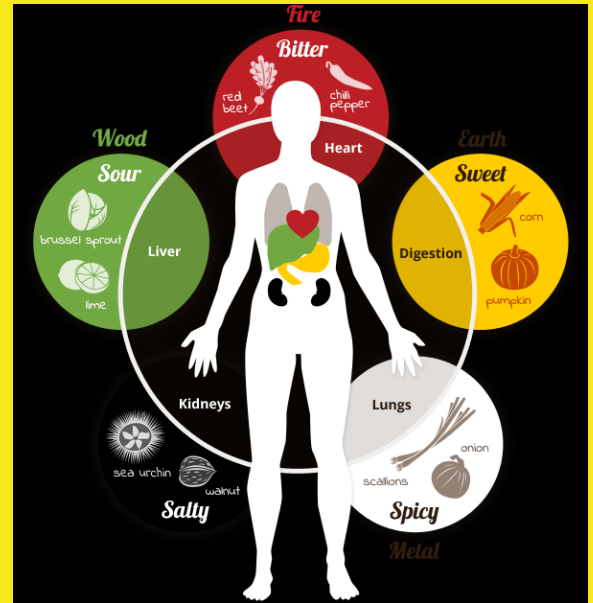


A Patient's Guide to Traditional Chinese Medicine



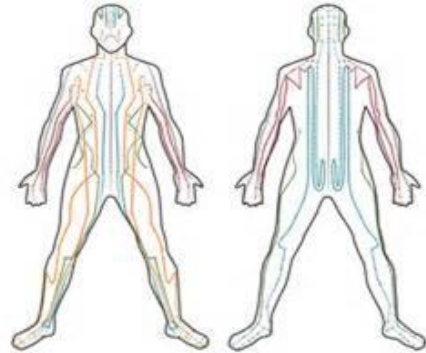
What is acupuncture?

Acupuncture is the ancient Chinese practice of putting needles in specific points on the body to manipulate the flow of energy (qi).

Trained, experienced acupuncturists usually feel Qi once the needle is inserted and can then manipulate it. Needles will usually have to remain at an insertion site for a few minutes to over an hour, depending on the condition being treated.



What to expect during acupuncture:



1. Soreness 酸胀感
2. Numbness 麻木感
3. Swelling 胀满感
4. Light electric shock 轻微触电感

Acupuncture should feel like ... *something*

Patients will often feel their bodies lighten as if they are floating; other patients feel waves or pulses of energy flowing throughout their bodies. You may feel these sensations, or a feeling of deep heaviness or numbness called “Deqi.” You should tell your acupuncturist about what you feel during your acupuncture treatment so that he or she knows that the treatment is working.

Patients typically feel the sensation of Qi around the needle site before the sensation spreads to nearby areas, then radiates down the intended channel. The sensation is usually not unpleasant. Most patients will feel very relaxed and even take a little nap!

The most common side effects of acupuncture are pleasant:



- Deeper, more restful sleep
- More energy throughout the day
- Better mental clarity and focus
- Better digestion
- Less stress

Sometimes, however, less common and potentially unpleasant side effects may happen, particularly:

- Worsening symptoms
- Fatigue
- Soreness
- Bruising
- Muscle twitches
- Lightheadedness
- Emotional release



Body reactions to acupuncture:

Bleeding / Bruising: Because needles used in acupuncture are very thin, bleeding does not usually occur. Some areas of the body have more concentrated capillaries and a little bit of blood may appear as a result of the needling. Likewise, slight bruising may occur, especially in people with fragile blood vessels. These reactions are mild and are no cause for concern. In addition, sometimes, a small amount of stagnant blood may be drawn with a lancet, but this process provides more relief than pain.

Tiredness: Sleep is the fastest way your body heals. When this happens your body is giving you an unequivocal sign that you need to slow down and rest for it to do its work.



Emotional release during and after acupuncture

Because a lot of ailments stem from emotional sources, one side effect of acupuncture may be involuntarily crying or feeling extra emotional. Emotional release is usually a positive experience, but it may be surprising for people who are more guarded or stoic.

This emotional release is completely normal, and it is a sign that the acupuncture is working and the body is trying to heal itself. Physical and emotional health are interconnected and often the body will heal emotionally before changing physically. Discharge, whether it be snot running down your nose or a burst of emotion needs to be released from the body so that it may move forward.

Patients who experience stronger emotions during acupuncture treatments are encouraged to process their feelings and continue expressing feelings as they come up.

For many patients, journaling or writing to release the mind is a useful resource. Jotting down thoughts allows your mind to express, process, and let go of emotions that may have been brewing and causing the body physical stress.

Cupping

In traditional Chinese medicine, cupping dates back at least 2,000 years. It is believed to restore the flow of "qi" -- the life force, as well as detox the body. Through suction, the skin is drawn into the cup by creating a vacuum in the cup placed on the skin over the targeted area. The cup is usually left in place for somewhere between five and fifteen minutes.

What does cupping do?

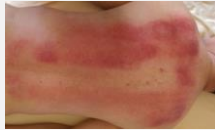
- **Release the muscle** 放松肌肉
- **Clear cold and dampness in the body** 逐寒祛湿
- **Activate energy** 激发正气
- **Relieve pain** 缓解疼痛
- **Clean the channel and meridian** 疏通经络
- **Promote qi and improve blood** 行气活血
- **Relieve fatigue** 解除疲劳
- **Enhance physical fitness** 增强体质



Michael Phelps back has cupping marks, as he competes in the Final of the Men's 4 x 100m Freestyle Relay.

Cupping

First time



A patient 's first time and second time cupping



First time



Second time

Left & Right Differences

Left Side

Right Side

Patient 1



Patient 2



Patient 3



Lots of water

Cupping

Post cupping blisters can be common indication of damp heat toxins generally caused by sugar, alcohol, coffee, fried foods smoking and emotional stress. *“Cupping therapy has been further developed as a means to open the ‘Meridians’ of the body. Meridians are the conduits in the body through which energy flows to every part of the body and through every organ and tissue. There are five meridians on the back that, when opened, allow invigorating energy to travel the whole length of the body. It has been found that cupping is probably the best way of opening those meridians. Cupping has also been found to affect the body up to four inches into the tissues, causing tissues to release toxins, activate the lymphatic system, clear colon blockages, help activate and clear the veins, arteries and capillaries, activate the skin, clear stretch marks and improve varicose veins. Cupping is the best deep tissue massage available. Cupping, the technique, is very useful and very safe and can be easily learned and incorporated into your family health practices.”*

In short, cupping brings fresh blood to the area and improves circulation and is widely used for aches and pain relief for reasons described above but is also believed to be used to treat respiratory problems, coughs, wheezing and digestive problems.



Moxibustion

Moxibustion is an adjunct treatment with acupuncture that can dredge meridians and regulate qi-blood. It has been used to prevent and cure diseases for over 2,500 years. A bibliometric analysis on the papers published from 1954 to 2007 in China showed that up to 364 kinds of diseases can be treated with moxibustion.

The material in moxibustion (moxa leaf AKA mugwort) is important to its function. Moxa leaf is by nature full of yang; moxa is warm when raw, and hot after processing. Moxa was selected as moxibustion material by ancient Chinese healers for its proven drug properties and ease of collection. Sometimes, slices of ginger or garlic are used on the skin in addition to moxa.



Functions of Moxibustion

- Warm the meridians and expel cold
- Promote smooth circulation of qi-blood in meridians and collaterals
- Strengthen yang when it is deficient
- Prevent disease, detoxify the body, and maintain health

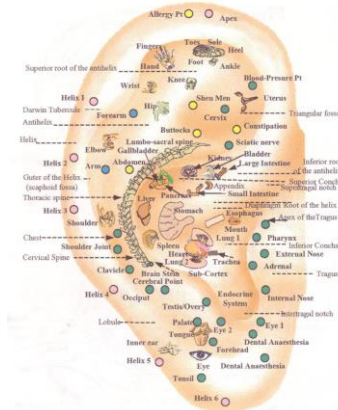
The roles of moxibustion can be grouped into warm nourishing, warm dredging, and warm melting. Warm nourishing refers to the benefits of warming Yang, tonifying qi, nurturing blood, and relieving depletion; warm dredging refers to the functions of activating blood, dissolving stasis, promoting qi, dredging channels, and relieving pain; warm melting refers to the roles of reducing phlegm, eliminating stagnation, removing wind, dispelling dampness, drawing out poison, and purging heat.

Moxibustion is done primarily over body regions and at acupoints with the moxa burning near or on the skin. Burning moxa releases warmth and an earthy smell, and it often relaxes patients and deepens the effects of acupuncture.

Chinese ear acupressure (auriculotherapy)

The ear contains more than 120 acupoints that correspond to various parts of the body. Ear acupressure was first advanced by Chinese acupuncturists in 500 BC and documented in the Yellow Emperor's *Classic of Internal Medicine*.

Auriculotherapy stimulates nerve connections between the ear and the central nervous system. Applying pressure to the correct points triggers nerve impulses to the brain, thereby communicating powerful healing messages to the organ or system in which the health problem manifests.



Ear seeds

Ear seeds are created from small vaccaria seeds that are used as pellets in auriculotherapy or ear acupuncture and are affixed using adhesive tape. The continuous mild pressure they exert is amplified by stimulating the seed with a few seconds of fingertip massage every few hours.



The location of the point shown in each auriculotherapy chart is for that general area. Feel for a spot that is more tender to pressure and that will be the spot to choose. Due to sweating and showering we recommend replacing seeds after 3-5 days and give the ear points a break for a few hours so the skin doesn't become insensitive from constant pressure.



Three main sources of illness in Chinese Medicine

In Traditional Chinese Medicine there are 3 broad classifications of illness:

1. External Pathogenic Factors (EPF's)
2. Internal Pathogenic Factors (the emotions)
3. Daily Living Patterns (neither internal nor external)

External Pathogenic Factors

EPFs are climactic or macrocosmic factors which can be reflected in the microcosm of our physical being. They are:

- Wind
- Cold
- Heat
- Dampness
- Dryness
- Summer Heat



Wind



When referring to Wind we are not referring to gastrointestinal gas but a pathogenic term. Wind is linked to Spring or Autumn and is seen as the spearhead of Pathogenic attack, i.e. exposure to Wind pathogen can lead to other pathogens (Cold, Dampness) entering the body. It is a comparatively Yang phenomenon. As such Wind is usually experienced in conjunction with other factors. Wind in the body can cause stiffness and dryness in muscles and ligaments (think of wind drying things out) and often results in pain, itching, and irritability which appears to move around the body with no discernible pattern. As an organ, the liver is most susceptible to being upset by Wind pathogen. Being exposed to a draught can often lead to symptoms of a stiff neck and this is an example of Wind EPF invading the body.

Heat



Heat is most closely associated with summer, however, people who have jobs where they are exposed to heat (chefs, bakers) often display symptoms associated with it. Heat is a comparatively Yang phenomenon. It causes fever, dryness, irritability, confusion, constipation, and constant hunger and thirst. Interestingly, any other EPF can transform into Heat and cause fever. This can be linked to the immune system (Wei Qi or defensive Qi) rising to fight the invader, causing the body temperature to rise in order to kill the pathogen. Alcohol, spicy foods, and exposure to high temperatures can exacerbate Heat pathology in the body.

Cold



Cold is the pathogen most closely associated with winter. It is a comparatively Yin phenomenon. Cold in the body causes a slowing down and constriction of bodily function and movement. Symptoms often include an aversion to cold, headache, body ache and pain; they are usually improved by the application of heat. When combined with Wind and Dampness, it gives rise to a type of arthritic condition that improves when heat is applied. Drinking too many ice cold drinks, especially in winter, can give rise to Cold in the body and this inhibits digestion and reduces the effectiveness of the digestive system. Cold most often affects the kidneys and can lead to back pain and kidney/bladder infections.

Damp



Dampness is a pathogen associated with later summer or autumn and is a predominantly Yin phenomenon. Dampness affects the Spleen most. In TCM, the Spleen governs digestion, transformation and transportation, concentration and the production of energy in the body. Dampness impairs all these functions. Someone who is Damp will typically be vague and unfocused, have difficulty concentrating, digest poorly, may be overweight, and/or crave sweet things. Dampness in the body can leave the limbs feeling very heavy and induce lethargy and tiredness. Sugary food, greasy food, dairy, and too much fluid (especially sugary drinks) can contribute to Dampness in the body.

Dryness



Dryness can be caused by internal heat or fire and is often linked to it. It can present as dry skin, dry tongue, extreme thirst, cracked skin, chapped lips. It is linked to heat without moisture or humidity and can happen with exposure to climactic heat without sufficient fluid intake.

Summer Heat



This is an extension of the heat pathology and usually manifests as heat stroke or sun stroke and more extreme cases of heat but always caused by overexposure to external environmental excess.

These EPFs can be treated by a combination of acupuncture, herbal medicine, cupping, and diet. For instance, if there is too much Dampness, it is essential to avoid damp-causing foods like sugar and dairy and consume drying foods such as ginger, watercress, and lotus root. Equally with heat, cooling foods are foods such as watermelon or cucumber. Acupuncture can be used to release the pathogen from the body as can cupping, which is effective in drawing out pathogenic heat. Moxibustion is very effective for introducing heat into an area of localised pathogenic cold.

The Seven Emotions

The five yin-organs produce 5 kinds of essential qi. TCM believes that certain organs are related to different organs and emotional activities:

- The **heart** is related to **joy**
- The **liver** is related to **anger**
- The **spleen** is related to **pensiveness**
- The **Lungs** are related to **anxiety**
- The **Kidneys** are related to **fear**

The seven emotions in TCM are:

Joy, Anger, Anxiety, Pensiveness, Grief, Fear, Fright

Pathogenic features of the Seven Emotions

Excess emotional activity causes yin-yang imbalance, disruptions in the flow of qi-blood, and blocks meridians and proper organ functions. Emotions may become so powerful that they become uncontrollable and overwhelm a person. The emotion then opens the door to disease. The emotions represent different human reactions to certain stimuli, and normally do not cause disease.

Pathogenic features:

- Directly impair organ qi (vital energy)
- Affect the functions of organ qi (vital energy)
- Create deteriorating effects of emotional instability

"When one is excessively joyful, the spirit scatters and can no longer be stored," states the Lingshu (The Vital Axis). However, in TCM, joy refers to a states of agitation or overexcitement, rather than the more passive notion of deep contentment. The organ most affected is the heart. Over-stimulation can lead to problems of heart fire connected with such symptoms as feelings of agitation, insomnia and palpitations.

喜 Joy



怒 Anger



Anger covers the full range of associated emotions including resentment, irritability, and frustration. An excess of rich blood makes one prone to anger. Anger will thus affect the liver, resulting in stagnation of liver qi (vital energy). This can lead to liver energy rising to the head, resulting in headaches, dizziness, and other symptoms. In the long run it can result in high blood pressure and can cause problems with the stomach and the spleen. It is commonly observed that ruddy, "full-blooded" people with flushed faces are more prone than others to sudden fits of rage at the slightest provocation

"When one feels anxiety, the qi (vital energy) is blocked and does not move." Anxiety injures the lungs, which control qi (vital energy) through breathing. Common symptoms of extreme anxiety are retention of breath, shallow, and irregular breathing. The shortage of breath experienced during periods of anxiety is common to everyone. Anxiety also injures the lungs' coupled organ, the large intestine. For example, over-anxious people are prone to ulcerative colitis.

憂 Anxiety



思 Pensiveness



In TCM, pensiveness or concentration is considered to be the result of thinking too much or excessive mental and intellectual stimulation. Any activity that involves a lot of mental effort will run the risk of causing disharmony. The organ most directly at risk is the spleen. This can lead to a deficiency of spleen qi (vital energy), in turn causing worry and resulting in fatigue, lethargy, and inability to concentrate.

The lungs are more directly involved with this emotion. A normal and healthy expression of grief can be expressed as sobbing that originates in the depths of the lungs - deep breathes and the expulsion of air with the sob. However, grief that remains unresolved and becomes chronic can create disharmony in the lungs, weakening the lung qi (vital energy). This in turn can interfere with the lung's function of circulating qi (vital energy) around the body.

悲 Grief



恐 Fear



Fear is a normal and adaptive human emotion. But when it becomes chronic and when the perceived cause of the fear cannot be directly addressed, then this is likely to lead to disharmony. The organs most at risk are the kidneys. In cases of extreme fright, the kidney's ability to hold qi (vital energy) may be impaired leading to involuntary urination. This can be a particular problem with children.

Fright is another emotion not specifically related to only one organ. It is distinguished from fear by its sudden, unexpected nature. Fright primarily affects the heart, especially in the initial stages, but if it persists for some time, it becomes conscious fear and moves to the kidneys.

驚 Fright



“Sub-Health” states in the body

“Sub-health” states are when the body is somewhere between health and disease.. For example, people often have headaches, dizziness, or fatigue, but nothing will appear on physical examination. From the TCM perspective, the body is reflecting an imbalance of yin and yang, qi, blood, and organs.

In comparison to healthy people, people in a “sub-health” state will have a higher chance of developing a psychological or physiological disease. To prevent and treat this state, one should pay attention to the healthy state of mind, eat properly, sleep regularly, and exercise. In addition, one should try to detect the early appearance of problems to deal with them early.

Classifications of “sub-health” states in TCM

- Stagnation of Liver-qi
- Phlegm, dampness generate internally
- Deficiencies in the heart and spleen
- Deficiency in the lung’s protective qi
- Deficiency in the liver and kidney
- Deficiencies in the spleen and kidney