NEWLY ACQUIRED BOOKS


In this highly original and authoritative book, Peter Eckman takes pulse diagnosis as a common thread that links and integrates the various disciplines of Oriental medicine, and shows that they are in fact related by a common origin several thousand years ago. He describes the clinical details used in a variety of acupuncture styles, synthesizing them into a coherent whole, and illustrates the usefulness of this model in practice with case histories.

This ground-breaking work presents a wealth of material not commonly available in English publications on India (Ayurveda), Korean or Chinese medicine, as well as other traditions of Oriental medicine, and includes the only thorough presentation of Korean Constitutional Acupuncture in English, based on the author’s personal study under its originator.
**Fundamentals of Chinese Fingernail Image Diagnosis (FID)** by Jie-Jia Li, et al; Singing Dragon, 2014.

This book is a comprehensive introduction to the fundamentals of Chinese Fingernail Image Diagnosis (FID), a non-invasive clinical examination which can assess an individual's state of health. FID can be used as an auxiliary diagnostic method to provide diagnostic clues and proper guidance for treatment. One great strength of this method is its non-invasive nature. Formed by blood and Qi between the nail bed and nail plate, the fingernail image can be used to observe pathological changes within the body. This book equips readers with the knowledge needed to analyse fingernail images and assess them for diagnostic purposes. Covering the origins of Fingernail Image Diagnosis, methods of examination and the practical application of FID for assisting diagnosis in a wide range of common disorders, the authors provide a complete guide to FID, with illustrations, visuals and detailed case examples.

---


Pediatrics in Chinese Medicine is different from any English TCM pediatrics textbook available today, and also different from standard TCM pediatrics textbooks as written in China. As an important part of TCM clinical medicine, the essence of TCM pediatrics emphasized the overall concept of treatment based on pattern differentiation as associated with the interchange of yin and yang, integration of form and spirit, zang-fu organ and channel theory, formula studies, and dietary therapy and nursing, all of which guide the clinical practice of TCM pediatrics.

On the basis of traditional textbooks on TCM pediatrics, and in consideration of our readership, the authors have added extra material on acupuncture and pediatric tui na. In the process of selecting diseases, the authors have listed those for which TCM treatments are effective and distinctive, while also taking into account the worldwide incidence of childhood diseases.

For student’s convenience, the appendixes include the dosages of Chinese medicinals, formulas, patent Chinese medicines for common pediatric diseases, an index of disease names, and commonly used English and Chinese terms.
The Handbook of Five Element Practice by Nora Franglen; Singing Dragon, 2014.

A practical companion for students and practitioners of five element acupuncture that helps stimulate thoughts, refresh memories and strengthen the foundation of practice. With detailed outlines of the different components of five element diagnosis and treatment and overviews of the main characteristics of the five elements, this complete manual will support and invigorate practice. Full of examples, it explores the skills and techniques needed to nurture patient-practitioner relationships, assess patients correctly, select appropriate treatments and needle the points effectively. The book also includes a Teach Yourself Manual to further refresh understanding of this ancient form of healing.

The Spark in the Machine; How the Science of acupuncture Explains the Mysteries of Western Medicine by Daniel Keown; Singing Dragon, 2014.

Why can salamanders grow new legs, and young children grow new finger tips, but adult humans can't regenerate? What is the electricity that flows through the human body? Is it the same thing that the Chinese call Qi? If so, what does Chinese medicine know, that western medicine ignores?

Dan Keown's highly accessible, witty, and original book shows how western medicine validates the theories of Chinese medicine, and how Chinese medicine explains the mysteries of the body that western medicine largely ignores. He explains the generative force of embryology, how the hearts of two people in love (or in scientific terms 'quantum entanglement') truly beat as one, how a cheating heart is also an ill heart (which is why men are twice as likely to die of a sudden heart attack with their mistress than with their wife), how neural crest cells determine our lifespan and why Proust’s madeleines evoked the memories they did. Packed with good stories and surprising details, this book shows how the theories of
Western and Chinese medicine can together explain mysteries of biology and reveal how the body really works.

Facial Enhancement Acupuncture: Clinical Use of Application by Paul Adkins; Singing Dragon, 2013.

Based on Five Elements theory, this practical, fully illustrated guide to performing facial enhancement acupuncture (also known as cosmetic acupuncture, facial revitalisation or facial rejuvenation acupuncture) shows in detail the acupuncture points, techniques and equipment used in this procedure. Facial enhancement acupuncture targets points and muscles of the face in order to improve the elasticity of the skin and general overall appearance, as well as addressing constitutional points on the legs, arms and body to balance and harmonise the inner elements. The author clearly explains the rationale behind the needling of each face and neck point, which are shown in colour illustrations. He also discusses the advantages of acupuncture over surgical intervention in dealing with wrinkles and sagging jaw lines, and a chapter is included on discussing treatment with prospective patients, follow up and after care. As well as significantly improving the cosmetic appearance, facial acupuncture also has a strong whole body effect on the health and wellbeing of the person treated, and has a long and distinguished history in Chinese medicine. The book is the perfect introduction for acupuncturists and acupuncture students who want to learn how to incorporate this alternative to surgical procedures into their practice.
Common Laboratory Tests Used by TCM Practitioners: When to Refer Patients for Lab Tests and How to Read and Interpret the Results by Partha Banerjee & Christina Captain, et al; Singing Dragon, 2014.

Traditional Chinese Medicine (TCM) practitioners need to have an understanding of Western medical testing to recognize when laboratory tests are required and to interpret test results that are brought to them by patients. This book is an essential reference for the TCM classroom and clinic that teaches how to use and understand conventional lab testing in the treatment and referral of patients. Focusing on symptoms that commonly present in TCM practices, the book groups the lab tests by diseases or systems. Within each chapter are TCM case studies and perspectives, as well as multiple choice quizzes that test the reader's knowledge. Co-written by a doctor of Western medicine and an acupuncture physician, the book aims to familiarize TCM practitioners with the terminology and methodology of lab tests, bridging the gap between Eastern and Western schools of medicine and promoting an integrative approach to improve the overall care of the patient.


How might Chinese medicine help a person struggling with anxiety, depression, or post-traumatic stress syndrome? Can ancient practices from East Asia help 21st century Westerners heal from emotional problems more effectively than treatment with psychiatric drugs? Before Pharmaceuticals explores these questions and encourages the reader to consider alternative approaches as a balancing complement to psychotherapy.

This authoritative text provides a complete overview of Chinese moxibustion techniques and methods, including contraindications and specific treatments for a wide range of conditions. The authors cover the fundamentals of theory as well as the skills and techniques practitioners will need, and provide a detailed summary of all of the acupoints commonly used in moxatherapy. The book also covers the ways in which moxatherapy can be used to cultivate general health and wellbeing in patients, and goes on to explain in detail how to treat a wide range of complaints; for each complaint, descriptions of typical cases and the acupoints and procedures needed for treatment are provided. Extensively illustrated with photographs which clearly demonstrate clinical procedures, this is an essential reference for students and practitioners of acupuncture.

Natural Medicine 2013s: Comprehensive Database by Therapeutic Research Faculty, 2012.

A comprehensive, revised database of natural medicines, Natural Medicines Comprehensive Database is known for providing unbiased, scientific clinical information on complementary, alternative and integrative therapies. It provides clinically relevant information in an easy-to-use format with hundreds of updated monographs, new practical data, additional new drug interactions, safety concerns, and changes in Effectiveness Ratings based on new findings. This edition includes Commercially Available Products, Alternative Treatment Modalities and expanded charts.

ARTICLE ABSTRACTS


OBJECTIVE: To evaluate the efficacy of Banxiaxiexin Tang compared with Western Medicine in the treatment of functional dyspepsia (FD) through Meta-analysis.

METHODS: Literature was searched in the following databases: MEDLINE, Excerpta
Medica Database, Chinese Medical Current Contents, China Science and Technology Database, Chinese Biomedical Literature Database, and China National Knowledge Infrastructure. Randomized controlled trials evaluating the efficacy of Banxiaxiexin Tang for the treatment of FD were selected according to certain standards including clear general situation of patients, specific diagnostic criteria, definite clinical outcomes, etc. Articles were evaluated with quality assessment standards in the Cochrane Handbook for Systematic Reviews of Interventions. Meta-analysis was conducted with RevMan 5.0.23 software.

RESULTS: Ten articles with a total of 972 patients were included. The comparison of efficacy between Banxiaxiexin Tang and Western Medicine showed a combined effect size [OR=2.75, 95% CI (1.86-4.07)] and combined effect of value of Z=5.07 (P<0.0001), suggesting a significant difference between the groups.

CONCLUSION: Banxiaxiexin Tang was more effective than Western Medicine in treating FD.


OBJECTIVE: To observe the clinical efficacy and safety of Traditional Chinese Medicine (TCM) combined with Western Medicine (WM) in patients with diabetic acute ischemic stroke.

METHODS: Ninety patients with diabetic acute ischemic stroke were randomly divided into a treatment group and a control group. The 45 patients in the treatment group were given standardized treatment with TCM combined with WM. They received corresponding oral Chinese decoctions three times daily, according to their TCM syndromes, along with basic western medical treatment. The 45 patients in the control group were given non-standardized treatment with TCM combined with WM. They received an oral Chinese decoction for promotion of blood circulation to inhibit hemostasis, regardless of their TCM syndromes, along with basic western medical treatment. The treatments lasted for 4 weeks. Scores were evaluated on the National Institutes of Health Stroke Scale (NIHSS) score, activity of daily life (ADL) scores, and TCM symptoms before treatment and 2 and 4 weeks after treatment.

RESULTS: Analysis of variance for repeated measurements showed that there were significant differences in NIHSS and ADL score before and after treatment in both groups (P<0.05). There were also significant differences between the scores at 2 and 4 weeks after treatment. There were significant differences in TCM syndrome scores before and after treatment in both groups (P<0.05). There were also significant differences between the scores at 2 and 4 weeks after treatment. The X2 test showed no statistically significant difference in the incidence of adverse reactions between the two groups (P>0.05).
CONCLUSION: Standardized treatment was superior to non-standardized treatment for clinical efficacy of TCM combined with WM in patients with diabetic acute ischemic stroke, and the superiority was more obvious in improving neural dysfunction, ADL score, and TCM symptoms. The adverse reactions were similar in the two treatment groups.


OBJECTIVE: To compare the effects of a Chinese herbal suppository (Jianpi suppository) and Western Medicine (mesalazine) on hemorheology and CD62p in patients with ulcerative colitis (UC).

METHODS: In a randomized trial, 120 mild to moderate UC patients were randomly divided into two equal groups. The Jianpi suppository group used Chinese herbal suppository rectally, while the mesalazine group was treated with mesalazine tablets orally. Two 15-day courses of treatment were carried out in both groups. Changes in the hemorheology and CD62p indices in patients were observed.

RESULTS: The hemorheology and CD62p indices in the Jianpi suppository group decreased significantly more than those of the mesalazine group.

CONCLUSION: Jianpi suppository is effective in improving the hypercoagulability of UC patients, and therefore may be worth using in clinical practice.


OBJECTIVE: To analyze the association between tongue manifestations and the levels of glucose (GLU), total cholesterol (TCH), and high-density lipoprotein cholesterol (HDL-C) in subjects with acute cerebral infarction.

METHODS: Hospitalized patients with first unilateral cerebral infarction in the Neurological Department of Xuanwu Hospital were included and the correlation between tongue fur color, fur nature, and the levels of GLU, TCH, HDL-C were analyzed.

RESULTS: HDL level in the thin fur group was higher than that in the thick fur group (P=0.02). The difference in the levels of GLU, TCH, and HDL-C among the groups was significant (P<0.05), classified in terms of slippery, moist, and dry fur. Further comparison between the groups by Student-Newman-Keuls test showed that GLU level in the dry fur group was the highest. Moreover, the TCH level in the slippery fur group was higher than the other two groups.

CONCLUSION: A correlation between tongue manifestations and GLU, TCH, HDL-C
was identified in the patients with acute cerebral infarction.


OBJECTIVE: To summarized the antimicrobial-like effects of Radix Ginseng, which provide important information to the relevant researchers and clinicians, and will benefit the clinical treatment of infectious diseases.

METHODS: PubMed and Google were used to search for and collect scientific publications related to Radix Ginseng and microbial infections. The authors read, classified, and discussed the associated scientific results or evidences, and summarized the corresponding results.

RESULTS: In this review, recent studies on the beneficial effects of Radix Ginseng extracts on microbial and biofilm infections were reviewed. The importance and significance of Radix Ginseng's beneficial effects are discussed. Evidence for the favorable effects of Radix Ginseng extracts on viral, bacterial, fungal, and parasitic infections and the possible underlying mechanisms are summarized.

CONCLUSION: Radix Ginseng might be a promising supplemental remedy for the prevention and treatment of infectious diseases.


Treatment of acquired immunodeficiency syndrome (AIDS) currently relies on the use of antiretroviral drugs. Little is known about Chinese herbal medicine (CHM) outcomes in patients living with AIDS. We conducted a cohort study to investigate long-term survival among CHM-treated AIDS patients. Patients were poor farmers who contracted HIV-1 infection when selling blood in the 1990s. Symptoms of AIDS included recurring respiratory tract infections with a clinical diagnosis of pneumonia, swollen lymph nodes and weight loss. 385 patients with AIDS were included and 165 of them used a 16-herb formula for 14 days to 9 months. The eight-year survival rate was 87% for the CHM users and 34% for the non-users (increased survival probability for CHM user, 9.6; 95% CI = 6.0–15.4; p < 0.0001). Survival probability further increased 14.6-fold (95% CI = 8.2–26.1), when excluding the users who received CHM for less than three months. Zero deaths were found in patients who used CHM for six to nine months. All the survivors regained their body weight and none of them experienced a relapse of AIDS or any severe adverse events. After the CHM treatment for an average of 3.6 months, the plasma HIV load was 74.7% lower (paired t-test, p = 0.151) and the number of blood CD4+ lymphocytes increased from 253 to 314 (paired t-test, p = 0.021). Without life-long medication, CHM may be beneficial for long-term survival of AIDS patients.

This study was designed to evaluate the analgesic effect of wrist-ankle acupuncture (WAA) for patients with primary liver cancer (PLC) after transcatheter arterial chemoembolization (TACE). Sixty PLC patients with post-TACE visual analog pain intensity scores greater than 3 were divided equally into two groups receiving either WAA or oral morphine sulphate (MOR) for post-TACE pain. Pain intensity scores were reassessed at 1, 2, 4, and 6 h after analgesic intervention. Patients were also monitored for adverse reactions to analgesic treatment. Pain scores recorded when the patients first felt pain after TACE showed no statistical difference between the two groups (p > 0.05). WAA and MOR had indistinguishable degrees of pain relief 1, 2, and 4 h after analgesic intervention (p > 0.05). At 6 h after intervention, the WAA group experienced significantly greater pain relief than the MOR group (p < 0.05). Incidence of abdominal distension was lower in the WAA group than in the MOR group (p < 0.05). The results suggest that WAA not only had an analgesic effect equal to or greater than MOR in PLC patients with moderate to severe post-TACE pain, but also reduced the incidence of postoperative abdominal distention.


Acupuncture and electroacupuncture treatments of symptomatic carpal tunnel syndrome (CTS) may improve symptoms and aid nerve repair as well as improve sensory and motor functions. However, limited evidence is available regarding the effects of these treatments based on comprehensive evaluation methods. This research completed the treatment and evaluation of 26 patients with confirmed CTS. Participants were divided into two treatment groups based on a modified neurophysiological grading scale. Of the total number of participants, 15 received acupuncture and 11 received electroacupuncture on both upper limbs. Acupoints were PC-7 (Daling) and PC-6 (Neiguan) along the pericardial meridian compatible with the median nerve tract. The treatment program consisted of 24 sessions of 15 min duration over 6 weeks. After electroacupuncture treatments, symptom severity was evaluated using the short clinical questionnaire by Lo and Chiang, which indicated improvements in the respective symptom severity score. After the acupuncture treatment, grip strength in the major symptomatic side in CTS patients could be significantly increased. Electrophysiology evaluation likewise indicated a significant increase in the distal median motor amplitude of the palm-wrist segment. In addition, Tinel's sign significantly decreased in the major symptomatic side. Our findings indicated that electroacupuncture could improve symptomatology, while acupuncture could exert positive therapeutic effects for CTS patients, as evidenced by improved symptomatology, grip strength, electrophysiological function, and physical provocation sign.

Background: Every individual has his or her own energy requirements for optimal brain and body function. This study investigated ear acupuncture for two separate conditions: (1) mental distress and (2) postural problems. The vasculo-autonomic signal or Nogier sign (change in radial pulse amplitude) was used to identify the optimal dose of laser energy required at each session.

Objective: The aim of this study was to record the optimal dosage of laser energy required per ear point per patient per session.

Materials and Methods: Design: This was a single-arm, prospective observational study with before-and-after measurements. Setting: It was conducted in a primary care facility, the Roseville Wellness Group, in Roseville, Sydney, Australia. Patients: Patients (N=40) from the Roseville Wellness Group were selected at first presentation of posture-related or stress-related ailments. Intervention: The participants, 20 for each condition, were treated with an ear acupuncture protocol according to which condition they had. The investigator and participants were not blinded. Laser energy upload was recorded at 5 timepoints: (1) baseline; (2) interim 1; (3) interim 2; (4) end of treatment; and (5) follow-up 2 weeks later.

Main Outcome Measures: The main outcome measures were change in scores at end of treatment over baseline on the Depression, Anxiety and Stress Scale or the Posture Scale, which were developed especially for this study.

Results: The study is currently underway. Preliminary results indicate that, in both mental distress and posture care, there was a trend toward reducing laser dosage, with improving scores. Final results and implications for optimal laser dosage will be presented at the 8th International Auriculotherapy Symposium, in Rockville, MD, May 8–10, 2014.

Conclusions: Preliminary data shows a trend toward reducing laser dosage required in both the posture and mental health protocols by the end of treatment; this is supported by improved outcome measures.


Introduction: Several reports in the literature indicate that auricular
acupuncture/acupressure is effective for reducing anxiety in the perioperative period, during ambulance transport, and before dental treatment.

**Objective:** The goal of this study was to assess the anxiolytic-sedative effect of ear acupuncture on health care volunteers, comparing the effect of real and sham needles in a randomized, single-blinded, crossover study.

**Methods:** Twenty health care volunteers (11 males, 9 females, ages 24–44, average 33.5 years) were enrolled and treated in a random order, twice 2 weeks apart, with real and sham needles. The needles were applied for 20 minutes and then removed. The anxiolytic effect was measured, before and after treatment, with a numeric rating scale (NRS) anxiety score and a State-Trait Anxiety Inventory (STAI-Y) State anxiety score. The sedative effect of acupuncture was scored with the Bispectral Index System (BIS) at baseline and during the treatment at 5, 10, 15, and 20 minutes.

**Results:** When comparing real and sham conditions at baseline, there were no differences in NRS, STAI-Y, and BIS values. A significantly higher reduction of anxiety was, however, observed when applying real needles, both for NRS ($p<0.01$) and STAI-Y values ($p<0.005$). When comparing real and sham conditions, the BIS value did not vary after 5 minutes, but, after 10, 15, and 20 minutes, a significant decrease in anxiety was observed during the real-needle application.

**Conclusions:** This study showed that real auricular, compared to sham auricular treatment, had a specific and measurable effect on state anxiety in health care volunteers. Further studies are needed for identifying the various zones of the auricle associated with anxiety.

---


**Background:** The auricular acupuncture microsystem introduced in 1965 by Paul Nogier, MD, in Lyon, France, provides clinical practitioners with a sophisticated treatment tool that helps patients with a wide range of medical conditions effectively.

**Objective:** The aim of this study was to compare the effectiveness of the two auricular allergy treatment techniques currently used for addressing various allergy conditions. A different kind of auricular therapy that expanded Dr. Nogier's work for treating allergies was developed and named the Soliman's Auricular Allergy Treatment (SAAT), which has been in use since that time.

**Methods:** A statistical analysis design was followed to treat two groups of 40 patients each—a total of eighty patients—over a 24-week period for all allergy types, including those caused by foods and environmental factors.
**Results:** While the Nogier method worked for some patients for a short time, most patients randomized to the Nogier group had returned to allergic status following the 24-week period. Patients treated with the SAAT method remained allergy free to date.

**Conclusions:** The SAAT technique appears to be superior to Nogier's allergy treatment technique for eliminating allergies regardless of their origins.


**Introduction:** Sometimes it is important to recapitulate the fundamental basics of European ear acupuncture. Standard protocols from an auriculotherapeutic manual are not always sufficient to treat patients successfully. If a treatment shows little or no effect, it is unlikely to fail because a patient does not believe in it. Acupuncture works in animals. It is not a placebo. However, there are obstacles to diagnosis and treatment, so-called foci, which impede the effect of an otherwise good acupuncture treatment. Those blockages to healing, as Strittmatter has described them, prevent improvement by any treatment, be it by conventional biomedicine or complementary medicine. Therefore, there is no patient, no living being, that does not respond to acupuncture; however, some patients have foci that are too strong or too numerous. Every human being is as unhealthy as the number of his or her foci.

**Objective:** This article shows how to remove obstacles to diagnosis and treatment and at the same time how to improve the results.

**Methods:** This article discusses the three pillars of European ear acupuncture according to Nogier/Bahr: (1) the somatotopy; (2) the vascular autonomous signal or Nogier reflex; and (3) the focus theory.

**Conclusions:** Integration of these three pillars of European ear acupuncture into whatever methods that are usually applied to help patients is recommended.


**Background:** In 2007, 19 men with erectile dysfunction (ED) were treated in the current author's clinic, using a multidisciplinary approach a duration of 20 weeks, with weekly interventions. This multidisciplinary approach included auriculotherapy with the VAS (Vascular Autonomic Signal), Traditional Chinese Medicine (TCM) acupuncture, motivational interpellation (meaning admonition, not discussion), and practical exercises for home use.
Objective: The aim of this study was to demonstrate that a multidisciplinary approach to treating ED can be useful.

Design: A case-study procedure was used. Data consisted of self-evaluation texts together with therapy records for the patients. A hermeneutical method was used to process data.

Results: It was concluded that a multidisciplinary approach to treating ED help achieve both improved erectile function and self-esteem. This approach also improved social relations, and this was demonstrated via the self-assessment data processed by interpretation. Eighteen men experienced improved erectile function.

Discussion: The problem of ED must be studied as a biologic, social, and psychologic phenomenon in context, and examined from the perspective of the patient who experiences ED. Such persons can render information that may be interpreted by a therapist and/or a hermeneutical researcher. A health condition may be described in terms of its position in a continuum. The multidisciplinary therapy, as was used in this study, may have a marked impact on a man's self-esteem, restoring his feeling of manhood, compared to single biomedical treatment of ED.

Conclusions: A multidisciplinary model that incorporates auriculotherapy, TCM, motivation, and exercises is a useful treatment for ED.

###