NEWLY ACQUIRED BOOKS

The Divergent Channels – Jing Bie; a handbook for clinical practice and five shen nei dan inner meditation by David Twicken; Singing Dragon, 2014.

Rooted in the Su Wen and Ling Shu, Dr. Twicken integrates Chinese and Taoist medical philosophy, theories, and principles to clearly demonstrate that the Divergent Channels are an essential aspect of the clinical practice of acupuncture. He takes a step-by-step approach to assist practitioners in 'working out' the channels, and shows how this versatile channel system can be used in any acupuncture treatment. Twicken also includes instruction on Five Shen Nei Dan inner meditation to help practitioners gain a more profound emotional and spiritual understanding. With case studies and reference to the classic texts throughout, this book provides a complete resource that will help clinicians understand and use the Divergent Channels in clinical practice.


Master Tung’s acupuncture points are introduced to treat the neuromusculoskeletal disorders as follows:
- Headaches
- Facial pain
- Trigeminal neuralgia
- Bell’s palsy
- Neck pain
Shoulder pain
Frozen shoulder
Mid back
Lumbago
Rib cage pain
Chest pain
Abdominal pain
Carpal tunnel syndrome
Sciatica
Hip pain to the side
Biceps femoris pain
Buttocks pain
Coccyx pain
Knee pain
Restless leg syndrome
Peripheral neuropathy
Ankle pain
Toe pain
Top of foot pain
Heel spur
Heel pain
Gout

*Chinese Medical Traumatology and Orthopedics by Robert Chu; 2013.*

In this edition of this book, the author guides the readers into the intricacies of Chinese medicine traumatology and orthopedics and the use of Master Tung’s Acupuncture and his own paradigm called Optimal Acupuncture in Traumatology and Orthopedics, and share the principles and concepts that make it a highly useful in the clinical setting.

This book is concentrated primarily on the use of the herbals and acupuncture including Master Tung’s Acupuncture for traumatology and orthopaedics.
Master Tung’s Acupuncture Primer: Lecture Notes by Robert Chu; 2014.

In these lecture notes, the author hopes to guide the readers into the intricacies of applying Master Tung acupuncture in the clinic. And he wrote these lecture notes based on his clinical experience based on the protocols that he used daily to treat common problems such as neck pain, shoulder pain, back pain, sciatica, fibromyalgia, chronic fatigue.

Master Tung’s Acupuncture for Internal Medicine Problems: a Quick Clinical Reference and Lecture Notes for Acupuncturists by Robert Chu; 2014.

Master Tung’s acupuncture points are introduced to treat the internal medicine problems as follows:

- Upper Respiratory Tract such as acute sinusitis, common cold and Flu, acute tonsillitis
- Respiratory System such as acute bronchitis, bronchial asthma
- Eye disorders such as acute conjunctivitis
- Mouth disorders such as toothache, acute and chronic pharyngitis
- Gastrointestinal disorders such as spasms of esophagus, hiccough, acute and chronic gastritis, gastric hyperacidity, acute and chronic colitis, irritable bowel syndrome, acute bacillary dysentery, constipation, diarrhea
- Meniere’s disease, fibromyalgia
- Chronic fatigue
- Premenstrual syndrome, dysmenorrhea, leucorrhea, spotting and excessive bleeding, amenorrhea,
- Impotence, infertility, urinary incontinence, prostatitis
- Mental emotional problems such as stress, anxiety, depression
Chinese Herbology Practice Tests by Dongcheng Li; CreateSpace Independent Publishing Platform, 2014.

This book is intended to aid the student studying Chinese Herbology and preparing for the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) in Chinese Herbology module and California Acupuncture Licensing Examination. It is highly recommended to be used to combine with my another book which is Review and Pretest for NCCAOM and California Exams in Chinese Herbology. I have been teaching Chinese Herbology and NCCAOM Board Reivew class since 2009 in Acupuncture college in the US. This book is basically the result of my teaching materials and experience. It includes over 2700 practice questions in Chinese Herbology and is intended to help the student prepare for general class exam and Board licensing exam in Chinese Herbology.

Formulas from the Golden Cabinet with Songs: Jin Gui Fang Ge Kuo Vol. IV-VI by Xiuyuan Chen, translated by Eran Even; The Chinese Medicine Database, 2014.

The volumes IV-VI are commentaries on the formulas which appear in chapters twelve to twenty-three of the Jin Gui Yao Lüe (Essentials from the Golden Cabinet), the famous Han Dynasty formulary and companion volume to the Shang Han Lun (Treatise on Cold Damage) by Zhang Zhongjing. The majority of the clinical commentaries on important medical classics have never been translated into English and this book further opens the vast goldmine of information available to serious students of Chinese Medicine. This book contains insights not only by Chen, his children, and grandchildren, but also such notable scholars as You Zaijing, Wang Jinsan, and Xu Lingtai.

The chapters include:
• Formulas for Wind and Cold in the Five Viscera and Accumulations and Gatherings
• Formulas for Phlegm-Rheum Cough
• Formulas for Dispersion Thirst, Inhibited Urination, and Strangury Diseases
• Formulas for Water Qi Diseases
• Formulas for Jaundice
• Formulas for Fright Palpitations, Blood Ejection Nosebleeds, and Descent of Blood
• Formulas for Retching, Hiccup, and Diarrhea
• Formulas for Sores, Welling-Abscess, Intestinal Welling Abscess, and Wet and Spreading Sores
• Formulas for Hobble Dorsum of the Foot, Swelling in the Fingers and Arms, Cramping, Yin Fox-like Mounting, and Roundworm Diseases
• Formulas for Diseases in Pregnancy
• Formulas for Postpartum Diseases
• Formulas for Miscellaneous Gynecological Diseases.

Heavenly Streams: Meridian Theory in Nei Gong by Damo Mitchell; Singing Dragon, 2013.

The art of connecting with, feeling and adjusting the energy body using the consciousness is a key aspect of Nei Gong and Qi Gong. It sits somewhere between Qi Gong, meditation and the lesser-known art of Shen Gong, and although it is known in China it has never before been written about in an accessible way in the West. Damo Mitchell provides step-by-step instructions on how to experience the various elements which make up the energy body, explaining how to identify and feel these, and how to diagnose imbalances and restore harmony. He describes the nature of the five elements, the meridians and the meridian points, inviting the reader to experience them through guided internal exercises using the body, breath and mind. Instructional drawings and photographs are included throughout the book. Connecting the fundamentals of Chinese medicine with the lesser-known spiritual and esoteric aspects of practice, this book will be of great interest to intermediate and advanced practitioners of Qi

Are you ready to learn the keys for profound resolution of depression, anxiety, stress, chronic pain and other mind-body imbalances? In this book you will learn a profound system for helping heal yourself or others using a combination of modern technology and ancient vibrational healing principles. While this book is primarily written for healthcare professionals seeking more effective treatment methods, it can also be a valuable self-help guide for anyone seeking deep emotional healing for themselves or loved ones. Millions of Americans are on long-term anti-depressants or anxiety medication and countless others suffer from chronic diseases with mind-body links such as cancer, chronic fatigue, obesity, heart disease, digestive disorders, insomnia or unrelieved chronic pain. Many more complain of ongoing stress and fear, disturbing mental over-activity and loss of purpose. New methods are needed to assist people through this time of unprecedented change on Earth. PNE Balancing is a powerful, drug-free method to rapidly balance the human energy field, relieve depression and pain, restore depleted vital energy and help remove deeply held mental-emotional blocks to well-being and success. PNE Balancing utilizes a unique combination of color light and sound energy medicine in combination with essential oils, microcurrent, visualization and intuitive counselling. It integrates wonderfully with acupuncture, chiropractic, psychology, pain medicine and esthetics.

Plant Intelligence and the Imaginal Realm: Beyond the Doors of Perception into the Dreaming of Earth by Stephen Harrod Buhner; Bear & Company, 2014

A manual for opening the doors of perception and directly engaging the intelligence of the Natural World

• Provides exercises to directly perceive and interact with the complex, living, self-organizing being that is Gaia

• Reveals that every life form on Earth is highly intelligent and communicative

• Examines the ecological function of invasive plants, bacterial resistance to antibiotics, psychotropic plants and fungi, and the human species

In Plant Intelligence and the Imaginal Realm, Stephen Harrod Buhner reveals that all life
forms on Earth possess intelligence, language, a sense of I and not I, and the capacity to dream. He shows that by consciously opening the doors of perception, we can reconnect with the living intelligences in Nature as kindred beings, become again wild scientists, nondomesticated explorers of a Gaian world just as Goethe, Barbara McClintock, James Lovelock, and others have done. For as Einstein commented, “We cannot solve the problems facing us by using the same kind of thinking that created them.”

Buhner explains how to use analogical thinking and imaginal perception to directly experience the inherent meanings that flow through the world, that are expressed from each living form that surrounds us, and to directly initiate communication in return. He delves deeply into the ecological function of invasive plants, bacterial resistance to antibiotics, psychotropic plants and fungi, and, most importantly, the human species itself. He shows that human beings are not a plague on the planet, they have a specific ecological function as important to Gaia as that of plants and bacteria.

Buhner shows that the capacity for depth connection and meaning-filled communication with the living world is inherent in every human being. It is as natural as breathing, as the beating of our own hearts, as our own desire for intimacy and love. We can change how we think and in so doing begin to address the difficulties of our times.

ARTICLE ABSTRACTS


This article describes the treatment of tendon pain using acupuncture and adjunctive Chinese medicine techniques. The pathomechanism of tendon pain is discussed from the perspectives of biomedicine and Chinese medicine, and a comprehensive protocol for the treatment of tendinosis is provided.


Acupuncturists, regardless of their school, style or understanding of what they do, are engaged in the treatment of the fascia. Understanding the form and function of the fascia and its role in human health and pathology can provide insights into the practice of acupuncture. Classical Fascia Acupuncture (a term coined by the authors to emphasise the fundamental role of fascial palpation in the practice of acupuncture) utilises the fascial system to understand, in modern scientific terms, the mechanism of acupuncture. By doing this, philosophical principles that are applied to human health in Chinese medicine emerge as meaningful and applicable to all styles of acupuncture practice. This article provides a basic introduction to the practice of acupuncture from this perspective,
including a scientific discussion that maintains harmony with classical approaches. Within this context, a rational explanation for the apparently confounding results of recent scientific acupuncture research is offered.


Shàn (疝) is a disease category (bing 病) that broadly refers to various diseases characterised by pain and/or swelling of the abdomen or scrotum. Its inclusion and definition in modern academic materials in both the Chinese and the English language is highly variable. Furthermore, a 2012 study by the author of this article revealed low awareness and understanding of the term by current Traditional East Asian Medicine (TEAM) practitioners in the UK. This is in contrast to the place it occupied in the pre-20th Century TEAM corpus, where it featured in all the major canonical texts of the Hàn dynasty and was widely discussed by many later notable TEAM figures. This article summarises the research above and outlines the primary characteristics of shàn that have been emphasised and debated by TEAM authors throughout history. This is followed by an examination and evaluation of both Chinese and English language terms associated with shàn and a discussion of factors that may have contributed to the current low awareness of the term. Finally, there is a discussion of the clinical implications of the loss of this term and recommendations for future research.


This article discusses whether Xiao Jian Zhong Tang (Minor Construct the Middle Decoction) is a formula that warms the centre or one that supplements yin. The material analysed by the authors comprises of the lines on Xiao Jian Zhong Tang in the Shang Han Lun (On Cold Damage) and Jin Gui Yao Lüe (Essential Prescriptions of the Golden Cabinet), their interpretation by commentators since the Han and Tang dynasties, and related discussions in contemporary journals. To understand the essence of the formula the authors approach it from four different perspectives: they analyse and contrast the debates in the literature, analyse signs and symptoms for which the formula is recommended, discuss its composition and consider its clinical applications. From this analysis, the authors show that the heart vexation, nosebleeds, wild dreams with seminal loss, vexing heat in the hands and feet, dry mouth and throat and the other heat signs listed amongst the indications of Xiao Jian Zhong Tang can be considered as manifestations of a cold pattern. The pathomechanism behind such symptoms is vacuity cold of the Spleen and Stomach, exuberant yin forcing out the yang, and yang vacuity with floating fire. This formula is very effective at warming the middle and dispersing cold. Clinical applications include various kinds of digestive, respiratory and
haematological problems due to vacuity cold. The authors conclude that Xiao Jian Zhong Tang should be viewed as a representative formula to warm the middle and disperse cold.


This article explores the concept of fatigue, which is increasingly seen in healthcare literature as being the primary problem reported by patients with long-term health conditions such as autoimmune disease and cancer. For many practitioners of traditional Chinese medicine (TCM), fatigue is often thought of in relation to chronic fatigue syndrome (CFS). In addition, the widespread poor understanding of the concept of fatigue tends to result in its conflation with tiredness. This article discusses recent research into the biomedical mechanisms of fatigue associated with various diseases, and includes relevant TCM insights and illustrative case studies. The aim of this article is to increase Chinese medicine practitioners’ awareness of fatigue and its central role in disease, and thereby help practitioners to clearly define outcomes of treatment and achieve therapeutic success.


Taijiao (literally foetal education) – the premise that maternal behaviour will affect the health and future development of her child – has been taught in Chinese culture for at least two thousand years. It is only fairly recently, however, that modern research has confirmed this to be so. This article looks at the ideas behind taijiao and the evidence for the influence of maternal emotional states, diet and exercise on the lifetime health of the individual.


Depression is the most common non-motor symptom of Parkinson's disease (PD). Recent clinical trials have evaluated the effectiveness of traditional Chinese medicine (TCM) in the treatment of depression in PD (dPD). However, the results are conflicting rather than conclusive. To investigate the effectiveness of TCM for the treatment of dPD, a systematic review was conducted. Literature searches and collections were performed to identify studies addressing the treatment of TCM for dPD. The methodological quality and risk of bias in all studies included were evaluated. Weighted mean difference (WMD) with 95% confidence interval (CI) was used as the effect measure. Finally, a total of 10 studies involving 582 patients were identified. The pooled results revealed that TCM combined with conventional drugs significantly improved the total scores of the unified Parkinson's disease rating scale (WMD = -7.35, 95% CI: -11.24 to -3.47) and the score of the Hamilton rating scale for depression (HAM-D) (WMD = -4.19, 95% CI: -5.14 to -
3.24) compared with conventional drug, respectively. Conclusively, there is evidence that TCM may be beneficial to the treatment of dPD in spite of the methodological weakness of the included studies.


We performed this study to examine the effect of electro-acupuncture (EA) on postoperative pain, postoperative nausea and vomiting (PONV) and recovery in patients after a supratentorial tumor resection. Eighty-eight patients requiring a supratentorial tumor resection were anesthetized with sevoflurane and randomly allocated to a no treatment group (Group C) or an EA group (Group A). After anesthesia induction, the patients in Group A received EA at LI4 and SJ5, at BL63 and LR3 and at ST36 and GB40 on the same side as the craniotomy. The stimulation was continued until the end of the operation. Patient-controlled intravenous analgesia (PCIA) was used for the postoperative analgesia. The postoperative pain scores, PONV, the degree of dizziness and appetite were recorded. In the first 6 hours after the operation, the mean total bolus, the effective times of PCIA bolus administrations and the VAS scores were much lower in the EA group (p < 0.05). In the EA group, the incidence of PONV and degree of dizziness and feeling of fullness in the head within the first 24 hours after the operation was much lower than in the control group (p < 0.05). In the EA group, more patients had a better appetite than did the patients in group C (51.2% vs. 27.5%) (p < 0.05). The use of EA in neurosurgery patients improves the quality of postoperative analgesia, promotes appetite recovery and decreases some uncomfortable sensations, such as dizziness and feeling of fullness in the head.


This paper explores three published articles and four published books that elaborate on the pathogenesis and presentation of diabetes mellitus as well as how to treat or prevent the disease’s progression. Diabetes mellitus is the most commonly occurring disorder of the endocrine system. The following pages earnestly exhibit why the modality of Chinese Medicine is such a suitable choice for treating diseases that manifest from obesity, namely diabetes mellitus. Chinese medicine offers a profound depth of counseling in lifestyle choices and habits that reinforce the most important factor of health, balance. Finally, the findings below humbly reflect that individuals with diabetes or border-line diabetics are faced with a much better prognosis with the integration of Chinese medicine and routine Western treatment. Utilizing this integration also better ensures the
prevention of common co-morbidities such as, complications with the heart, kidneys, the nervous system and vision.


The application of acupuncture to enhance the success rate of the in vitro fertilization (IVF) process is an innovation in medical practice. This review documents the developments of clinical trials, systematic reviews and meta-analysis in this emerging medical field. Publication of the Paulus Protocol in Fertility and Sterility in 2002[1] Set off a wave of clinical trials. This article includes a discussion of the Paulus Protocol and its significance; a review of the first wave of systematic reviews with meta-analysis (2008-2010); a review of more advanced clinical trials and the second wave of systematic reviews with meta-analysis (2012-2014); and a brief summary of the mechanisms involved in acupuncture for IVF. Critical comments are made for these trials, reviews and analyses.


Background: As an important modality of Traditional Chinese Medicine, acupuncture has been widely accepted by the Western world in the past 4 decades because of this modality's efficacy and safety. A vast amount of acupuncture research has been done. However, the mechanisms of acupuncture actions are still elusive. It is believed that the effects of acupuncture treatment begin from the moment of needle insertion.

Methods: This review focuses on the acupuncture points and the three major reactions at the acupuncture points when needling is performed. These initial reactions may be the beginning of the healing process that initiates downstream effects through neuronal and humoral pathways. In addition to the physical reactions, this article also discusses the possibility of the effects of acupuncture on the healing process through a holistic pathway.

Conclusions: Needling is the first step of traditional acupuncture therapy. Needling reactions—neuronal, biophysical, and biochemical—are the beginning of healing. The messengers of the three reactions involved may include neurotransmitters, cytokines, hormones, and inflammatory factors. Healing may be potentiated through these messengers in neuronal and humoral pathways. The reactions manifest as erythema and De Qi—both of which are common phenomena used as positive signs in acupuncture treatment. Acupuncture may also play a role in the healing process through the holistic pathway, which needs further study.

Background: Chronic inflammatory demyelinating polyneuropathy (CIDP) is often associated with neuropathic pain. This article presents a case of the successful treatment of neuropathic pain associated with CIDP in a 67-year-old man.

Case: After several conventional medications had failed to resolve this patient's pain, he was referred for acupuncture treatment. He had severe, constant, burning pain located bilaterally in his feet and extending halfway up his legs. This pain interfered with prolonged walking and sometimes with sleep. In addition, he had several comorbid conditions. He was treated with acupuncture (including scalp, auricular, body, and electroacupuncture), once per week, for four sessions, and then on an as-needed basis. The main outcome measure sought was a subjective decrease in the patient's neuropathic pain.

Results: Acupuncture resulted in significant and lasting reduction of this patient's neuropathic pain.

Conclusions: This case suggests that acupuncture can be useful for treating neuropathic pain associated with CIDP. Further studies are indicated and should be carried out.