NEWLY ACQUIRED BOOKS

The Active Points Test; A Clinical Test for Identifying and selecting Effective Points for Acupuncture and Related Therapies by Stefano Marcelli; Singing Dragon, 2015.

The Active Points Test is a clinical instrument for identifying and selecting the points on the skin that are most effective for treatment. These points may be close to the seat of the disease, for example on the shoulder for periarthritis, or far away, for example on the ear or head for stomach pain or a cough. Drawing on principles from TCM and Western medicine, Dr Stefano Marcelli sets out the theory of the approach and offers detailed guidance on how to carry out the test and how to interpret the results, as well as explaining how the test can be used in different therapies. The test is based on the discovery that a patient experiencing an ongoing symptom can be made aware of the capacity of a few points on the skin to treat his or her discomfort. The test involves stimulating the skin to the appropriate degree whilst asking the patient to identify whether there is any change in the symptom he or she is suffering, and can be used to treat a wide range of symptoms, from articular pain to migraine, tachycardia, asthenia and depression. Published for the first time in 1995, this substantially updated edition contains the most recent supporting evidence and many new explanatory diagrams and photographs. Providing a comprehensive and effective system for point selection, this is essential reading for practitioners and students of acupuncture and related reflex and manual therapies, including massage, tuina, Shiatsu and Rolfing.

The Huangdi Neijing, the Yellow Emperor’s inner Classic, is the foundation text of Chinese medicine. This book provides an introduction to the medicine of the Neijing and is a guide to the Monkey Press series “Chinese Medicine from the Classics”. It discusses the basic philosophical background of the Neijing, and the influence of the contemporary schools of yin yang and wu xing (five phase, five element) theory. Drawing particularly on the early chapters of the Neijing Suwen, it discusses the function of the internal organs (zang fu), and goes on to describe the place of the emotions and spiritual aspects within classical medicine. It finally looks at the meridian network from the classical perspective.


Nora Franglen’s straightforward, accessible guide introduces this ancient Chinese system of medicine. She briefly covers its history and explores the philosophy behind it, explaining how it can benefit the reader personally by addressing specific health needs and general well-being. Five element acupuncture treats the whole person by accessing the natural energy channels each of us possess and correcting the imbalances between our five elements to restore both physical and mental wellbeing. With case studies of patients throughout, the guide provides immediate insight into how an acupuncturist diagnoses and treats patients, looking at the importance of each of the five elements in turn, and how they relate to each other.
Incorporating orthodox medical theory and the existing evidenced-base for the use of acupuncture therapy, *Acupuncture for IVF and Assisted Reproduction* enables acupuncture practitioners to provide appropriate advice regarding diagnoses, orthodox tests and investigations, and tailor acupuncture treatment according to the stage of the fertility cycle, and associated underlying condition. An essential manual for all practitioners working in this area, or planning to do so.

- Simplifies complex information into easily accessible and understandable material
- Explains reproductive anatomy and physiology from the perspectives of both orthodox medicine and TCM
- Explains the underlying basis of orthodox medical fertility tests and investigations
- Explores the pathology and aetiology of TCM syndromes
- Provides detailed information on how to take a fertility medical history and how to diagnose TCM syndromes
- Presents the evidence for the influence of various lifestyle factors on fertility and ART success rates
- Provides guidelines on how to regulate the menstrual cycle in preparation for IVF treatment
- Explains how common fertility-related conditions such as endometriosis, Polycystic Ovary Syndrome, thyroid disease, and male factor infertility affect ART success rates
- Explains how to adapt acupuncture treatment to different ART protocols
- Provides case history templates, algorithmic acupuncture treatment pathways and patient fact sheets
- Explains how to manage patients with complex medical histories
- Looks at Repeated Implantation Failure, reproductive immunology dysfunction, and recurrent miscarriages
- Explains how to support patients if their IVF is unsuccessful and how to treat patients during early pregnancy
- Examines ethical considerations relevant to fertility acupuncture practice

**Integrative Oncology** by Donald I Abrams & Andrew T. Weil; Oxford University Press 2014.

More and more people living with and beyond cancer seek integrative interventions to complement their conventional cancer care. This second edition of the highly successful Integrative Oncology provides the reader with the most updated information available with new chapters on Music and Expressive Arts Therapies, Naturopathic Oncology, and an integrative approach to Lung Cancer. Integrative medicine is defined as healing-oriented medicine that takes account of the whole person (body, mind, and spirit) as well as all aspects of lifestyle; it emphasizes the therapeutic relationship and makes use of appropriate therapies, both conventional and alternative. This series grows out of a need to organize and make accessible to clinicians the basic principles of integrative medicine in practical application to common health conditions. Each volume focuses on a particular specialty and features well-recognized and authoritative editors and chapter authors. The text is presented in an easy-to-read format featuring case histories, clinical pearls, and useful tables, with all key information highlighted.

**Children at their Best: Understanding and Using the Five Elements to Develop Children’s Full Potential for parents, Teachers, and Therapists** by Karin Kalbantner-Wernicke & Bettye Jo Wray-Fears; Singing Dragon, 2014.

Understanding child development through the prism of the Five Elements adds an exciting new dimension to western thinking on the nurture of children. It can not only explain patterns of behavior in a new and helpful way, but suggest approaches and methods to help children, and groups of children, become more balanced and therefore
happier, more resilient, and more open to learning and new experience. The authors explain in detail the characteristics of each of the Five Elements of Chinese thought (Wood, Fire, Earth, Metal and Water) with their distinctive modes of expression and potential associated difficulties, and describe the problems that can occur if a child’s elements are not in balance. In doing so, they provide a completely new and accessible way of understanding the emotional and behavioral state, and developmental stage of a child, in and out of the classroom. They introduce a wide range of easy-to-do and entertaining exercises and group activities to balance the elements, both individually and in groups. This exciting and practical book will help anyone working with or caring for children to deepen their understanding of childhood behavior in general, and of individual children in particular, and to take active steps to nurture their potential, including teachers, therapists, occupational therapists, Chinese medicine and other alternative medicine practitioners, and Qigong and martial arts teachers, as well as parents.

Decoding Dao: Reading the Dao De Jing and the Zhuangzi by lee Dian Rainey; John Wiley & Sons, Ltd., 2014.

Written by a leading authority on Chinese philosophy, Decoding Dao uniquely focuses on the core texts in Daoist philosophy, providing readers with a user-friendly introduction that unravels the complexities of these seminal volumes.

- Offers a detailed introduction to the core texts in Daoist philosophy, the Dao De Jing and the Zhuangzi, two of the most widely read – and most challenging – texts in China’s long literary history
- Covers the three main ways the texts can be read: as religious, mystical, and philosophical works
- Explores their historical context, origins, authorship, and the reasons these seminal texts came into being, along with the key terms and approaches they take
- Examines the core philosophical arguments made in the texts, as well as the many ways in which they have been interpreted, both in China itself and in the West
- Provides readers with an unrivalled insight into the multifaceted philosophy of Daoism – and the principles underlying much of Chinese culture – informed by the very latest academic scholarship
Raw Chi: Balancing the Raw Food Diet with Chinese Herbs by Rehmannia Dean Thomas; Evolver Editions, 2014.

*Raw Chi* discusses a breakthrough in health understanding, showing readers how to bridge the gap between the raw foods diet and Traditional Chinese Medicine (TCM). Offering an overview of the nature of foods and herbs used in TCM (ginseng, aged citrus peel, cinnamon twig, licorice root, and many others) in addition to sections dedicated to men’s and women’s health, author Rehmannia Dean Thomas educates readers on how to use centuries-old Chinese herbal formulas to balance a raw food diet.

TCM practitioners have typically discouraged maintaining diets high in raw foods, citing that they are yin in their energetic nature and can dampen the digestive fire, often resulting in fatigue, excess weight, or bloating, among other symptoms. Thomas observed that herbal formulas in the TCM material medica have been designed over many centuries to warm the middle Jiao area—the area from the diaphragm to the navel—and assist the digestive fire (similar to metabolism), thus helping to render raw foods into energy without accumulating moisture retention. The author shows how an educated and responsible combination of raw food and Chinese herbal teas, tailored to one’s individual needs, can help raw foodists, and others, attain daily and long-term health.

Thomas describes chi in Western terms, helping readers to understand the meaning of this energy, how it is acquired and used for metabolism and health, and as an overall driver of evolution. He continues by describing the yin and yang of chi and how the foods we eat affect us all, and specifically as men and women—offering three herbal recipes each for men and women separately, and two tea recipes for both men and women. The text includes an appendix with instructions on different methods for herb preparation and sources for high-quality herbs.

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Take away the guess work Eliminate the complexity Want to know what works? Our Master Tung book about images, Mirrors and relationships was NOT only written to help
explain these concepts, it was written to help you choose the BEST image in your clinic. -
-- No longer will it take 50,000 patients and 10 years to "figure out" what works "best".
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Acupuncture tips for the 21st century The first of kind written not by a scholar, but a
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RESULTS Use this book and watch your clinical success skyrocket. Improved results,
happier patients, a busier office, and finally UNDERSTANDING the "what" the "why"
and "which one should I use." Table of contents: Chapter 1 Why does imaging and
mirroring work? Chapter 2 Imaging and Mirroring Techniques –1 for 1 image –12
segments –Fully clothed acupuncture –Face on leg or arm –Top 3 keys to using images
and mirrors –Face and groin area –Full image or mirror on half a limb –Tissue
correspondence –Like for Like –Image and mirror, homologous structure –Quarter image
–Three Jiaos –Theory –Inguinal Crease –Scalp Image– How to avoid Du 1 treatments –
Belly Face Chapter 3 Secrets to Success Chapter 4 Where does distal acupuncture fall
Bulging disc, back pain and pinched nerve –Can you combine Tung with TCM? –
Dizziness in older people is damp and phlegm –Dysmenorrhea treatment – Tung style –
How to treat your own hip pain –Inguinal hernia –Low back pain – treated using
homologous scapula –Man fell on carpet, now has neck pain –Meniere’s, tinnitus and
dizziness –Menstrual cycles and fertility timing –Mixing Chinese and Japanese, is that
setting up for failure? –Nocturnal enuresis in a 10 year old boy –Parkinson’s treatment –
Post herpetic neuralgia –Quick fix for calming people –Restless leg syndrome –Severe
sciatica in Australia –Varicose veins Chapter 6 Acupuncture Meridian Images Chapter 7
Imaging Tables Chapter 8 Tung Acupuncture Point Illustrations Chapter 9 Anatomy
references – muscles and bones Chapter 10 Correspondence Images

Essential Texts in Chinese Medicine: The Single idea in the Mind of the Yellow
Emperor by Richard Bertschinger; Singing Dragon, 2015

In this selection of core texts, Richard Bertschinger presents a commentary and
translation of the key writings for students and practitioners of Chinese medicine in the
21st century from the ancient, definitive set of books on Chinese medicine, the Huangdi
Neijing or 'the Yellow Emperor's Medical Classic'. Bertschinger selects the key sections
of the long and often impenetrable Huangdi Neijing that are vital for students and
practitioners to know and understand for practice today, and provides an accessible view
of these fundamental writings which remain central to all traditional approaches to
medicine in China. Taking eminent Ming doctor and scholar Li Zhongzi's selection of
texts as a basis, he also includes a number of additional texts from the Huangdi Neijing on topics such as the spirit in treatment, a resonance with nature, the art of needling, and the Five Elemental body and personality types, thus ensuring the relevance of this core set of information for students and practitioners of acupuncture and traditional Chinese medicine today.

ARTICLE ABSTRACTS


OBJECTIVE: To evaluate the self-efficacy and satisfaction of asthma patients subjected to summer acupoint application treatment (SAAT).

METHODS: A two-year follow-up clinical study was conducted. Patients with asthma were treated by applying an herbal paste onto the Feishu (BL 13) and Fengmen (BL 12) acupoints on the three hottest days of summer, according to the traditional Chinese calendar, from 2008 to 2010. During a two-year follow-up, these patients were asked to fill out a questionnaire evaluating asthma degree, exacerbation frequency, concomitant medications and self-satisfaction. The self-rate and doctor-report outcomes obtained in parallel were evaluated to assess the efficacy of SAAT.

RESULTS: A total of 527 asthma patients were initially enrolled in this study, of which 97 elderly patients and those with more severe cases of asthma were lost to follow-up. Thus, a total of 430 patients were valid for analysis using self-rate data. Nevertheless, occasional negative returns were obtained; almost all of the outcomes were rated as "No change", "Moderate effective", or "Very effective". In addition, 80% of the patients were satisfied with this treatment. Moreover, 391 (91.4%) patients were somewhat improved after SAAT in 2009, and further improvement was observed in 2010. After SAAT, the average asthma-degree score decreased from 5.3 in 2008 to 4 in 2009 and, subsequently to 3.5 in 2010.

CONCLUSION: With pronounced patient satisfaction, SAAT can reduce the exacerbation severity and frequency, concomitant medications and asthma degree. Prolonging the treatment course might enhance the efficacy of SAAT.


OBJECTIVE: To investigate the effect of different heat-stimulating time lengths on
lower back pain.

METHODS: Forty participants were randomly assigned to four groups of various heating time lengths. The short heating time length group (SL), moderate heating time length group (ML), and long heating time length group (LL) respectively received 15, 30, and 60 min of moxibustion therapy stimulating the acupoint Guanyuan (CV 4). The conventional acupuncture group (CA) received needle acupuncture treatment as a control group. The participants were treated continuously over a 2-week treatment period for a total of 10 sessions, with five sessions given per week. Participants were assessed weekly by blinded assessors, using the visual analogue scale (VAS) and Roland Morris Questionnaire (RMQ).

RESULTS: The VAS and RMQ scores reduced in all four groups during treatment. There were significant differences in VAS scores (P < 0.01) and RMQ scores (P < 0.01) between before treatment and after 2 weeks of treatment in the LL group. After treatment, the LL group reported significantly lower VAS scores compared with the CA group, ML group, and SL group (P < 0.05).

CONCLUSION: The long and moderate lengths of heat-stimulating time of 30 and 60 min may be more effective for relieving lower back pain than that of short stimulating time lengths.


OBJECTIVE: To explore the characteristics of primary liver cancer in terms of Traditional Chinese Medicine (TCM) by analyzing the variations of the patterns along with the clinical stages.

METHODS: The patients who were hospitalized in the Changhai Hospital of Traditional Chinese Medicine dated from March 1999 to December 2008 were included in this retrospective study. The patients were grouped according to their cancer stages, and their patterns were judged and quantified according to the "Standard diagnosis and quantitative criteria of the common patterns in primary liver cancer" formulated by the Changhai Hospital of Traditional Chinese Medicine. Statistics methods included ANOVA and nonparametric test, among others.

RESULTS: The data of the 398 newly diagnosed patients showed that Qi Stagnation, Blood Stasis, and Dampness patterns were more frequent than the other basic patterns with relatively high scores; patterns of Liver Qi Stagnation, Liver Blood Stasis, and Dampness Heat were more than the other complex patterns and scored relatively high. Scores of Dampness and Liver Qi Stagnation patterns varied among the groups at different stages and the differences were statistically significant (PDampness = 0.002, PLiver Qi Stagnation = 0.020). The highest scores of Dampness pattern and Liver Qi
Stagnation pattern corresponded with Stage IIIb, and Stage IIIa, respectively. Dampness pattern frequency was higher ($P = 0.001$) in the Stage IIIb group than in other groups.

**CONCLUSION:** Pattern characteristics in patients with primary liver cancer of different clinical stages might manifest in the variations of the Dampness pattern along the process of the disease and the major pathogenic factor of primary liver cancer might be Dampness.


In the 21st century, the public are more informed, mainly via the Internet, about health and medical products and have become more knowledgeable about matters relating to their health conditions and well-being in curing and preventing illnesses. They often self-medicate themselves with various health products and over-the-counter (OTC) medicines apart from prescribed pharmaceutical drugs (PD). Some of those non-prescribed products may have doubtful quality control and contain harmful additives or unchecked ingredients; thus their usefulness is in doubt. The increasing popularity world-wide of using Chinese medicines (CM) and related OTC functional products has raised concerns over their concomitant use with PD and the consequential adverse effects. In most cases the alleged causes of adverse effects are linked with herbal sources, although the authorised information on the interactions between CM-PD is not plentiful in the literature. There is an urgent need for such a data base. The future professionals in health and medical care should be knowledgeable or aware of what their patients have been taking or given. In actual practice the patients may receive both treatments intentionally or unintentionally, with or without the awareness of the practitioner. In these situations a reliable database for interactions between CM-PD will be extremely useful for consultation when treatment problems appear or during emergency situations. Their combining of medications may be involved with possible outcomes of adverse reactions or beneficial effects. Such a database will be welcomed by both practitioners of herbal medicines and orthodox medicine practitioners in the emerging trend of integrative medicine. The author has been involved in various research projects of basic and clinical aspects in mainly CM among other herbal and PD. Examples will be given largely on those related to these disciplines as illustrations in this overview.


Stroke is an important cause of mortality and morbidity worldwide but effective therapeutic strategy for the prevention of brain injury in patients with cerebral ischemia is lacking. Although tissue plasminogen activator has been used to treat stroke patients, this therapeutic strategy is confronted with ill side effects and is limited to patients within 3 h of a stroke. Due to the complexity of the events and the disappointing results from single
agent trials, the combination of thrombolytic therapy and effective neural protection therapy may be an alternative strategy for patients with cerebral ischemia. Chinese medicine (CM) is the most widely practiced form of herbalism worldwide, as it is a sophisticated system of medical theory and practice that is specifically different from Western medicine. Most traditional therapeutic formulations consist of a combination of several drugs. The combination of multiple drugs is thought to maximize therapeutic efficacy by facilitating synergistic actions and preventing possible adverse effects while at the same time marking at multiple targets. CM has been labeled in ancient medicine systems as a treatment for various diseases associated with stroke. This review summarizes various CMs, bioactive compounds and their effects on cerebral ischemia.


Associated with the aging of our world population is a sharp increase in the incidence of Alzheimer’s disease, which not only poses a significant health issue but also presents a serious social problem. Although pharmacological treatments were developed based on existing hypotheses, the disease pathogenesis remains to be fully elucidated. Given the complexity of Alzheimer’s disease, Chinese herbal medicine appears to have therapeutic potential for Alzheimer’s disease through multi-target and multi-pathway approach at cellular and molecular levels and holistic adjustment of the body at organ system levels. Recently, a significant breakthrough has been made in the research of Chinese medicine for Alzheimer’s disease. In this article, we review the experimental research progress in understanding how Chinese medicine could be used for the treatment of Alzheimer’s disease.

“Yangsheng and the Channels” Jason D. Robertson; The Journal of Chinese Medicine, No. 107: 5-12, 2015.

The following article explores the traditional concept of yǎngshēng (養生), often translated as 'nourishing life', and discusses how this concept might be understood in the context of the early Hàn Chinese conception of the acupuncture channels and collaterals (經絡, jīngluò). The possible meanings of these foundational concepts are discussed in order to explore the physiological models underlying traditional Asian lifestyle advice. By considering how early Hàn practitioners may have understood the nature and function of the channels, modern practitioners can better educate patients about how to normalise their physiology and therefore improve their health and quality of life.


The acupuncture treatment of bi-impediment syndromes can be greatly enhanced by using a model of diagnosis and treatment that includes channels other than the primary channels. In most bi-impediment syndromes the pathogen actually resides in the
superficial minute luo-connecting vessels (fuluo), luo-connecting vessels (luomai) and sinew channels (jingjin) rather than the primary channels (jingmai). Each of the various layers of the channel system (jingluo) should be treated with a strategy that is specific to its depth, anatomy and unique functions. Most modern acupuncture tends to focus almost exclusively on the use of the primary channels for the treatment of diseases, including bi-impediment. In some circumstances this is inappropriate, and can mean ineffective treatment or even a worsening of the disease. Classical texts such as the Huangdi Neijing Suwen (Yellow Emperor’s Inner Canon Plain Questions), Huangdi Neijing Lingshu (Yellow Emperor’s Inner Canon Spiritual Axis) and the Nanjing (Classic of Difficulties) provide techniques and strategies that can be used to treat the various channel layers. In the experience of the author, applying the theory of these various channel layers in diagnosis and treatment improves clinical results in the acupuncture treatment of bi-syndromes.


Olfactory dysfunction causes diminished quality of life and safety concerns for millions of patients, especially the elderly. The causes and types of olfactory dysfunction are not well understood by clinicians. Treatment for olfactory dysfunction is not standardised by cause, pharmaceutical treatment is not reliably effective and surgical treatment presents risks. This article describes the case of a 61-year-old man with olfactory dysfunction who was treated with acupuncture and Chinese herbal medicine after unsuccessful treatment with antibiotics and steroid sprays. The patient subsequently experienced improvement in subjectively evaluated olfaction. The author concludes that acupuncture and Chinese herbal medicine may offer an effective alternative treatment for olfactory dysfunction.


Lower back pain is one of the most common chief complaints in many acupuncture clinics today. Many patients may have previously tried Western biomedical treatments, as well as other complementary therapies. Lower back pain can be acute or chronic, and may be the result of a variety of pathologies. This article presents three case studies of patients with lower back pain, who were successfully treated with a combination of acupuncture, tuina, cupping and Chinese herbal medicine. Chinese medicine is highly effective in the treatment of most types of lower back pain. The key to effective treatment is in correct differentiation and appropriate treatment. The author hopes that these example cases are useful for other practitioners, and recommends that when treating lower back pain practitioners should keep in mind that tuina manipulation may be necessary, which may require referral.

This article presents a discussion of the patterns, pathomechanisms and treatment of acute and chronic sinus infections using Chinese herbal medicine. It is informed by the English language text Case Histories: Eye, Ear, Nose and Throat Disorders edited by the author (published by People's Medical Publishing House in 2014), combined with the author’s clinical knowledge and experience. The article aims to create a broader understanding of the patterns, strategies and formulas that can be used to treat this disease, going beyond symptomatic branch treatments towards a constitutional approach that benefits the whole person.


Chinese medicine has a long history of helping infertile couples to conceive and documenting health preservation practices. In addition to providing treatment to couples and individuals wishing to conceive, modern Chinese medicine practitioners typically provide lifestyle advice in order to improve health and optimise fertility. Despite many improvements in living conditions, modern couples are exposed to numerous challenging factors that can potentially reduce their fertility. This article highlights current research in this area and combines it with traditional Chinese medicine knowledge to provide a resource that practitioners can use to advise couples and individuals wishing to conceive. Lifestyle changes can bring great benefits, especially when based on Chinese medicine differential diagnosis. However, excessively rigid advice can also be divisive and burdensome in the context of the difficult situation experienced by infertile couples, and should therefore be given with sensitivity and awareness.


This article investigates the concept of qi and suggests that its meaning in modern Chinese medicine texts has diverted from that found in classical texts of Chinese medicine. The author suggests that it is important to grasp this difference in order to avoid mistaken assumptions adversely influencing the effectiveness of modern acupuncture practice. Finally, the author makes recommendations for how practitioners might work towards gaining a deeper experience and understanding of qi in clinical practice.

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