NEWLY ACQUIRED BOOKS


This book is the second book in the Universe, Human and Tai Ji Exploration series. Through many years of research and effort, Professors Lin Xue-jian and Andrew Qi Wu have discovered a major breakthrough treatment method integrating TCM with Western medicine. This book introduces the development of acupuncture in the new cerebellum area, and how it can be used to treat a variety of difficult conditions. This discovery not only advances the field of TCM, but also demonstrates the relationship between “Heaven, Earth and Humans”.

The authors’ knowledge roots deeply in clinical practice, yet reaches far beyond ordinary clinical practice; his study descends from traditional wisdom, yet flourishes far beyond conventional traditional wisdom. This book, which consolidates refined thesis from various renowned scholars and medical doctors, surely will be instrumental in providing tremendous benefit to all the practicing physicians. It is also, no doubt, truly a new hope and god-send to a vast number of patients who suffer from malignant diseases.

*ABC Diagnostics of TCM* by Liu Ming; People’s Medical Publishing House, 2012.
You may find the following features in this book:

- Terminologies in this book are chosen from WHO International Standard Terminologies on Traditional Medicine in the Western Pacific Region with reference to nomenclature of World Federation of Chinese medicine Societies
- TCM patterns in this book are selected from WHO codes
- Each symptom or sign is introduced with all related patterns listed, which can interconnect student’s knowledge and increase their confidence in practicing TCM
- There are a great many colored pictures, figures, diagrams, and tables for students to understand better and faster

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Practices for maintaining optimum health and prolonging life, or yang sheng, have been a part of Chinese culture for thousands of years, and health cultivation is an important component of Chinese medicine. Health cultivation is related to methods of disease prevention involving exercises and practices that aim to improve the individual constitution while maintaining harmony within the body. A broad range of practices involving both body and mind have been collected here.

This book contains twenty chapters, beginning with an introduction to the historical development and basic concepts of yang sheng. Health cultivation methods provided in this book include dietary methods, sexual practices, spirit-cultivation exercises, medicinal herbs, geomancy (feng shui), tuina, qi gong exercise, and many other specific practices for promoting health in all stages of life.

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This book examines acupuncture channel theory as contained within the ancient Chinese medical classic, The Spiritual Pivot (Ling Shu). This highly accessible new book contains a unique interpretation of this material by the inventor of scalp acupuncture, Jiao Shun-fa. Included here for the first time is a clear and practical exposition of the various classical methods used to access the body’s channels and collaterals with the acupuncture needle. The time-tested concepts and methods presented within this book are essential for any serious student or practitioner of acupuncture.

FEATURES:
- The channels and collaterals from ancient and modern perspectives
- Classical acupuncture methods explained in great detail
- Historical developments in acupuncture treatment
- Inspiring content on ancient acupuncture technique and theory

*Contemporary Introduction to Chinese Medicine: in Comparison with Western Medicine* by Xie Zhufan with Xie Fang; Foreign Languages Press, 2010.

The book elucidates the traditional Chinese medical theories with in-depth analysis of historical and cultural influences and comparison with related western medical theories at philosophical level, to ensure readers to reach profound understandings of Chinese medicine. The book highlights the concepts of diagnostics and treatments of Chinese medicine that are both unique and complimentary to western medicine, with both similarities and differences stressed. Reader can distinguish clearly the methodologies of the two medical systems, dialectic logic and holistic way of thinking versus formal logic and analytic one. The book selects to include only those common diseases, the Chinese medical treatment which shows prominent beneficial effect in comparison with conventional western treatment with evidence of randomized controlled clinical trials. The therapies recommended are all of practical use. Reader can feel the great attractiveness and power of TCM and feel the urgency of further exploration and integration with western medicine.
Managing Your Emotional Health Using Traditional Chinese Medicine by Zhagn Yifang; Reader’s Digest, 2010.

Learn how to nourish your body and relax your mind with Traditional Chinese Medicine (TCM). Guided by ancient philosophies of dialectic materialism, which examine the interconnection of everything in the universe, TCM takes a holistic approach to managing emotions, improving quality of life, and preventing illness through use of herbs, natural foods, and acupressure. In each chapter you'll find a case story describing a particular problem, followed by a simple analysis, and concluding with advice on treatment using natural remedies. With its straightforward approach, the book is practical and easy to follow, even for TCM novices, as they learn about key concepts such as yin and yang and the Five Elements. Emotional changes are normal for everyone, and this book provides a lifeline for readers as they deal with the instability caused by the hectic modern world. Take this important first step, and learn about how the ancient and proven science of TCM can help you treat and prevent emotion imbalances, bringing more enjoyment to your life!

Acupuncture and Moxibustion for Primary Trigeminal Neuralgia by Li Jia-kang & Hui Ke-yi; People’s Medical Publishing House, 2012.

This book details both traditional and modern theories on the treatment of trigeminal neuralgia with Chinese acupuncture and moxibustion. The clinical principles, characteristic therapeutic effects and factors that influence clinical outcomes are fully examined here. Recent research on acupuncture and moxibustion for this condition is also summarized along with the leading methods of integrative treatment as employed by contemporary TCM experts.

Features:

- Includes the perspectives of both TCM and modern biomedicine
- The authors offer personal insights based on extensive clinical experience
- Acupuncture and moxibustion cased studies are provided with analysis

Cervical Spondylosis and frozen shoulder are conditions very commonly seen in clinical practice. This book presents the experiences and achievements of the clinical doctors in the used of acupuncture to treat these diseases. It reveals how specialized used of acupuncture can help patients suffering from these conditions, as well as introducing many other methods appropriate in their treatment. Furthermore, it will extend the vision and broaden the mind with regards to the role of acupuncture and associated modalities by:

- Exploring the involvement of the channels and collaterals
- Describing in great detail the role of classical acupuncture methods in treatment
- Providing evidence of the value of acupuncture techniques and underpinning theories

Acupuncture and Moxibustion for Beauty and Skin Care by Hao Yan; People’s Medical Publishing House, 2012.

This book includes five diseases, consisting of Chinese medicine and Western medicine’s outlook on beauty and skin care, pattern differentiation and treatment, prognosis, prevention and regulation, clinical experience of renowned acupuncturists, perspectives of integrative medicine, selected quotes from ancient TCM texts, and modern research.

Features:

- A pragmatic, scientific, and highly readable analysis of the use of acupuncture and moxibustion for beauty and skin care.
- Emphasized treatment principles, prescriptions, pattern differentiation, and treatment.
- One special chapter on constitutional regulation for in-depth understanding

This book is a breakthrough in approaching the relationship between the human body and the universe. By using millennia-old concepts of Chinese medicine combined with modern-day scientific measurements and discoveries. Dr. Andrew Wu makes the cases for an underlying universal energy field. From the microscopic double-helix shape of DNA to the million-mile analemma the sun draws in our sky each year, this energy field leaves its signature mark on all things living and non-living. Using vivid and wide-reaching examples, Dr. Wu takes the reader into a journey to a deeper understanding of the universal forces at work and how humans can use this to promote a healthier mind and body. This book also introduces two unique acupuncture techniques as applications of the tai ji resonance theory.


Marijuana Syndromes: How to Balance and Optimize the Effects of Cannabis with Traditional Chinese Medicine is a reference standard for health care professionals who work with people that take marijuana. Perfect for acupuncturists, herbalists, physicians, psychotherapists, body workers and care givers who are familiar with the concepts of Traditional Chinese Medicine, Marijuana Syndromes will give you vital tools to work with the qualities and complications of marijuana use in a clinical setting. Marijuana Syndromes will help you spot marijuana syndromes in your clinical practice. It will give you a whole new set of easy-to-use tools in your diagnostics, radically improve your patients’ healing and boost your confidence, effectiveness and reputation as a practitioner.
ARTICLE ABSTRACTS


Classical Chinese medical texts represent the foundation for all traditional Chinese medical theories and practices. Written around two thousand years ago, these documents set forth and define the basic principles of Chinese medicine and the clinical practice of acupuncture. They represent a critical and comprehensive resource for the modern practitioner. Despite their importance, the fundamental principles contained within these texts remain poorly understood and rarely used in modern clinical practice. This two-part series examines the basic principles and theories of classical acupuncture as originally described within the Huangdi Neijing (Yellow Emperor's Inner Classic) Suwen (Plain Questions) and Lingshu (Divine Pivot). Part I reviews the historical background and some basic principles of these texts. Part II presents an introduction to the clinical principles of classical acupuncture. The ideas contained within these texts represent a powerful theoretical and clinical framework that have the potential to reinvigorate the practice of Chinese medicine.


Face reading has been an integral part of Chinese medical diagnosis since the Han dynasty. In this article the author, a professional face reader, discusses how face reading can be used in Chinese medical practice, with the theory illustrated by clinical case examples.


Professor Yuning Wu is one of the most eminent fertility specialists and gynaecologists working in China. She has comprehensive knowledge and experience of both Chinese and Western medicine and is chief doctor and professor of integrated Chinese and Western medicine at the Beijing Hospital of Traditional Chinese Medicine. In collaboration with Celine Leonard, Esther Denz, Michael Haeberle, Inga Heese, Daniel Maxwell and Peter Deadman, Professor Wu (YW) is in the process of writing a textbook on the treatment of infertility with Chinese medicine. This interview was conducted by Peter Deadman (PD), Inga Heese (IH) and Esther Denz (ED, one of Dr Wu's principal Western students) in late spring 2012 in Zurich.
Under the dominance of modern Western science, practitioners of Chinese medicine have long struggled to define their medicine as something unique, valuable and worth retaining. In so doing they often emphasize the importance of the saying, 'Chinese medicine differentiates patterns, Western medicine differentiates diseases'. While it is true that pattern differentiation is a core aspect of the practice of Chinese medicine, the differentiation and treatment of specific diseases has also been a major part of Chinese medicine since its inception, as shown in its earliest written records. This is particularly true for the practice of Chinese medical dermatology, for which disease-focused treatments can be found throughout the classical literature, right up to the present day. This article presents historical evidence of Chinese medicine treating specific diseases, and provides modern clinical examples showing the practical importance of defining diseases within the practice of Chinese medical dermatology.
and models can lead to confusion. The aim of this article is to present a simplified model of traditional acupuncture theory that can be used to balance the channels and thus restore the body to health. The theory presented is illustrated by case histories from the author's own clinical practice.

“Success and Failure in the Clinic: Discussion of Formula-Patterns” by Ouyang Weiquan (author) & Henry A. Buchtel (translator); The Journal of Chinese Medicine, No.100: 56-66, 2012.

In this article Dr. Ouyang Weiquan, a disciple of renowned TCM masters Li Zhenhua and Li Ke and co-chief physician in the dermatology department of the Guangdong Provincial Hospital of TCM, recounts several cases involving the use of formula-patterns from Shang Han Lun (On Cold Damage). These case histories highlight three aspects of clinical practice that can determine failure and success, and demonstrate the importance of fully committing oneself to the path of the physician: firstly, taking care to observe all of the patient's symptoms to avoid making careless mistakes; secondly, taking into consideration the patient's changing condition and avoiding habitual prescribing; and thirdly, doing one's utmost for the patient while at the same time knowing and accepting one's limits.


Diabetes is a major medical problem that imperils public health. Over two thousand years ago, Traditional Chinese Medicine (TCM) called diabetes-related symptoms "Xiaoke" disease. In ancient China, TCM and Chinese herbal medicines were used widely in treating Xiaoke and abundant experience has been accumulated. This article discusses the TCM theory on diabetes and its achievements in the prevention and treatment of diabetes in the past. Using Chinese herbal medicine, recent progress in diabetes therapeutics, including data from clinical trials, are presented. Mechanistic studies from basic research are discussed. Yin-yang balance and a holistic approach of TCM may complement diabetes treatment in Western medicine. With continuous efforts, TCM could play a more important role in fighting this disease.

Herbal medicines have been used clinically in Eastern Asia, and traditional Japanese herbal (Kampo) formulas are approved as ethical drugs. The Kampo formulas are mixtures of the crude extracts of several herbs, each of which contains multiple components. Numerous investigators have reported that some herbal medicines are efficacious for treating several human diseases. We reviewed the literature on traditional herbal medicines and treatment of ocular diseases. Oral Orengedoku-to and Kakkon-to inhibit postoperative uveitis in humans. Oral Goshajinki-gan improved ocular surface disorders in patients with type 1 diabetes mellitus. Oral Hachimijio-gan increased retinal blood flow. Keishi-bukuryo-gan Sho might be associated with vitreoretinopathy in patients with type 2 diabetes mellitus. Oral Hachimijio-gan and Goshajinki-gan delayed lens opacification in rats and mice. Oral Sairei-to, Orengedoku-to, Senkanmeimoku-to, Scutellariae radix extract, Gardeniae fructus extract, topical Ligusticum wallichii rhizoma extract, and intravenous injection of tetramethylpyrazine, baicalin, baicalein, wogonin, and crocetin inhibited some forms of experimental uveitis in rabbits. Topical glycyrrhizinate improved allergic conjunctivitis in humans and rats. Oral crocetin improved eyestrain in humans. Oral berberine diminished experimental uveitis in rats. Baicalein, wogonin, berberine, and berberrubine inhibited in vitro expression of several cytokines in cultured retinal pigment epithelial cells. Some Kampo formulas are efficacious for treating several ocular diseases in humans and animals. Some herbal extracts and their components inhibit some forms of experimental uveitis.


Gua Sha is a traditional East Asian healing technique where the body surface is "press-stroked" with a smooth-edged instrument to raise therapeutic petechiae that last 2–5 days. The technique is traditionally used in the treatment of both acute and chronic neck and back pain. This study aimed to measure the effects of Gua Sha therapy on the pain ratings and pressure pain thresholds of patients with chronic neck pain (CNP) and chronic low back pain (CLBP). A total of 40 patients with either CNP or CLBP (mean age 49.23 ± 10.96 years) were randomized to either a treatment group (TG) or a waiting list control group (WLC). At baseline assessment (T1), all patients rated their pain on a 10 cm visual analog scale (VAS). Patients' pressure pain thresholds (PPT) at a site of maximal pain (pain-maximum) and an adjacent (pain-adjacent) site were also established. The treatment group then received a single Gua Sha treatment. Post-intervention measurements were taken for both groups at T2, seven days after baseline assessment (T1), using the same VAS and PPT measurements in precisely the same locations as at T1. Final analysis were conducted with 21 patients with CNP and 18 patients with CLBP. The study groups were equally distributed with regard to randomization. Patients in both the CNP and the CLBP treatment groups reported pain reduction (p < 0.05) and improved health status from their one Gua Sha treatment, as compared to the waiting list group. Pain sensitivity improved
in the TG in CNP, but not in CLBP patients, possibly due to higher pressure sensitivity in the neck area. No adverse events were reported. These results suggest that Gua Sha may be an effective treatment for patients with chronic neck and low back pain. Further study of Gua Sha is warranted.


**Background:** Hot flashes occur in 68%–82% of women during menopause, and are significant side-effects of estrogen antagonist therapies for breast cancer and antiandrogen therapies for prostate cancer. Acupuncture clinical trials for hot flash treatment demonstrate that acupuncture produces clinically significant reductions in the frequency and severity of hot flashes without significant side-effects.

**Objectives:** The goals of this article are: (1) to review current concepts regarding the pathophysiology of hot flashes and acupuncture neurophysiology; (2) to discuss potential mechanisms of acupuncture's beneficial clinical effects for treating hot flashes; and (3) to provide a standardized acupuncture protocol for treating hot flashes that integrates allopathic and TCM knowledge bases.

**Methods:** Acupuncture and hot-flash physiologies were compared to examine for common mechanisms as well as their relationship to traditional hot flash physiologic concepts.

**Main Outcome Measures:** This review examines neuroendocrinologic and neurophysiologic overlaps of hot-flash and acupuncture mechanisms, and provides literature-based evidence of acupuncture efficacy for treating hot flashes.

**Results:** Hot-flash pathophysiologically involves central nervous system endogenous opioid, noradrenergic, and serotonergic pathways that acupuncture has been demonstrated to modulate. Kidney, Spleen, Lung, and Heart points the that literature recommends for treating hot flashes can be understood to have neurophysiologic correspondence to these mechanisms.

**Conclusions:** Combining Eastern and Western concepts of hot-flash pathogenesis can lead to safer, evidence-based interventions to improve quality of life for patients who are experiencing hot flashes.

While acupuncture is recognized as an effective mode of treatment for symptomatic relief of migraines, it is the general understanding among acupuncturists that acupuncture is not significantly effective for reducing recurrences of migraines in the long term. Studies have shown that there is no statistically significant difference between acupuncture based on Traditional Chinese Medicine principles and sham acupuncture. An attempt in this perspective is made to probe into the causes of this apparent lack of effectiveness and present ways to improve the response in patients with chronic recurrent migraine. In modern medicine, the cause of migraine is not well-defined, various theories have been put forward, and genetic and environmental factors have been implicated. Chinese Medicine clearly points to Liver Deficiency as the root cause—a deficiency of Liver Yin or Liver Blood causing Liver Yang to rise, producing the headache. Hence, any treatment aimed at reducing recurrence has to be targeted to the Liver. The common practice of using points to reduce the Liver Excess has the potential to reduce an already Deficient organ further, thus increasing the chances of recurrence. The author prefers a method of diverting this excess to the Son organ (Heart) using the Mother–Son relationship according to the Five-Element system. The Excess is diverted and, thus, the Liver is not reduced. By focusing on the Liver as the primary target, diverting the Excess rather than reducing the Deficient organ, recurrences in migraine can be controlled effectively in the majority of cases.


**Background:** Within a pilot trial regarding chemotherapy-induced neutropenia, the secondary aim of the main study was explored. This involved measuring the effects—as shown on two key measurement scales reflecting quality of life (QoL)—of verum versus sham acupuncture on patients with ovarian cancer during chemotherapy.

**Objective:** The aim of this substudy was to determine the feasibility of determining the effects of verum acupuncture versus sham acupuncture on QoL in patients with ovarian cancer during chemotherapy.

**Design:** This was a randomized, sham-controlled trial.

**Setting:** The trial was conducted at two cancer centers.

**Patients:** Patients with ovarian cancer (N=21) who were receiving chemotherapy—primarily intravenous carboplatin and paclitaxel—participated in this substudy.

**Intervention:** The participants were given either active or sham acupuncture 1 week prior to cycle 2 of chemotherapy. There were ten sessions of acupuncture, with manual and electro-stimulation over a 4-week period.
Main Outcome Measures: The European Organization for Research and Treatment of Cancer-Quality-of-Life Questionnaire-Core 30 Item (EORTC-QLQ-C30) and the Quality of Life Questionnaire—Ovarian Cancer Module-28 Item (QLQ-OV28) were administered to the patients at baseline and at the end of their acupuncture sessions.

Results: Of the original 21, 15 patients (71%) completed the study, and 93% of them completed the questionnaires. The EORTC-QLQ-C30 subscores were improved in the acupuncture arm, including the mean scores of social function (SF), pain, and insomnia ($p=0.05$). However, after adjusting for baseline differences, only the SF score was significantly higher in the active acupuncture arm, compared with the sham acupuncture arm ($p=0.03$).

Conclusions: It appears feasible to conduct a randomized sham-controlled acupuncture trial measuring QoL for patients with ovarian cancer who are undergoing chemotherapy. Acupuncture may have a role in improving QoL during chemotherapy.


Background: Acupuncture has been demonstrated as an effective way to control nausea and vomiting induced by chemotherapy but has not been tested in conjunction with optimal use of antiemetic medication.

Objective: The goal of this study was to explore the feasibility and safety of electroacupuncture (EA) for women with breast cancer, who were receiving chemotherapy.

Design: The study was a randomized controlled pilot trial.

Setting: This trial was conducted at a medical oncology clinic at the Royal Prince Alfred Hospital, in Sydney, New South Wales, Australia.

Patients: Thirty-two women with breast cancer were recruited from a medical oncology clinic between March 2008 and July 2009.

Intervention: The intervention tested was true EA versus sham EA.

Main Outcome Measures: The study tested the effect of EA on women with breast cancer who were receiving chemotherapy, with respect to nausea, vomiting, and blood cell counts.

Results: All but 2 participants completed EA treatment; these two dropouts were 1 from the true EA group and 1 from the sham EA group. No adverse effects of EA were
There was no significant difference in nausea and vomiting between the groups. However, there were significant differences in adjusted white blood-cell and neutrophil counts at week 6 in the true EA group, compared to the sham EA group.

**Conclusions:** The findings of this trial suggest that EA during chemotherapy is a promising option for controlling side-effects of chemotherapy. An adequately powered, randomized, controlled trial to confirm the effect of EA is, therefore, warranted.

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**Objective:** The aim of this study was to evaluate the feasibility of the National Acupuncture Detoxification Association (NADA) five-point ear acupuncture protocol to reduce HF&NS and improve physical and emotional well-being for women receiving adjuvant treatments for breast cancer.

**Design:** This trial was a single-arm observational study that used before-and-after measurements.

**Setting:** The trial was conducted at a National Health Service cancer treatment center in southern England.

**Patients:** The subjects included women with early breast cancer, ≥35 years old, ≥6 months post–active cancer treatment, receiving tamoxifen ≥6 months, and self-reporting ≥4 HF&NS incidents/24-hours for ≥3 months.

**Intervention:** Fifty participants completed weekly NADA treatment for 8 weeks in small groups of ≤5 patients.

**Main Outcome Measures:** The factors examined were changes in scores at end of treatment over baseline for HF&NS frequency, physical, and emotional well-being, and perception of HF&NS as a problem.

**Results:** Mean HF&NS frequency was reduced by 35.9% (95% confidence interval: 25.4–45.4, p<0.0001, n=47). Statistical and clinical improvements were recorded for Anxiety/Fears, Depressed Mood, Memory/Concentration, Sleep Problems, Somatic Symptoms, and Vasomotor Symptoms. Perceptions of HF&NS as a problem were reduced by 2.2 points (standard deviation=2.23, n=48, t=7.22, p<0.0001).

**Conclusions:** NADA ear acupuncture may be a simple nonpharmacological method of managing breast-cancer treatment–related HF&NS.