NEWLY ACQUIRED BOOKS


The New Chinese Medicine Handbook is an essential guide to achieving total health in body, mind, and spirit. Explore the powerful benefits of Chinese medicine—particularly acupuncture, massage, nutrition, meditation and herbs—along with other Eastern healing arts. This practical guide to traditional Chinese medicine can help you take control of your healing process and maintain or restore wholeness and harmony in all aspects of your life.

Dr. Misha Ruth Cohen, an internationally recognized practitioner, lecturer, leader and mentor in the field of Chinese medicine, offers comprehensive healing plans for a wide range of ailments including digestive problems, stress, anxiety, depression, cancer support, liver health, gynecological problems, PMS, fertility, menopause, and more.

This comprehensive guidebook combines Chinese dietary guidelines with Western medicine, plus various other Eastern and Western healing therapies including:

- Basics of Chinese medicine
- Acupuncture and moxibustion
- Qi Gong: Chinese exercise and meditation
- Dietary practices
Chinese herbal therapy

*The New Chinese Medicine Handbook* keeps esoteric information to "need to know" basics and shows you how to use Chinese medicine for different conditions from pain to infertility to various illnesses like cancer and diabetes. Take the first steps to natural healing remedies and a longer, healthier life.


Although Master Tung’s Acupuncture has been in the public domain since his untimely passing in 1975, very little information is available publicly on how to use the system in a practical and systematic way in English. In this book, the author hopes to guide his fellow colleagues into the intricacies of applying Master Tung Acupuncture in the clinic. Since he is also a practicing acupuncturist and deals with pain, women’s health, and internal medicine problems quite frequently, he is sharing his clinical experience in this book and the “secret” of creating the protocols that he uses daily, with modification. He also attempts to explain why he chooses a particular protocol and the modification to it. In this book, he introduces what he considers the “Best” of Master Tung’s Acupuncture. There are many books on Master Tung’s Acupuncture which introduce all of the 740 Tung family points. But often these books may be too much for the beginner and do not let the beginner grasp useful concepts or how to use Master Tung’s Acupuncture immediately and effectively. Most acupuncturists simply add the Tung points to their already memorized TCM Acupuncture point prescriptions, and as a result, make a mess out of their acupuncture. They do not have a simple and elegant rationale for using the system. In his teaching of Master Tung’s Acupuncture, he always chooses points that are painless, easily accessible, and have powerful immediate results.
In this book the author has placed the pictures of the points indicated for the various ailments together to make it as simple as possible for the practicing acupuncturist to use in his or her clinic. And the author also explains the use of the points and their application in internal medicine disorders.

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Pain is the most common complaint in the acupuncture clinic. In this manual, the author gives his own proven protocols for pain using Master Tung’s points and apply the paradigm of using channels, imaging, treatment needles, guiding needles, and interrelationships of the channels. The reader is encouraged to use these proven protocols to dramatically improve their clinic results in the treatment of pain.

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This book covers everything you need to master Tung acupuncture. It features new, easy to understand images and explanations of how the points work, how to needle them, and how to combine them with other points. You don’t need to know all the points to be proficient. The authors have cut out the points that are not used often in modern clinics. For the first time, the TCM indications are included with each point.

Treat back pain with acupuncture for instant results. Use Tung and Balance Method. Theory and Case Studies. Muscle Images. Tung Point location images. How to easily tell which meridian to treat for lower back pain, hip pain, coccyx, sacrum. There are 332 pages of theory, how to treat pain with 1-2 needles. How to treat chronic back pain after multiple surgeries. We call them acupuncture quickies. If your patient can barely walk due to back pain, there is a fast solution. The Balance Method, which has been made popular by Dr. Tan, is clearly explained. Tung acupuncture point images, TCM points images, all the images you need to do these treatments. It is all in one book. This is a complete reference for treating anything from BL 23 down to the coccyx.


An English Language First… This Comprehensive Guide for students and practitioners is the ultimate path to understanding and using Abdominal Acupuncture. Mastering the Art of Abdominal Acupuncture is the first-of-its-kind to teach the powerful art of Abdominal Acupuncture (AA). One of the most revered and successful acupuncture systems in China, AA is relatively rarely or not as commonly used in the Western World. The reason for this is primarily due to an absence of professional knowledge and teaching expertise outside Asia. Now this book changes all that. Abdominal Acupuncture (Fu Zhen) is both a truly potent yet remarkably painless treatment, and in acquiring know-how and confidence in AA you will not only delight your clientele but gain an exceptional edge over your competition in the TCM field. With 15 years of clinical and teaching experience behind him, author Dave Shipsey offers you a unique insight into the history
and rationale of this ancient medicinal art. By following the simple step-by-step chapters in this book, you will quickly and efficiently learn to treat even the most painful and complex conditions with success. Through this book you will: • Gain a deep comprehension of how this system works on many diverse levels • Be guided through the process of using Abdominal Acupuncture in a logical, easy to follow manner • Master a number of possible treatment options for a wide variety of painful conditions • Be taught to confidently locate AA points using two different methods • Benefit from real-world examples of how AA can be used to ameliorate pain and wow clients • Be given the tools and understanding to confidently formulate your own prescriptions • Learn from detailed descriptions and over 120 illustrations of points, prescriptions, functions and depths for best therapeutic results. “I have come across a few books in my many journeys to China that focused on abdominal acupuncture, and by far this book surpasses those writings … I can say professionally this is a must have book to help your medical practice and make your medical library complete” - Dr. Ryan Pedersen, DOM, L.Ac. CMT So, don’t delay - buy this book now! If you’re an acupuncture student, practitioner or just genuinely interested in the culture of Traditional Chinese Medicine, you can either gain a new appreciation of this extraordinary system of acupuncture or use it to develop a unique selling point in your own clinical practice.


This book includes:

Part I: Probing dynamic pulses and organ function

* Exercise to experience the entire depth examined in the taking of the pulse

* Lung function and its presence in the pulses

* Heart function and its presence in the pulse

* Spleen function and its presence in the pulse

* Liver function and its presence in the pulse
* Kidney function and its presence in the pulse
* Yang-Fu organ function and its presence in the pulse
* Ascension of the stomach (advanced)
* Frequently asked question

Part II: Directional pulses and organ communication

* Historical roots of directional pulses
* Static and directional pulses
* The importance of directional pulses
* Organ function in directional pulses

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Updated with the latest human anatomy and biomechanics research, the third edition of this authoritative, best-selling book offers a comprehensive introduction to emerging explanations of new models of living motion and human architecture. Detailed, full-color anatomical drawings and clear, succinct text identify all the major muscles, showing the origin, insertion, action, and innervation of each muscle. Designed to make complex topics easily accessible to medical students and anyone interested in anatomy and movement, The Concise Book of Muscles is a quick, information-packed, and user-friendly guide to this rapidly-growing and important field.

What’s your definition of “food”? It does not only fuel the body, but also nourish and help heal your body to help you more effectively achieve everything else in life. In reality, the therapeutic part of food is rarely talked about in the west. The importance of foods has been underestimated or even ignored. That’s why this book is born. This book is about digging deeper into the therapeutic aspects in foods that you may not have heard of yet; it is also about choosing to eat with consciousness and exploring how food can serve as medicine to help heal the body; most importantly, it is about deepening the relationship with your own body, because you cannot improve health unless you understand your body and know what to pick accordingly to strengthen health, slow down aging process, deal with health concerns, and prevent diseases your body is prone to. Specifically, you will learn:

• What is Food Therapy after all?
• Where do these dietary ideas come from?
• Why is it different from other dietary approaches you have heard of?
• How can it help restore your health, beauty, and mind?
• How can you get started, so that you don’t get lost in the wealth of knowledge (in other words, how to take actions immediately)?
• More than 40 recipes to help you kick off your journey


Whether you are new to essential oils, a long-time user, or a healthcare professional wishing to integrate essential oils into your practice, this book will quickly become your
go-to resource! Endorsed by MDs, DOs, NPs, and doulas. Thousands of hours of research, clinical observations, ancient practices, and practical use are distilled into this ultimate guide to essential oils that combines evidence-based research with the art of natural healing to realize the maximum benefits of therapeutic essential oils. What’s included: ~ In depth profiles for 88 botanical species of essential oils including cautions, possible substitutes, dilution range, primary compounds, therapeutic properties, cautions, and supportive science. ~ Hundreds of research studies summarized in one or two sentences. ~ Simple to follow protocols for more than 450 common health conditions. ~ A section specific to essential oil therapy for children including protocols specific to age groups for more than 100 childhood ailments. ~ A complete guide for using essential oils safely and effectively during pregnancy, labor, childbirth, and lactation that includes more than 70 protocols to help make these special times more enjoyable. ~ Comprehensive safety information, including interactions with medications. ~ Answers to the most common questions about essential oil therapy by both lay persons and practitioners.

**ARTICLE ABSTRACTS**


Conditions such as Bell's palsy, temporomandibular joint (TMJ) syndrome and trigeminal neuralgia can have a major impact on the neuromuscular function of the face. These conditions can involve symptoms such as ptosis of the eyelid, loss of facial muscle function, pain, neuropathy and allodynia. Using a multifaceted approach to treating these conditions can yield more effective treatments and longer lasting results than a singular approach. This article focuses on three conditions: Bell’s palsy, trigeminal neuralgia and TMJ syndrome to illustrate how scalp acupuncture, motor points, transverse sub-muscular needling, facial cupping and full-body acupuncture can treat the underlying condition, restore function and relieve pain.


This article presents the case study of a 74-year-old male with advanced oesophagus cancer who was successfully treated with acupuncture and Chinese herbal medicine alongside conventional therapy.

Chinese herbal formulas that contain Ma Huang (Ephedrae Herba, ephedra) have been used safely for two millennia, primarily as anti-asthmatics. They remain in widespread use today in China, Japan and Taiwan, without reported adverse effects. The use of a non-traditional combination of ephedra and caffeine in weight loss products by a susceptible demographic led to the observation of a possible association with cardiovascular toxicity and hepatotoxicity, leading to ephedra’s ban in the United States in 2004. This paper reviews the scientific information available about ephedra and proposes mechanisms for the observed adverse effects when it is combined with caffeine. The author also proposes adding obesity and Metabolic Syndrome to the list of cautions and possibly contraindications to the use of Ma Huang.


Chinese nutritional therapy is often underutilized by modern practitioners of Chinese medicine. In this article, Chinese nutritional therapy and biomedical nutritional therapy are briefly compared to highlight the effectiveness of a personalized dietary plan based on Chinese medicine theory versus a dietary plan based solely on a biomedical diagnosis or the latest dietary trend. A simple framework is then presented to illustrate the ease with which a practitioner may prescribe dietary recommendations based on the patient’s Chinese medicine differential pattern diagnosis and seasonal considerations.


This case series demonstrates the successful treatment of migraine headache in two middle-aged female patients with multi-year symptom histories. Interventions consisted of weekly acupuncture treatments, along with Chinese herbal medicines and dietary modifications. Acupuncture points and herbal medicines were chosen based on the individual characteristics of each patient. Frequency, duration and intensity of migraine headaches decreased in both patients within the first week of treatment and resolved by the third month. These cases illustrate the successful treatment of chronic migraine headaches that were unresolved following conventional interventions. This case series forms part of a growing body of evidence that supports the use of acupuncture and herbal medicine as alternative options for the treatment of refractory migraine headaches.
“Treating the Lower to Heal the Upper and Vice Versa: Traditional Approaches to Acupuncture and Chinese Herbal Medicine Treatment” Tieguang Gu, Nick Li, Jian Jiang & Huiling Yao; The Journal of Chinese Medicine, No. 110: 45-48, 2016.

Treating the lower part of the body to heal the upper and treating the upper to heal the lower (‘上病下取，下病上取’, ‘shang bing xia qu, xia bing shang qu’ – literally, ‘upper disease, below treat, lower disease, upper treat’) has been a widely applied treatment principle in Chinese medicine since ancient times. This paper explores and analyses the features of this treatment principle based on classical Chinese texts, published clinical case studies and current research evidence, and aims to extend its clinical applications.


This article presents two cases of atypical furuncle and carbuncle where conventional medical treatment had been unsuccessful, but that were treated and cured within a short period using traditional Chinese medicine.


Hùnyuán (混元) medicine is an approach to Chinese medicine based on ancient, classical and more recent Chinese medical and philosophical texts that was developed by Yaron Seidman. This article is the first in a two-part series that introduces the basic theory and clinical practice of Hùnyuán medicine. After initially discussing the concept of ‘heaven’s principle’ (tiānlǐ, 天理), its implications in human physiology are explained, including how a human being’s length and quality of life depend on the body’s ability to attract heaven’s principle from nature and conceal it within in order to recharge the body. The body does this, on the one hand, by synchronising with the rhythms of nature and, on the other, by following the impulse of emotions expressed by the Heart. Yet, whilst a pure Heart, the emotional activity of which is regulated by the ‘Centre’ (zhōng, 中), benefits and supports life, a selfish heart polluted by selfish dictates releases chaotic emotions that are harmful to the body’s capacity to recharge. Being healthy and the continuation of life thus requires that people understand the role of Centre, connect with their ‘true nature’ (xìng, 性) and conquer the selfish Heart by practising self-cultivation. Health, it will be shown, is the result of alignment of the human outwardly with the rhythms of nature and inwardly with a Heart regulated by the Centre. Part two of this series will explain the Hùnyuán approach to diagnosis and treatment, including illustrative clinical case studies.

*Astragalus membranaceus* is a major medicinal herb commonly used in many herbal formulations in the practice of traditional Chinese medicine (TCM) to treat a wide variety of diseases and body disorders. Among its diversified clinical applications, the potential use of this herb and its chemical constituents in treatments of inflammatory diseases and cancers has been actively investigated in recent years. *Astragalus*-based treatments have demonstrated significant amelioration of the toxicity induced by other concurrently administered orthodox drugs (e.g., immunosuppressants and cancer chemotherapeutics). The major components of *Astragalus membranaceus* are polysaccharides, flavonoids, and saponins. Contemporary use of *Astragalus membranaceus* mainly focuses on its immunomodulating, anti-oxidant, and anti-inflammatory, as well as anticancer effects. In this paper, we summarize the properties of *Astragalus membranaceus* and its major constituents in the biological system based on experimental and clinical studies. The antitumorigenic mechanisms of a novel *Astragalus* saponins extract called AST in treating various gastrointestinal cancers are highlighted. We discuss in detail how the *Astragalus* herb and AST influence the immune system, modulate various cancer signaling pathways, and interact with specific transcription molecules during protection against gastrointestinal inflammation and cancers. This information could help clinicians and scientists develop novel target-specific and effective therapeutic agents that are deprived of major systemic side effects, so as to establish a better treatment regimen in the battle against inflammatory diseases and cancers of the gut.


Asian ginseng, American ginseng, and notoginseng are three major species in the ginseng family. Notoginseng is a Chinese herbal medicine with a long history of use in many Oriental countries. This botanical has a distinct ginsenoside profile compared to other ginseng herbs. As a saponin-rich plant, notoginseng could be a good candidate for cancer chemoprevention. However, to date, only relatively limited anticancer studies have been conducted on notoginseng. In this paper, after reviewing its anticancer data, phytochemical isolation and analysis of notoginseng is presented in comparison with Asian ginseng and American ginseng. Over 80 dammarane saponins have been isolated and elucidated from different plant parts of notoginseng, most of them belonging to protopanaxadiol or protopanaxatriol groups. The role of the enteric microbiome in mediating notoginseng metabolism, bioavailability, and pharmacological actions are discussed. Emphasis has been placed on the identification and isolation of enteric microbiome-generated notoginseng metabolites. Future investigations should provide key insights into notoginseng’s bioactive metabolites as clinically valuable anticancer.
compounds.


**Objective:** To investigate the clinical efficacy and action mechanism of abdominal acupuncture plus plum-blossom needle tapping for primary insomnia.

**Methods:** A total of 66 eligible cases were randomly allocated into an observation group (n=33) and a control group (n=33). Cases in the observation group received abdominal acupuncture plus plum-blossom needle tapping, whereas cases in the control group received abdominal acupuncture alone. After 2, 6 weeks of treatment and 4 weeks after end of treatment, the patients in both groups were evaluated using the Pittsburgh sleep quality index (PSQI) and measure your medical outcome profile (MYMOP) based on the patients’ self-report.

**Results:** After 2 weeks of treatment, the total effective rate was 90.9% in the observation group, versus 63.6% in the control group, showing a statistical difference (P<0.05). After 6 weeks of treatment, there were no between-group statistical differences in total effective rate (P>0.05). After 6 weeks, the sleep quality and efficiency scores in the observation group were better than those in the control group. Four weeks after end of treatment, the scores of sleep quality and MYMOP in the observation group were better than those in the control group (P<0.05).

**Conclusion:** Abdominal acupuncture plus plum-blossom needle tapping can obtain fast, accurate effect for primary insomnia and improve patients’ sleep quality and efficiency.


**Objective:** To reveal the action mechanism and efficacy of electroacupuncture (EA) plus external application of Wei Ling Xian (Radix Clematidis) extract in treating knee osteoarthritis (KOA), for providing theoretical evidence and novel plan for the treatment of KOA.

**Methods:** Totally 284 inpatients were divided into an EA group and an observation group by the random number table, 142 cases in each group. The EA group was intervened by EA, ultrashort waves, and oral administration of Glucosamine Hydrochloride capsules; while the observation group was by external application of Wei
*Ling Xian (Radix Clematidis)* extract at topical area in addition to the treatment given to the EA group. The intervention lasted 14 d in both groups. X-ray examination of knee joint was ordered before and after treatment, as well as the detection of positive expression of matrix metalloproteinase-1 (MMP-1) in cartilage of knee joint, hyaluronic acid (HA) and interleukin-1β (IL-1β) in the inflammatory effusion; the Western Ontario and McMaster Universities osteoarthritis index (WOMAC) and visual analogue scale (VAS) were adopted to evaluate the clinical efficacy.

**Results:** In the observation group, the X-ray examination result of knee joint was significantly improved, the positive expressions of MMP-1 and IL-1β content were significantly decreased, the level of HA was increased, WOMAC and VAS scores dropped, and the total effective rate was 91.5%, which were significantly different from those in the EA group (*P*<0.05).

**Conclusion:** EA plus external application of *Wei Ling Xian (Radix Clematidis)* extract can produce a more significant efficacy in treating KOA compared to ordinary EA treatment.

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**Objective:** To assess the efficacy of acupuncture plus Methadone in treating heroin withdrawal syndrome.

**Methods:** According to the requirements of evidence-based medicine, the inclusion criteria, exclusion criteria and retrieval strategy were set for original documents. Randomized controlled trials (RCTs) involving acupuncture plus Methadone in treating heroin withdrawal syndrome were retrieved from China National Knowledge Infrastructure Database (CNKI), Wanfang Academic Journal Full-text Database (Wanfang), Chinese Biomedical Literature Database (CBM), Chongqing VIP Database (CQVIP), PubMed, Cochrane Library and EMBASE. According to the Cochrane Handbook for Systematic Reviews of Interventions, each included trial was assessed strictly including risk of bias and quality evaluation. Meta-analysis and descriptive-analysis were conducted using the RevMan 5.3 software.

**Results:** A total of 8 trials involving 931 patients were included. Meta-analysis showed that there was no statistical significance [RR=1.05; 95%CI (0.99, 1.11); *P*=0.11] in comparing total effective rate between the acupuncture plus Methadone and Methadone alone; the cure rate of acupuncture plus Methadone was higher than that of Methadone alone [RR=1.45; 95%CI (1.19, 1.78); *P*=0.0003]; the relapse rate of the acupuncture plus Methadone was lower [RR=0.691; 95%CI (0.60, 0.80); *P*<0.00001]. On the basis of these results, the method recommended by the Grading of Recommendations Assessment,
Development and Evaluation (GRADE) was taken to evaluate the quality of the evidence. It showed that the level of the evidence was low and it was weakly recommended.

**Conclusion:** According to the included trials, acupuncture plus Methadone in treating heroin withdrawal syndrome is more effective and better than Methadone alone, but it still needs more high-quality, large sample, and polycentric researches to confirm it.

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Effective treatment of dyspnea, or breathing difficulty, for patients with chronic obstructive pulmonary disease is a major unmet need. Five of six published randomized controlled trials show that acupuncture and/or applying transcutaneous electrical nerve stimulation over acupuncture points improves breathing difficulty in patients with chronic obstructive pulmonary disease. Acupuncture techniques may relieve the perception of dyspnea by three possible mechanisms: (1) activation of areas in the central nervous system where afferent signals are processed and integrated; (2) relaxation of bronchial smooth muscle; and (3) the release of neurotransmitters, such as endorphins, that modulate breathlessness. Adverse events of acupuncture reported in a national database in the United Kingdom include retained needles, dizziness, loss of consciousness/unresponsiveness, falls, bruising at the needle site, and pneumothorax. Caution is advised before needles are placed into the chest of an individual who has chronic obstructive pulmonary disease because lung hyperinflation and low chest wall fat may increase the risk of a pneumothorax. Transcutaneous electrical nerve stimulation at acupuncture points is an alternative noninvasive approach to insertion of needles into the chest. Clinical uncertainties need to be addressed in prospective clinical trials to further understand the potential role of acupuncture techniques in relieving the distressing symptom of dyspnea.

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