NEWLY ACQUIRED BOOKS

The Classic of Supporting Life with Acupuncture and Moxibustion Volumes I-III (針灸資生經) by Wáng Zhízhòng, translated by Yue Lu (with editing by Lorraine Wilcox); The Chinese Medicine Database, 2014.

This text stands out amongst many of the classics for several reasons: the first is that Wáng Zhízhòng was a keen researcher, who would not only compare source materials against each other, but also cite which source materials he compared, and how they were the same or different. Secondly, while Wáng was a gatherer of information, he was also practical, and this book is filled with his many pearls of how he used a point prescription, why, and what the results were of his own tests of the material. Thirdly, to date there is no other classical text which is as complete in subject matter as the Zhēn Jīu Zī Shēng Jīng. Wáng categorized not only the point locations, and the methods for their use, but systematically collated 196 diseases from the most exterior down to the deepest levels, documenting multiple presentations and treatments for each disease. Lastly, Wáng’s primary focus was on supporting or nourishing life through the use of these techniques, and therefore there are a significant number of these treatments that either use moxibustion as the primary treatment method, or use moxibustion in addition to the primary treatment method.
The Theory of Chinese Medicine: A Modern Interpretation by Hong Hai; Imperial College Press, 2014.

This path-breaking book reinterprets Chinese medicine using the approach of the philosophy of science in a manner that strikes common ground with biomedical science. It strips Chinese medical theory of the mystique and metaphysical pretentions that too often plague the discipline, presenting this theory as being derived from empirical observations and clinical findings. Concepts like qi and phlegm and vital organs like the shen (kidney) are interpreted, not as physical entities with defined measurable properties, but as constructs to facilitate the application of models for diagnosis and therapy. The author evaluates the five-element model and the diagnostic-therapeutic paradigm of Chinese medical syndromes, and suggests how these heuristic models can be subjected to clinical trials. Principles governing the use of herbal, acupuncture, tuina and qigong therapies are elucidated and critically examined. Written for medical professionals, philosophers of medicine and discerning readers interested in alternative therapies, the book also has practical chapters on the placebo effect and Chinese medical treatment of chronic illnesses, and a useful compilation of common Chinese herbs and formulations.


Combining the research and study of integrative Chinese and Western Medicine, Integrative Cardiovascular Chinese Medicine: A Prevention and Personalized Medicine Perspective presents a clear, structured base to guide clinical practice and encourage collaboration between Chinese medicine and Western medicine practitioners.

This complete reference work thoroughly covers the pathophysiology of cardiology-related diseases, and compares, juxtaposes, and integrates Western and traditional Chinese medicine (TCM). Anika Niambi Al-Shura provides a realistic scope of
cardiology treatment and the integration of Western and Chinese medicine, establishing a basis for standardization and a rationale for the inclusion of TCM in cardiology, and identifying and inspiring ideas for future research.

- Integrates Western and Chinese medicine for a realistic scope of cardiology treatment
- Establishes basis for standardization and rationale for the inclusion of traditional Chinese medicine in cardiology
- "Clinical pearls" provide a guiding base of traditional Chinese medicine in clinical use
- Offers a reference section that lists the latest in published studies
- Presents easy access to the medicines and herbs used in both Chinese and Western medicine, including photos and information about the current patents


Medical care in nineteenth-century China was spectacularly pluralistic: herbalists, shamans, bone-setters, midwives, priests, and a few medical missionaries from the West all competed for patients. This book examines the received dichotomies between "Western" and "Chinese" medicine, showing how they have been greatly exaggerated. As missionaries went to lengths to make their medicine more acceptable to Chinese patients, modernisers of Chinese medicine worked to become more "scientific" by eradicating superstition and creating modern institutions. This book challenges the supposed superiority of Western medicine in China while showing how "traditional" Chinese medicine was deliberately created in the image of a modern scientific practice.

The study of acupoints plays an essential part in the effective practice of acupuncture. This book provides a practical guide to the key acupuncture points that aid the treatment of many common conditions. It covers the most important acupuncture points located on the fourteen meridians, from the five-shu points to the confluence points of the eight extraordinary vessels. With full color illustrations, it offers practical information on the locations, functions and indications for the points and how they should be needled or otherwise treated. The names of the points are presented in both English and Chinese, providing readers with a comprehensive pocket reference for the treatment of common conditions using acupuncture.


This book is a collection of Giovanni’s experience of the past 40 years. It ranges from short chapters (such as the case histories) to fairly long ones (such as that on autoimmune diseases). Some of the chapters discuss aspects of Chinese medicine not discussed in his previous books such as the chapter on autoimmune diseases or the classification and treatment of Heat diseases. In other cases, such as the Triple Burner or the Shen and Hun, the topic is discussed in a detail and with a depth that is not in any of his previous books. The contents of the book is as follows: The Diagnosis and Treatment of Heat, Autoimmune diseases; The Heart channel; The Triple Burner; The Shen and the Emotions; Geriatrics Sexual life in Chinese medicine; Diseases; Patterns; Acupuncture points; Tongue diagnosis; My favourite points and herbal formulae; Case histories; Clinical tips; Tobacco in Chinese medicine.

Traditional Chinese medicine aims to restore harmony to the body, mind, and spirit by balancing Yin and Yang and regulating the vital energy (Qi) that flows through us. This comprehensive encyclopedia, edited by a world-famous authority and written by a panel of eminent experts, provides in-depth analysis of this popular holistic healing system. It examines the history and philosophy of Chinese medicine; the causes of disease; herbal and food therapies; and self-care, including qi gong, t'ai chi, acupressure, and acupuncture, along with recipes and advice on treating a range of problems naturally. The late Barbara Bernie, named the “Mother of Chinese Medicine in the United States” by the American Institute of Chinese Medicine, has written the introduction.


You Have the Power to Thrive. If you or someone you love is a cancer survivor, you may be living in fear that one day it will return. But you can protect yourself and build a strong anti-cancer defence system of health and wellness with this practical five-step plan from Dr. Lise Alschuler and Karolyn Gazella. In this companion to The Definitive Guide to Cancer, Alschuler and Gazella teach you not just how to survive, but also how to thrive after cancer by integrating the best of conventional, natural, and alternative cancer prevention therapies to support and enhance your body’s five critical pathways. With simple, empowering daily actions that you can start today, it is the only program that provides the comprehensive approach needed for optimal health and recurrence prevention.

Do you often ask yourself: why don’t I feel good even though I’m doing everything “right” and eating healthy foods? Where can I find something that works for ME? And are you frustrated and confused by all the diet gimmicks out there? Maybe you've actually stood in the grocery store feeling completely lost while you stare at all the available options?

For thousands of years, Traditional Chinese Medicine has approached health in a balanced, holistic way by focusing on each individual's unique needs, honoring nature and the seasons, and using that wisdom to re-balance the body.

In this unique e-book you will find tips on:
- which foods can alleviate your chronic, nagging health problems, and which foods will truly help your body to work better and to shed that excess weight
- how the seasons of the year affect physical and mental health, and how can you easily maximize your own health by living in harmony with the seasons
- what the health of your internal organs (like the heart, kidneys and liver) have to do with the seasons and how this can profoundly influence your health

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**Fang Xiang Liao Fa; Essential Oil Analogues of TCM Herbal Formulas** by Esther Aldrich & Randall Bornemann; 2013.

Some people just don’t like needles. Children, for example, can be very difficult to needle. Then there are people who have to be careful with herbs. Celiacs are limited in that they can only use gluten-free herbs. This book provides an alternative to both. With a 53 page TCM-based Materia Medica of essential oils, a full Materia Medica of carrier
oils, and over 100 blends, all based on TCM herbal formulas, complete with point prescriptions and application techniques.

ARTICLE ABSTRACTS

“A Brief History of Qigong” Peter Deadman; The Journal of Chinese Medicine, No. 105: 5-17, 2014.

At the height of its popularity in China in the 1980s, it is estimated that one hundred million people were practicing qigong in parks and public spaces. Crowds flocked to hear great masters speak and to be healed simply by being in their presence or hearing their words. Prime-time television showed miraculous acts being performed by the power of qi while China's top scientists and politicians were caught up in an extraordinary vision of qigong releasing the supernormal powers latent in human beings. This article attempts to describe how a self-cultivation practice - carried out in various forms for over two millennia with the aims of promoting physical, mental and spiritual well-being - gained tens of millions of followers at the height of 'qigong fever', and came to be associated with the development of super-powers such as distant healing, telekinesis and transformation of matter.


Bloodletting predates the use of conventional filiform needles in acupuncture practice. Although historically it was a commonly utilized therapy, it has fallen into relative disuse amongst modern practitioners. This article discusses the basic theory of bloodletting therapy and its use in the Tung lineage of acupuncture. One of the unique features of the Tung lineage is the extensive use of bloodletting using specific points and zones on the trunk and extremities. This article documents the locations and functions of these points/zones to provide acupuncture practitioners with a map so that they can administer effective bloodletting treatment for most health conditions.


The foundational theories of Chinese herbal medicine originate in the Nei Jing (Inner Classic), which states that it is the flavour and nature of herbs that govern how they interact with the human body. However, this theory has more recently become superseded by theories of herbal actions, disease indications and modern research, which are invariably used in textbooks and by practitioners to inform prescription of herbal
medicines. This article explains why these approaches to the practice of herbal medicine are incorrect, and how such approaches can easily damage the health of patients taking herbal medicines. The correct method of prescribing herbs based on the Nei Jing is described, and illustrated with various case examples.


Delayed lactation, insufficient milk supply and other breast-feeding problems are common disorders worldwide, with research showing prevalence of up to 33 per cent. The aetiology of delayed lactation is multifactorial: primiparity is the most important contributor, but long duration of labour and inadequate breast-feeding education and support are also factors. Conventional medical treatment focuses on early postpartum education about proper breastfeeding technique. In the absence of organic pathology, women may be offered pharmaceutical galactogogues, some of which have undesirable side-effects. This case summarises the effects of acupuncture, Chinese herbal medicine, tuina massage, cupping therapy and a Western herbal tincture on a 30 year-old primipara experiencing insufficient lactation. After four weeks of treatment, the patient reported better milk production and a more positive experience of nursing, as well as improvements in other health symptoms. No adverse events were observed. The authors conclude that Chinese medicine combined with Western herbal medicine may be a safe and effective treatment to address insufficient lactation and its underlying causes.


The Extraordinary vessels have a leading role in human growth and development, from the embryologic stage throughout childhood. This article puts forth the view that the Extraordinary vessels govern not only the physical but also the psychological aspects of maturation. Environmental influences in early childhood are fundamental in the establishment of personality, and the Extraordinary vessels are frequently involved in adult emotional disorders that stem from childhood trauma. This paper analyses the psychological dimension of Ren mai (Conception vessel) by documenting the relevance of the Ren and Du mai (Directing vessel) and their associations with the concepts of Taiyin and Taiyang and the first yinyang polarities of the embryo. Parental influences upon the individual are also explored, before explaining the psychological resonances of Ren mai, which is postulated to represent the Mother archetype as comprehended in the ideogram ‘ren’ (任). This is followed by a description of the pathological repercussions of imbalance in these aspects of the individual. The theory is illustrated with clinical cases that were treated by needling single acupoints along Ren mai.
To discover and develop novel natural compounds, active ingredients, single herbs and combination formulas or prescriptions in traditional Chinese medicine (TCM) with therapeutic selectivity that can preferentially kill cancer cells and inhibit the amplification of cancer without significant toxicity is an important area in cancer therapy. A lot of valuable TCMs were applied as alternative or complementary medicines in the United States and Europe. But these TCMs, as one of the main natural resources, were widely used to research and develop new drugs in Asia. In TCMs, some specific herbs, animals, minerals and combination formulas were recorded and exploited due to their active ingredients and specific natural compounds with antitumor activities. The article focused on the antitumor properties of natural compounds and combination formulas or prescriptions in TCMs, described its influence on tumor progression, angiogenesis, metastasis, and revealed its mechanisms of antitumor and inhibitory action. Among the nature compounds, triptolide, berberine, matrine, oxymatrine, kurarinone and deoxypodophyllotoxin (DPT) with specific molecular structures have been separated, purified, and evaluated their antitumor properties in vitro and in vivo. Cancer is a multifactorial and multistep disease, so the treatment effect of combination formulas and prescriptions in TCMs involving multi-targets and multi-signal pathways on tumor may be superior than that of agents targeting a single molecular target alone. Shi Quan Da Bu Tang and Yanshu injection, as well known combination formulas and prescriptions in TCMs, have shown an excellent therapeutic effect on cancer.

This study aimed to evaluate the effects of cantharidins, a traditional Chinese medicine, in chemotherapy for the treatment of hepatoma. From August 2011 to December 2012, 96 patients with hepatoma, who were eligible for transcatheter hepatic arterial chemoembolization and received cantharidins, were selected for comparison with the control group of 95 patients without cantharidins. The treatment effect, clinical symptoms and adverse effects were analyzed. The results of the study showed that the cantharidins group had a higher overall efficient rate than the control group (p < 0.001). The improvement rate of the Karnofsky score in the cantharidins group was significantly higher than that of the control group (p = 0.014). In the cantharidins group, there was a decrease in white blood cell (WBC) count and gastrointestinal response rates were lower than those of the control group (p < 0.05). Therefore, the traditional Chinese medicine cantharidins showed effects of easing the progress of liver cancer, relieving side effects of chemotherapy and improving the quality of life in the treatment of hepatoma.
Scant scientific evidence supports the efficacy of acupuncture in the treatment of opiate dependence. The purpose of this study was to examine the effectiveness of acupuncture for heroin addicts on methadone maintenance by measuring the daily consumption of methadone, variations in the 36-item Short Form Health Survey-36 (SF-36) and Pittsburgh Sleep Quality Index (PSQI) scores, and heroin craving. Sixty heroin addicts were randomly assigned to true acupuncture (electroacupuncture at the Hegu [LI4] and Zusanli [ST36] acupoints, as well as acupuncture at the Ear Shenmen) or sham acupuncture (minimal acupuncture at the Hegu and Zusanli acupoints without electrical stimulation and superficial acupuncture at the Ear Shenmen), twice weekly for 4 weeks. From week 2 onwards, the daily dose of methadone was reduced by a significantly greater amount with true acupuncture compared with sham acupuncture. True acupuncture was also associated with a greater improvement in sleep latency at follow-up. All adverse events were mild in severity. Acupuncture appears to be a useful adjunct to methadone maintenance therapy (MMT) in heroin addiction.

The last decade has seen a wealth of information reporting the beneficial effects of Chinese herbal medicines. While a lot more studies were done using in vitro and in vivo research platforms, much fewer investigations were conducted according to evidence-based requirements in clinical settings. The Institute of Chinese Medicine at the Chinese University of Hong Kong (CUHK) has had the opportunity to collaborate with clinicians over the years to initiate and conduct dozens of clinical trials investigating and verifying the therapeutic values of Chinese herbs in selected disease conditions. Of the many disorders, we chose to focus on those that are known for their difficulties achieving perfect results with conventional treatment methods. Examples include non-healing ulcers, allergic conditions, degenerative diseases and cancer. Protective effects of the herbs in such chronic diseases as coronary artery disease and osteoporosis were also part of our focus. Even in healthy individuals and those recovering from chemotherapy, Chinese herbs could help with the immune system and were studied in our clinical trials as well. This paper aims to highlight the important findings from these clinical studies while at the same time, stressing the indispensable value of clinical trials in modernizing the use of Chinese herbs in present-day medicine.
Insomnia is a kind of sleeping disorder characterized by major manifestation which differs from mild difficulty in falling asleep, restless sleep, frequent waking with difficulty falling asleep again to severe sleeplessness the whole night. Patients may present with fatigue, headache or vertigo, amnesia, dysphoria, palpitation, chest stuffiness, shortness of breath, anorexia, etc. Insomnia is generally derived from ling-term nervousness, excessive mental labor. Oral Diazepam or Surazepam is the main strategy in current insomnia treatment. However, the current treatment often causes severe side-effects, and is prone to inducing dependence in patients with poor effect. The author used auricular acupuncture point sticking and routine acupuncture to treat insomnia and received decent curative effect.

Ashi points are the points not belonging to any meridians and without any identified location and names. They are regarded as points because they present strong tenderness and thus can be used as a point for acupuncture treatment. A lot of pain conditions in the clinic have their tenderness not on the regular meridians, but these tender points could be the most effective points in acupuncture treatment for these pain conditions, much more important than the regular meridian points around the painful areas. So, even as early as in Yellow Emperor’s Internal Classic, it is addressed that “The painful spots should be regarded as the points to be needled.” This paper will take some common pain conditions in the acupuncture practice as example to discuss the importance of finding and needling these Ashi points in treatment of these conditions, and try to give some explanations based on Chinese medicine theories.

This paper collects and reviews the most recent clinical studies pertaining to the application of acupuncture in the following areas: cancer symptoms; treatment of side-effects of chemotherapy, radiation therapy and surgery for cancer; and cancer management. Acupuncture applications to cancer care are very extensive. The authors divide these application onto eleven sections: pain; nausea and vomiting; xerostomia; dysphagia; hot flashes; fatigue; prolonged postoperative ileus; lymphedema; insomnia; palliative care; and multiple symptoms. The studies reviewed in this paper indicate the potential value of acupuncture as a therapeutic modality in oncology, and justify a wider
application of acupuncture in cancer care. While this paper demonstrates that rigorous clinical trials and systematic reviews have been conducted on most of the cancer-related conditions cited above, and on cancer management, it also reveals the need for even more well-designed research studies.


Acupuncture has a good therapeutic effect in treatment of inflammatory bowel diseases (IBD), but its functional mechanism has not been systematically explained. Metabolomics is the scientific study of dynamic chemical processes involving metabolites as well as metabolic response of living organisms. Metabolomics, a research method with integrity and dynamics, corresponds to the overall regulatory effect of acupuncture and is in line with the overall concept of traditional Chinese medicine (TCM) and the concept of homeostasis. In the recent years, metabolomics has been extensively applied to the clinical and experimental study of IBD, and its potential applied value has been unanimously acknowledged by the researchers. In this article, the application status of metabolomics in acupuncture is summarized, and the research ideas to study the mechanism of acupuncture in the regulation and control of IBD by metabolomics are preliminarily explored.


The frequencies of use of 361 human acupoints in 74 academic journals of traditional Chinese medicine published between 1949 and 2010 are arranged in order using ‘Traditional Chinese Medical Acupuncture-moxibustion Information Databank’. The frequencies of use are divided into five grades: most frequent use, more frequent use, frequent use, less frequent use and infrequent use. The most frequently used acupoints and infrequently used acupoints are summarized and analyzed to help point selection for clinical acupuncture and selection of acupuncture research projects in the future.


There has long been a controversy whether forbidden points truly exist, or if they have any bearing in contemporary practice. This study used literature review synthesis method to examine the application of acupuncture at the “forbidden points” for low back pain and
pelvic pain in pregnancy. This study addresses the potential implications of needling the forbidden points during pregnancy.


As one of the most important concepts in traditional Chinese medicine, cutaneous regions have a close relationship with skin in modern medicine. According to the doctrine of traditional Chinese medicine, the cutaneous regions are the corresponding projections of twelve meridians in the superficial layer of the body and play an important role in body surface-viscera correlation. The symptom of visceral disorders will reflect on cutaneous regions and one of the major patterns of manifestation is referred visceral pain accompanied by tenderness and hyperalgesia on the body surface. On the contrary, cutaneous regions participate in the treatment of visceral disorders. As major clinical applications of the cutaneous regions hypothesis, superficial acupuncture, subcutaneous needling, massage (Tuina), moxibustion, and wrist-ankle acupuncture have achieved favorable therapeutic outcomes in clinical practice. Modern researches have gained insights into the biological background of cutaneous regions, however, further studies are needed to clarify the mechanism.

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