

Chinese Medicine In Practice

The American Academy of Acupuncture & Oriental Medicine

FALL 2011

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AAAOM hosts our next two
Open Houses on Sunday,
November 13th, and
Sunday, November 20th,
each from 2-5p.m.
Read more on page 3 and
visit AAAOM.edu to RSVP.



AWB Tornado Relief Effort



On Sunday, May 22, 2011 a tornado with winds of more than 135 miles per hour devastated a metro neighborhood in North Minneapolis, MN, killing one person, injuring dozens, and leaving more than 200 homes damaged or destroyed, and as many as 500 people without shelter. Within one day after the tornado, Minneapolis-based acupuncturist and AAAOM graduate

Candyce Clayton contacted Acupuncturists Without Borders (AWB) to ask for help organizing an acupuncture relief effort. Candyce had just received training from AWB in Chicago on May 14-15. AWB has supported Candyce's efforts by providing immediate guidance, important documentation, and information for potential volunteers. Approximately 50 acupuncturists responded to the call for clinic staffing within 24 hours. However, the biggest challenge was finding a place to set up the mobile clinic. After ten days of intensive searching, Candyce was gifted a clinic space from the Center for Families (under the auspices of the Greater Minneapolis Council of Churches). Her team then walked around the neighborhood handing out flyers, posted information on a post-tornado recovery website, arranged for a PSA on a local jazz station, and arranged to be interviewed by a local TV station for two evening broadcasts.

In nine days, Candyce's team treated a total of 70 patients, including neighborhood residents, community workers, and site staff. Each day their numbers grew, as clients returned, often with friends, family members, and co-workers in tow. Despite the difficulty in finding a location, the clinic became a powerful force in the lives of those in the community who came to be treated. They shared with the clinic staff the relief they felt after their treatments, and spread the news by word-of-mouth each day. Some had lost their homes - others were living in badly damaged structures but were unable to move out or were afraid to leave because their homes could not be locked up. Many suffered acute traumatic symptoms or reported symptoms of trauma in their children. Candyce and AWB would especially like to acknowledge the work of a few individuals who were the solid foundation of this effort: Shelley Sloan, Sara Erdman, Noah Frohlich, Lisa Simensen, and Sarah Sanford. Candyce would also like to thank the Center for Families in North Minneapolis, the American Academy of Acupuncture and Oriental Medicine, and the College of Acupuncture and Oriental Medicine at Northwestern Health Sciences University for donating supplies and space.

AWB would like to acknowledge Candyce Clayton for her leadership and dedication in getting the Minneapolis relief effort off the ground. Minneapolis Disaster Relief Team (pictured above): Candyce Clayton (left), Shelley Sloan (center), Sara Erdman (right); photo credit: Croix Clayton.

Visit www.AAAOM.edu for Additional News and Info

Thinking About Studying Chinese Medicine?

We at AAAOM would like to extend a warm welcome to interested students from across the country. We believe that traditional Chinese medicine (TCM) offers a perfect blend of medical science, life philosophy and healing art. Our goal is to train health care professionals who will be highly skilled and dedicated to Chinese medicine.

Graduates of our program acquire a comprehensive theoretical knowledge of Chinese medicine, as well as practical and technical skills to effectively treat patients. Students gain expertise in various modalities of Chinese medicine, including acupuncture, herbal medicine, medical Tuina massage, dietary therapy, Tai Chi, and Qi Gong. At the same time, our students receive a thorough grounding in fundamental concepts of Western science and biomedicine.

The core curriculum at AAAOM is a master's degree program in Acupuncture and Oriental Medicine (MAOM), which enables graduates to successfully take the diploma exams of the National Commission for the Certification of Acupuncture and Oriental Medicine (NCCAOM). There is also a Chinese Tuina massage certificate program, in addition to opportunities for community education open to the public and continuing education for licensed acupuncturists.

There has never been a better time for a career in Chinese medicine. Please contact our admissions department at 651-631-0204 ext. 2 or admissions@aaaom.edu if you have any questions about AAAOM and traditional Chinese medicine, or if we can set up a time for you to visit the school.

Treating Hives with Chinese Medicine

By Wen Jiang, Ph.D., TCMD, L.Ac.



Si Wu Tang is a very popular formula which has been used for thousands of years. It only has four herbs in the formula: Dang Gui, Shu Di, Bai Shao, and Chuan Xiong, and the original function of the formula is to nourish and regulate the Blood, especially for gynecological conditions due to Blood stasis. However, TCM doctors found it has

lots of new applications. Even just changing the dosage of each herb might bring about different effects. From my clinical experience I found it can also help a number of dermatology problems. The case study below is one example of its applications.

Andrea, a 35-year-old female patient, had red rashes on her face, arms and legs for about three days. The rashes were red and very itchy. Her doctor diagnosed her with hives and prescribed antihistamine medication. She took the medication for two days but did not get positive results, so she came to the AAAOM clinic for acupuncture treatment. As I was asking her about her symptoms and checking her pulse, tongue, and the rashes, I noticed the rashes were very red and even almost purple. Her skin was hot, and she said she was thirsty and warm. Her pulse was rapid and floating, and her tongue was also red. I diagnosed her pattern as wind heat invading the Blood. To treat this condition we should cool the Blood and extinguish the wind. I needled LI 11, SP 10, SP 6, and LI 4 to help clear heat from the Blood. I prescribed Si Wu

Tang and used a larger amount of Chuan Xiong, because in TCM we treat the Blood first to extinguish the wind. Once the Blood flow is corrected, the wind will be extinguished by itself. Chuan Xiong has the strong function of promoting Blood circulation. It is sometimes referred to as the “Qi within Blood herb”, which means it is in the category of herbs that move Blood, but it also promotes Qi circulation. In Chinese medicine, Qi is the commander of Blood, so enhancing the flow of Qi can promote Blood circulation. After Andrea took the herbs, within five days her rashes were totally gone.

However, in the following two months, during and after her period, she got the rashes again, so she came to me when this happened on the second month. Compared to the first time, the rashes were less red and less itchy, and her pulse was weak instead of rapid and floating. Her tongue was pale red, so the pattern diagnosis now was Blood deficiency generating internal wind. This is because it only happened during and after her period, a time when she lost a significant amount of blood, which generated the internal wind. That is also why the rashes were pale red instead of purple-red, and felt less itchy and warm. So the treatment principle this time was to nourish the Blood to extinguish the wind. I needled ST 36 and SP 6 to tonify the Qi and nourish the Blood, and I prescribed Si Wu Tang again but this time used Bai Shao and Dang Gui more heavily, since these two herbs mainly nourish the Yin and Blood. Within five days the rashes were gone again, and I told her to take the herbs again one week before her period next month. Since then the hives never came back.



American Academy of Acupuncture and Oriental Medicine

You are invited to attend an
OPEN HOUSE

Sunday, November 13, or Sunday, November 20
From 2:00 - 5:00 p.m.

Highlights of the afternoon will include:

- Information about our Master's Degree and Certificate Programs
- A Tour of the School
- An Acupuncture Presentation
- Visiting our Library, Herbal Pharmacy and Student Clinic
- Answers to Your Questions
- Refreshments



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Modern Miracles from Traditional Herbs

By Changzhen Gong, Ph.D.



For thousands of years, the Chinese people have incorporated herbs into their cooking and their medicine. Over the centuries, practitioners of traditional Chinese medicine compiled hundreds of textbooks on the use of herbs as medicine, and these classic texts are still in use today by TCM practitioners.

However, the significance of Chinese herbology goes beyond its cultural popularity in China. Chinese herbology is a true form of medicine, open to scientific, laboratory-based research and clinical trials. The scientific validity of Chinese herbal medicine was demonstrated in 2011, when the Lasker Foundation presented its prestigious Lasker Award for clinical research to Chinese pharmacologist Dr. Tu Youyou for her work in developing the anti-malarial drug, artemisinin, from the Chinese herb Qing Hao. Dr. Tu Youyou is a scientist from the China Academy of Chinese Medical Science in Beijing, and is the first mainland Chinese to win the American-based Lasker Award.

Malaria was a constant threat to both American and Vietnamese soldiers during the Vietnam War. As American scientists urgently searched for a solution to the malaria problem, North Vietnam requested help from China. In 1967, China's military establishment launched the "523 Project," with the objective of reducing the incidence of malaria, or curing it altogether. Dr. Tu joined the program in 1969, at the height of China's Cultural Revolution. She began her work by collecting 640 Chinese herbal remedies and formulas into a reference book: *Anti-Malaria Prescriptions*. The single herbs and herbal formulas in *Anti-Malaria Prescriptions* were sourced from both classical Chinese medicine texts and folk remedies. Dr. Tu and her colleagues then began to screen individual herbs with chemical analysis, finally collecting 380 extracts from 200 promising Chinese herbs.

One of the herbs studied was Qing Hao (*Artemisia annua*, wormwood), which had been used for centuries by Chinese medicine practitioners to treat fever, and which was indicated for malaria. On October 4, 1971, Dr. Tu refined the extraction process at low temperatures, removing a harmful acidic element of the extract which did not contribute to antimalarial activity, and successfully isolated artemisinin from Qing Hao. Artemisinin was so successful at neutralizing the protozoan (*Plasmodium falciparum*) which causes malaria, that it quickly became

the first-line treatment for malaria in tropical countries around the world. The previous standard treatment, chloroquine, had been losing its effectiveness as malaria parasites developed resistance. Artemisinin is still the most powerful anti-malarial drug currently available, and an artemisinin-based drug combination is the standard therapeutic regimen for the disease. The World Health Organization lists artemisinin in its catalog of "essential medicines."

In addition to artemisinin, there have been other significant breakthroughs in the last forty years as the "great treasure house" of Chinese medicine is explored and put to new uses. Success stories include the anti-cancer drug Kangkaite, which was developed from Yi Yi Ren (*Coix lachryma-jobi*, Job's tears); and Huangliansu, an anti-bacterial drug developed from Huang Lian (*Coptis chinensis*). A much earlier medical development was ephedrine, used in the treatment of asthma and congestive lung problems, which was developed from Ma Huang (*Ephedra sinica*).

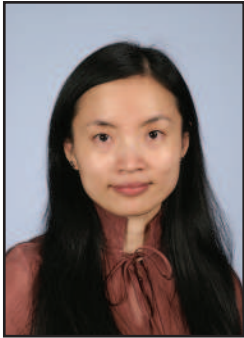
The process for developing new medicines from herbs consists of three stages. First, scientists scrutinize classical Chinese herbal medicine textbooks, considering the recognized effects of each herb, and assessing their potential therapeutic qualities. Promising candidates are then extracted, analyzed and screened according to standard laboratory procedures. Finally, scientists apply the most appropriate refinement technique for each plant extract, to achieve its most potent or usable form. National research programs to develop new medicines in this way exist now in mainland China, Taiwan and Hong Kong; and Western pharmaceutical companies and research institutes are enthusiastically joining the search.



AAAOM faculty members pictured above in the herbal pharmacy remain active in researching modern applications of Chinese medicine, acupuncture and herbs.

Treating Infertility with Chinese Medicine

By Hong Chen, Ph.D., TCMD, L.Ac.



Sophia and her husband, Tim, came to the AAAOM clinic for an infertility consultation. Sophia, who was then 30 years old, had been trying for four years to conceive a child. After three years of trying, Sophia and Tim went to an infertility specialist. Sophia was told that although her menstrual cycles were regular, they were anovulatory, and Tim was told that the motility and morphology of his sperm was not good. Sophia was in good emotional health, enjoyed her work, and did not complain of stress. Her tongue was pale red, with a thin white coating. Her pulse was thin and weak. Tim had good energy, but said he had a stressful job. He told me he was very healthy, aside from his sperm problem. His tongue was red, with a thin yellow coating. His pulse was moderate.

I diagnosed Sophia with Kidney Essence deficiency. She received acupuncture treatment once a week and took an herbal formula. I also instructed her to check her basal temperature, vaginal discharge, and use an ovulation kit

to check any LH surge. Acupuncture prescription: RN 3, RN 6, ST 25, ST 29, Zigong Xue, KI 13, LR 8, SP 4, PC 6, ST 36, LI 4, LR 3. Herbal formula: Dang Gui 10g, Shu Di 12g, Bai Shao 12g, Nu Zhen Zi 12g, He Huan Pi 12g, Mei Gui Hua 10g, Shan Yu Rou 12g, taken twice daily after meals.

Tim was diagnosed with Kidney *Qi* deficiency. I offered him acupuncture treatments twice a week and a patent herbal formula. Acupuncture prescription: RN 3, RN 6, ST 29, SP 14, KI 13, SP 6, ST 36, LR 3, LI 4. Herbal formula: Wu Zi Yan Zhong Wan, five pills three times daily after meals.

Although Sophia complained about the taste of the herbs, she also reported that her first menstrual cycle after beginning the herbs was pain-free, which encouraged her a lot. After the second cycle, she realized she had egg white vaginal discharge, and her LH surge was positive. By the third cycle, Sophia was ovulating. At the end of the fourth cycle, she didn't get her period. To Sophia and Tim's great surprise, a pregnancy test showed that they were expecting their first child.

Asiatic Cornelian Cherry

By Daiyi Tang, Ph.D., TCMD, L.Ac.



Asiatic Cornelian Cherry, called Shan Zhu Yu in Chinese Medicine, is a type of plant found in the woodland regions of China and Korea. It grows to a height of about thirty feet, with oval-shaped leaves and small, red fruit. The berry-shaped fruits are harvested when ripe, then dried for use. It has been a part of traditional Chinese medicine for more than 2,000 years

and can also be eaten as food, either raw or cooked. Shan Zhu Yu has many applications in Chinese medicine, especially in the treatment of gynecological conditions, male reproductive issues, and geriatric symptoms. Obstetricians and gynecologists often recommend that their patients take Asiatic Cornelian Cherry as an herbal supplement to improve conditions such as infertility, irregular periods, lower back pain, low libido, hot flashes, night sweats, and other premenstrual and menopausal symptoms.

In Chinese medicine, Shan Zhu Yu is used to treat Liver and Kidney deficiency, which is implicated in many reproductive

disorders, and also in the symptoms of aging. The taste and property of Shan Zhu Yu are sour and slightly warm, indicating that it is useful for Liver-related problems, and to treat cold-pattern diseases. It can be taken alone but is often used in formulas, such as Liu Wei Di Huang Wan and Zhi Bai Di Huang Wan, which are used to tonify Kidney *Yin*, restore Body Fluids, regulate menopause, and treat dysmenorrhea. It is also used in formulas to treat tinnitus, dizziness, and blurred vision due to Liver *Yin* deficiency; impotence, spermatorrhea and back pain due to Kidney *Yang* deficiency.

The amount of Shan Zhu Yu to be consumed daily depends on the condition being treated and the formula into which it is incorporated. The regular dosage is 5-10 grams daily as a decoction. Dosage can be increased to 30 grams if needed. Whole, raw or dried, Asiatic Cornelian Cherry fruits are available at many Asian stores in the United States, and in some stores' health-food departments. You also can buy Shan Zhu Yu as a powder, tincture or extract. There are no identified drug interactions with Asiatic Cornelian Cherry and is generally considered safe with no serious side effects, even for pregnant women.

Understanding Herbal Taste and Property

By Yubin Lu, Ph.D., TCMD, L.Ac.



When Westerners think of traditional Chinese medicine (TCM), they usually think of acupuncture. However, for Chinese practitioners, herbal therapy has always been considered the more important treatment modality. Herbal therapy is a very sophisticated treatment, with hundreds of common formulas. Because Chinese herbal therapy was developed over thousands of years, people today wonder how the ancient Chinese doctors, without scientific instruments, managed to recognize the different properties of hundreds of herbs and their combinations.

Parts of plants, such as the leaves, roots or flowers, constitute the majority of Chinese herbs. Almost 10,000 single herbs have been recognized in the history of Chinese medicine practice. What are the "pharmacological theories" which have been applied to categorize the differences between these herbs and define their therapeutic applications? The two fundamental TCM theories involved in herb classification are *Yin Yang* Theory and Five Element Theory.

In the theoretical construct of *Yin Yang*, everything in the universe is a unity of *Yin* (the female principle) and *Yang* (the male principle), from the macro unit of the universe itself, to the micro unit of every living being. Everything that exists can be categorized as *Yin* or *Yang*, but everything also contains a bit of the opposite nature. In this system, heaven is designated as primarily *Yang*, and earth is primarily *Yin*. In the normal way of things, heaven *Yang* descends and earth *Yin* ascends, causing communication between *Yin* and *Yang*, and this "intercourse" has generated all the creatures on earth. Humans, along with animals and plants, live "between heaven and earth," and are therefore a mixture of *Yin* and *Yang*.

According to *Yin Yang* Theory, seasonal changes come about through the natural waning and waxing of *Yin* and *Yang* in nature. In the spring, the *Yang Qi* of nature starts to grow while *Yin Qi* declines. *Yang Qi* is strongest at the summer solstice, and *Yin Qi* is the weakest. In the fall, *Yang Qi* will naturally decline while *Yin Qi* grows stronger. In winter, *Yang Qi* will be deeply hidden in nature while *Yin Qi* becomes the strongest. Because the *Yin Yang* balance of nature changes through the seasons, plants or herbs growing in different seasons are supported by different amounts of *Yin* and *Yang*.

Different geographical areas also reflect the basic *Yin Yang* structure of nature. In China, the northern part is very cold, while the southern part is very hot, so it is considered that there is more *Yin Qi* than *Yang Qi* in the northern part of the country, while the southern part has more *Yang Qi* than *Yin Qi*. Within these broad areas there are also micro-climates with different mixes of *Yin* and *Yang*. Dryness is considered *Yang* in nature, while moisture is *Yin* in nature. Therefore, mountains and deserts are *Yang*-natured, no matter where they are, and swamps and jungles are *Yin*-natured. From this, we can appreciate the principle that plants growing in different climates and locations will be affected by varying proportions of *Yin* and *Yang*, and will absorb these differences into themselves.

The other fundamental TCM theory which relates to Chinese herbology is Five Element Theory. While *Yin Yang* Theory explains the nature of the universe from a relatively abstract basis, Five Element Theory is more concerned with the concrete and visible nature of life on earth. Beyond the five basic elements which construct the visible world (Wood, Fire, Earth, Metal, and Water), there are many other categories of five, including five senses, five colors, five musical tones, five seasons (with late summer as a separate season), five internal *Yin* organs, and five tastes.

From this, we can understand why Chinese medicine categorizes individual herbs in terms of their tastes and properties. In herbology class, the first thing we mention about an herb will be its taste and property. For example, Huang Lian (*Radix Coptidis*) has a bitter taste and cold property; Fu Ling (*Poria*) is sweet and bland in taste and has a neutral thermal property, etc. The taste and property of an herb determines the function of the herb and what kinds of diseases it can treat.

The tastes and properties of herbs are also referred to as the "five tastes and four properties." The five tastes include pungent, sour, sweet, salty and bitter, while the four properties are cold, cool, warm and hot. (There is also a property of "neutral" between cool and warm, but it is more accurately the absence of property.) When you look at the four properties, you can easily see the connection between them and the climates of the four seasons: spring is warm, summer is hot, fall is cool and winter is cold.

Continued on next page

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Chinese medicine applies *Yin Yang* and Five Element Theory in almost every aspect of its application. A healthy human body is a balanced unity of *Yin* and *Yang*, with all five *Yin/Zang* organs functioning at optimum levels. Disease results from an imbalanced state of *Yin* and *Yang*, which ultimately affects the proper functioning of one or more of the *Zang* organs. An imbalance of *Yin* and *Yang* in the body will present as cold patterns, heat patterns, etc. Since *Yin* and *Yang* balance each other perfectly in an ideal condition, they can also restrict and control each other in an imbalanced situation. Chinese medicine practitioners take this into account when they choose herbs to treat a disease, based on the herbs' properties and tastes. A heat pattern should be treated with herbs which have a cold or cool property and vice versa. The five *Zang* organs are treated by herbs based on the Five Element taste of the herb. Each of the five tastes has a special affinity with one of the five internal *Zang* organs, as well as having its own therapeutic function. For example, the pungent taste is especially useful

to address lung problems, and the bitter taste is good at drying out damp conditions.

The following case shows how taste and property are used in practice. A patient presents with acute gastroenteritis marked by abdominal pain, nausea, vomiting, diarrhea, sticky stools, red tongue with yellow greasy coating, and a slippery rapid pulse. His condition is diagnosed as damp heat in the GI tract. The practitioner chooses Huang Lian (*Radix Coptidis*) as the main herb in the formula used to treat the patient. Huang Lian is bitter in taste and cold in nature. The cold property can clear heat, while the bitter taste can dry dampness. By clearing damp heat, this herb can help eliminate the causative factors of the diarrhea and help the patient recover.

In brief, tastes and properties are the "pharmacological" basis of Chinese herbology. By knowing tastes and properties, a practitioner can support a patient through seasonal challenges and prescribe the correct herbs for imbalances of *Yin Yang* or internal organ dysfunction.

Legends of Chinese Medicine

By Qin Chu, Ph.D., TCMD, L.Ac.



In ancient times, a happy couple lived in a village in China with their twin girls. The two girls were so beautiful and sweet they were named Jin Hua (Gold Flower) and Yin Hua (Silver Flower). As the years passed, the sisters grew into graceful young women, and they attracted young men like flowers attract bees. Everyday, the girls' father was approached by

young men from near and far who wanted to marry his daughters. Any girl in the village would have been glad to receive such offers, but Jin Hua and Yin Hua would not accept any of them. The sisters could not bear the thought of being separated by marriage.

One day, when the sisters were eighteen years old, Jin Hua became violently ill. She had a high fever, with a reddish rash over her whole body. Her parents sent for the doctor, but he could not comfort them. As the doctor faced the anxious parents, he could only sigh and offer his regrets. "This is a terrible heat toxin syndrome, and no medicine can save her."

Yin Hua would not be parted from her sister. She nursed Jin Hua tenderly every day. As the days passed, Jin Hua rapidly declined, and the disease struck Yin Hua, too. The sisters bravely accepted the fact that they would die. They told their

grieving parents, "Keep our memory alive in your hearts. After we die, and we will come back as a special plant - a medicinal herb that will treat the disease that killed us, and that will save others' lives."

Jin Hua and Yin Hua were buried side by side, inseparable in death as they had been in life. The following spring, a small vine grew from the sisters' grave. After three years the vine grew very lush, and was covered with beautiful flowers in the summer. The new flowers were unusual in that they were white at first, then turned yellow. People in the village said that Jin Hua and Yin Hua came to life again in these flowers, and they named the plant Jin Yin Hua: the gold-and-silver flower. They also remembered the sisters' prediction that their new plant would have special healing powers, protecting people from the disease that caused their death. From that day to this, Jin Yin Hua has been used in traditional Chinese medicine as an effective treatment for diseases caused by toxic heat. In the West, we are familiar with Jin Yin Hua as honeysuckle, which is appreciated for its beauty and fragrance.

As a Chinese medicinal herb, Jin Yin Hua is sweet and cool in nature, with the functions of clearing heat, reducing toxins, dispersing wind-heat, and eliminating summer-heat. It can be used to treat influenza, respiratory tract infections, sore throat, acute infection of the mammary glands, lobar pneumonia, bacterial-type dysentery, carbuncles, skin rashes, and other heat-related conditions.

Herbs to Treat Perimenopause

By Brian Grosam, Ph.D., TCMD, L.Ac.



In Chinese medicine, the most common treatment for perimenopause is to harmonize the Heart and Kidney. To illustrate this disharmony, the Kidney water naturally rises to cool the Heart fire, while the Heart fire descends to warm the Kidney. This is a *Yin-Yang* relationship. However, as everyone grows older, the Kidney energy naturally declines, and the Kidneys cannot cool the Heart, leading to exuberant fire and many common symptoms such as hot flashes, night sweats, insomnia and anxiety. This doesn't mean that all one needs to do is drink more water. It means that we need to deeply nourish the Kidney water (*Yin*), and once it is sufficient it will then naturally flow back upwards, like a spring from the ground, to quell the Heart fire (*Yang*). This can easily be done with Chinese herbal therapy. One common formula is called Zhi Bai Di Huang Wan (Six Ingredient Anemarrhena Phellodendron & Rehmannia Pill). Also, the patient should eat more root vegetables and beans, which nourish the Kidneys, or eat cooling foods like green leafy vegetables or celery to cool the Heart. Drinking Suan Zao Ren (Zizyphus or Sour-Date) tea or Ling Zhi (Reishi Mushroom) tea will help calm the spirit and improve sleep. However, the herbal formula Zhi Bai Di Huang Wan will give the fastest results for the hot flashes or feverish sensations.

Common challenges faced in the clinic are not only due to a natural decline in the body, but due to our own control of emotional and dietary habits. Emotions such as stress, irritability, anger, sadness or depression will cause the Liver to disrupt the smooth movement of *Qi* through the body. The natural flow of *Qi* helps bring nutrition, *Qi* and Blood, and fresh, vibrant energy to the organs, brain and every tissue in the body. So when *Qi* is not flowing, our entire body is deprived. Another important point is when *Qi* is not flowing properly, this stagnation causes pain. This is the main cause behind headaches, fibromyalgia, arthritis and body aches during perimenopause. To further add to the problem, when *Qi* cannot move smoothly, this causes the vital energy of the body (ministerial fire) to stagnate as well, leading to a surplus of fire. This surplus then harasses the Heart and spirit, exacerbating the Heart fire mentioned earlier. As you can see, now the treatment must be different. Not only do the Kidneys need to be nourished, but also the Liver *Qi* needs to be soothed, and the fire surplus must be

extinguished. A common formula called Jia Wei Xiao Yao San (Free and Easy Wanderer Formula) can be added to the original formula to help treat the Liver *Qi* stagnation and emotional problems. One can also drink chrysanthemum flower tea, found at any Asian market, to calm the spirit and relax *Qi*. In this situation, one should stay away from hot and spicy foods and caffeine.

Regarding diet, too often overeating and a diet poor in nutrition is seen in the clinic. This all affects the digestion, or in Chinese medicine we talk about the Spleen and Stomach. If we look at the digestive tract as a river, the food, like the water flowing along a river, should naturally pass into, through, and out with little effort. But if we add bad foods such as processed foods, overly refined foods, junk foods, greasy and fatty foods and/or have a diet without fruits and vegetables, heavy in meats and starches, or if we over consume food, our digestion will dam up, just like a river. When our digestion is dammed up, our Spleen and Stomach become weak. The digestive tract is in charge of making new *Qi* and Blood and transporting it to the Heart and every tissue of the body. So when the Spleen and Stomach are weak, so is our body. Not to mention, with weakened and blocked digestion an excess of damp-phlegm will build up, much like debris builds up in a river. The result is fatigue, tiredness and weakness, which are common problems during perimenopause. The buildup of damp-phlegm, which is now considered a pathogenic factor, will not only further hinder the Liver *Qi* circulation, but it will inhibit the natural flow of *Yang Qi* to the brain, thus causing poor concentration, brain fog and dizziness. One formula that can be added to the main formula would be Liu Jun Zi Tang (Six Gentlemen Decoction). This will help tonify the weak Spleen and Stomach, dissolve the excess damp-phlegm, and return the digestion to normal. One can also drink hawthorn berry tea, astragalus tea or ginseng tea, found at any Asian market, to promote digestion and to support the Spleen and Stomach. Refraining from overeating, adding more fruits and vegetables to the diet, and exercising regularly will also help.

By discovering and treating the correct disharmonies, it is easy to treat many of the common perimenopausal symptoms. By nourishing the Kidneys, we can calm the Heart fire; by maintaining a healthy digestive tract, we ensure healthy *Qi* and Blood flow to the rest of the organs and brain; and by maintaining a smooth flow of Liver *Qi*, we ensure proper circulation of *Qi* and Blood throughout the entire body.

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Arthritis Pain? Try Bai Zhu Wine

By Junyan Wu, TCMD



Minnesota is beautiful, but the cold, dry winters and hot, damp summers are the perfect climate to produce joint and muscle pain. Even non-arthritic conditions, such as lumber disc protrusion, are likely aggravated by cold or damp weather. According to Chinese medicine theory, cold and dampness are pathogens which attack the human body. They are often carried into the body by wind, which is another TCM pathogen. The most commonly-seen symptom of cold/damp pathogens is pain, which is aggravated by cold, windy and/or damp weather.

As the winter closes in, I recommend following the advice of Chen Xiuyuan, a famous Chinese doctor of the Qing dynasty. He recorded that a wine containing the Chinese herb Bai Zhu (Rhizoma Atractylodis Macrocephalae) was beneficial to relieve stiffness and pain caused by damp/cold pathogens. Chen's traditional recipe calls for decocting Bai Zhu in wine, but for those who cannot take any alcohol at all, the herb can also be decocted in water.

The *Shen Nong Ben Cao Jing* (Divine Husbandman's Materia Medica) gives the properties of Bai Zhu as sweet and warm in nature, without toxicity. Among its indications are wind/cold/damp *Bi* syndrome (osteoarthritis),

and numbness and stiffness of the muscles. Over a period of time, it was believed that taking Bai Zhu would invigorate people, increase emotional well-being, and suppress unhealthy food cravings. The recipe which follows is intended to utilize Bai Zhu's function of drying dampness and expelling pathogens.

For this recipe, Chinese rice wine is recommended (as described in the article Food As Medicine on page 11). To make Bai Zhu wine, put 100 ml of water and 100 ml of rice wine in a glass or stainless steel pot and add 15 grams of Bai Zhu. Let the Bai Zhu soak in the cold liquid for 30-60 minutes before turning on the heat. Bring the liquid to a boil and continue at a low boil for 20-30 minutes. Strain the liquid into a glass or porcelain container. Drink half a cup of the Bai Zhu decoction once per day for 14-28 days. Refrigerate unused portions of the decoction, but always bring the liquid to at least room temperature before drinking.

Case study: A 40-year-old man came to see me. He was exposed to cold and damp conditions about three years previously. Since then he suffered from pain in both lower legs. At the time I saw him, he also experienced severe itching and a red rash on both legs. First I tried an herbal formula which is used to expel wind/damp conditions, but he did not have much relief. Then we tried the Bai Zhu decoction. He reported immediate relief after the first dose. After fourteen days' continuous use of the Bai Zhu wine, he was completely cured.

Mulberry - The Everything Herb

By Peng Sun, Ph.D., TCMD, L.Ac.



Just outside the school at AAAOM there is a mulberry tree. Every spring the fruit hangs from its branches, and every time I taste it I am reminded of the history of mulberry as a food and herb in China. Its Chinese name is Sang Shen, and it has been used as a medicinal herb in China for over two thousand years.

According to Chinese medicine, the mulberry fruit is sweet and slightly sour, and its property is cool. It directly affects the Heart, Liver and Kidneys, and there are many classic discussions on the function of the mulberry, including treating diabetes, strengthening the internal

organs and joints, promoting the flow of *Qi* and Blood, brightening the eyes and darkening the hair, relieving thirst and heat sensations, enhancing energy, reducing toxicity and swelling, benefiting urination and bowel movement, nourishing Blood and *Yin*, dispersing wind and dampness, clearing empty fire and stopping night sweats. Mulberry may even be used to treat dizziness, blurred vision, tinnitus, palpitation, irritability, insomnia, thirst, constipation, longevity and male health.

It can be ground into powder, mixed with honey and rolled into pill format; it can be made into rice soup; its juice can be combined with black beans and Chinese dates; or it can simply be eaten in its raw fruit form. So if you visit our school or clinic in spring, do not forget to pick at least one mulberry - you will enjoy it!

Food As Medicine: Herb-Infused Spirits

By Yifan Liu, Ph.D., TCMD, L.Ac.



The history of medicinal alcohol in traditional Chinese medicine (TCM) can be traced back to oracle bone inscriptions of the Shang Dynasty. The *Wu Shi Er Bing Fang* (Fifty-Two Prescriptions) text, unearthed from the Mawangdui Han Tombs, records more than thirty combinations of ingredients and alcohol. The *Qian Jin Yao Fang* (Thousand Pieces of Gold Formula), written by Sun Simiao in the Tang Dynasty, contains a chapter dealing exclusively with herb/alcohol formulas. One of the consistent applications of herb-infused alcohol through the ages is as a tonic, helping people to restore and maintain health and to slow aging. The *Yin Shan Zheng Yao* (The Principles of Correct Diet), written by Hu Sihui during the Yuan Dynasty, provides more than ten formulas dedicated to maintaining health and prolonging life.

Readers should note that the alcohol in these recipes is either rice wine or distilled spirits, with an alcohol content of approximately 40%, rather than the fermented grape product which Westerners associate with the word "wine." Infusions are obtained by mixing alcohol and Chinese herbs together through certain soaking processes. From the point of view of traditional Chinese medicine, rice wine is considered to be a powerful herb in its own right. The taste of rice

wine is sweet, bitter, and pungent, with a warm property. Its functions are to resolve Blood stasis in the meridians, dispel cold, and guide other herbs to their therapeutic destination.

The "perfect" herb/alcohol tonic can be used to treat deficiency of *Qi* and Blood, especially the *Jing Qi*, or "vital Essence." Using such a tonic on a consistent basis can be helpful for older people with chronic diseases, especially during the winter months, and for those who live in cold or damp areas. Following is a recipe for an herbal infusion which is popular with Chinese elders. Drink it in the winter, in moderation, as a tonic for some of the infirmities of old age.

Huang Jing Wine

Huang Jing is known in English as Polygonatum root, or Solomon's seal rhizome. In traditional Chinese medicine, Huang Jing is considered to be sweet, soothing, and beneficial for the Spleen, Stomach, Kidneys and Lungs. Polygonatum root is used medicinally to replenish the vital Essence, nourish *Yin*, moisten the Heart and Lungs, and strengthen the bones and muscles. It is used to treat deficiency of Kidney essence, lack of strength, dry mouth, lack of appetite, lung deficiency with dry cough, internal heat, etc.

Preparation

Wash the polygonatum root, slice it, and place it into a gauze bag tied shut. Place the bag into a glass bottle and fill it with distilled spirits, and seal the bottle for ten days before serving.

Gou Qi Ju Hua Tea for Tired Eyes

Fangming Xu, Ph.D., TCMD

In China, Gou Qi Ju Hua Tea is a famous and time-tested recipe. It is composed of only three ingredients: Gou Qi 10g (goji berries), Ju Hua 3g (chrysanthemum flowers), and green tea. Gou Qi Ju Hua tea is easy to make, since it is a simple infusion: pour boiling water into a pot containing Gou Qi, Ju Hua and green tea, then cover the pot with a lid. After fifteen minutes, pour the tea into a cup and enjoy.

It is said in the *Ben Cao Gang Mu* that Ju Hua, sweet in taste and cold in nature, has the function of dispersing wind-heat, calming the Liver, and making the eyes bright. It has been proven by modern pharmacology that Ju Hua is rich in vitamin A, which is vital to healthy eyes. In traditional Chinese medicine theory, Ju Hua helps to reduce excessive liver heat or fire, and therefore helps those with dry and painful eyes. As an herb, Gou Qi can tonify the Kidneys, generate Essence (*Jing*), nourish the Liver, and brighten the eyes. Pharmacological testing indicates that Gou Qi has a positive

effect on those with chronic fatigue. Green tea is rich in vitamin C, vitamin E, and TP (tea polyphenols), which have a powerful antioxidant effect.

Bringing ancient Chinese wisdom into the twenty-first century, Ju Hua is helpful to those who use computers for extended periods of time. Sitting in front of a computer screen for a long time puts the eyes' ciliary muscles in a state of constant tension, causing the lens to become convex as an adaptation to looking at close objects. This can lead to nearsightedness, if the eyes are continually in a state of tension. Overuse of the eyes can also block the normal circulation of aqueous fluid, leading to glaucoma, dry eyes, cataracts, and corneal ulcers.

Generations of Chinese people have enjoyed the benefits of Gou Qi Ju Hua tea. It promotes good health, does not have any side effects, and makes it easier to live in our modern world. It is a great tea.

Dates To Remember

AAAOM Open Houses

Open Houses for prospective students will be held on November 13th and November 20th from 2-5 p.m. Open House presentations are an excellent opportunity for prospective acupuncture students or anyone who is interested in exploring the field of acupuncture and Oriental medicine to get a lot of information in a short space of time. Read more on page 3, visit AAAOM.edu for full details and to RSVP, or call 651-631-0204 ext. 2 with any questions and to RSVP. We hope to see you there!

First Day of Winter Trimester

The first day of classes for 2011's Winter Trimester will be Monday, January 2nd. Applications are now being accepted and prospective students are encouraged to register soon. For application information, visit AAAOM.edu or call 651-631-0204 ext. 2. *AAAOM accepts applications year-round for trimesters beginning in September, January, and late April.*

Tai Chi and Healing Qi Gong Classes Open to the Public

To cultivate healthy lifestyles and healthy communities, the AAAOM Community Education program includes ongoing 12-week Tai Chi classes on Wednesdays from 6 to 8:30 p.m. beginning January 4th and 10-week Healing Qi Gong classes on Thursdays from 6 p.m. to 9 p.m. beginning January 5th. For class and registration information, please call 651-631-0204 ext. 1.

Lunchtime Lectures Open to the Public

The following lectures are held from 12:20 to 1 p.m. No RSVP is required, but attendees who wish to tour the school and clinic afterward are encouraged to contact the admissions department at 651-631-0204 ext. 2 in order to make arrangements. **November 10th:** Acupuncture Response Validated by Modern Scientific Research by Dr. Gong; **December 2nd:** Xing Nao Kai Qiao - Advanced Stroke Therapy with Acupuncture by Dr. Liu; **January 12th:** Prevention of Diabetes with TCM by Dr. Tang; **February 16th:** Treating Dysmenorrhea with TCM by Dr. Jiang; **March 20th:** Traditional and Modern TCM Formulas for Musculoskeletal Pain and Trauma by Dr. Sun.



American
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AAAOM is a fully accredited institution of acupuncture and traditional Chinese medicine (TCM) offering a Master of Science degree in Acupuncture and Oriental Medicine, as well as a Certificate program in Tuina massage.

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*** Call 651-631-0204 for an Appointment ***
Online Referral

The AAAOM Intern Clinic is an inexpensive way to invest in your health. Supervised by our faculty, patients receive high-quality treatment from 3rd- and 4th-year interns. In return, patients assist interns in gaining valuable first-hand clinical experience. Faculty members carefully advise and review all patient diagnoses, prescriptions, and follow-up visits.

Treatments from interns are generally \$32 per session, but a coupon is available here that may simply be referenced or printed out and presented at the clinic reception desk for a \$16 introductory treatment. Call the AAAOM Intern Clinic at 651-631-0204 Ext. 1 to schedule an appointment.