integration of classical channel theory and symptom analysis. Understanding the correlation between channel palpation and pathology is the key to effectively utilising channel theory in diagnosis and treatment. This article discusses the structure of channels and the types and significance of commonly-palpated changes, with the theory illustrated by examples from the clinic of Dr. Wang Juyi.


This article is an introduction to the treatment of musculoskeletal conditions using electroacupuncture. The author has developed the techniques described over the last 25 years and has found them indispensable for the treatment of intractable, chronic musculoskeletal problems that do not respond to manual acupuncture. The treatment of the following specific conditions is discussed: lower back pain, sciatica, osteoarthritis of the hip, hip pain, knee pain, frozen shoulder, tennis elbow, carpal tunnel syndrome,
arthritic finger joints, arthritic knuckles, plantar fasciitis and scar tissue.


Atrophic vaginitis is a disturbing condition with a wide prevalence amongst postmenopausal women, resulting in thinning and atrophy of the vaginal epithelium, mucosal dryness, vaginal discomfort, vulvodynia, dyspareunia and/or increased incidence of urinary symptoms including stress incontinence and urinary tract infection. It is associated with a decrease in circulating oestradiol that frequently occurs during the menopause transition and is implicated in a decreased quality of life amongst aging women. This paper evaluates the effectiveness of acupuncture and Chinese herbal medicine as a non-hormonal treatment alternative in the correction or management of atrophic vaginitis and its accompanying symptoms. It details the case of a 54-year-old post-menopausal female treated over the course of three months, which resulted in a complete resolution of symptoms of vaginal discomfort, dryness and dyspareunia. It is concluded that acupuncture and Chinese herbal medicine may be an effective alternative treatment for the symptoms associated with atrophic vaginitis.


Herb powders (san ji - also known as dried or raw herb powders) and the draught (zhu san) method for delivering Chinese herbal medicine are not commonly used in modern clinical practice. The following article presents a literature review of English language sources that discuss the historical use of herb powders and the draught method, and documents the influence of Arabic medicine and the state-run imperial pharmacy during the Song dynasty in this regard. The article presents in detail the method of preparation for herb powders, and compares the draught method with other methods of delivery such as decoction and concentrated powder/granular extracts.


Over the last ten years research into the efficacy of acupuncture as an adjunct to IVF has produced conflicting results. A number of trials have been carried out, many with small sample sizes and varying levels of heterogeneity. Several meta-analyses have also been conducted, which attempted to overcome these problems by analyzing pooled data from the original studies. Four meta-studies were published in 2008/9, all with the aim of
systematically reviewing the effects of acupuncture on the outcomes of IVF treatments. While the majority of these concluded that acupuncture at the point of embryo transfer increased live birth rates, the conclusion of the Cochrane Database systematic review published by Cheong et al (2009) included a warning that acupuncture should not be carried out around the time of embryo implantation, because the available data did not prove that acupuncture was ‘free of harm’ at this juncture. The suggestion that acupuncture might be unsafe in early pregnancy potentially discredits the use of acupuncture as an adjunct to IVF in the eyes of doctors of Western medicine and the general public. This article aims to explain why Cheong et al reached this negative conclusion by reviewing data from two of the original studies (Westergaard et al, 2006 & Dieterle et al, 2006). This analysis suggests that the less favourable pregnancy outcomes reported in the meta-study may in part have been due to the fact that the original studies used acupuncture protocols that were modified inappropriately, were unsuitable for the luteal phase of the menstrual cycle (whilst implantation may have been occurring), and which contained points contraindicated in pregnancy. Furthermore, these original trials could be considered unethical, since they present as accepted standard care acupuncture protocols that may indeed be harmful in early pregnancy.


Community Acupuncture, or the ‘acupunk’ version of it described by Lisa Rohleder in ‘Community Acupuncture: Making Buckets from Ming Vases’ in the last issue of The Journal of Chinese Medicine, is a vigorous, inventive and pragmatic response to the dual problem of patients being unable to afford treatment and practitioners being unable to earn a living. It offers many advantages to both parties, including the healing power of community. However, pragmatic solutions do not necessarily result in best possible practice. This article discusses the strengths and possible weaknesses of the acupunk approach.


Chinese dietary therapy (CDT), although fundamental to the practice of Chinese medicine, is frequently inadequately addressed in Western schools of Chinese medicine and tends to remain marginal to the clinical practice of acupuncture, tuina, qigong and even herbal medicine. Most practitioners lack sufficient knowledge and confidence when giving dietary guidance and cautiously offer only general and oversimplified advice. Without the necessary theoretical foundation and understanding it can be difficult to transfer CDT’s simple yet effective therapeutic model into clinical practice. In this article the author outlines one such clinical approach to CDT, illustrated with a case example from his own clinic.
Irritable bowel syndrome (IBS) is one of the most common functional gastrointestinal disorders in North America. The severity and chronic nature of this condition have a significant impact on health-related quality of life. With few effective therapies available, there is a need for integrative approaches to symptom management. This report describes a successful case of using acupuncture and moxibustion to reduce symptoms of constipation-predominant IBS.

Objectives: To evaluate the therapeutic effects and long-term efficacy of acupuncture for neurogenic dysphagia.

Methods: Subjects with neurogenic dysphagia undergoing routine swallowing management were randomized to receive either 20 sessions of true acupuncture (experimental group) or sham acupuncture (control group 1) for a half months. A third group (control group 2) comprised of non-randomized subjects with neurogenic dysphagia who received routine care were recruited from separate wards. The outcomes were assessed by the Royal Brisbane Hospital Outcome Measure for Swallowing (RBHOMS), as well as by the consistencies of ingested food and fluid.

Results: A total of 87 subjects (experimental group, n=20; control group 1, n=10; control group 2, n=48) were recruited into the trial. The average RBHOMS score showed a greater improvement in the experimental group and in control group 1 than in control group 2. The average levels of food and fluid consistencies displayed greater improvement in the experimental group than in the two control groups.

Conclusion: This study demonstrates that acupuncture may have therapeutic effects and long-term efficacy for neurogenic dysphagia. However, due to an insufficient sample size and the lack of follow-up for control group 2, multi-centre trials employing a larger sample size may be required to draw concrete conclusions.
used to prevent and treat bronchial asthma in children.

**Methods:** In an observational study and prospective cohort study, we observed children in remission of asthma at three class III grade A TCM hospitals in Liaoning, Hubei, and Chengdu.

**Results:** A total of 609 children conformed to diagnostic and inclusive standards for remission of bronchial asthma. Through follow-up visits, we observed their skin reactions and the time and chance of treatment with different therapies in the three hospitals; we also compared and analyzed different drugs, acupoints, and preparations. We found that the key Chinese drugs were Bai Jie Zi (Semen Sinapis Albae) and Yian Hu Suo (Rhizoma Corydalis); the key acupoints were Feishu (BL 13), Gaohuang (BL 43), Dingchuan (EX-B1), Tiantu (CV 22), and Shanzhong (CV 17); and the best preparation was a mixture of drugs, ginger juice, and musk. Acupoint application was practiced on the hottest dys of summer and the coldest days of winter for 0.5 to 2 h with the lowest rate of asthma relapse.

**Conclusion:** The present data analysis shows that the curative effect of acupoint application for “treatment of winter disease in summer” may be influenced by recipes of Chinese drugs, preparations, prescriptions of acupoints, chance, time, and skin reactions. A curative effect is the result of the comprehensive action of these factors.


**Objective:** To investigate the effects of Chinese herbs for supplementing qi, nourishing yin and activating blood circulation on heart function of patients with acute coronary syndrome (ACS) after successful percutaneous coronary intervention (PCI).

**Methods:** One hundred patients with ACS after successful PCI were randomly assigned to a Western medicine (WM) treatment group (WMG) and a combined treatment group (CMG) treated by Chinese herbs for supplementing qi, nourishing yin and activating blood circulation, besides Western medicine treatment, with 50 cases in each group. Both treatment courses were 6 months. The follow-up was scheduled at baseline, 6 months and 1 year after PCI, and New York Heart Association (NYHA) functional class, Chinese medicine (CM) symptom scores, blood stasis syndrome scores, and major adverse cardiovascular events (MACE) were observed, serum levels of N-terminal pro-brain natriuretic peptide (NT-proBNP) and hyper-sensitivity C-reactive protein (Hs-CRP) were measured, an echocardiogram was conducted to examine left ventricular ejection fraction (LVEF), left ventricular end-diastolic volume (LVEDV), left ventricular end-systolic volume (LVESV), inter-ventricular septal thickness (IVST), left ventricular posterior wall
Results: Compared with the baseline, LVEF significantly increased \((P<0.01)\), and CM symptom scores, blood stasis syndrome scores, VWM, LVEDV, LVESV, NT-proBNP, and Hs-CRP all decreased \((P<0.01)\) in both groups at 6 months and at 1 year after PCI. There were no significant differences in all the above parameters at 1 year vs those at 6 months after PCI \((P>0.05)\). VWM, LVEDV, LVESV, NT-proBNP, Hs-CRP, LVEF, and CM symptom and blood stasis syndrome scores were all improved obviously in CMG than those in WMG \((P<0.05 \text{ or } P<0.01)\) at 6 months and at 1 year after PCI. There were no significant differences in NYHA functional class between CMG and WMG at different follow-up time points; it was notable that value was 0.054 when comparing the cases of NYHA functional class between the two groups at 1-year follow-up. During the 1-year follow-up, 3 MACE and 11 MACE occurred in CMG and WMG, respectively; the MACE rate in CMG was lower than that in WMG \((6\% \text{ vs } 22\%, P<0.05)\).

Conclusion: Chinese herbs for supplementing qi, nourishing yin and activating blood circulation could improve heart function, reduce the CM symptom scores and blood stasis syndrome scores, and decrease the incidence of MACE in patients with ACS after successful PCI.


Obesity is recognized as a social problem, associated with serious health risks and increased mortality. Numerous trials have been conducted to find and develop new anti-obesity drugs through herbal sources to minimize adverse reactions associated with the present anti-obesity drugs. The use of natural products as medicine has been documented for hundreds of years in various traditional systems of medicines throughout the world. This review focuses on the medicinal plants such as Achyranthus aspera, Camellia sinensis, Emblica officinalis, Garcinia cambogia, Terminalia arjuna, etc., and the various extracts of the plants like Nelumbo nucifera, Panax japonicas, Cichorium intybus, Cyperus rotundus, Paeonia suffruticosa, etc., which have been successfully identified for the treatment of obesity.


Objective: To review the acupuncture-moxibustion literature of year 1949-2007 and explore the regularities in points selection and therapeutic methods for acupuncture-moxibustion treatment of infertility.
Methods: A comprehensive analysis was made by a method of metrological analysis according to the data from China Modern Acupuncture-moxibustion Information Databank.

Results: Sanyinjiao (SP 6), Guanyuan (CV 4), Zhongji (CV 3), and Zigong (Ex-CA 1) are used as a basic prescription for acupuncture-moxibustion treatment of infertility and acupoints are selected according to the syndrome.

Conclusion: Combined use of acupuncture and medicine can improve the therapeutic effect on infertility.


Objective: To observe the curative effect of acupuncture plus medicine in treating ovulatory dysfunctional infertility.

Method: All 36 cases with anovulatory infertility were randomly allocated into a control group (19 cases) and an observation group (17 cases). The cases in the control group were treated with 50 mg of oral administration Clomiphene once a day for 5 d, and 50 menstrual cycles were observed. The cases in the observation group were treated with combined acupuncture and the same medication as those in the control group and 45 menstrual cycles were observed. During the treatment sessions, the follicular development, ovulation, thickness of the endometrium, cervical mucus and pelvic fluid were observed and recorded.

Results: The cases in the observation group showed significantly higher ovulation and pregnancy rates, along with thickening of the endometrium. In addition, no luteinized unruptured follicle syndrome (LUFS) occurred in the observation group.

Conclusion: Acupuncture coupled with oral administration Clomiphene can obtain higher ovulation and conception rates than oral Clomiphene alone.


Objective: To observe the clinical effect of electroacupuncture for ovulatory dysfunctional infertility by ovulation stimulation.

Methods: A total of 65 patients were randomly allocated into a treatment group (38
cases) and a control group (27 cases). Acupuncture plus electric stimulation was employed in the treatment group. Whereas oral Clomifene Citrate Tablets in the control group, 50 mg per day.

**Results:** After six months (2 sessions) of treatment, the cure rate in the treatment group was 76.3%, versus 48.1% in the control group, showing a significant difference between the two groups (P<0.05).

**Conclusion:** Electroacupuncture can obtain better cure rate than oral Clomifene Citrate Tablets for infertility via ovulation stimulation.


Smoking represents a serious worldwide public health problem because of its close association with the development of chronic disease and cancer. Acupoint stimulation has been used as treatment mode for smoking cessation but its efficacy remains controversial. This systematic review and meta-analysis aimed to determine the effects of acupoint stimulation on smoking cessation rate and daily cigarette consumption. Electronic literature searches in eight electronic databases up to March 2011 were performed to identify acupoint stimulation for smoking cessation. The outcomes assessed were smoking cessation rate and cigarette consumption. We assessed abstinence from smoking at the earliest and last measured time points, and at the 3- and 6-month follow-ups. Meta-analysis was performed using CMA software. A total of 20 RCTs were included in the meta-analysis. A significant effect of acupoint stimulation was found in smoking cessation rates and cigarette consumption at immediate, 3- and 6-month follow-ups, with effect sizes 1.24 (95%CI = 1.07 ~ 1.43, p = 0.003), -2.49 (95%CI = -4.65 ~ -0.34, p = 0.02), 1.70 (95%CI = 1.17 ~ 2.46, p = 0.01), and 1.79 (95%CI = 1.13 ~ 2.82, p = 0.01), respectively. Multi-modality treatments, especially acupuncture combined with smoking cessation education or other interventions, can help smokers to eschew smoking during treatment, and to avoid relapse after treatment.


The research literature indicates that patients with bipolar disorder (BPD) differ from healthy individuals in various ways that are also recognized in traditional Chinese medicine. The purpose of the current study was to analyze the pulse spectra in BPD patients to determine any differences from nonpsychotic healthy individuals. Sphygmography was used to measure the radial arterial pulse waves in all subjects. We
analyzed the original waveforms and then transformed them into frequency spectra via Fourier transformation. The relative strength of each harmonic, believed to be connected to meridians in Chinese medicine, was identified from the frequency, and we compared the differences among the harmonics. A total of sixty individuals, thirty with BPD and thirty nonpsychotic healthy controls, participated in the study. The harmonic values of C4 (Lung Meridian) on the right hand, $401.33 \pm 50.10$ vs. $762.44 \pm 125.17$, were significantly different ($p < 0.05$) between the BPD group and the nonpsychotic healthy group. The harmonic percentage of C3 (Spleen Meridian) on the right hand, $7.85 \pm 0.59\%$ vs. $10.79 \pm 1.01\%$, and C4 (Lung Meridian), $1.80 \pm 0.15$ vs. $3.24 \pm 0.43$, was significantly different ($p < 0.05$) between the two groups. The results were similar for the right and left hands. In this study, we objectively detected constitutional differences between BPD patients and healthy controls through arterial pulse analysis. The pulse spectrum analyzer is a non-invasive diagnostic tool that can be used to integrate scientific technology with traditional Chinese medicine. We plan further study in this field to improve the accuracy of diagnosis in Chinese medicine.

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