

Chinese Medicine In Practice

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For this edition of our newsletter we have selected articles which illustrate the effectiveness of acupuncture and Chinese medicine on women's health.

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Acupuncture and *In Vitro* Fertilization

By Changzhen Gong, Ph.D.



Acupuncture is a millennia-old medical system developed in China. *In vitro* fertilization (IVF) is a cutting-edge technology in the treatment of infertility when other methods of assisted reproductive technology have failed. IVF technology was developed by British doctor Robert Edwards who was awarded the Nobel Prize in Physics and Medicine in 2010. The combination of these two medical approaches came about less than ten years ago. Since then, acupuncture treatment for patients undergoing *in vitro* fertilization has become a standard procedure based on rigorous clinical trials in an increasing number of reproductive medicine clinics and departments.

In April, 2002, *Fertility and Sterility*, a publication of the American Society of Reproductive Medicine, published a study which was conducted by Dr. Wolfgang Paulus and colleagues at the Christian-Lauritzen-Institut in Ulm, Germany, and was widely covered in media around the world. This study examined the use of acupuncture treatments in combination with IVF on a group of 160 women. One group was given an acupuncture treatment before and after the embryo transfer was done, and the control group had the same procedure without acupuncture. Ultrasound was performed six weeks after the embryo transfer, and clinical pregnancy was found in 26.3% of the control group and in 42.5% of the acupuncture group. This pioneering research concluded that acupuncture appears to be an effective tool for improving the successful pregnancy rate following assisted reproductive techniques.

To test the reliability of this procedure, a 2006 Demark study showed that acupuncture significantly improves the reproductive outcomes of IVF/ICSI (intracytoplasmic sperm injection), compared with no acupuncture treatment (39% versus 26%). A 2005 American study showed that women who receive acupuncture during the stimulation phase of an *in vitro* fertilization cycle and again immediately after embryo transfer have a higher live-birth rate than do the women without acupuncture treatment, and the miscarriage rate was reduced by almost half in women with acupuncture treatment. A recent American study showed that 51% of women who had acupuncture and IVF treatments became pregnant compared to only 36% of the women who had IVF alone. Women undergoing IVF were 65% more likely to become pregnant when they combined the procedure with acupuncture, according to a study published in the February, 2008 issue of the *British Medical Journal*.

Acupuncture treatment has been successfully applied to over eight hundred medical conditions from migraine to fibromyalgia. While this age-old medical system continues to expand quickly into different health fields yet awaiting scientific testing, acupuncture intervention in IVF is a living example of the endless adaptability of this medical tradition.

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Diet and Infertility

By *Wei Liu, TCMD, L.Ac., Lic. Nutritionist*



When I see women with fertility issues, I offer them acupuncture, herbal supplements (raw herbal decoctions) and dietary recommendations. Most women seem very educated about the use of acupuncture and herbs for infertility, and they are even aware of the related scientific studies.

But when you get into their diet, you begin to feel the resistance. I have experienced all kinds of questions from my infertility patients regarding their diet: Do I have to change my diet? Does what I eat really affect my fertility? Do any studies support that diet has an impact on my fertility issues? The unwillingness to shop for and cook the right foods by many women with infertility issues is a challenge. They are looking for scientific evidence to prove 5000 years of TCM dietary therapy.

Chinese medicine has a long history in treating infertility through acupuncture, herbs and diet. Diet is always a very important treatment method, which TCM practitioners always have to explain to their patients. We recommend black beans, walnuts, and sesame seeds for patients with kidney deficiency. We let them eat squash, barley, and whole foods to substitute for the refined carbohydrates, soda, and sugar they are used to eating, in order to support their digestion and eliminate accumulated dampness and phlegm.

Does TCM dietary therapy really have a scientific foundation? Do modern studies really prove several thousand years of TCM practice on fertility and diet? Now I can say "Yes". The Nurses' Health Study at Harvard Medical school could be called the first groundbreaking research on this subject. This long-term research project revealed the mystery between diet and fertility from a modern scientific point of view. They found that diet has a strong impact on ovulation, which is one of the most common factors in infertility.

Here are some of the foods from this study to have positive or negative impacts on your ovulation and your chance to conceive. Things to avoid include trans-fat, sugar, soft drinks, and refined carbohydrates, which all seem to damage the spleen's ability to transform and transport food and water, which in turn produces phlegm accumulation. Eat whole foods and foods with low glycemic index, such as squash, pumpkins, yam, barley,

and millet, which help to boost digestive energy. Eat more beans (black beans, kidney beans, soy beans, etc), nuts, and plant-based proteins which are the most important protein sources for fertility therapy.

Many of these kinds of foods have the function of supporting our kidneys, which are the foundation of all other physiological functions in TCM. A high percentage of our infertility patients suffer from an imbalance of the kidneys and spleen. Likewise, it is interesting to see many of the foods recommended by this study for fertility relate to these two main meridians and organs.

Another thing that should be mentioned is whole foods. That is, foods in their original shape maintaining the highest nutrients, such as fruits, vegetables, grains, and so on. Accordingly, we need to eat foods that have not been modified or processed and remain as close as possible to the form they had in the ground or on the plant. Processed foods greatly damage our spleen's function to transform and transport food and water.

Does that mean whole milk is better than the skim and no-fat milk? The study showed that women who consume more low-fat dairy products have a higher risk of developing infertility, while women who consistently take regular whole dairy foods are less likely to have reproductive issues. This outcome should not surprise us if we know how skim or fat-free milk is produced. The process does not just reduce fat, it also reduces all other nutrients. I was hesitant to suggest to my infertility patients to drink whole milk and eat whole dairy yogurt before, because it is against the mainstream marketing messages of these products. Everyone is concerned about saturated fat in the whole milk, and low fat diets are fashionable, but in order to boost fertility it seems that we have to do what our ancestors and TCM has taught: eat whole foods, including whole milk, for example.

For me, having trained in traditional Chinese medicine in China and modern nutrition in the United States, I am always amazed how ancient wisdom and modern scientific research merge at a certain point.

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Treating Scanty Breast Milk with Porridge

By Junyan Wu, TCMD, Ph.D.



Scanty breast milk after childbirth is commonly seen in modern times. A healthy therapy without the use of drugs benefits both the mother and the child. In traditional Chinese medicine (TCM) there is a simple treatment which involves eating porridge. Porridge is a kind of traditional Chinese food which is made with rice and foxtail millet. The ingredients are cooked over night in a crockpot on low heat, with a 1:7 ratio of rice and millet to water.

Rice is sweet in taste and neutral in nature, with the function of strengthening the spleen and tonifying digestive Qi. Foxtail millet is sweet and salty in taste and functions to strengthen and harmonize the spleen and stomach. What's more, porridge is very soft and easy to be digested, so it is ideal for patients with weakened digestion. In *Shang Han Lun (Treatise on Cold Induced Febrile*

Disease), porridge is used after taking Gui Zhi Tang and Shi Zao Tang to nourish the spleen and stomach with the essence of water and grains.

From the TCM perspective, breast milk is created by blood. After the course of pregnancy and delivery, a woman loses a lot of Qi and blood and often has a weakened spleen and stomach. When the weak spleen and stomach can not produce sufficient Qi and blood, the source of breast milk is not sufficient and the woman can have scanty breast milk.

So porridge is well suited for those women with scanty breast milk after childbirth due to spleen and stomach deficiency. On the one hand, porridge can strengthen spleen and stomach, and on the other hand it contains abundant nutrition in itself. Common yam rhizome, pumpkin, chestnuts, and common jujube can be boiled together with the porridge to enhance the flavor and effect, all of which have the function of strengthening the spleen and stomach and tonifying digestive Qi.

Cyclical Treatment of Menstrual Disorders

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



This article describes treatment using Chinese medicine in accordance with the cyclical changes of the ovaries, and the different treatment principles at the four different stages of the menstrual cycle: the follicle stage, the ovulation stage, the luteal stage and the menstrual period. According to TCM theory, the menstrual cycle is one of transformation of yin and yang. The follicle stage, or the stage right after the period, is a stage of yin waxing which is marked by deficiency of the sea of blood (uterus) and gradual accumulation of essence and blood through the activity of kidney Qi. At this stage of the menstrual cycle, the body should be treated by nourishing blood and tonifying the liver and kidneys. In TCM theory, the liver and kidneys are responsible for the production and storage of blood.

The ovulation stage is a stage of the accumulated yin transforming into yang with increased activities of Qi and blood in the Chong meridian and Ren meridian, which are two of the meridians primarily responsible for reproductive health. The development of the follicle depends on the propelling effect of yang Qi, and the release of the follicle requires the movement of Qi and blood. The treatment is to nourish liver and kidney yin, warm up kidney yang and move Qi and blood.

At the luteal stage, or just before the menstrual period, herbs which warm up kidney yang and the uterus should be utilized to maintain the function of the corpus luteum, since it is a stage of yang waxing. Because both yin and yang need to be flourishing at this stage, it is important in the treatment approach to supplement both.

Menstruation itself is a transforming stage of maximum yang activity, which causes the uterus to discharge the blood, with rapid change of Qi and blood in the Chong and Ren meridians. The treatment for this stage is to activate blood flow and regulate menstruation to help movement of Qi and blood to ensure the smooth flow of the menstrual blood.



Geriatric Health Issues in Female Patients

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



Women who are 50 years or older, especially after menopause, usually face unique health issues. From the traditional Chinese medicine (TCM) viewpoint, these health issues are due to the decline of the five zang, or yin, organs, which refer to the heart, liver, lungs, spleen and kidneys, but especially the decline of the kidneys, which are the foundation of all other organs. Women have unique physiological functions, such as menstruation, pregnancy and delivery, which are closely related to the strength of the kidneys.

The first Chinese medical book, *Huang Di Nei Jing (The Yellow Emperor's Internal Classic)*, which was written 2000 years ago, states that female development occurs in seven-year cycles. It says, "At the age of 14, the woman will begin to have menstruation. The Qi and blood of the Ren (conception) and Chong (penetrating) meridians begin to flow and flourish to enable pregnancy. At the age of 49, the Ren and Chong meridians become exhausted, menstruation ceases, and pregnancy is no longer possible." Also from the *Huang Di Nei Jing*, "The kidneys form the foundation for reproduction and development. As we age, the essence that is stored in the kidney is depleted and the meridians in the pelvic region become empty, and thus women lose the ability to menstruate and become pregnant."

Therefore, post-menopausal women naturally have deficiency of the kidneys. Kidney essence is the prenatal base of the body, and the kidney system is viewed as the root of life's activities. Its weakness can easily lead to disturbances in supporting the other organs. According to TCM theory, the kidneys also govern water metabolism, consolidate Qi, manifest in the health of head hair, supplement bones, and open into the ears and genital organs. So kidney deficiency is associated with signs and symptoms including loss of bone strength and density, loose teeth, sore back and knees, low energy and lack of vigor, shrinkage of the sexual organs, impaired hearing, and gray and thinning hair.

Among the body systems, the five zang organs have close relationships. Dysfunction of kidneys can affect the function of other zang organs. The liver and kidneys have the closest relationship. In TCM, the liver stores the blood, governs tendons and nails, and opens into the eyes. As the liver stores blood and the kidney stores

essence, the two organs are complementary. The relationship is that kidney yin nourishes liver yin and prevents liver yang from becoming hyperactive, which might manifest as irritability, dizziness, blurred vision, headache, insomnia, chest discomfort, unstable blood pressure and breast disorders.

The heart and the kidney are also closely related, with a mutually dependent and restrictive correlation with each other. When kidney yin is exhausted it fails to nourish heart yin, which will lead to deficiency of heart yin and hyperactivity of heart yang. When the normal functional relationship between heart and kidney is imbalanced this way, hyperactive heart yang will disturb the spirit. So there will be problems like dream-disturbed sleep, heart palpitations, restlessness, poor memory, and so on.

Kidneys store essence, which is seen as the prenatal base of life and is similar to the Western medicine concept of genetic inheritance. The spleen governs transformation and transportation of food and water, and is therefore the postnatal base of life. The relationship between the two organs is the interdependence between the prenatal and postnatal basis of life. The kidneys need the nourishment of food nutrients and water, and in return they warm the spleen and supplement food transformation and transportation. Therefore kidney deficiency can lead to spleen deficiency and result in water retention, diarrhea, edema, and obesity.

The lungs and kidneys also have a close relationship signified by respiration and water metabolism and the normal distribution and excretion of water. Also, as the lung governs respiration and the kidneys consolidate, or hold Qi, the lungs and kidneys work together to ensure the normal respiratory activity and circulation of Qi at the surface and within the body. Kidney deficiency can affect the lungs and result in edema and scanty urine. If the respiratory function is disturbed, it will bring on symptoms, such as cough, shortness of breath, dyspnea, etc.

Therefore, geriatric health issues in women are closely related to the kidneys. TCM theory indicates that tonifying the kidneys has an important role in maintaining normal health and emphasizes preventative treatment. Taking appropriate herbal formulas to support the kidneys before, during or after menopause can strengthen the immune system and prevent or treat the occurrence of some diseases. For older women, as for any patient, regulating the spirit, maintaining proper diet, and exercising are also very important.

Acupuncture Treatment of Perimenopause

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



I conducted the Perimenopause Acupuncture Research Project at the AAAOM Teaching Clinic in 2008. In total, 42 women applied to participate, but after a detailed initial intake and meeting with each of the individual subjects, 11 women were excused from the trial for not meeting the research requirements. The 31 women remaining were able to participate and start the research project. Of these 31 women, 6 of the women were disqualified for not completing the research. Finally, there were a total of 25 women who met all of the qualifications, specifications and finished the 12-week research treatment plan.

Treatment Methods

The main idea behind the selection of the standard acupuncture point prescription used in the study was to be able to treat all of the symptoms of perimenopause and not have to resort to choosing different acupuncture point prescriptions for each individual person. All of the acupoints selected were located on the anterior portion of the body allowing for an efficient treatment. The standard selection of points is as follows: DU 20 (Baihui), HT 7 (Shenmen), PC 6 (Neiguan), LI 4 (Hegu), RN 6 (Qihai), RN 4 (Guanyuan), ST 36 (Zusanli), SP 6 (Sanyinjiao), KI 3 (Taixi) and LR 3 (Taichong). This prescription is directly aimed at tonifying and nourishing the kidney essence and yin, boosting the kidney yang, as well as harmonizing the functions of the heart, liver and spleen and calming the shen.

In conjunction with the body acupuncture, auricular seed therapy was included in the treatment, where tiny beads are adhered to acupoints located on the ear. Auricular seed therapy was used because it can maintain the effects of the treatment over the course of a one-week span until the next treatment. This allows for steady and gradual effectiveness rather than an up-and-down progress, which might result from using only acupuncture alone. The supplemental auricular points were: Shenmen, Uterus, Kidney, Heart, Liver, Spleen, Pituitary, Sympathetic, Endocrine and Neurasthenia.

During the research treatment sessions, the acupuncture point prescription and the auricular point prescription were used on every patient. The acupuncture needles were retained for 25 minutes and were manipulated with an even method after the arrival of Qi. After the body

acupuncture, Wang Bu Liu Xing seed therapy was applied to one ear after properly locating the most tender area of each point. The seeds were retained for 3-5 days and the patient was instructed to press and induce Qi sensation several times per day. Every week, the seeds were applied on the opposite ear, to ensure fresh stimulation of the auricular points.

Main Observation Item and Index

To evaluate the criteria for each patient, The Menopause Rating Scale (MRS) developed by the Berlin Center for Epidemiology and Health Research was adopted. The MRS consists of the following three main categories and 11 symptoms.

1. The Psychological Sub-Scale: depression, irritability, anxiety, exhaustion
2. Somato-Vegetative Sub-Scale: night sweating / hot flushing, cardiac complaints, sleeping disorders, joint and muscle complaints
3. Urogenital Sub-Scale: sexual problems, urinary complaints, vaginal dryness

Each of the eleven symptoms contained in the scale can be rated with a 0 (no symptom) or up to 4 points (severe symptom) depending on the severity of the complaints perceived by the women. Each woman involved in the research project was asked to fill out the MRS at the beginning of the study and again after the 12 weeks of treatment. The differences between the beginning scores and finished scores were evaluated and calculated based on the overall score, the three areas of Psychological, Somatic and Urogenital, and on individual symptoms.

Discussion

Hot flashes and night sweats are the most common manifestations thought of in connection with perimenopause. In the research study, it was one of the leading chief complaints to be examined. Acupuncture was able to reduce the intensity, number and length of hot flashes in most of the women, although very gradually. Only a few women experienced rapid relief after only 2-3 treatments. It was only after 5-6 treatments that there was a noticeable shift in the hot flashes, at which point intensity, number and length all appear relieved at an equal rate. Along with this, night sweats were relieved as well, with great effectiveness. By the end of the study, the effectiveness was a 69% reduction in severity of hot flashes and night sweating.

Acupuncture Treatment of Perimenopause (continued from previous page)

Sleep disorders, including trouble falling asleep, staying asleep, frequent waking at night, and waking early in the morning are common during perimenopause. The treatment had a positive effect on all of these conditions, but to different degrees. In most cases subjects were able to fall asleep easier and without any complaints by the end of the treatment course. The overall sleep improvement was 72% for the 12-week study. What was most noteworthy was the waking in the middle of the night symptom, which was observed in most of the women in the study. With careful diagnosis, this was either due to heart blood deficiency or heart yin deficiency. Over time, acupuncture can slowly improve this sleep disorder.

Depression, irritability and anxiety were closely observed and were significant problems for most of the women in the research study. The causes of the emotional issues, by and large, were similar to those for hot flashes, mainly involving the heart and liver. Depression issues had the best treatment rate of 74%, due to many of the acupoints' functions of calming the shen and soothing liver Qi. Irritability had a 72% effectiveness rate. Anxiety had the lowest effectiveness at 70%. Anxiety, for most of the cases, was due to kidney and heart yin deficiency with empty heat. Even though acupuncture treats this pattern well, it was observed in the research study that nourishing yin is a slower and more gradual process which over time produces good results.

Urogenital disorders encompass sexual problems such as libido and sexual satisfaction; bladder problems such as difficulty urinating, increased need to urinate or even incontinence; and vaginal disorders including dryness, burning and intercourse difficulty. Through the treatment course, there was 79% decrease in bladder disorders, showing significant success with acupuncture.

Almost every case indicated some problems with fatigue, mental or physical exhaustion, along with joint and muscle aches and pain. Headaches were also commonly seen. In fact, this group of manifestations received high ratings on the MRS, even though not necessarily considered one of the chief symptoms of perimenopause. The general idea with the acupuncture point prescription to treat these manifestations was to use points to circulate and tonify Qi and blood, and to regulate the digestive functions of the spleen and stomach. Although these peripheral symptoms were not the focus of the study, patients experienced a remarkable relief rate of 74%. In fact, most women did not even consider these symptoms to be a problem by the end of the study.

Fibromyalgia and arthritic patients enjoyed relief from chronic pain. Severe or chronic headaches or migraines during the menstrual cycle were also relieved. Women generally had more energy, clearer thinking, fewer headaches and body aches. The speed and amount of relief, though, depended largely on the patient's diet and exercise habits. Patients who had poor dietary habits and were involved with little exercise did not improve as well as women who had balanced diet and exercise.

It must be noted that even though menstrual irregularities are not listed and scored on the MRS scale, they are indeed one of the first and major concerns of women in perimenopause. Many women in the research suffered from menstrual problems, some with irregular menstrual cycles, shorter menses or just that they were not having a period every month. They were assured that this is completely normal during perimenopause, and by the end of the treatment sessions most women had no complaints in this area. What is worth noting, though, is the problem with some women who suffered from heavy, prolonged or constant bleeding. This can be a significant medical problem if the bleeding does not stop. This problem was observed with four women in the study, largely due to Qi deficiency in conjunction with kidney deficiency combined with internal heat due to stagnation. After the 12-week treatment course, the excessive menstrual bleeding was controlled in all four women.

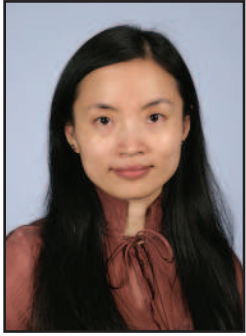
Conclusion

In the standard practice of traditional Chinese medicine (TCM), acupuncture and Chinese herbs are used in conjunction for the overall treatment of patients, rather than acupuncture alone. The specific necessity for herbs is to help nourish the kidneys. As I observed in my research study, therapeutic effects took longer to produce when acupuncture alone was used to nourish the system. For example, treating hot flashes and insomnia in some patients went slowly with acupuncture alone, but if herbal formulas were administered as well, the patient would likely see quicker results. Used together, acupuncture and Chinese herbs have a faster and greater therapeutic effect, and we could predict that symptomatic relief in patients may be even as high as 90%.

Since completing his research and dissertation on perimenopause in 2009, Dr. Grosam opened Sun Acupuncture, a traditional Chinese medicine clinic located in Hopkins, MN. He also works at AAAOM as an instructor and clinic director.

Treating Endometriosis with Chinese Medicine

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



Jennifer came to see me when she was thirty. She had suffered from painful periods since high school. When she was in college, she was diagnosed with endometriosis by her western doctor. After she graduated from college, the menstrual pain worsened. The pain occurred before her periods and for the first two days of the period. She had pain in the lower abdomen and low back, and her blood flow was heavy, with dark red clots. Her period lasted 6-7 days, and the pain was so severe sometimes that she had to go to the emergency room to receive strong pain medications. Her tongue was red with a thin white coat, and her pulse was wiry.

I diagnosed Jennifer's complaint as blood stasis and prescribed her the following Chinese herbal formula: Dang Gui 9g, Dan Shen 9g, Niu Xi 12g, Chi Shao 12g, Xiang Fu 9g, Chuan Xiong 6g, Gui Zhi 6g, Mo Yao 6g, Xue Jie 3g, Pu Huang 6g, Wu Ling Zhi 6g, Yi Mu Cao 15g. She took this formula for seven days before her period. During the timeframe of the treatment plan she also received the following acupuncture treatment: LI 4, LR 3, ST 25, ST 28, ST 29, Zigong Xue, SP 10, SP 6. Three menstrual cycles later, her period pain was gone.

Endometriosis (NIDCD) is a common problem during child-bearing years, affecting ten to twenty percent of American women. Biomedically, the endometrial tissue that normally lines the uterus also grows outside the uterus, for example, on the ovaries, the fallopian tubes, the outer wall of the uterus, the intestines, or other organs in the abdomen. It can cause pain, infertility and other problems. What causes endometriosis in traditional Chinese medicine (TCM)? As in Jennifer's case, blood stasis is the most important pathological cause of endometriosis. This article discusses the treatment of four patterns of endometriosis in TCM.

1. Dysmenorrhea (Painful Period)

The dysmenorrhea caused by endometriosis is different from other painful periods, in which the pain is reduced or disappears after expelling clots. In the case of endometriosis, the pain is worse when bleeding is heavy. Since endometrial tissue grows outside the uterus, TCM practitioners call it "blood outside the meridian". Normal meridian function is blocked, which keeps new healthy blood from entering the meridian and stagnated blood from being removed. The treatment method is to remove blood stasis.

Herbs: Dang Gui 9g, Dan Shen 9g, Niu Xi 12g, Chi Shao 12g, Xiang Fu 9g, Chuan Xiong 6g, Gui Zhi 6g, Mo Yao 6g, Xue Jie 3g, Pu Huang 6g, Wu Ling Zhi 6g

Take the herb formula seven days before the period.

Acupuncture: LI 4, LR 3, ST 25, ST 28, ST 29, Zigong Xue, SP 10, SP 6

2. Flooding and Trickling

These types of abnormal bleeding are caused by congealed blood stagnated in the meridian, which further causes the new blood to not flow properly in the meridian. The treatment method is to move blood and stop bleeding.

Herbs: Dang Gui 9g, Niu Xi 12g, Chi Shao 12g, Xiang Fu 9g, Pu Huang 10g, Dan Shen 12g, Xue Jie 3g, Hua Rui Shi 15g, San Qi 15g, Zhen Ling Dan 15g

Take the the herb formula three days before the period.

Acupuncture: LI 4, LR 3, ST 25, ST 28, ST 29, Zigong Xue, SP 10, SP 6, LR 8

3. Infertility

Twenty-two to sixty-six percent of patients with endometriosis also suffer from infertility. The treatment method varies according to the different phases of the menstrual cycle. After the period and up to the ovulation phase, the treatment method is to nourish the kidneys and remove obstructions from the meridian.

Herbs: Fu Ling 12g, Shi Lan Ye 10g, Shu Di 15g, Gui Zhi 5g, Xian Mao 10g, Xian Ling Pi 12g, Lu Lu Tong 10g, Ding Xiang 3g, Niu Xi 10g

The treatment method following ovulation and up to the period is to warm the kidneys.

Herbs: Shu Di Huang 10g, Sheng Di Huang 10g, Fu Ling 12g, Shi Lan Ye 10g, Lu Jiao Shuang 10g, Xian Ling Pi 12g, Ba Ji Tian 10g, Rou Cong Rong 10g, Nu Zhen Zi 12g, Han Lian Cao 12g, Niu Xi 12g

Acupuncture: LI 4, LR 3, ST 25, ST 28, ST 29, Zigong Xue, SP 10, KI 3, KI 6, RN 4, RN 6

4. Zheng Jia

Zheng Jia is the common symptom of endometriosis that presents in each pattern above, as it relates to the abnormal growth of the endometrium. It is caused by blood stasis, and the treatment method is to remove blood stasis.

Herbs: Gui Zhi 12g, Fu Ling 12g, Chi Shao 12g, Mu Dan Pi 10g, Xiang Fu 10g, Ji Xing Zi 12g

Acupuncture: LI 4, LR 3, ST 25, ST 28, ST 29, Zigong Xue, SP 10, LR 8

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Stress and Fatigue in Women

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



Lots of clients, especially female patients from the clinic, often ask me why they always feel tired and fatigued, why they have so much stress, or sometimes they ask me why they get sick so frequently. From many years of clinical experiences, I will explain these questions from the traditional Chinese medicine (TCM) point of view.

Nowadays, people do suffer from a variety of stress. Over time, stress affects the function of the liver to regulate the flow of Qi throughout the body. Once the liver is affected and energy moves slower and slower, people begin to feel tired. Fatigue requires energy in return, and that is why stress and fatigue always go together.

Legends of Chinese Medicine

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



Sun Si Miao is one of the most famous doctors in Chinese history. He lived and practiced during the Tang Dynasty (619-907 CE). One day Sun Si Miao was walking about his city, going on rounds to visit his patients, when he met a funeral procession coming toward him.

The people were crying and wailing as they carried the coffin to the cemetery on the outskirts of the city. Sun Si Miao stepped aside and waited respectfully as the procession went past him. Suddenly he darted forward and threw his arms around the coffin, crying "Stop! Stop!" At first the mourners were shocked, believing he was a madman and trying to drive him away.

But Sun Si Miao said, "The person in this coffin is not dead!" The people said, "Of course she is. She died yesterday. How can you speak such nonsense?" Sun Si Miao said, "When people die, their blood stops flowing and becomes solidified. But look here! Fresh blood is dripping out of the bottom of the coffin." Everyone looked and saw that Sun Si Miao was right - there was a thin stream of blood oozing from the bottom of the coffin.

So they set the coffin down in the middle of the road and removed the lid. Sun Si Miao leaned over the coffin and examined the woman carefully. Her skin was yellow like paper; her swollen abdomen showed that she was in an

advanced stage of pregnancy; and her trousers were wet with fresh blood. The woman's husband sobbed as he looked at his wife. "We have been married for ten years without a child. At last, my wife got pregnant last year. Yesterday the baby began to move strongly and she went into labor, but then she suddenly died." Sun Si Miao felt the woman's weak pulse and saw that she was still breathing faintly.

Then he took three acupuncture needles from his bag. He inserted one needle between the woman's nose and upper lip (DU 26, Ren Zhong). The second needle was placed below her ribcage over her stomach (RN 12, Zhong Wan). The third needle was placed low on her abdomen, above the pubic bone (RN 3, Zhong Ji). Miraculously, the pregnant woman began to revive soon after the needles were placed.

Once patients understand this, we can set up a healthy regimen for them, including a balanced diet and daily exercise, which can help reduce stress and promote the flow of Qi. Gradually stress diminishes, balance is restored, and energy returns to the body.

The "dead" woman's stunned family fell to their knees in the road and bowed to Sun Si Miao as though he was a supernatural being. He told them to get up and take the woman back home as quickly as possible. He gave the woman's husband a bag of medicinal herbs and told him to make a tea of the herbs and give it to his wife as soon as they got home. He also gave the husband a drawing which showed him how to resume his wife's labor and safely deliver the baby. Everything happened as Sun Si Miao said it would. The woman was able to deliver a healthy baby, and her grateful husband had two reasons to bless the life-saving skills of Sun Si Miao.

The woman was able to deliver a healthy baby, and her grateful husband had two reasons to bless the life-saving skills of Sun Si Miao.

Food as Medicine: Nourishing Women's Health

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



According to traditional Chinese medicine (TCM) theory, women's physiology is associated with the liver, spleen and kidneys, as well as the Ren (conception) and Chong (penetrating) meridians. This is because producing menses and cultivating a fetus rely on the nourishment of blood and promotion of kidney essence. Therefore, the

uterus functions normally only when the corresponding organs and meridians function well. Pathologically, disorders in the above organs and meridians will affect the uterus, resulting in menstrual disorders. In the treatment of women's disorders, TCM often focuses on nourishing these organs and particularly tends to replenish blood. For women's health maintenance, TCM dietary therapy is a good choice, and the following recipes and foods are very effective.

Si Wu Ji Tang (Four Herbs Chicken Soup)

Ingredients:

Dang Gui	10g
Shu Di Huang	10g
Chuan Xiong	5g
Bai Shao	5g
Chicken	One
Sheng Jiang (fresh ginger)	15g
Cong Bai (green onion)	15g
Cooking wine	
Salt	

Preparation: First, soak the raw herbs for 1/2 hour and cook for 20 minutes to get the decoction. Second, chop the chick-

en into big pieces, processing with boiling water for 1 minute. Put the chicken in a clay pot, add cold water, the herb decoction, ginger, green onion and cooking wine and cook for 60 minutes. Salt to taste.

Comments: This recipe is suitable to women who are diagnosed with Qi and blood deficiency. In addition to the four ingredients from the famous herbal formula Si Wu Tang (Four Substances Decoction), which has the function of nourishing and moving blood, chicken can benefit Qi and tonify essence.

Dang Gui Sheng Jiang Yang Rou Tang (Lamb Meat with Dang Gui Soup)

Ingredients:

Dang Gui	20g
Sheng Jiang (fresh ginger)	30g
Yang Rou (Lamb Meat)	500g
Cooking wine	
Salt	

Preparation: Wash and cook the lamb meat for 30 minutes. Add Dang Gui, Sheng Jiang and the cooking wine for 10 minutes additional time.

Comments: This recipe is suitable to women who are diagnosed with blood deficiency and internal cold. This formula comes from *Jin Gui Yao Lue (Synopsis of Prescriptions of the Golden Chamber)*, created by Zhang Zhongjing during the Han Dynasty, about 1800 years ago. Lamb meat can warm the middle jiao and tonify blood, while Dang Gui can the tonify blood and promote blood circulation.

Dang Gui, the first ingredient in both of the recipes above, is one of the most important herbs in traditional Chinese medicine for menstrual disorders, and the following story describes how the herb is so named.

A long, long time ago, there was a young couple in a village. They had been married to each other for a long time, but the wife never got pregnant due to menstrual problems. A childless couple faced a very difficult situation, because children ensure the continuation of a family tree. So, the husband was very frustrated and decided to leave the village to do business in another places.

After he left, the wife was very sad. She tried to find good herbs that could treat her menstrual problems. Finally she found an herb in the mountains that might treat her condi-

tion. She took the herb for a while and her period became normal. She was so happy she sent a message with only two characters to her husband. These two characters were "Dang" and "Gui". "Dang" means "should", and "Gui" means "return". After the husband got the message, he immediately returned home. Soon his wife became pregnant, and he never left home again. In memory of the helpful herb, they called it "Dang Gui".

Dang Gui looks like a comet. It has a head and a tail. The head part nourishes blood, while the tail part moves blood. Today, Dang Gui is used as one of the most important herbs in treatment of almost all kinds of menstrual problems and is one of the main herbs in the most basic formula for all menstrual problems: Si Wu Tang (Four Herbs Decoction), which is the foundation of the first recipe above.

Dates To Remember

AAAOM Open Houses

Open Houses for prospective students will be held on March 13th and March 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 Summer Trimester

The first day of classes for 2011's Summer Trimester will be Monday, April 25th. 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 April 27th and 10-week Healing Qi Gong classes on Thursdays from 6 p.m. to 9 p.m. beginning April 28th. For class and registration information, please call 651-631-0204 ext. 1.

Infertility Clinic - ChineseMedicineForInfertility.com

Traditional Chinese medicine has been applied to treating infertility for over 2300 years in both men and women. Today, traditional Chinese medicine specialists have adapted and incorporated these traditional techniques into modern fertility treatments. A growing number of clinical research studies, as well as feedback from actual clinical experience, show that acupuncture is capable of significantly enhancing fertility. Visit the AAAOM Affiliates page in the Links section of AAAOM.edu for more information on the Infertility Clinic and other specialty clinics associated with AAAOM.



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