NEWLY ACQUIRED BOOKS


This new edition continues to offer readers a comprehensive exploration and description of techniques of cupping in the context of Traditional Chinese Medicine theory. Extensively updated throughout, and with a new website containing videos and a downloadable image bank, this volume will be ideal for students and practitioners of Traditional Chinese Medicine, and all other complementary health practitioners looking to expand their skill base.

- Explains cupping therapy clearly, allowing the practitioner immediate access to a set of skills for everyday application
- Well illustrated to support the guidelines discussed in the text
- Includes website containing video clips showing 11 methods of cupping therapy plus picture gallery of more than 150 colour photographs
- Gives practical guidelines on the use of cupping in helping to treat more than 30 common conditions
- Looks closely at issues of safety, expectation and theoretical principles of action
- Text clarified and updated throughout, with an expanded artwork program and improved layout and design
- New chapters by specialist contributors cover Cupping's Folk Heritage, Buddhist Medicine, and Thai Lanna Medicine
- New chapter on Cosmetic Cupping Techniques
- New section addressing Frequently Asked Questions
- An expanded discussion about the benefits of cupping therapy, including the treatment of new pathological conditions including myofascial pain
- Includes new evidence-based research on the effects of cupping therapy, including a systematic review

A treaty on using plants from outside the standard Chinese materia medica within the Chinese medical paradigm. This book first discusses some historical information, then introduces a method to integrate new plants into Chinese medicine, and finishes with a materia medica covering some of the most common plants used in Western herbal medicine. This is a continuation of the author's first book, Western Herbs According to Traditional Chinese Medicine.


Auriculotherapy Manual: Chinese and Western Systems of Ear Acupuncture provides a comprehensive guide to the practice of Chinese and Western systems of ear acupuncture. This impressive new edition utilizes 3-D models of the external ear, as well as 3-D anatomical images, to demonstrate the somatotopic relationship between particular parts of the body and specific regions of the auricle. This is the first ear acupuncture text that has incorporated 3-D technology in order to present amazing images of the auricle which precisely indicate ear acupoint positions.

The book offers in-depth evaluation of the theoretical and clinical underpinnings of auriculotherapy, describing and illustrating over 200 ear acupuncture points and more than 200 auriculotherapy treatment protocols for clinical disorders ranging from chronic pain to substance abuse to visceral and neurological disorders. There are an expanded number of auricular landmarks that are utilized to guide the practitioner in accurately determining the precise location of hidden ear points on the 3-D model. These landmarks further reveal the varied depth perspectives of the external ear.

The ear reflex points presented in this manual are based upon systematic research conducted at the UCLA Pain Management Center and upon the extensive clinical
findings of medical doctors and acupuncturists in China and Europe over the past 50 years. Scientific and clinical information from the most recent international symposia of auricular acupuncture have been used to update the scientific and clinical knowledge presented in this fourth edition. Each chapter is organized in same basic order, beginning with an introductory overview, progressing to the main topics in the chapter, and ending with a section listing a definition of terms and a set of preparatory sample questions.

The book is concise and clear enough for students yet provides sophisticated clinical approaches to allow the experienced practitioner to enhance and complement their existing treatment strategies.

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This book is the first book-length account of the work of Dr. Xiu-Min Li on her work to adapt ancient herbal medicines to cure "modern" diseases, and to prove their efficacy using the best that science has to offer. Born in China, Dr. Li was simultaneously trained in traditional Chinese medicine (TCM) and Western medicine in Henan and Beijing, followed by fellowships at Stanford and Johns Hopkins. Author Henry Ehrlich calls her a Rosetta stone because she can think simultaneously in both systems and recognize the potential of thousands of TCM remedies for treating diseases of the immune system that defy conventional remedies, not just food allergies but also eczema and asthma, and, potentially, autoimmune disorders. Now a full professor at Mt. Sinai in New York, her research has produced a bonanza of insight into the functioning of the immune system. The book begins with an introduction to Dr. Li's fascinating personal story and the moment when she decided to devote herself to the problem of food allergies, as well as a comprehensive and absorbing explanation to the allergy epidemic. This is followed by detailed but readable accounts of the laboratory science that has shown convincingly in mice that food allergies can be treated, up through the current phase-2 trials in humans. The author calls it a kind of "love letter to science." The book concludes with a visionary look at the future of this therapy, from the points of view of both science and clinical medical practice.

Dr. Arnold Levinson calls Food Allergies "A masterful job of distilling a lot of complex material into verbiage that can be understood by the nonscientist, albeit a sharp nonscientist, and accomplished in an entertaining style."

The practice of Shonishin or pediatric acupuncture has been used for centuries in Japan to treat a whole host of childhood health problems, from behavioural and emotional issues to physical conditions such as allergies and asthma.

Translating Buddhist Medicine in Medieval China by C. Pierce Salguero; University of Pennsylvania Press, 2014.

The transmission of Buddhism from India to China was one of the most significant cross-cultural exchanges in the premodern world. This cultural encounter involved more than the spread of religious and philosophical knowledge. It influenced many spheres of Chinese life, including the often overlooked field of medicine. Analyzing a wide variety of Chinese Buddhist texts, C. Pierce Salguero examines the reception of Indian medical ideas in medieval China. These texts include translations from Indian languages as well as Chinese compositions completed in the first millennium C.E. Translating Buddhist Medicine in Medieval China illuminates and analyzes the ways Chinese Buddhist writers understood and adapted Indian medical knowledge and healing practices and explained them to local audiences. The book moves beyond considerations of accuracy in translation by exploring the resonances and social logics of intercultural communication in their historical context. Presenting the Chinese reception of Indian medicine as a process of negotiation and adaptation, this innovative and interdisciplinary work provides a dynamic exploration of the medical world of medieval Chinese society. At the center of Salguero’s work is an appreciation of the creativity of individual writers as they made sense of disease, health, and the body in the context of regional and transnational traditions. By integrating religious studies, translation studies, and literature with the history of medicine, Translating Buddhist Medicine in Medieval China reconstructs the crucial role of translated Buddhist knowledge in the vibrant medical
world of medieval China.


We live in a busy world, where stress, fear, panic, worry and anxiety are commonplace. If you don't know how to manage these emotions, you could begin to feel overwhelmed, withdrawn, or unbalanced, which can have lasting negative effects on your general well-being and your relationships.

This book brings back an age-old science that provides natural solutions to achieve a satisfying and balanced life. By making a few simple changes, such as utilizing acupressure; adding specific herbs to your diet to facilitate mood changes; eating the right foods; sharing emotions with friends; and exercising outdoors with exposure to sunlight, you can help stop the downward spiral and get your life back on track. Traditional Chinese Medicine (TCM) is a proven and practical way to get in touch with your inner self and improve your emotional outlook. What are you waiting for? Join the millions of others who rely on TCM, and bring more harmony to your life today!

Acupuncture for Body, Mind and Spirit by Peter Mole; Singing Dragon, 2014.

Written by one of the UK's leading practitioners, this authoritative and accessible introduction to acupuncture reveals everything you need to know before you step into the acupuncture clinic.

It includes:

- how acupuncture goes beyond quick cures and is used as preventative medicine
- the origins and theory behind Chinese medicine and acupuncture
- the differences between diagnosis in acupuncture and Western medicine
- what to expect in the treatment room and how acupuncture will help you
Developing Internal Energy for Effective Acupuncture Practice: Zhan Zhuang, Yi Qi Gong and the Art of Painless Needle Insertion by Ioannis Solos; Singing Dragon, 2014

Drawing on ancient Chinese knowledge and tradition, this book teaches practitioners of acupuncture how to develop their internal energy and sensitivity to energy in order to improve their practice. Understanding and working with energy flow is essential to becoming a good acupuncturist and regular qigong practice helps the acupuncturist to direct energy flow within the patient more accurately and effectively. This book presents a complete training regime for Western acupuncturists and features qigong exercises dating back centuries. With images from the original manuscripts and the Chinese text alongside an English translation and commentary, Western readers are introduced to unique exercises and internal cultivation texts in a truly authentic way. This book provides essential internal training for acupuncture practitioners and students and will be of interest to a wide array of martial arts and traditional Chinese medicine practitioners.

Clinical Pharmacology Made Ridiculously Simple by James Olson; Medmaster, Inc, 2014.

A concise overview of the most important principles in clinical pharmacology, with drug comparisons in clear chart format.

Scholarships, Grants & Prizes 2014 (Peterson's Scholarships, Grants & Prizes) by Peterson’s, 2013.
Scholarships, Grants & Prizes 2014 provides up-to-date information on millions of privately funded awards available to college students. It contains detailed profiles of awards based on academic fields and career goals, ethnic heritage, talent, employment experience, military service, and other categories, which are available from such private sources as foundations, corporations, and religious and civic organizations.

- Hundreds of profiles include information on award amounts, eligibility requirements, application deadlines, contact information, and more
- Easy-to-use indexes allow you to search for awards by criteria like academic fields/career goals, sponsoring organizations, employment/volunteer experience, military service, nationality or ethnic heritage, corporate or religious affiliation, talent/interest area, and location of study
- Quick-reference chart lists award programs providing over $2,000 in order of dollar amount
- Informative articles containing tips on winning a scholarship with a winning essay, guidance on getting in the minority scholarship mix, advice on avoiding scholarship scams, information on scholarship management organizations, and strategies for searching for and finding awards

ARTICLE ABSTRACTS


OBJECTIVE: To compare the efficacy of an acupuncture regimen for persistent allergic rhinitis (PER), aimed at improving a patient's mind or Shen in Traditional Chinese Medicine, to that of a second-generation H1-receptor antagonist, cetirizine hydrochloride.

METHODS: This multicenter, randomized, controlled clinical trial on PER will be conducted at three institutions in China. The total study period will be 9 weeks. After a 1-week preparatory screening period, 240 eligible participants with PER will be randomized to receive acupuncture or pharmacotherapy (1:1) for 4 weeks with a 4-week follow-up. The primary outcome will be changes in 7-day average total nasal symptom score. Secondary outcome measures include rhinoconjunctivitis quality of life questionnaire score and total non-nasal symptom score.

RESULTS: The presence and seriousness of psychological and emotional impairments should be considered in therapeutic programs for allergic rhinitis. No clinical trial for treating allergic rhinitis via acupuncture regulation of psychological and emotional activities has been reported.

CONCLUSION: The findings of the trial will allow us to determine the effects of the mind (Shen)-regulation treatment approach. We will also be able to confirm if the effects
of acupuncture are equivalent to those of the conventional drug cetirizine hydrochloride.


OBJECTIVE: To compare two therapeutic methods: electroacupuncture+massage+blocking therapy, and blocking therapy alone in the treatment of external humeral epicondylitis.

METHODS: Eighty-six patients were randomized into two groups with 43 in each. The treatment group received electroacupuncture+massage+blocking therapy, while the control group received blocking therapy only. A course of electroacupuncture treatment included therapy once a day for 10 days. There were 10 treatments in a massage course and massage was given once a day, with a 1-week interval given before the next course. A course of blocking treatment included therapy once a week, for two total treatments, and generally no more than three times. The therapeutic effects were evaluated with the visual analog scale (VAS), grip strength index (GSI) score, and Mayo elbow performance score (MEPS) before treatment and at 0, 6, 12, and 24 months after treatment to observe the total effective rate.

RESULTS: In the treatment and control groups before treatment and at 0, 6, 12, and 24 months after treatment, the VAS scores were: 6.5±1.9 and 6.4±1.6; 4.6±1.3 and 4.6±1.7; 4.8±1.3 and 4.8±1.2; 4.6±1.2 and 6.6±1.6; and 6.5±1.6 and 6.5±1.3, respectively. The GSI scores were 63±8 and 63±8; 84±6 and 82±7; 82±7 and 82±6; 84±6 and 62±8; and 64±6 and 64±7, respectively. The MEPS of both groups were 65±7 and 66±8; 85±6 and 84±7; 84±5 and 84±7; 80±7 and 66±6; and 65±6 and 65±7, respectively. The total effective rates of the treatment and control groups at 0, 6, 12, and 24 months after treatment were 87.5% and 85.0%; 85.0% and 82.5%; 80.0% and 12.5%; and 2.5% and 5.0%, respectively. Compared with the treatment group, the control group had greater joint function, better therapeutic effect, and lower pain intensity (P<0.01), indicating a high recurrence rate in the 12th month after treatment. There were no differences in VAS, GSI, or MEPS at 0, 6, and 24 months after treatment (P>0.05) between the two groups.

CONCLUSION: We found that both methods were effective for external humeral epicondylitis. After 6 months of treatment, the effects were good in both groups. However, in the 12th month, the control group had a relatively severe relapse. After 24 months, both groups relapsed. The effect of electroacupuncture, massage, and blocking therapy used in combination lasted longer, delaying the recurrence of the disease.

"Effects of Chinese Herbs Combined with in Vitro Fertilization and Embryo

OBJECTIVE: To assess the effects of using Chinese herbs in assisted reproductive technology.

METHODS: Four hundred and thirty-three subjects aged less than 42 years with infertility due to Fallopian tube or male-related factors who were willing to undertake in vitro fertilization and embryo transplantation were randomly allocated to a Chinese herb intervention group (n=216) or a conventional treatment control group (n=217). All subjects received one of four routine ultra-ovulation-promoting therapies at the Reproductive Center in the Third Hospital Affiliated to Beijing University according to their physician's assessments. The subjects in the intervention group received various Chinese herbs depending on their conventional treatment. Endometrial thickness, number of acquired eggs, and rates of normal fertility, high-quality embryos, biochemical and clinical pregnancy of subjects were assessed in both groups.

RESULTS: The high-quality embryo rate of 51.9%, biochemical pregnancy rate of 51.0%, clinical pregnancy rate of 44.2% and endometrial thickness of (10.84±1.75) mm in the intervention group were all significantly higher than those in the control group [48.7%, 38.9%, 34.8%, and (10.52±1.50) mm, respectively; P<0.05]. The normal fertility rate of 58.5% in the Chinese herb group was also significantly superior to the 54.7% achieved in the control group (P<0.01). There were no statistically significant differences (P>0.05) in the average number of acquired eggs within a single cycle, incidence of excessive stimulation of ovary, rates of embryo transplantation or early abortion and birth of living babies between the two groups.

CONCLUSION: Our findings indicate that Chinese herbs increase endometrial thickness, improve the quality of fertility and embryo, and promote embryonic nidation, thus enhancing the success rate of in vitro fertilization/intracytoplasmic sperm injection-embryo transplantation cycle. Using Chinese herbs improves the outcomes and safety of assisted reproductive technologies.


OBJECTIVE: To explore the relationships between different lifestyle-behavioral factors and phlegm- wetness type of Traditional Chinese Medicine constitution, so as to provide health management strategies for phlegm-wetness constitution.

METHODS: A case-control study was conducted with the cases selected from the database of Chinese constitution survey in 9 provinces or municipalities of China. 1380
cases met the diagnostic criteria of phlegm-wetness type were taken as the case group, and 1380 cases were randomly selected from gentleness type as the control group. Using Chi-square test to compare the differences of lifestyle-behavior composition in each group; single factor and multiple logistic regression analysis were used to compare the relationships of lifestyle-behavioral factors and phlegm-wetness type.

RESULTS: There were statistically significant differences between phlegm-wetness type group and gentleness type group in lifestyle behaviors (dietary habits, tobacco and liquor consumptions, exercise habits, sleeping habits). The results of single factor logistic regression analysis demonstrated that the risk of phlegm-wetness constitution decreased significantly in light diet (odds ratio, OR=0.68); The risk factors of phlegm-wetness type were fatty food intake (OR=2.36), sleeping early and getting up late (OR=1.87), tobacco smoking (OR=1.83), barbecued food intake (OR=1.68), alcohol drinking (OR=1.63), salty food intake (OR=1.44), sleeping erratically (OR=1.43), less physical activities (OR=1.42), sweet food intake (OR=1.29), sleeping and getting up late (OR=1.26), and pungent food intake(OR=1.21), respectively. Regardless of the interaction among lifestyle-behavioral factors, the results of the multiple logistic regression analysis revealed that the risk factors of phlegm-wetness type were sleeping early and getting up late (OR=1.94), fatty food intake (OR=1.80), tobacco smoking (OR=1.50), sleeping erratically (OR=1.50), barbecued food intake (OR=1.40), sleeping and getting up late (OR=1.40), less physical activities (OR=1.31), sleeping late and getting up early (OR=1.27), and sweet food intake (OR=1.27), respectively, and the risk of phlegm-wetness type still decreased significantly in light food intake (OR=0.79).

CONCLUSION: Light diet can decrease the risk of being phlegm-wetness constitution, and bad lifestyle behaviors such as sleeping early and getting up late, sleeping erratically, fatty food, barbecued food or sweet food intake, tobacco and liquor consumptions, and less physical activities can increase the risks of becoming phlegm-wetness constitution.


Objective: To observe the efficacy and the influence on quality of life (QOL) of syndrome differentiation treatment with Chinese medicine (CM) for opioid-induced constipation as well as the safety and influence on analgesic effect of opioids.

Methods: Totally 406 cases enrolled from 53 collaborating medical centers were randomly assigned to a CM group and a control group. The CM group was treated with CM decoction based on syndrome differentiation, and the control group was treated with Phenolphthalein Tablet. Both groups were treated for 14 days. Cleveland constipation score (CCS), numerical rating scale (NRS) of pain and Chinese version of European
Organisation for Research and Treatment of Cancer, Quality of Life Questionnaire-C30 V3.0 (EORTC QLQ-C30 V3.0) were used to evaluate the efficacy, pain controlled and QOL status.

**Results:** The comparisons of CCS score reduction and QOL between the two groups after treatment suggested that the improvements of constipation and QOL in the CM group were better than that in the control group ($P<0.05$). The total efficiency of the CM group was better than the control group (93.5\% vs. 86.4\%, $P<0.05$). There was no significant difference in NRS scores between before and after treatment in both groups. There was no serious drug-related adverse event during the course of study.

**Conclusion:** CM decoction could effectively treat opioid-induced constipation and improve patients’ QOL at the same time. It is safe and doesn’t affect the analgesic effect of opioids when treating constipation


**Objective:** To establish the diagnosis evidence of objective tongue inspection for liver cancer (LC) patients with damp-heat syndrome (DHS) by dynamically observing their tongue figures using modern tongue image analytic apparatus, and to explore the effect of intervention on the tongue figures.

**Methods:** Tongue figures were collected from 142 LC patients with DHS by tongue image analytic apparatus. Red (R), green (G) and blue (B) values were analyzed. The $r$ and $g$ values were calculated requesting $r=R/(R+G+B)$, $g=G/(R+G+B)$, and $b=1-r-g$, and scored in combination with Chinese medical symptoms scale. The tongue figure and correlated scores were collected from 59 of them 3 days after transcatheter arterial chemoembolization intervention.

**Results:** The range of objective tongue inspection of LC patients with DHS was as follows: as for tongue fur, $0.360<r<0.05$ or $P<0.01$.

**Conclusion:** The range of objective tongue inspection of LC patients with DHS could be known by collecting and analyzing objective indicator of tongue figures, thus laying foundation for further studies with analysis of correlation between intervention and Chinese medicine based on tongue figures.

Objective: To evaluate the clinical efficacy of aligned acupuncture at the muscle regions plus cutaneous needle for post-stroke upper limb spasticity.

Methods: By adopting a design of multicenter randomized controlled clinical trial, 488 patients with post-stroke upper limb spasticity were randomized into a treatment group and a control group, 244 in each group. In addition to rehabilitation training, the treatment group received aligned acupuncture at the muscle regions plus cutaneous needle therapy and the control group received conventional Western medicine. After successive 3-week treatments, the clinical efficacy, spasticity degree of the upper limb, joint function, and neurological defect degree were evaluated in the two groups.

Results: The total effective rate was 93.4% in the treatment group versus 61.5% in the control group, and the difference was statistically significant ($P < 0.05$). The upper-limb spasticity degree, joint function, and neurological defect degree were improved significantly in both groups after intervention ($P<0.05$), and the improvements in the treatment group were more significant than those in the control group ($P<0.05$ or $P<0.01$).

Conclusion: Aligned acupuncture at the muscle regions plus cutaneous needle therapy is effective in treating post-stroke upper limb spasticity.

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