NEWLY ACQUIRED BOOKS

On Being a Five Element Acupuncturist by Nora Franglen; Singing Dragon, 2015.

What does it mean to 'be' an acupuncturist? How does a highly experienced acupuncturist view her practice, her patients, and the world in general? Based on her widely-read blog about the wholeness of life as a Five Element practitioner, Nora Franglen's breadth of interest shows how the curiosity and life experiences of the individual lie at the heart of what makes a true acupuncturist, over and beyond the necessary knowledge and expertise in the technicalities of practice. From her penchant for coffee shops to reflections on challenges she has experienced in the clinic, Nora illustrates how the Five Elements influence, illuminate and, ultimately, enrich all aspects of her life, and vice versa. With reflections gathered from over several years of posting linked by Nora's commentary, this diary is truly enlightening reading for anyone interested in the inner workings of a practitioner at one with her craft.


Optimize your health by learning the inherent strengths and weaknesses of your body type

- Explains the 4 major body types of Korean Sasang medicine; the best foods, exercises, and herbs for each; and what to avoid

- Reveals how the Yin Yang energy balance of the bodily organs relates to the emotional balance and health of each body type
• Provides 2 different self-tests to determine your type

Deeply rooted in the classics of Oriental medicine, the ancient Korean art of Sasang medicine explains how we each are born with a specific body “type” that establishes our physical and emotional strengths and weaknesses. These traits have a direct influence on how we interact with others and react to stress, trauma, and illness. Discovering your type can empower you to make the best choices regarding your health and well-being.

In this book, Dr. Gary Wagman explores the 4 major body types of Sasang medicine and 2 different self-tests to determine your type. He explains the balance of Yin and Yang energy within the organs for each type and how this underlies your emotional tendencies and health patterns. With a strong spleen and weaker kidneys, for example, the Yang type A person will be inclined to anger and susceptible to urinary complaints. Offering stories from his Sasang medical practice, as well as his own healing, the author shows how organ excesses and deficiencies are often the culprit in emotional and psychological issues and how addressing these energetic imbalances can bring about lasting change.

Dr. Wagman provides an extensive look at the most beneficial foods for each type and those that could be harmful, as well as which forms of exercise are most effective. He shows which herbs are most compatible for you and which could exacerbate your inborn energetic imbalances. He offers Sasang approaches for a range of common conditions, from high blood pressure, aching joints, and allergies to common colds, inadequate sleep, and weight gain. He also introduces ways to enhance spiritual well-being by balancing your innate emotional strengths and weaknesses. Addressing the body, mind, and spirit, discovering your Yin Yang body type provides the key to optimizing physical, emotional, and spiritual health.


This is a book composed exclusively of tables and charts. As such, it is an invaluable reference for students prepping for licensure examinations. It covers everything in a systematic, thorough, and accessible manner; including fundamental theory, diagnosis, acupuncture therapy, herbs, formulas, Western medicine, plus CNT and other regulations. The detail is impressive, the format concise, the scope encyclopedic. It's fair to say that all information for a successful licensure exam outcome can likely be found in this book.
The New Revised 5th edition includes comprehensive analysis of every aspect of TCM in preparation for the California State Board and NCCAOM exams. New individual herb charts include color photos besides a listing of their nature and functions. More detailed explorations of the formula section include 83 new CA board formula charts as well as a chart of 160 NCCAOM formulas. Unique charts synthesizing vital information streamline the study experience.

*TCM Case Studies: Eye, Ear, Nose and Throat Disorders* by Peng Qing-hua, Cara O. Frank & Portia Barnblatt; People’s Medical Publishing House, 2014.

EENT disorders include many of the most common conditions encountered in clinical practice, affecting women and men, children and the elderly equally. Mastery of this topic is a fundamental to effective general, family and pediatric practices. The realm of the text is wide, exploring the clinical experiences of 61 diseases that range from common acute infections to rare surgical emergencies. The book is valuable reference for enhancing critical thought; logical and methodical analysis, strategies and formula selection are presented, helping practitioners to master a specialty rarely taught in depth in the West. Authors detail the process of pattern differentiation based on the location and presentation of the disease to help practitioners diagnose with accuracy. Familiar formulas are reframed and used innovatively. Historical formulas rarely translated in Western textbooks are presented with analysis and contemporary empirical formulas; formulas that have never been previously presented are shared.

Features include:

- An overview of the disease and a summary of the TCM terminology
- Case presentation and analysis
- Diagnosis and treatment plan
- Case management and follow-up
- Detailed discussion of the pathogenesis, and treatment strategies of other pattern presentations
- Integration with Western medical treatment
- Case scenarios to illustrate other pattern presentations
- Detailed commentary of the primary case history and formulas
This book is intended as an expanded guide to the clinical application of ocular diagnosis and periocular acupuncture. It includes the original information presented in the book Window of Health—Ocular Diagnosis and Periocular Acupuncture, compiled by Hoy Ping Yee Chan, OMD, in 1996 as well as current clinical information on this method from Y. M. Chen, PhD (OM), L.Ac. Ocular Therapy, developed in China over 45 years ago by Dr. Peng Jingshan, utilizes the microsystem which encircles the eyes. This system of diagnosis and treatment has gained international recognition as a simple and effective means employing acupuncture to assist the entire body in its healing process. Chinese Ocular Diagnosis and Periocular Acupuncture is designed for practicing acupuncturists wanting to expand their therapeutic options.

What are the 15 most common eye diseases that affect seniors and how can you help? Chinese Medicine for Aging Eyes presents both Western and traditional Chinese medical approaches to eye treatment of common eye diseases seen in seniors including:
* Blepharoptosis and Myasthenia
* Dry Eye
* Glaucoma
* Senile Cataract
* Vitreous Humor Diseases
* Age-Related Macular Degeneration
* Retinopathy of Hypertension
* Arteriosclerosis
* Post-Stroke Dysopsia
* Retinopathy of Diabetes
* Occlusion
* Presbyopia
Along with a brief introduction to basic eye anatomy, this book describes the basic diagnosis and testing methods used in Western medicine. Each of the fifteen eye diseases are examined from a Western medical point of view for symptoms, diagnosis and available treatment.

In depth treatment for these same eye conditions is then presented through Chinese herbal formulas, acupuncture methods (including ocuzone, filiform, ear and scalp needling), 7-Star tapping, moxibustion and dietary formulas. There are also clear guidelines as to when a patient needs to be referred for Western medicine as well as how the two medical approaches can best work together for the benefit of the patient.

Throughout each chapter there are also numerous prevention methods described that can be shared with seniors including nutritional and dietary supplements, and self-care techniques such as tapping and self-massage. The prevention methods deal with both specific eye diseases as well as general conditions such as hypertension and diabetes that often lead to eye disease.


Autoimmune disease refers to illnesses that occur when body tissues are attacked by its own immune system. Common autoimmune diseases include rheumatoid arthritis, lupus, Sjögren’s syndrome, scleroderma, vasculitis, thrombocytopenic purpura, Graves disease, inflammatory bowel disease, psoriasis and other hard-to-cure diseases. Western medicines for autoimmune diseases include corticosteroids and immunosuppressants. While controlling symptoms quickly, long-term use increases the risk of infection and reduced adrenal function, and can affect the bone marrow. As patients become aware of these side effects, they seek treatment with Chinese herbal medicinals. TCM therapies do more than relieve symptoms; they slow or reverse disease development, and mitigate damage by Western medications. The Chinese approach is to boost vital qi by addressing deficiencies of qi, blood, yin or yang; addressing exogenous pathogenic factors such as heat toxins; and clearing accumulations of phlegm, damp or blood stasis. Professor Zeng Sheng-ping is a renowned specialist in autoimmune disease at the Chengdu University of Traditional Chinese Medicine. Jake Paul Fratkin, OMD, L.Ac. has been in practice since 1978, and is the author of Chinese Herbal Patent Medicines, The Clinical Desk Reference. In this volume, the authors discuss the etiology and physiology of nine different autoimmune diseases, citing 2 to 4 cases in each study, with detailed analysis of
herbal prescriptions used for each case.

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**Acupuncture: an Anatomical Approach by Houchi Dung; CRC Press, 2014**

Practiced for more than 2,000 years, acupuncture was once restricted to the realm of alternative medicine. It was thought to be based on mythical elements and not easily understood by those in the scientific community. *Acupuncture: An Anatomical Approach, Second Edition* dispels these notions and brings this once backroom therapy into the forefront—explaining it in terms that can be easily comprehended by all medical professionals.

Presenting a scientific, anatomical approach to acupuncture, this volume discusses:

- The basics of the nervous system
- Acupuncture points located in the head and face, formed by the cranial nerves
- The cervical plexus, which forms acupuncture points in the neck region
- Acupuncture points formed by the brachial plexus in the upper limbs, spinal nerves in the body trunk, and the lumbar–sacral plexuses in the lower limbs
- The anesthesia effect of biochemical substances in the nervous system
- The measurement and quantification of pain
- Applications of acupuncture in clinical practice, from cases easy to treat to those more challenging
- Theories on the future of acupuncture

The treatment of pain, in general, is controversial, as many therapies have unintended consequences and side effects. Acupuncture provides a therapy that is quick, easy to perform, and requires no medications. This volume enables physicians, osteopaths, pain specialists, chiropractors, and other health professionals to perform this effective treatment for their patients who experience both chronic and acute pain.

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Using yoga to manage the challenges of cancer and its treatment:
* Explains how to create a safe home yoga practice that addresses the specific physical needs, risks, and emotions of cancer patients and survivors
* Includes 53 yoga poses and 20 practice sequences that use movement and breathing to reduce and manage treatment side effects
* Reveals how current research supports the physical and psychological benefits of yoga to aid recovery and reduce risk of recurrence
* Written by a cancer survivor and certified yoga teacher

For those faced with a cancer diagnosis and the journey of doctor-led surgery and treatments, yoga offers a way to regain control of your body and take an active part in your recovery and long-term health. In this easy-to-follow illustrated guide, yoga teacher and cancer survivor Tari Prinster presents 53 traditional yoga poses that are adapted for all levels of ability and cancer challenges. She then applies the movements and breathwork of these poses to address 10 common side effects and offers 9 practice sequences for varying stages of treatment and recovery.

Sharing her own story as well as those of cancer survivors and yoga teachers with whom she has worked, Prinster explores how yoga can be used to strengthen the immune system, rebuild bone density, avoid and manage lymphedema, decrease anxiety, detoxify the body, reduce pain, and help the body repair damage caused by the cancer and conventional treatments. She reveals the research that supports the physical and psychological benefits of yoga as an aid to recovery and in reducing the risk of recurrence. Explaining how yoga must be tailored to each survivor, Prinster gives you the tools to create a safe home yoga practice, one that addresses your abilities, energy level, and overall health goals.

Through personal stories, well-illustrated poses, and sample practices for beginners as well as experienced yoga practitioners, Prinster empowers survivors to create their own wellness plan in order to regain their independence and their physical and emotional well-being.

Aspects of Spirit by Elisabeth Rochat de la Vallée; Monkey Press, 2013

In 'Aspects of Spirit' Elisabeth Rochat de la Vallée explores the concept of spirit and its relationship to the development of human consciousness through the classical Chinese literature. Beginning with a section on hun and po (the yin yang aspects of the human soul), moving on to jing shen (vital spirit), and concluding with yi and zhi (intent and
will), each section examines the characters for each term, followed by examples of their usage in the classical philosophical texts and concludes with a study of their specific application within the medical texts of the Huangdi Neijing, Suwen and Lingshu. Because of her intimate knowledge of both the medical and philosophical texts of this period, Elisabeth Rochat de la Vallée is uniquely placed within the scholarship of classical Chinese medicine. We are very fortunate that she has brought the depth of her understanding and insight to this fascinating and often misunderstood subject. There has been much debate in recent years concerning the treatment of the spirit within Chinese medicine. This book establishes a firm grounding for that discussion, as well as providing inspiration for our own spiritual cultivation.

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ARTICLE ABSTRACTS


OBJECTIVE: To examine whether transcutaneous electric nerve stimulation at acupoints (Acu-TENS) improved the biochemical and physical indices of patients with type 2 diabetes mellitus (T2DM).

METHODS: Ninety subjects with T2DM were divided randomly into a control group (n = 30), aerobic exercise group (n = 30), or Acu-TENS group (n = 30). In addition to conventional diabetes drug treatment, patients in the Acu-TENS group received acupoint stimulation, the aerobic exercise group engaged in walking exercises, and the control group was given sham electrical stimulation. All groups were treated for 30 min for each session and five times a week for 2 months. The indices of glycosylated hemoglobin, 2 h postprandial glucose, fasting serum insulin, triglyceride, total cholesterol, and body mass index were assessed at pre-treatment, post-treatment, and follow-up, which was 2 months after treatment.

RESULTS: The indices of the control group were not changed (P > 0.05) at the three time points. At the pre-treatment measurement, there were significant differences (P > 0.05) in indices among the three groups. At post-treatment, each index of the two groups was lower than that of the control group (P < 0.05), and improved in comparison with the pre-treatment measurement (P < 0.05). In follow-up, each index of the aerobic exercise group and Acu-TENS group increased, but was still decreased compared with the pre-treatment value (P < 0.05), excluding body mass index.

CONCLUSION: Acu-TENS could improve the state of patients with T2DM and be used as a therapy in clinical application.

OBJECTIVE: To investigate the relationship of electro-parameters and the electroacupuncture sensation (EAS), which is thought to be an important factor for optimal treatment.

METHODS: The frequency steps and compositions of three frequently used electrical stimulations were set when the switch of the electroacupuncture apparatus was turned to the second or third grade of the dense-disperse frequency wave (DD2 and DD3, respectively) or the second grade of the continuous wave (C2). Three groups of patients according to the three electroacupuncture stimulations were divided again into three subgroups according to the stimulated acupoints: the face acupoint Quanliao (SI 18), the upper-limb acupoint Quchi (LI 11) and the back acupoint Dachangshu (BL 25). The EAS values were measured every 5 min during 30 min electroacupuncture treatments using a visual analogue scale.

RESULTS: The frequency compositions of the three electroacupuncture stimulations were 3.3 and 33 Hz, 12.5 and 66.7 Hz, and 3.3 and 3.3 Hz; each frequency step was 30, 54 and 0 Hz, respectively. In each sub-group of the C2 group, the EAS values from 10 to 30 min were significantly weaker than at 0 min. The sensation fluctuations in the DD2 and DD3 groups were different during the 30 min.

CONCLUSION: The greater the frequency step of the electroacupuncture stimulation, the longer the needling sensation lasted. The electroacupuncture stimulations of the DD3 group were unsuitable for the facial acupoint because of its painful and uncomfortable EAS, but more suitable for the back acupoint.


Acquired immune deficiency syndrome (AIDS) is a worldwide public health problem and an incurable disease. The roles of Traditional Chinese Medicine (TCM) on AIDS had been recognized and accepted by more and more people. Being a relatively long period, to initiate combination antiretroviral therapy (cART) for the asymptomatic human immunodeficiency virus (HIV) infection patient is not consensus. According to TCM theory, not only the imbalance of Yin and Yang but also the disharmony of internal body function and external natural environment had occurred in the body of the patient, the imbalance and the disharmony should be adjusted by the means of the treatment based on the patterns identified among the symptoms in terms of TCM. We aimed to analyze the feature of patients with asymptomatic infection, and compare the advantages and
disadvantages of the usage of cART for asymptomatic infection, explored the possible mechanism underlying TCM treatment of the asymptomatic infection, by reviewing the TCM treatment progress on asymptomatic HIV infection.


OBJECTIVE: To investigate the clinical effects of modified Dachengqi Tang (DCQT) on promoting gastrointestinal motility in post-operative esophageal cancer patients.

METHODS: Sixty postoperative esophageal cancer patients were enrolled and randomly assigned to the modified treatment group or the control group (30 patients in each group). Patients in the treatment group were given DCQT made from decocted herbs and administered via nasojejunal tube at a dosage of 150 mL. Gastrointestinal motility was assessed by recording time for recovery of bowel sounds, flatus, defecation, and the total amount of gastric drainage during the first three postoperative days. Plasma motilin (MTL) and vasoactive intestinal peptide (VIP) were measured one hour before and three days after surgery.

RESULTS: Compared with the control group, the times to first bowel sound, flatus, and defecation were significantly shorter and there was less gastric drainage in the treatment group (P < 0.01, P < 0.01, P < 0.01, and P < 0.05, respectively). In the treatment group, postoperative plasma MTL was significantly higher (P < 0.01) and VIP was significantly lower than those in the control group (P < 0.05). There was no difference found in either MTL or VIP from before to after operation in the treatment group (P > 0.05). MTL was significantly lower and VIP was higher postoperatively in the control group, compared to before surgery (P < 0.01).

CONCLUSION: Modified DCQT effectively improved decreased gastrointestinal motility in postoperative esophageal cancer patients by increasing MTL and reducing VIP.


OBJECTIVE: To study the efficacy and safety of combined Traditional Chinese Medicine (TCM) therapy based on nourishing marrow to improve intellect and reinforcing Qi to activate bloodon mild to moderate Alzheimer's disease (AD).

METHODS: Sixty-six patients with AD, whoseMini-Mental State Examination
(MMSE) score were from 10-24, were randomized equally into an intervention group and a control group. The control group was given Aricept (5 mg, once daily). The intervention group was further divided into Yang-Qi deficiency (n = 18) and of Yin-Qi deficiency (n = 15) subgroups. Patients in the Yang-Qi deficiency group were intravenously administered Shenfu injection, 60 mL, and deproteinized calf blood injection (DCBI), 1.2 g, once daily. The Yin-Qi deficiency group was given Shenmai injection, 60 mL, and DCBI, 1.2 g, once daily. Each course lasted 21 days.

**RESULTS:** Compared with the control group and with pre-treatment in the same group, MMSE, clinical dementia rating, and activities of daily living scale scores in the intervention group were significantly improved (all P < 0.05). These metrics mildly improved in the control group compared with before treatment (P > 0.05). No adverse effects were observed in any group during treatment.

**CONCLUSION:** We found that combined TCM therapy is effective and safe for managing mild to moderate AD.


**OBJECTIVE:** To observe the clinical effect on type 2 diabetes mellitus (T2DM) complicated with pulmonary tuberculosis (TB) of insulin, isoniazid, rifampicin, pyrazinamide and ethambutol (conventional medication) administered together with Qi-boosting and Yin-nourishing decoction derived from Traditional Chinese Medicine (TCM).

**METHODS:** A total of 60 patients with T2DM complicated with pulmonary TB were randomly and equally divided into positive control group and treatment group. The control group was treated with Western conventional regiment (WCR): insulin, isoniazid, rifampicin, pyrazinamide, and ethambutol, whereas the treatment group was given both WCR and Qi-boosting and Yin-nourishing decoction prepared from TCM.

**RESULTS:** After the treatment, 20 (66.7%) and 11 (36.7%) cases showed sputum bacteria negative conversion in the WCR plus TCM group and WCM group respectively (P < 0.05). A total of 25 (83.3%) and 18 (60%) cases showed improvement in lung lesion in the WCR plus TCM group and WCM group respectively (P < 0.05). Compared with WCR group, fasting plasma glucose and 2-hour postprandial blood glucose levels in the WCR plus TCM group significantly decreased (P < 0.05 and P < 0.01, respectively).

**CONCLUSION:** Qi-boosting and Yin-nourishing decoction combined with the Western medication showed better curative effect in treating T2DM complicated with pulmonary TB compared with the group using the conventional Western Medicine alone.

**OBJECTIVE:** To observe the efficacy and safety of oral Sanhuangwuji powder, anti-rheumatic drugs (ARDs), and ginger-partitioned acupoint stimulation at Zusanli (ST 36) on the treatment of rheumatoid arthritis (RA) complicated by peptic ulcer.

**METHODS:** This prospective randomized controlled study included 180 eligible inpatients and outpatients randomly assigned to an ARD treatment (n = 60), ginger-partitioned stimulation (n = 60), or combination treatment (n = 60). Patients assigned to the ARD group were given oral celecoxib, methotrexate, and esomeprazole. Patients assigned to the ginger-partitioned stimulation group were given ginger-partitioned acupoint stimulation at Zusanli (ST 36) in addition to the ARDs. Patients in the combination treatment group were given oral Sanhuangwuji powder, ginger-partitioned acupoint stimulation at Zusanli (ST 36), and ARDs. All patients were followed up for 2 months to evaluate clinical effects and safety. The study was registered in the World Health Organization database at the General Hospital of Chengdu Military Area Command Chinese People's Liberation Army (ChiCTR- TCC12002824).

**RESULTS:** The combination treatment group had significantly greater improvements in RA symptoms, laboratory outcomes, and gastrointestinal symptom scores, compared with the other groups (P < 0.05). The peptic ulcer healing rate in the combination treatment group was significantly greater than that in the ARD treatment group (X² = 16.875, P < 0.05) and the ginger-partitioned stimulation group (X² = 6.171, P < 0.05).

**CONCLUSION:** Combination treatment with ginger-partitioned acupoint stimulation at Zusanli (ST 36), oral Sanhuangwuji powder, and ARDs had a better clinical effect for RA with complicated peptic ulcer, compared with ARD treatment alone or in combination with ginger-partitioned acupoint stimulation.

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**OBJECTIVE:** To observe the effect of pressing auricular points on myopia in children.

**METHODS:** Myopic children aged 8-9 years were divided into two groups. The Chinese herb Semen Vaccariae was used to stimulate the auricular points of CO10, LO5, TF4, CO15, CO12, and CO13 for three treatment courses for the experimental group (n = 39), while the same therapy was not given to the control group (n = 33). Binocular naked vision of the experimental group and the control group before and after the intervention was measured using a standard E visual acuity chart.

**RESULTS:** There was no difference in the binocular naked vision between the
experimental group and the control group before the intervention. In contrast, there was significant improvement in binocular naked vision in the experimental group after the intervention compared with the control group (P < 0.05).

CONCLUSION: When combined with external medical application, non-invasive auricular therapy could improve the function of myopia in children. Auricular pressing was well received by the children.


Traditional Chinese medicine (TCM) has been commonly used by Chinese practitioners to treat irritable bowel syndrome (IBS). However, the effectiveness of combining TCM with Western medicine in managing IBS has not been evaluated systematically. In this study, we evaluated the clinical effectiveness of combining TCM and Western medicine in the treatment of IBS via meta-analyses. We reviewed 72 eligible randomized controlled trials from January 2009 to December 2013 investigating the effectiveness of integrated TCM and Western medicine in the management of IBS. In the meta-analyses, the relative risks (RRs) and 95% confidence interval (95%CI) were calculated using raw data from each study, and low heterogeneity was detected. When compared to the Western medicine treatment alone, our result showed TCM combined with Western interventions significantly improved IBS global symptoms (RR, 1.21; 95%CI: 1.18–1.24). Additionally, there was no significant difference in therapeutic effects of the integrated approach in the meta-analyses involving the various IBS subtypes. Likewise, both Chinese proprietary herbal medicine plus conventional treatment and compound herbal preparations plus conventional treatment showed similar and statistically significant effects on global improvement compared with western treatment alone, with RRs of 1.22 (95%CI: 1.14–1.30) and 1.22 (95%CI: 1.18–1.27), respectively. These results demonstrated that treating IBS with integrated traditional Chinese and Western medicines showed better effectiveness than conventional Western medicine alone. Although due to the quality of the included studies, our results might possess a high risk of bias. TCM, particularly Chinese proprietary medicine, with the benefits of low-cost, easy to use, and good palatability, would be an attractive option to be used in conjunction with conventional Western medicine to manage IBS patients.


Complementary therapy with acupuncture for Parkinson's disease (PD) has been studied for quite a long time, but the effectiveness of the treatment still remains unclear. The aim of this study is to evaluate the integrated effects of acupuncture treatment in PD patients who received western medicine. In the short-term acupuncture treatment study, 20
patients received acupuncture therapy twice a week in acupoints DU 20, GB 20, LI 11, LI 10, LI 4, GB 31, ST 32, GB 34 and GB 38 along with western medicine for 18 weeks, and 20 controlled patients received western medicine only. In the long-term acupuncture treatment, 13 patients received acupuncture treatment twice a week for 36 weeks. The outcome parameters include Unified Parkinson's disease rating scale (UPDRS), Beck Anxiety Inventory (BAI), Beck Depression Inventory-Version 2 (BDI-II), and WHO quality of life (WHOQOL). In the short-term clinical trial, a higher percentage of patients in the acupuncture group had score improvement in UPDRS total scores (55% vs. 15%, p = 0.019), sub-score of mind, behavior and mood (85% vs. 25%, p < 0.001), activity of daily living (65% vs. 15%, p = 0.003), mobility (40% vs. 15%, p = 0.155) and complication of treatment (75% vs. 15%, p < 0.001), BDI-II score (85% vs. 35%, p = 0.003), and WHOQOL score (65% vs. 15%, p = 0.003) when compared to control group at the end of the 18 weeks' follow up. After 36 weeks of long-term acupuncture treatment, the mean UPDRS total scores and sub-score of mentation, behavior and mood, sub-score of complications of therapy and BDI-II score decreased significantly when compared to the pretreatment baseline. In conclusion, acupuncture treatment had integrated effects in reducing symptoms and signs of mind, behavior, mood, complications of therapy and depression in PD patients who received Western medicine.


Controlled clinical trials of integrative therapies available to patients with rheumatoid arthritis (RA) improved dramatically in the past 20 years, largely because of the growing need and the methodologies improvement. *Tripterygium wilfordii* Hook. F., a typical example of popular use herb, has been extensively studied in trials. However, clear and convincing evidence of integrative therapy, effectiveness and safety, remains insufficient to make decision. Many research efforts are hampered by standing problems with ‘syndrome’ recruitment failure. In addition, the outcome multiplicity induces the findings inefficiency to generalize to RA patients at large. Development of validated syndrome outcomes and methodologies has also been critical. Current efforts to enhance the understanding of integrative treatment options for patients with RA include the development of drug-specific rather than disease-specific strategies, studies in predictive biomarkers, and development of peer-review trial protocol for regular clinical trials.


**Objective:** To observe the effect of electroacupuncture (EA) for Alzheimer’s disease (AD).
Methods: A total of 30 eligible cases were treated by needling Shenting (GV 24), Baihui (GV 20), Dazhui (GV 14), Fengfu (GV 16), Mingmen (GV 1) and Yongquan (KI 1). Upon arrival of qi, the G6805-II electric stimulator was connected to Shenting (GV 24) and Baihui (GV 20) (one pair), to Dazhui (GV 14) and Fengfu (GV 16) (one pair) and to bilateral Yongquan (KI 1) (one pair) for 25 min, using continuous wave at the frequency of 2-100 Hz and voltage of 2-4 V. With a tolerable intensity, the EA was conducted once a day for 10 d (one treatment course). There was a 3-day interval between two courses. After three courses, the therapeutic efficacies were evaluated using the mini-mental state examination (MMSE), revised Hasegawa dementia scale (HDS-R), activities of daily living (ADL) and neurological function defect scale (NFDS).

Results: After EA treatment, the MMSE and HDS-R scores were significantly increased (P<0.01) and the ADL and NFDS scores were significantly decreased (P<0.01).

Conclusion: EA is effective for AD and can improve the overall intelligence and repair neurologic deficits in AD patients.


Objective: To observe the efficacy of acupuncture-moxibustion therapy in treating urinary retention after surgery for cervical cancer.

Method: Fifty eligible patients were randomized into a treatment group and a control group by their visiting sequence, 25 in each group. The control group was intervened by indwelling urethral catheter after gynecological surgery; while the treatment group started to receive acupuncture-moxibustion and cupping treatment at the 7th day after surgery, in addition to the intervention given to the control group. The residual urine volume and total effective rate of the two groups were detected.

Results: After 7-day treatments, the total effective rate was 92.0% in the treatment group versus 72.0% in the control group, and the difference was statistically significant (P<0.05).

Conclusion: Acupuncture-moxibustion treatment plus cupping based on the conventional intervention is effective for urinary retention after surgery for cervical cancer, worth promoting in clinic.