

*Acupuncture Proven**Acupuncture**Study reveals health benefits of ancient healing art*

**It's official:** acupuncture really works

Study reveals health benefits of ancient healing art

Jo Revill, health editor

The Observer, Sunday 1 May 2005

Judith Ritchie slowly eases a fine steel needle into the back of her patient at a point marked out in felt-tip ink. As the needle is gently tapped, Judith explains: 'This point lies over the organ I want to strengthen, her liver. I want to improve the quality of her blood and her *yin*, which affects the energy balance.'

Acupuncture relies on a different language and different tools from Western medicine, but however strange it seems at first, this patient, Louise Shelver, is a convert. For years she has had debilitating migraines and pre-menstrual tension. 'The doctor told me that I could go on the Pill or have anti-depressants,' said Shelver, from Reading, Berkshire, who is treated fortnightly. 'I didn't want that, so I came here and it has totally altered my life.'

'The migraines come maybe every three months now, but they are not so bad and I feel like a different person. My husband has noticed a huge change because I don't get so low. Some days I feel on top of the world.'

Controversy has raged for years over whether acupuncture has only a placebo effect that makes people feel psychologically and physically better but changes nothing physiologically.

However, this weekend a new study reveals for the first time that it provokes a specific response in the brain, shedding light on how it might affect the body's pain pathways. This helps to explain why both patients and health professionals trained in Western medicine are increasingly turning to this ancient form of Chinese healing.

Ritchie is a qualified children's nurse who has spent the last nine months learning this complementary therapy.

'I began to realise acupuncture's use goes far beyond pain relief. In the West you treat a disease. With acupuncture you're treating the whole person - the root of the problems, not just the symptoms.'

'I can spend an hour or more with a patient. In the NHS you never get that time. Acupuncture can benefit so many adults'

More than two million treatments will be given this year. Most practitioners work in private clinics, charging around £30 a

*Acupuncture*

*empty****Acupuncture deactivates 'pain area' in brain*****Acupuncture deactivates 'pain area' in brain**<http://www.bris.ac.uk/news/2006/889.html>

Press release issued 21 January 2006

An experiment conducted in the BBC TV series *Alternative Medicine: The Evidence* (tx BBC 2, 9pm, 24 January 2006) presented by scientist Professor Kathy Sykes from Bristol University, shows that acupuncture has a powerful and measurable effect on the human brain. The effect is surprising, because scientists have previously predicted that parts of the cortex would be activated during acupuncture. This unique experiment suggests that, on the contrary, parts of the brain, The first programme in the three part series brings together a group of leading scientists including neuro-scientist Mark Lythgoe (UCL); neuro-physiologist Dr Aziz Asghar (Hull York Medical School); academic Dr George Lewith (Southampton University); and acupuncturist Dr Hugh McPherson (York University). Together they devise a rigorous scientific test to assess the neurological effect of acupuncture. Volunteers were subjected to a process acupuncturists call 'deep needling' and the findings were compared with a control group undergoing 'superficial needling'. 'Deep needling' involves having needles inserted approximately one centimetre into the back of the hand at a well known acupuncture point and the needles are then rotated by the practitioner until the effect acupuncturists call de chi is experienced - the subjects feeling a tingling sensation. Those undergoing 'superficial needling' have needles only inserted approximately one The most up-to-date functional magnetic resonance imager at York University was used, and continuous real time images were obtained with the latest Magneto-encephalography (MEG) scanning equipment. MEG is a new technology that measures the very faint magnetic fields that emanate from the head as a result of brain activity. As we see in this programme, when the results are analysed the scientists discover that 'superficial needling' results in activation of the motor areas of the cortex, a normal response to touch or pain. With 'deep needling' and de chi effect, a deeper part of the brain is affected. This is within what is often known as the limbic system, and is a part of the pain matrix. Surprisingly, this part of the brain is deactivated with 'deep needling'; neuroscientists are more familiar with interventions causing activations. This result seems to support anecdotal accounts of acupuncture (and some experimental studies) which Professor Sykes said: "I'm just thrilled that we managed to do a real scientific experiment, shaped and run by scientists and acupuncturists together, where we found something quite unexpected; that acupuncture is having a measurable effect on Dr Mark Lythgoe said: "This finding permits the team to suggest a novel neurobiological mechanism for the action of acupuncture, which may account for its therapeutic benefits. "

In *Alternative Medicine: The Evidence* Professor Kathy Sykes examines three forms of alternative medicine – acupuncture, healing and herbalism – to see if there is any scientific evidence for their effectiveness. In the first programme on acupuncture, in addition to this neuroscience study, she travels to the US and China where acupuncture is routinely used alongside conventional medicine in hospitals. In China she witnesses a conscious patient undergoing open-

*empty****acupuncture is becoming mainstream***

Increasingly, however, acupuncture is becoming mainstream, and it is being offered in the NHS because of patient demand. The profession is heading towards self-regulation on the recommendation of a House of Lords committee. This will protect patients more by preventing just anyone calling themselves acupuncturists.

The latest study is from researchers at Southampton University and University College London, who devised a clever trial to determine whether acupuncture worked by carrying out brain scans on patients receiving it.

The patients, all with painful osteoarthritis in their thumbs, were divided into three groups. The first group were touched by blunt needles which did not pierce the skin and had no therapeutic value.

The second had 'sham acupuncture' they believed was real. Their scans showed that one area of the brain associated with the production of natural opiates lit up.

In the third group, who received real acupuncture, the scans showed that, as well as the opiate centre, another region of the brain, the ipsilateral insular, was activated. This region appears to be involved in pain modulation.

Dr George Lewith, a research team member from Southampton, said: 'This shows us that real acupuncture produces a demonstrable physiological effect over and above a simple skin prick. 'We still don't fully understand how pain works, but we do know that after patients receive acupuncture there are changes in the way they manage their problems that last for up to two years.' Acupuncturists believe there are 12 energy pathways in the body, each associated with a different organ, and the treatment re-establishes the energy balance in organs when it goes awry. To treat an illness, practitioners take a full view of the patient, asking how their body functions, about their character and even their childhood. Treatment is varied accordingly. Fine needles are inserted into different points, either to stimulate or

It is said to work for an increasing number of conditions. Its worth for depression, migraines, chronic pain, rheumatism, eczema, multiple sclerosis and high blood pressure has been subjected to clinical studies. Yet a growing number of patients have it simply because they say that acupuncture makes them feel happier and more fulfilled.

The patients' profile is also changing. Gwyneth Paltrow and Cherie Blair are at the celebrity end of the scale, but such patients as retired firefighter John Thurston show how widespread acceptance of the therapy has become. Thurston, at 79, is one of the oldest patients at the College of Integrated Chinese Medicine in Reading, Berkshire, where he has been treated fortnightly for several months.

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### ***Acupuncture becoming popular treatment with dermatologists***

#### **Acupuncture becoming a popular treatment with dermatologists**

<http://www.naturalnews.com/012261.html>

Friday, October 07, 2005

by Mike Adams, the Health Ranger

Editor of NaturalNews.com (See all articles...)

#### **Summary**

Dermatologists like Dr. Ronald Sherman are considering new applications for acupuncture therapy, as more and more insurance plans are beginning to cover the treatment.

Original source:

[#### \*\*Details\*\*](http://www.news-</a></p></div><div data-bbox=)

After treatment with an antiviral drug, there seemed to be no improvement. The shingles -- a virus that affects nerve distribution -- were not going away and, after three visits, the man developed a case of Bell's Palsy, a temporary nerve paralysis. "To add salt to the wound, this made the whole left side of his face droop. It looked like he had a stroke," says Sherman, an associated with Advanced Dermatology Centre in Ormond Beach. "I had seen acupuncture help shingles, but I didn't know if it would help with Bell's Palsy. He adds he refers patients to acupuncturists quite often -- usually for pain that won't subside. Such non-prescription relief for stress-aggravated skin conditions is becoming more common. But how can meditation, tai-chi, biofeedback, hypnotherapy or counseling ease the symptoms of rosacea or hives? While the jury is still out on how many local dermatologists refer patients for such complementary treatment for skin ailments, it's

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### ***463 Acupuncture - Stay informed***

<http://www.naturalnews.com/012261.html>

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About the author: Mike Adams is a natural health author and award-winning journalist with a passion for sharing empowering information to help improve personal and planetary health. He has authored more than 1,800 articles and dozens of reports, guides and interviews on natural health topics, and he has authored and published several downloadable personal preparedness courses including a downloadable course focused on safety and self defence. Adams is an honest, independent journalist and accepts no money or commissions on the third-party products he writes about or the companies he promotes. In 2010, Adams launched TV.NaturalNews.com, a natural health video site featuring videos on holistic health and green living. He also launched an online retailer of environmentally-friendly products (BetterLifeGoods.com) and uses a portion of its profits to help fund non-profit endeavors. He's also a noted pioneer in the email marketing

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### ***Acupuncture - breast surgery patients - more relief than leading medicine***

#### **Acupuncture gives breast surgery patients more relief than leading medicine**

<http://www.naturalnews.com/011953.html>

#### **Summary**

In a recent study at Duke University Medical Centre, researchers found that patients undergoing acupuncture treatment reported decreased postoperative pain without the harmful side effects of other medications.

Original source:

[http://50connect.co.uk/index.asp?main=http%3A//50connect.co.uk/50c/articlePages/Health\\_index.asp%3Fsc%3Dalternativehealth%26aID%3D11358](http://50connect.co.uk/index.asp?main=http%3A//50connect.co.uk/50c/articlePages/Health_index.asp%3Fsc%3Dalternativehealth%26aID%3D11358)

#### **Details**

In the first such clinical trial of its kind, researchers at Duke University Medical Center have found that acupuncture is more effective at reducing nausea and vomiting after major breast surgery than the leading medication. The researchers also found that patients who underwent the 5,000-year-old Chinese practice reported decreased postoperative pain and increased satisfaction with their postoperative recovery. Treating postoperative nausea and vomiting (PONV) is an important medical issue. About 70 per cent of women who undergo major breast surgery requiring general anaesthesia suffer from this complication, according to Duke anaesthesiologist Dr. Tong Joo Gan, who led the trial. "The patients in our randomized trial who received acupuncture enjoyed a more comfortable recovery from their surgery than those who received an anti-sickness medication," Gan said. In the trial, Gan employed an electro-acupuncture device in which an

Learn more: <http://www.naturalnews.com/011953.html#ixzz2IobviJWB>

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## *Moxibustion*

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### ***Acupuncture and moxibustion - Traditional Chinese medicine (TCM)***

*Acupuncture and moxibustion*

[http://en.wikipedia.org/wiki/Traditional\\_Chinese\\_medicine](http://en.wikipedia.org/wiki/Traditional_Chinese_medicine)

*Main articles: Acupuncture and Moxibustion*

Traditional moxibustion set from Ibuki (Japan)

Acupuncture means insertion of needles into superficial structures of the body (skin, subcutaneous tissue, muscles) – usually at acupuncture points (acupoints) – and their subsequent manipulation; this aims at influencing the flow of qi. According to TCM it relieves pain and treats (and prevents) various diseases.

Acupuncture is often accompanied by moxibustion – which involves burning mugwort on or near the skin at an

In electro-acupuncture, an electrical current is applied to the needles once they are inserted, in order to further stimulate the respective acupuncture points.

#### *Efficacy*

*Main article: Acupuncture#Effectiveness for specific conditions*

The World Health Organization (WHO) has compiled a list of disorders for which acupuncture may have an effect: adverse reactions to chemotherapy and radiation, induction of labor, sciatica, dysmenorrhoea, depression, hypertension, rheumatoid arthritis, and low back pain. According to a 2007 review article, "the emerging clinical evidence seems to imply that acupuncture is effective for some but not all conditions". A 2011 Cochrane review documented that acupuncture is effective in the treatment of migraines, neck disorders, tension headaches, and some types of osteoarthritis, while results were inconclusive for efficacy in treating shoulder pain, lateral elbow pain, and low back pain, and negative for rheumatoid arthritis. There is evidence "that acupuncture provides a short-term clinically relevant effect when compared *Several review articles discussing the effectiveness of acupuncture have concluded that its effects may be due to placebo.*

There is general agreement that acupuncture is safe when administered by well-trained practitioners using sterile needles. Major adverse events are exceedingly rare and are usually associated with poorly trained unlicensed acupuncturists.

#### *Tui na*

*Main article: Tui na*

Tui na is a form of massage akin to acupressure (from which shiatsu evolved). Oriental massage is typically administered with the patient fully clothed, without the application of grease or oils. Choreography often involves thumb presses,

#### *Qigong*

*Main article: Qigong*

Qìgōng is a TCM system of exercise and meditation that combines regulated breathing, slow movement, and focused awareness, purportedly to cultivate and balance qi. One branch of qigong is qigong massage, in which the practitioner combines massage techniques with awareness of the acupuncture channels and points.

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### ***Acupuncture, Moxibustion and Herbs***

<http://nihseniorhealth.gov/cam/wholemedicalsystems/01.html>

**Acupuncture, Moxibustion and Herbs**

Acupuncture is the stimulation of specific points on the body by a variety of techniques, including the insertion of thin metal needles through the skin. It is intended to remove blockages in the flow of qi and restore and maintain health.

Moxibustion is the application of heat from the burning of an herb (usually mugwort) at the acupuncture point.

Herbs and other natural products in TCM are usually used together in formulas to fit a person's specific condition.

Ayurvedic medicine relies on therapies such as diet, exercise, meditation, herbs, massage, cleansing, exposure to sunlight, The goals of treatment are to eliminate impurities, reduce symptoms, reduce worry, increase harmony in a person's life, and increase resistance to disease.

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*Cupping*

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*Cupping - Traditional Chinese medicine (TCM)*

*Cupping*

[http://en.wikipedia.org/wiki/Traditional\\_Chinese\\_medicine](http://en.wikipedia.org/wiki/Traditional_Chinese_medicine)

*Acupuncture and moxibustion after cupping in Japan*

Cupping is a type of Chinese massage, consisting of placing several glass "cups" (open spheres) on the body. A match is lit and placed inside the cup and then removed before placing the cup against the skin. As the air in the cup is heated, it expands, and after placing in the skin, cools, creating lower pressure inside the cup that allows the cup to stick to the skin via suction. When combined with massage oil, the cups can be slid around the back, offering "reverse-pressure massage".

*Gua Sha*

Gua Sha is abrading the skin with pieces of smooth jade, bone, animal tusks or horns or smooth stones; until red spots then bruising cover the area to which it is done. It is believed that this treatment is for almost any ailment including cholera. The red spots and bruising take 3 to 10 days to heal, there is often some soreness in the area that has been treated.

*Die-da*

Diē-dá or bone-setting is usually practised by martial artists who know aspects of Chinese medicine that apply to the treatment of trauma and injuries such as bone fractures, sprains, and bruises. Some of these specialists may also use or recommend other disciplines of Chinese medical therapies (or Western medicine in modern times) if serious injury is

*Chinese food therapy*

*Regulations*

Many governments have enacted laws to regulate TCM practice.

*Hong Kong*

The Chinese Medicine Council of Hong Kong was established in 1999. It regulates the medicinals and professional standards for TCM practitioners. All TCM practitioners in Hong Kong are required to register with the Council. The eligibility for registration includes a recognised 5-year university degree of TCM, a 30-week minimum supervised clinical

*United States*

As of July 2012, only six states do not have existing legislation to regulate the professional practice of TCM. These six states are Alabama, Kansas, North Dakota, South Dakota, Oklahoma, and Wyoming. In 1976, California established an Acupuncture Board and became the first state licensing professional acupuncturists.

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*Yin and yang*

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### *Yin and yang - Traditional Chinese medicine (TCM)*

#### **Yin and yang**

[http://en.wikipedia.org/wiki/Traditional\\_Chinese\\_medicine](http://en.wikipedia.org/wiki/Traditional_Chinese_medicine)

*Main article: Yin and yang*

Yin and yang are ancient Chinese concepts which can be traced back to the Shang dynasty (1600–1100 BC). They represent two abstract and complementary aspects that every phenomenon in the universe can be divided into. Primordial analogies for these aspects are the sun-facing (yang) and the shady (yin) side of a hill. Two other commonly used representational allegories of yin and yang are water and fire. In the yin-yang theory, detailed attributions are made

Phenomenon Yin Yang

Celestial bodies moon sun

Gender female male

Location inside outside

Temperature cold hot

Direction downward upward

Degree of humidity damp/moist dry

The concept of yin and yang is also applicable to the human body; for example, the upper part of the body and the back are assigned to yang, while the lower part of the body are believed to have the yin character. Yin and yang characterization also extends to the various body functions, and – more importantly – to disease symptoms (e.g., cold and heat sensations are assumed to be yin and yang symptoms, respectively). Thus, yin and yang of the body are seen as phenomena whose

Yin vacuity (also termed "vacuity-heat"): heat sensations, possible night sweats, insomnia, dry pharynx, dry mouth, dark urine, a red tongue with scant fur, and a "fine" and rapid pulse.

Yang vacuity ("vacuity-cold"): aversion to cold, cold limbs, bright white complexion, long voidings of clear urine, diarrhoea, pale and enlarged tongue, and a slightly weak, slow and fine pulse.

TCM also identifies drugs believed to treat these specific symptom combinations, i.e., to reinforce yin and yang.

#### *Interactions of Wu Xing*

[edit]*Five Phases theory*

*Main article: Wu Xing*

Five Phases, sometimes also translated as the "Five Elements" theory, presumes that all phenomena of the universe and nature can be broken down into five elemental qualities – represented by wood, fire, earth, metal, and water. In this

Phenomenon Wood Fire Earth Metal Water

Direction east south centre west north

Colour green/blue red yellow white black

Climate wind heat damp dryness cold

Taste sour bitter sweet acrid salty

Zang Organ Liver Heart Spleen Lung Kidney

Fu Organ Gallbladder Small Intestine Stomach Large Intestine Bladder

Sense organ eye tongue mouth nose ears

Facial part above bridge of nose between eyes, lower part bridge of nose between eyes, middle part cheeks (below

Eye part iris inner/outer corner of the eye upper and lower lid sclera pupil

Strict rules are identified to apply to the relationships between the Five Phases in terms of sequence, of acting on each other, of counteraction etc. All these aspects of Five Phases theory constitute the basis of the zàng-f concept, and thus have great influence regarding the TCM model of the body. Five Phase theory is also applied in diagnosis and therapy.

Correspondences between the body and the universe have historically not only been seen in terms of the Five Elements, but also of the "Great Numbers". For example, the number of acupoints has at times been seen to be 365, in correspondence with the number of days in a year: and the number of main meridians – 12 – has been seen in

*Old Chinese medical chart on acupuncture meridians*

### **Model of the body**

*Main article: TCM model of the body*

TCM's view of the human body is only marginally concerned with anatomical structures, but focuses primarily on the body's functions (such as digestion, breathing, temperature maintenance, etc.):

"The tendency of Chinese thought is to seek out dynamic functional activity rather than to look for the fixed somatic structures that perform the activities. Because of this, the Chinese have no system of anatomy comparable to that of the —Ted Kaptchuk, *The Web That Has No Weaver*

These functions are aggregated and then associated with a primary functional entity – for instance, nourishment of the tissues and maintenance of their moisture are seen as connected functions, and the entity postulated to be responsible for these functions is xuě (blood) – but this is mainly a matter of stimulation, not The primary functional entities used by traditional Chinese medicine are qì, xuě, the fivàng organs, the six f organs, and the meridians which extend through the organ systems. These are all theoretically interconnected: each zàng organ is paired with a f organ, which are nourished by the blood and concentrate qi for a particular function, with meridians being Attempts to reconcile these concepts with modern science – in terms of identifying a physical correlate of them – have so

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*Qi*

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### ***Qi - Traditional Chinese medicine (TCM)***

**Qi**

*Main article: Qi*

[http://en.wikipedia.org/wiki/Traditional\\_Chinese\\_medicine](http://en.wikipedia.org/wiki/Traditional_Chinese_medicine)

TCM distinguishes not only one but several different kinds of qì (simplified Chinese: 气; traditional Chinese: In a general sense, qi is something that is defined by five "cardinal functions":

Actuation – of all physical processes in the body, especially the circulation of all body fluids such as blood in their vessels. This includes actuation of the functions of the zang-fu organs and meridians.

Warming – the body, especially the limbs.

Defence – against Exogenous Pathogenic Factors

Containment – of body fluids, i.e. keeping blood, sweat, urine, semen etc. from leakage or excessive emission.

Transformation – of food, drink, and breath into qi, xue (blood), and jinye (“fluids”), and/or transformation of all of the

Vacuity of qi will especially be characterized by pale complexion, lassitude of spirit, lack of strength, spontaneous sweating, laziness to speak, non-digestion of food, shortness of breath (especially on exertion), and a pale and enlarged

Qi is believed to be partially generated from food and drink, and partially from air (by breathing). Another considerable part of it is inherited from the parents and will be consumed in the course of life.

In terms of location, TCM uses special terms for qi running inside of the blood vessels and for qi which is distributed in the skin, muscles, and tissues between those. The former is called yíng-qì, its function is to complement xuè and its nature has a strong yin aspect (although qi in general is considered to be yang). The latter is called wèi-qì. its main function is

Qi also circulates in the meridians. Just as the qi held by each of the zang-fu organs, this is considered to be part of the “principal” qi (元氣. pinyin: yuánqì) of the body (also called 真氣 pinyin: zhēnqì “true” qi. or 原氣 pinyin: yuánqì).

### Xue

In contrast to the majority of other functional entities, blood (血) is correlated with a physical form – the red liquid running in the blood vessels. Its concept is, nevertheless, defined by its functions: nourishing all parts and tissues of the body, safeguarding an adequate degree of moisture, and sustaining and soothing both consciousness and sleep.

Typical symptoms of a lack of xuè (usually termed “blood vacuity” 血虛 pinyin: xuèxū) are described as: Pale white or withered-yellow complexion, dizziness, flowery vision, palpitations, insomnia, numbness of the extremities, pale tongue, “fine” pulse.

### Jinye

Closely related to xuè are the jīn yè (津液, usually translated as “body fluids”), and just like xuè they are considered to be yin in nature, and defined first and foremost by the functions of nurturing and moisturizing the different structures of the body. Their other functions are to harmonize yin and yang, and to help with the secretion of

Jinye are ultimately extracted from food and drink, and constitute the raw material for the production of xuè; conversely, xuè can also be transformed into jinye. Their palpable manifestations are all bodily fluids: tears, sputum, saliva, gastric juice, joint fluid, sweat, urine, etc.

Semen is another bodily fluid which is often included, especially in the context of shared philosophies between TCM & Qi Gong. Also the 3 energies of TCM are listed as JING (essence), QI (vital energy), and SHEN (spirit), and the common name for semen is jīng yè. However all the bodily fluids listed in the previous paragraph, as well as semen, are viewed as

### Zang-fu

Main article: Zang-fu

The zàng-fu constitute the centre piece of TCM’s systematization of bodily functions. Bearing the names of organs, they are, however, only secondarily tied to (rudimentary) anatomical assumptions (the f a little more, the zàng much less). As they are primarily defined by their functions, they are not equivalent to the anatomical organs – to highlight this fact, their The term zàng refers to the five entities considered to be yin in nature – Heart, Liver, Spleen, Lung, Kidney –, while f refers to the six yang organs – Small Intestine, Large Intestine, Gallbladder, Urinary Bladder, St

The zàng’s essential functions consist in production and storage of qì and blood; in a wider sense they are stipulated to regulate digestion, breathing, water metabolism, the musculoskeletal system, the skin, the sense organs, aging, emotional processes, mental activity etc. The f organs’ main purpose is merely to transmit and digest substances like waste, food, Since their concept was developed on the basis of W Xíng philosophy, each zàng is paired with a f, and each zàng-f pair is assigned to one of five elemental qualities (i.e., the Five Elements or Five Phases). *These correspondences are*

Fire (火) = Heart (心, pinyin: xīn) and Small Intestine (小腸, pinyin: xiǎo cháng) (and, secondarily, Sanjiao (三焦, "Triple Burner") and Pericardium (心包, pinyin: xīn bāo)

Earth (土) = Spleen (脾, pinyin: pí) and Stomach (胃, pinyin: wèi)

Metal (金) = Lung (肺, pinyin: fèi) and Large Intestine (大腸, pinyin: dàcháng)

Water (水) = Kidney (腎, pinyin: shèn) and Bladder (膀胱, pinyin: pīngguāng)

Wood (木) = Liver (肝, pinyin: gān) and Gallbladder (膽, pinyin: dǎn)

The zàng-f are also connected to the twelve standard meridians – each yang meridian is attached to a f organ and five of the yin meridians are attached to a zàng. As there are only five zàng but six yin meridians, the sixth is assigned to the Pericardium, a peculiar entity almost similar to the Heart zàng.

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*Jing-luo*

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*Jing-luo - Traditional Chinese medicine (TCM)*

**Jing-luo**

[http://en.wikipedia.org/wiki/Traditional\\_Chinese\\_medicine](http://en.wikipedia.org/wiki/Traditional_Chinese_medicine)

*Acupuncture chart from the Ming Dynasty (c. 1368–1644)*

*Main article: Meridian (Chinese medicine)*

The meridians are believed to be channels running from the zàng-f in the interior of the body to the limbs and joints, transporting qi and xu (blood). TCM identifies 12 "regular" and 8 "extraordinary" meridians. There's also a number of less customary channels branching off from the "regular" meridians.

### Concept of disease

In general, disease is perceived as a disharmony (or imbalance) in the functions or interactions of yin, yang, qi, xu, zàng-f, meridians etc. and/or of the interaction between the human body and the environment. Therapy is based on which "pattern of disharmony" can be identified. Thus, "pattern discrimination" is the most important step in TCM diagnosis. It

In order to determine which pattern is at hand, practitioners will examine things like the color and shape of the tongue, the relative strength of pulse-points, the smell of the breath, the quality of breathing or the sound of the voice. For example, depending on tongue and pulse conditions, a TCM practitioner might diagnose bleeding from the mouth and nose as: "Liver fire rushes upwards and scorches the Lung, injuring the blood vessels and giving rise to reckless pouring of blood from the mouth and nose.". He might then go on to prescribe treatments designed to clear heat or supplement the Lung.

### Disease entities

In TCM, a disease has two aspects: "bìng" and "zhèng". The former is often translated as "disease entity", "disease category", "illness", or simply "diagnosis". The latter, and more important one, is usually translated as "pattern" (or sometimes also as "syndrome"). For example, the disease entity of a common cold might present with a pattern of wind-

From a scientific point of view, most of the disease entities (病, pinyin: bìng) listed by TCM constitute mere symptoms. Examples include headache, cough, abdominal pain, constipation etc.

Since therapy will not be chosen according to the disease entity but according to the pattern, two patients with the same disease entity but different patterns will receive different therapy. Vice versa, patients with similar patterns might receive similar therapy even if their disease entities are different. This is called "different diseases, same treatment: same disease."

In TCM, "pattern" refers to a "pattern of disharmony" or "functional disturbance" within the functional entities the TCM model of the body is composed of. There are disharmony patterns of qi, xu, the zàng-f and the meridians. They are ultimately defined by their symptoms and "signs" (i.e., for example, pulse and

## Patterns

In clinical practice, the identified pattern usually involves a combination of affected entities (compare with typical examples of patterns). The concrete pattern identified should account for all the symptoms a patient has.

### Six Excesses

The Six Excesses sometimes also translated as "Pathogenic Factors", or "Six Pernicious Influences"; with the alternative term of 六邪, pinyin: liù xié, – "Six Evils" or "Six Devils") are allegorical terms used to describe disharmony patterns displaying certain typical symptoms. These symptoms resemble the effects of six climatic factors. In the allegory, these symptoms can occur because one or more of those climatic factors (called 六气, pinyin: liù qì, "the six qi") were able to invade the body surface and to proceed to the interior. This is sometimes used to draw causal relationships (i.e., prior exposure to wind/cold/etc. is identified as the cause of a disease), while other authors explicitly deny a direct cause-effect relationship between weather conditions and disease, pointing out that the Six Excesses are primarily descriptions of a certain combination of symptoms translated into a pattern of disharmony. It is undisputed, though, that the Six Excesses

*The Six Excesses and their characteristic clinical signs are:*

Wind (风, pinyin: fēng): rapid onset of symptoms, wandering location of symptoms, itchy, ~~agitated~~ "floating" pulse; tremor, paralysis, convulsion.

Cold (寒, pinyin: hán): cold sensations, aversion to cold, relief of symptoms by warmth, watery/clear excreta, severe pain, abdominal pain, contracture/hypertonicity of muscles, (slimy) white tongue fur, "deep"/"hidden" or "string-like" pulse, or Fire/Heat (火, pinyin: huǒ): aversion to heat, high fever, thirst, concentrated urine, red face, red tongue, yellow tongue fur, rapid pulse. (Fire and heat are basically seen to be the same)

Dampness (湿, pinyin: shī): sensation of heaviness, sensation of fullness, symptoms of Spleen dysfunction, greasy tongue fur, "slippery" pulse.

Dryness (燥, pinyin: zào): dry cough, dry mouth, dry throat, dry lips, nosebleeds, dry skin, dry stools.

Summer heat (暑, pinyin: shǔ): either heat or mixed damp-heat symptoms.

TCM gives detailed prescriptions of these patterns regarding their typical symptoms, mostly including characteristic tongue and/or pulse findings. *For example:*

"Upflaming Liver fire" (肝火上炎, pinyin: gānhuǒshàng yán): Headache, red face, reddened eyes, dry mouth, nosebleeds, constipation, dry or hard stools, profuse menstruation, sudden tinnitus or deafness, vomiting of sour or bitter fluids, expectoration of blood, irascibility, impatience: red tongue with dry yellow fur: slippery and string-like pulse.

### Basic principles of pattern discrimination

The process of determining which actual pattern is on hand is called 辨证 (pinyin: biàn zhèng, usually translated as "pattern diagnosis", "pattern identification" or "pattern discrimination"). Generally, the first and most important step in pattern diagnosis is an evaluation of the present signs and symptoms on the basis of the "Eight Principles" (八纲, pinyin: bā gāng). These eight principles refer to four pairs of fundamental qualities of a disease: exterior/interior, heat/cold, vacuity/repletion, and yin/yang. Out of these, heat/cold and vacuity/repletion have the biggest clinical importance. The yin/yang quality, on the other side, has the smallest importance and is somewhat seen aside from the other. Exterior (表, pinyin: biǎo) refers to a disease manifesting in the superficial layers of the body – skin, hair, flesh, and meridians. It is characterized by aversion to cold and/or wind, headache, muscle ache, mild fever, a "floating" pulse, and an Interior (里, pinyin: lǐ) refers to disease manifestation in the ~~zàng-f~~, or (in a wider sense) to any disease that can not be counted as exterior. There are no generalized characteristic symptoms of interior patterns, since they'll be determined by Cold (寒, pinyin: hán) is generally characterized by aversion to cold, absence of thirst, and a white tongue fur. More detailed characterization depends on whether cold is coupled with vacuity or repletion.

Heat (热, pinyin: rè) is characterized by absence of aversion to cold, a red and painful throat, a dry tongue fur and a rapid and floating pulse, if it falls together with an exterior pattern. In all other cases, symptoms depend on whether heat is

Vacuity (虚, pinyin: xū) often referred to as "deficiency", can be further differentiated into yin and yang, with all their respective characteristic symptoms. Yin vacuity can also be termed "vacuity-heat", while yang vacuity is equivalent to "vacuity-cold".

Repletion (实, pinyin: shí) often called "excess", generally refers to any disease that can't be identified as a vacuity pattern, and usually indicates the presence of one of the Six Excesses, or a pattern of stagnation (of qi, ~~血~~ and/or concurrent exterior pattern, repletion is characterized by the absence of sweating. The signs and symptoms of repletion-cold patterns are equivalent to cold excess patterns, and repletion-heat is

Yin and yang are universal aspects all things can be classified under, this includes diseases in general as well as the Eight Principles' first three couples. For example, cold is identified to be a yin aspect, while heat is attributed to yang. Since descriptions of patterns in terms of yin and yang lack complexity and clinical practicality, though, patterns are usually not labelled this way any more. Exceptions are vacuity-cold and repletion-heat patterns, who are sometimes referred to as "yin

After the fundamental nature of a disease in terms of the Eight Principles is determined, the investigation focuses on more specific aspects. By evaluating the present signs and symptoms against the background of typical disharmony patterns of the various entities, evidence is collected whether or how specific entities are affected. This evaluation can be done in respect of the meridians (经络辨证, pinyin: jīng-luò zhèng)

in respect of qi (气血辨证, pinyin: qì xuè bàn zhèng)

in respect of xu (气虚辨证, pinyin: qì xuē bàn zhèng)

in respect of the body fluids (津液辨证, pinyin: jīn-yàn zhèng)

in respect of the zàng-fǔ – very similar to this, though less specific, is disharmony pattern description in terms of the Five

There are also three special pattern diagnosis systems used in case of febrile and infectious diseases only ("Six Channel system" or "six division pattern" "Wei Qi Ying Xue system" or "four division pattern", "San Jiao system" or "three burners

### *Considerations of disease causes*

Although TCM and its concept of disease do not strongly differentiate between cause and effect, pattern discrimination can include considerations regarding the disease cause; this is called "disease-cause pattern discrimination").

There are three fundamental categories of disease causes recognized:

external causes: these include the Six Excesses and "Pestilential Qi".

internal causes: the "Seven Affects", sometimes also translated as "Seven Emotions") – joy, anger, brooding, sorrow, fear, fright and grief. These are believed to be able to cause damage to the functions of the zàng-fú, especially of the Liver.

non-external-non-internal causes: dietary irregularities (especially: too much raw, cold, spicy, fatty or sweet food;

voracious eating; too much alcohol), fatigue, sexual intemperance, trauma, and parasites.

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*Qi Gong*

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### *Qi Gong means literally, Energy Cultivation*

#### **Qi Gong**

Qi Gong means literally, "Energy Cultivation," and refers to exercises which improve health and longevity as well as increase the sense of harmony within oneself and in the world. There are thousands of such exercises. In fact, anything you do with the intention of benefiting your energy can be considered Qi Gong.

Practising Qi Gong lowers blood pressure, pulse rates, metabolic rates, lactate production, and oxygen demand. It raises the endocrine system's capabilities. It also has a regulating effect on the substances cyclic adenosine monophosphate and cyclic guanosine monophosphate. These substances play basic roles in respiration and the provision of oxygen to the body's cells. The sense of serenity Qi Gong produces results partly from a slightly increased body temperature, and an

Qi Gong activates Qi, improves blood circulation, and balances yin yang. It bolsters the immune system, and stimulates the conductivity of the meridians and channels through which qi flows

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***Tuina uses the traditional Chinese medical theory***

**Tuina**

Tuina uses the traditional Chinese medical theory of the flow of Qi through the meridians as its basic therapeutic orientation. Through the application of massage and manipulation techniques Tuina seeks to establish a more harmonious flow of Qi through the system of channels and collaterals, allowing the body to naturally heal itself.

Tuina methods include the use of hand techniques to massage the soft tissue (muscles and tendons) of the body, acupressure techniques to directly affect the flow of Qi, and manipulation techniques to realign the musculoskeletal and

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***Tai Chi***

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***Tai Chi developed out of the practice of Qi***

***Gong***

**Tai Chi**

Like other Chinese martial arts, Tai Chi has developed out of the practice of Qi Gong. It helps promote inner relaxation and strength, if practised regularly. Tai Chi blends the internal meditation associated with Qi Gong with an external

Tai Chi, as it is practised in the west today, can perhaps best be thought of as a moving form of yoga and meditation combined. There are a number of so-called forms (sometimes also called 'sets') which consist of a sequence of movements. Many of these movements are originally derived from the martial arts (and perhaps even more ancestrally than that, from the natural movements of animals and birds) although the way they are performed in Tai Chi is slowly, softly and

For many practitioners the focus in doing them is not, first and foremost, martial, but as a meditative exercise for the body. For others the combat aspects of Tai Chi are of considerable interest.

Another aim of Tai Chi is to foster a calm and tranquil mind, focused on the precise execution of these exercises. Learning to do them correctly provides a practical avenue for learning about such things as balance, alignment, fine-scale motor

Thus the practice of Tai Chi can in some measure contribute to being able to better stand, walk, move, run, etc. in other spheres of life as well. Many practitioners notice benefits in terms of correcting poor postural, alignment or movement patterns which can contribute to tension or injury. Furthermore the meditative nature of the exercises is calming and

What are the health benefits of Tai chi?

The health benefits of Tai Chi Chuan are numerous and well documented. A review of medical literature found documented evidence for the following effects of regular Tai Chi practice:

Tai Chi is a moderate cardiovascular training exercise, which also has a significant effect on lung function.

Tai Chi can beneficially alter the lipid profile, raising the possibility that practising Tai Chi might be favourable in the

Tai Chi is one of the few exercises that is appropriate for virtually any person regardless of their condition - it can even be done in a chair or bed. It has also been shown to improve the activities of daily living for people with rheumatoid arthritis, osteoarthritis, Parkinson's disease, multiple sclerosis - to name a few.

Tai Chi helps regulate the immune system.

Tai Chi helps postural alignment and helps reduce spinal degeneration.

Tai Chi is a weight bearing exercise, which raises the possibility of benefits for maintaining bone density.

Tai Chi is rated as a highly effective exercise for prevention of falls in the elderly

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*Japanese Shiatsu*

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*Shiatsu*

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*Japanese Martial Arts*

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*What are Martial Arts*

**What are Martial Arts?**

Most of us are familiar with the term martial arts, whether it is from personal experience or from watching television shows or movies featuring the moves of this dazzling sport. Technically defined, martial arts are systems of combat and self-defence. Developed in various countries including China, Korea, Indonesia, and the Philippines, martial arts systems have been around for centuries. Martial arts are now becoming more and more popular, especially amongst North Americans. Practised not only as a way to learn self defence. martial arts allow followers to increase personal fitness. reduce stress.

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*What are the Health Benefits of Martial Arts*

**What are the Health Benefits of Martial Arts?**

Martial arts aren't just about self-defence any more, although this can still be a major benefit to practising these sports. Instead, more and more men and women are turning to martial arts because of the vast array of health benefits associated. *Some of the health benefits that regular practice of a martial art can bring you include:*

Increased muscle strength

Heightened stamina

Weight loss and weight maintenance

Improved flexibility

better posture and balance

Improved agility

When combined with a healthy diet, regular practice of a martial art can even help to lower your risk of cardiovascular disease. But the benefits of martial arts aren't just physical – these sports also work wonders for your mental and emotional  
Reduce stress

Improve concentration

Increase self confidence

What Is Involved in Martial Arts?

*Each system of martial arts is different, however, most combine some of the following features:*

*Forms:* Most martial arts involve the practice of various forms, which are poses or movements performed in a routine.

These routines can be practised alone or with a partner and may involve kicking, jumping, or punching. Forms are

*Sparring:* Most martial arts feature some type of sparring, whether it be light, moderate, or heavy contact. Sparring involves fighting with an opponent while protected with foam padding and other protective gear.

*Self Defence:* The major goal of most martial arts systems is self-defence. The moves that you will learn will increase your ability to defend yourself against another person's advances, and help you to deal with physical confrontation.

*TCM Resources*

>> Acupuncture May Cool Night Hot Flashes

>> Study Says Acupuncture Relieves Low Back Pain Over Long-Term

>> Acupuncture Reduces Chronic Neck Pain; Massage Benefits Still Unclear

>> Acupuncture May Help Ease Fibromyalgia

>> Mayo Clinic Study Finds Acupuncture Relieves

>> Symptoms of Fibromyalgia

>> Acupuncture deactivates 'pain area' in brain

>> Study Shows Acupuncture Can Treat Chronic Headaches

>> Health Watch: Using Acupuncture In Heart Patients

>> Acupuncture gives breast surgery patients more relief than leading medicine

>> Acupuncture becoming a popular treatment with dermatologists

>> Acupuncture now treats many children

>> Acupuncture May Improve Sperm Quality

>> New Report Indicates Acupuncture Provides

>> It's official: acupuncture really works

>> How acupuncture helps stroke patients

>> How acupuncture helps stroke patients

>> Acupuncture treatment can significantly improve bladder capacity, urgency, frequency and quality of life

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*Chinese food therapy*

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*Traditional Chinese Medicine and*

*Food Therapy*

**One of the 5 major branches of Traditional Chinese Medicine is Food Therapy**

<http://www.tcmec.org/foodtherapy.htm>

Different kinds of foods can be used as treatments for various ailments. Before suggesting a therapeutic diet, there are many factors to consider: the patient's constitution, the nature of the patient's illness and type of syndrome, and even the season and climate. The proper diet for the patient is based on all of these factors, not just upon the disease alone. A prescribed diet can be used not only for treating disease, but also for maintaining a person's good health. Garlic, for example, can be used to treat indigestion, diarrhoea, dysentery, and whooping cough. But because garlic kills bacteria, detoxifies poisons, strengthens the stomach and promotes digestion, it has also been known to prevent flu and epidemic encephalomyelitis. Fortunately, most of the **foods and herbs used in diet therapy** have a good taste and are pleasant to

#### **Column4**

#### **Table of foods and herbs used in diet therapy**

##### **Other Foods**

Coix seed  
Chrysanthemum flower  
Garlic  
Ginger  
Ginseng  
Honey  
Kelp  
Maltose  
Pepper  
Peppermint  
Peppertree seed  
Potato  
Red pepper  
Round grain rice  
Salt  
Sesame  
Sugar, brown  
Sugar, white  
Tofu  
Vinegar  
Walnut kernel

##### **Meat and Poultry**

Beef  
Black -boned chicken  
Chicken  
Duck  
Mutton  
Pork

##### **Dairy Products**

Milk  
Egg

*One of the 5 major branches of  
Traditional Chinese Medicine is Food Therapy*

#### **Food Therapy**

One of the 5 major branches of Traditional Chinese Medicine is Food Therapy.

Different kinds of foods can be used as treatments for various ailments. Before suggesting a therapeutic diet, there are many factors to consider: the patient's constitution, the nature of the patient's illness and type of syndrome, and even the season and climate. The proper diet for the patient is based on all of these factors. not just upon the disease alone.

A prescribed diet can be used not only for treating disease, but also for maintaining a person's good health. Garlic, for example, can be used to treat indigestion, diarrhoea, dysentery, and whooping cough. But because garlic kills bacteria, detoxifies poisons, strengthens the stomach and promotes digestion, it has also been known to prevent flu and epidemic encephalomyelitis. Fortunately, most of the foods and herbs used in diet therapy have a good taste and are pleasant to take.

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### *Chinese food therapy*

#### **Chinese food therapy**

[http://en.wikipedia.org/wiki/Chinese\\_food\\_therapy](http://en.wikipedia.org/wiki/Chinese_food_therapy)

Chinese food therapy is a practice in the belief of healing through the use of natural foods instead of medications. Chinese food or Nutrition therapy, is a modality of traditional Chinese medicine, as opposed to evidence-based medicine.

One of the central ideas in this belief system is that certain foods have a "hot" or heat inducing quality while others have a "cold" or chilling effect on one's body, organs or "energy" levels. The idea being that one's imbalance of natural "heat" and "cold" in a body can cause disease or be more conducive towards sickness. Although, in this belief system, it does not necessarily mean one's internal "heat" or "cold" balance is directly related to being physically hot (to the point of sweating) or cold (feeling chilly from cold weather). As an example, if one had a cold, or felt he was about to get a cold, he would not want to eat any "cold" foods such as a lemon, melon or cucumber. If one had a so-called "hot" disease, like Eczema, then he would not want to eat "hot" foods such as garlic, onions, or chocolate lest the "hot" disease is worsened. Indeed, it is thought by some that these "hot" or "cold" properties of foods are so intense that merely the eating of too many of one or

This belief in foods having inherent "hot" or "cold" properties is prevalent throughout greater China. It is particularly popular among Cantonese people who enjoy slow-cooked soups. One of the most commonly known is a rice soup that goes by many names including congee and jook (Mandarin "zhou"). This is a traditional breakfast for Asian people all over the world. Congee recipes vary infinitely, depending upon the desired health benefits as well as taste.

Chinese food therapy dates back as early as 2000 BC. However, proper documentation was only found around 500 BC. The Yellow Emperor's Classic of Internal Medicine, also known as the Huangdi Neijing, which was written around 300 BC, was most important in forming the basis of Chinese food therapy. It classified food by four food groups, five tastes

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### *FRUIT Apple ...*

#### **Fruit**

<http://www.tcmec.org/foodtherapy.htm>

#### **Apple**

##### **Nature: cool**

Flavour: sweet and sour

Channels: spleen and stomach

Other: large amounts of fructose, malic acid, tannic acid, fibre, pectin, calcium, phosphorus, iron, and potassium

Effects: Apples strengthen Qi. They are also a good autumn food as they promote the production of body fluid and relieve thirst. It can improve poor appetite, increase functioning of the spleen and stomach, and reduce mental fatigue.

## **Apricot**

**Nature:** sweet

Flavour: neutral

Channels: lung and large intestine

Other: carbohydrates and sugar, carotene, protein, iron, calcium, phosphorus, and vitamins A, B and C

Effects: Apricots moisten the lungs and relieve asthma and constipation. They are used to treat coughs and asthma due to consumption, and constipation due to dryness of the intestinal tract.

## **Banana**

**Nature:** cold

Flavour: sweet

Channels: lung and large intestine

Other: It contains starch, potassium, protein, fat, sugar, vitamins A, B, C, and E, pectin, calcium, phosphorus, and iron

Effects: Bananas clear away pathogenic heat, cool the blood, promote the production of body fluid, arrest thirst, moisturise the intestines, remove poisons and lower blood pressure. They treat restlessness and thirst caused by febrile diseases, constipation, and bleeding due to haemorrhoids. Bananas are a good food for autumn because of its moistening quality.

## **Cherry**

**Nature:** warm

Flavour: sweet

Channels: spleen and stomach

Other: iron (the highest percentage of iron of all the fruits), protein, sugar, phosphorus, carotene and vitamin C

Effects: The effects of cherries include invigorating the spleen and stomach, expelling wind and removing dampness, and inducing the eruption of measles. They are used for the treatment of anaemia, weakness after illness, poor function of the

## **Chinese Date (Red Date)**

**Nature:** warm

Flavour: sweet

Channels: stomach and spleen

Other: carbohydrates (20-40 % in fresh dates and more than 60 % in dried dates), protein, fat, a large amount of vitamins B and C, carotene, calcium, phosphorus and iron

Effects: Red Dates improve the function of the spleen and stomach, replenish Qi, promote the production of body fluid, increase immunity, and lower blood cholesterol. They can be used to treat fatigue, diarrhoea, insomnia, thirst, anaemia, low

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## **Grape ...**

<http://www.tcmec.org/foodtherapy.htm>

## **Grape**

**Nature:** neutral

Flavour: sweet and sour

Channels: lung, spleen and kidney

Other: glucose, fructose, sucrose, protein, calcium, phosphorus, carotene, vitamins B1, B2, C and nicotinic acid.

Effects: Grapes invigorate Qi and enrich the blood, strengthen the bones and muscles, nourish Yin, promoting the production of body fluid and promote urination. Grapes can increase Qi and Blood. They also treat coughs, palpitation, night-sweats, joint pain due to wind-dampness, slow and painful discharge of the urine, fatigue and oedema. Grapes are a

## **Grapefruit**

**Nature:** cold

Flavour: sweet and sour

Channels: lung and stomach

Other: sugars, vitamin C, citric acid, calcium, and phosphorus

Effects: Grapefruit can increase the production of body fluids, easing thirst. It can improve appetite, dissolve phlegm, and stop cough. There are reports fresh grapefruit juice contains insulin like substances which can lower blood sugar.

### **Hawthorn Fruit**

**Nature: slightly warm**

Flavour: sour, sweet

Channels: spleen, stomach, and liver

Other: sugar, malic acid, citric acid, protein, iron, calcium, carotene, riboflavin, niacin, and a large amount of vitamin C

Effects: Hawthorn fruit is good at promoting digestion, strengthening the stomach, promoting blood circulation, removing blood cloudiness, and destroying parasites. An experiment showed that hawthorn fruit can lower blood lipids and blood pressure by dilating the coronary artery and exciting the central nervous system. It is used to treat indigestion due to overeating, masses in the abdomen, phlegm retention, feelings of fullness in the chest and upper abdomen, diarrhoea.

### **Lemon**

**Nature: slightly cold**

Flavour: sour

Channels: stomach, liver, and lung

Other: Lemons contain sugars, calcium, phosphorus, iron, vitamins B1, B2 and C, niacin, citric acid, and malic acid

Effects: Lemons have the effects of cooling and relieving summer-heat, promoting the production of body fluids, easing thirst, and regulating the stomach. For the average healthy person, taking powdered lemon can improve the working functions of muscles and alleviate physical strain and fatigue. For the sick, intake of powdered lemon can improve visual

### **Longan Fruit**

**Nature: warm**

Flavour: sweet

Channels: heart and spleen

Other: glucose, sucrose, vitamins A and B, a little fat, protein, and amino acids

Effects: Longan fruit has the ability to invigorate the heart and spleen, promote body fluid, moisten the five viscera (spleen, lung, kidney, liver and heart), nourish the blood and Qi and tranquillize the heart and mind. It is used to treat

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### **Orange ...**

<http://www.tcmec.org/foodtherapy.htm>

### **Orange Fruit**

**Nature: cool**

Flavour: sweet

Channels: stomach and bladder

Other: glucose, fructose, sucrose, very little protein and fat, niacin, carotene, vitamins A, B2, B1 and C, malic acid and

Effects: Oranges can clear away heat, promote the production of body fluid, and enhance the flow of Qi and blood circulation. The fruit of the orange is used to treat yin deficiency, fever, sweating, dry mouth, hypochondriac pain, mental depression and cessation of lactation in women, especially with redness and swelling.

### **Orange Peel**

**Nature: warm**

Flavour: pungent and bitter

Channels: stomach and bladder

Effects: Orange peel promotes the flow of Qi and eliminates phlegm. The peel is used to treat productive coughs

### **Peach**

**Nature: neutral**

Flavour: sweet and sour

Channels: stomach and large intestine

Other: glucose, fructose, sucrose, protein, citric acid, vitamin C, niacin, calcium, phosphorus, iron, potassium, and sodium  
Effects: Peaches improve function of the stomach, promote the production of body fluids, and moisten dryness.

### **Pear**

**Nature: cool**

Flavour: sweet, slightly sour

Channels: lung and stomach

Other: fructose, sucrose, glucose, vitamins B1, B2 and A, calcium, phosphorus, iron, a trace of protein and fat

Effects: Pears promote the production of body fluid, moisten dryness, clear away heat, arrest coughs, eliminate phlegm, enrich Yin and blood, lower blood pressure, and remove alcohol toxins. It is used to treat restlessness and thirst due to imbalance of the body fluids during febrile diseases, diabetes, coughs of the heat type, and constipation. Pears are a good

### **Persimmon**

**Nature: cold and astringent**

Flavour: sweet

Channels: lung and stomach

Other: sugar, protein, fat, high amounts of vitamin C and iron.

Effects: The effects of persimmon include nourishing the lungs to stop coughs, clearing away heat, promoting salivation, resolving phlegm, and softening hard masses. It is used to treat coughs due any deficiency, as well as diabetes. Because persimmon is cold, those who suffer from spleen Yang deficiency (diarrhoea with undigested food in the stools and cold Persimmon frost is made by first peeling persimmons that are not quite ripe and tying a string around them in order to hang them outside from a tree for one month. After the persimmons have been dried for one month, they are left outside for another month on a plate that is covered in a layer of grass. The white powder that forms on the surface of the persimmon

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### ***Pineapple ...***

<http://www.tcmec.org/foodtherapy.htm>

### **Pineapple**

**Nature: neutral**

Flavour: sweet and sour

Channels: spleen and stomach

Other: fructose, glucose, protein, various kinds of vitamins, calcium, iron, phosphorus and potassium

Effects: Pineapple strengthens the spleen and stomach, promotes the production of body fluid, increases Qi and blood, reduces swelling, and eliminates dampness. It is used to treat dehydration due to excessive summer-heat, thirst, dry throat, restlessness, fatigue, anorexia, weakness in the back and knees, hypertension, and coughs with profuse phlegm.

### **Plum**

**Nature: cold**

Flavour: sweet and sour

Channels: liver and stomach

Other: sugars, protein, calcium, phosphorus and iron, vitamins B and C, and niacin.

Effects: Plums can clear liver heat, promote the production of body fluids, and can aid in the treatment of fever and dry

### **Strawberry**

**Nature: neutral**

Flavour: sweet and sour

Channels: lung and spleen

Other: protein, fructose, sucrose, glucose, citric acid, mallic acid, amino acid, carotene, fibre, a large amount of vitamin C, calcium, phosphorus, and potassium

Effects: The effects of strawberry include moistening the lungs, promoting the production of body fluid, strengthening the spleen, regulating the stomach, enriching the blood, invigorating Qi, cooling heat in the blood, and detoxifying. It is used to treat lung-dryness due to consumption of body fluid, weakness of the spleen and stomach, insufficiency of Qi and Blood, dysentery, blood in the urine, and furuncles. It is used in preventing hypertension, arteriosclerosis and colonic

## **Tangerine**

**Nature: neutral**

Flavour: sweet and sour

Channels: lung and stomach

Other: malic acid, citric acid, glucose, fructose, sucrose, and vitamins B1 and C

Effects: Tangerines promote and regulate the function of the stomach, regulate the flow of Qi, relieve thirst, moisturise the lungs, eliminate phlegm, promote urination, and reducing capillary fragility. They are used to treat the accumulation of Qi in the chest and diaphragm. vomiting. poor appetite. insufficiency of stomach-Yin. dry mouth. thirst. coughs. and painful

## **Watermelon**

**Nature: cold**

Flavour: sweet

Channels: heart, stomach and urinary bladder

Other: vitamins B and C, glucose, fructose, sucrose, potassium, calcium, phosphorus and fibre

Effects: Watermelon can clear away summer-heat, relieve restlessness and thirst, and promote urination. It treats consumption of body fluid due to excessive heat, mouth ulcers, and inflammation of the throat.

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## **VEGETABLES Cabbage ...**

### **Vegetables**

<http://www.tcmecc.org/foodtherapy.htm>

### **Cabbage**

**Nature: neutral**

Flavour: sweet

Channels: spleen and stomach

Effects: Cabbage has the ability to strengthen the spleen, regulate the stomach, and relieve spasm and pain. It can promote the healing of ulceration. It can be used to treat pain and spasm in the upper abdomen due to gastric or duodenal ulcer.

### **Carrot**

**Nature: neutral**

Flavour: sweet

Channels: lung and spleen

Other: vitamins B1, B2, amino acids, sugar, and fatty oil

Effects: Carrots are anti-inflammation and anti-allergy, can strengthen the spleen, ease indigestion due to overeating, lower blood pressure, protect the stomach and intestines, and strengthen the function of macrophages (infection-attacking blood cells). Carrots are used to treat indigestion. dysentery. coughs. and hypertension.

### **Celery**

**Nature: cool**

Flavour: sweet

Channels: liver, stomach, and bladder

Other: vitamin C and sugar

Effects: Celery calms the liver, clears away heat, expels wind, removes dampness by increasing urination, and detoxifies. An experiment by Chinese scientists showed that celery has the function of lowering blood pressure. Celery also has the function of contracting the uterus. It is used to treat hypertension. vertigo. headache. flushed face. boils and skin abscesses.

### **Chinese Chive**

**Nature: warm**

Flavour: pungent

Channels: spleen and stomach

Other: protein, fat, carbohydrates, carotene, calcium, phosphorus, iron and vitamin B

Effects: Its effects include warming the spleen and stomach, promoting and restoring the circulation of Qi, detoxifying, tonifying Yang, and regulating the function among the viscera. It is used to treat difficulty swallowing, regurgitation, chest pain and tightness, impotence, premature ejaculation, coughing up blood, blood in the urine, nose bleeds, dysentery, insect bites and traumatic injuries. People with heat in the stomach or peptic ulcers should avoid Chinese chive.

Chinese chive is a common vegetable in China and has been used in food therapy for thousands of years. There is a story in the Compendium of Materia Medica, written Li Shi Zhen, about Chinese chives. The story tells of an old man with difficulty swallowing and who vomited after eating. He felt an obstruction behind the sternum during swallowing. Someone gave him some juice made of Chinese chives and salty plums. After drinking the juice, he could take some food and increased his meals gradually every day. One day he suddenly threw up a large amount of thick,ropy phlegm and was

### **Chinese Yam**

**Nature: neutral**

Flavour: sweet

Channels: spleen, lung and kidney

Effects: Chinese Yam can strengthen the functions of the spleen, lung and kidney, and increase the amount of Qi and Yin. It is used to treat loose stools or diarrhoea due to deficiency of spleen Qi, coughing due to deficiency of the lungs, and frequent urination and leucorrhoea (whitish or yellowish vaginal discharge) due to kidney deficiency

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### **Cucumber ...**

<http://www.tcmec.org/foodtherapy.htm>

### **Cucumber**

**Nature: cool**

Flavour: Sweet

Channels: spleen and large intestine

Other: amino acid, sugar, carotene, vitamin C, calcium, phosphorus, iron, and fibre

Effects: Cucumber can clear away heat, eliminate dampness, induce urination and bowel movement, relieve pain, lower cholesterol, and prevent cancer. It is used to treat restlessness and thirst, sore throat, conjunctival congestion, and painful

Note: Because of its cool nature and ability to clear heat, cucumber is an especially good vegetable to eat in the summer.

People with chronic bronchitis and ulcerative colitis should avoid eating cucumber.

### **Green Onion (Chinese green onion)**

**Nature: warm**

Flavour: pungent

Channels: lung and stomach

Other: vitamins C, B1, B2 and nicotinic acid

Effects: The effects of green onion are releasing the exterior, activating Yang, and clearing away toxic materials. It is used to treat chills, fever, acute headache, constipation, retention of urine, carbuncles, and swelling.

### **Lotus Root**

**Nature: cold**

Flavour: flavour

Channels: heart, spleen, and stomach

Other: starch, protein, asparagine and vitamin C.

Effects: The effects of raw and cooked lotus root are different

Raw Lotus Root: can clear heat, cool blood, quench thirst, dispel the effects of alcohol, arrest bleeding and strengthen the stomach. It is used to treat restlessness and thirst due to febrile diseases, vomiting of blood, nose bleeds, uterine bleeding

Cooked Lotus Root: can strengthen the spleen, promote tissue regeneration, replenish the blood, promote the healthy functioning of the stomach, improve appetite, stop diarrhoea, and stop coughing.

### **Mung Bean**

**Nature: cool**

Flavour: sweet

Channels: heart and stomach

Other: small amounts of calcium, phosphorus, iron, carotene, vitamins B1, B2 and niacin

Effects: Mung Bean can clear away heat and toxic materials and can increase urination to reduce oedema. Because Mung Bean is cool in nature it is often helpful in the summertime for treating restlessness and thirst caused by summer-heat. It helps diarrhoea, carbuncles, and can also reduce the toxicity of other herbs.

### **Onion (Red, yellow, or white)**

**Nature: neutral**

Flavour: sweet

Channels: lung, stomach, and large intestine

Other: vitamins A, B1, B2 and C, calcium, iron, and phosphorus

Effects: Onions can clear away heat, resolve phlegm, detoxify, and destroy parasites. Onions can also lower cholesterol and triglycerides, so it can be used to treat and prevent arteriosclerosis. It can also increase digestive tract secretions to

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### ***Pumpkin ...***

<http://www.tcmec.org/foodtherapy.htm>

### **Pumpkin**

**Nature: warm**

Flavour: sweet

Channels: spleen and stomach

Other: glucose, sucrose, carotene, vitamins B and C.

Effects: Pumpkin can strengthen the spleen and stomach, replenish Qi, relieve inflammation and pain, detoxify, and destroy intestinal parasites. It is used to treat fatigue due to Qi deficiency, and intercostal pain. It may also be useful in

### **Radish**

**Nature: cool**

Flavour: sweet

Channels: lung and stomach

Other: glucose, sucrose, fructose, various kinds of amino acids and vitamin C  
Effects: Radish can remove food stagnation, clear away phlegm-heat, reduce nausea and vomiting, regulate the spleen and stomach, and clear away toxic materials. It is used to eliminate the accumulation of phlegm and heat in the lungs, vomiting of blood, nose bleeds, diabetes, headaches and migraines, and to decrease weight. Radish is also used to prevent both cancer and the formation of gallbladder stones. It can be helpful in the autumn, as it can also promote the production of body fluid and so help eliminate dryness.

### **Spinach**

**Nature: cool**

Flavour: sweet

Channels: large intestine, stomach, and liver channels

Other: carotin, vitamin C, protein, sugars, calcium, phosphorus, folic acid, and oxalic acid.

Effects: Spinach can moisten dryness, improve bowel movements, promote the production of body fluids, quench thirst,  
Note: People who have loose stools or diarrhoea due to spleen deficiency should not eat spinach. Also, spinach contains a large amount of oxalic acid and therefore should not be cooked with foods rich in calcium (e.g. tofu/bean curd), or it will form ammonium oxalate and affect the absorption of calcium.

### **Tomato**

**Nature: slightly cold**

Flavour: sweet and sour

Channels: spleen and stomach

Other: vitamins A, B1, B2, and C, carotene, calcium, phosphorus and iron

Effects: Tomatoes can clear away summer-heat, promote the production of body fluid, relieve thirst, strengthen the stomach, relieve indigestion, strengthen the kidney, and increase urination.

## **Water Chestnut**

**Nature:** cold

Flavour: sweet

Channels: lung, stomach, and liver

Other: starch, a small amount of protein, fat, calcium, phosphorus, iron and vitamin C

Effects: Water chestnut can clear away heat, promote the production of body fluid, eliminate dampness and phlegm, and relieve dyspepsia. It is used to treat restlessness and thirst due to febrile diseases, sore throat, cold sores, conjunctival congestion, dysentery, productive cough, jaundice, indigestion and distension of the abdomen.

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## **435 FISH and SHELLFISH - Butterfish ...**

### **Fish and Shellfish**

<http://www.tcmec.org/foodtherapy.htm>

#### **Butter fish**

**Nature:** warm

Flavour: sweet

Channels: spleen and stomach

Other: protein, fat, carbohydrate, calcium, magnesium, phosphorus, iron, and cholesterol, and sugar (the sugar content in butter fish is the highest of all fish)

Effects: Butter fish can strengthen Qi and blood, and relieve muscle and joint pain. It is used in the treatment of anaemia, indigestion, dizziness, palpitations, insomnia, amnesia, and numbness of the limbs.

#### **Clam**

**Nature:** cold

Flavour: salty

Channels: liver and kidney

Other: protein, carbohydrate, fat, inorganic salt, vitamins A, B1, B2 and niacin.

Effects: Clams can clear heat, nourish Yin, improve vision, relieve swelling, and soften hard lumps. It can help in diabetes caused by Yin deficiency, dry coughs, insomnia, oedema, hyperthyroidism, low back pain, haemorrhoids, and vaginal

#### **Crab**

**Nature:** cold

Flavour: salty

Channels: liver

Other: protein, calcium, fat, cholesterol, phosphorus, iron, vitamins A, B1, B2, and niacin

Effects: Crab can improve blood circulation, remove blood stasis, and remove dampness. It acts as an anti-inflammatory

#### **Mussel**

**Nature:** warm

Flavour: salty

Channels: liver and kidney

Other: protein, fat, calcium phosphorus, iron, iodine, vitamin B2, and niacin

Effects: Mussels can strengthen the liver and kidney, and increase Jing and Blood. It is used in the treatment of dizziness, headaches, night sweats, abnormal uterine bleeding, back pain, and impotence.

#### **Oyster**

**Nature:** neutral

Flavour: sweet and salty

Channels: liver

Other: protein, fats, 10 kinds of essential amino acid, vitamins A, B1, B2, D, and E, iron, copper, phosphorus, calcium,

Effects: Oysters can nourish Yin and blood, clear heat, and remove damp. It is used to treat fever accompanied by restlessness, insomnia, mental confusion, night sweats, and spontaneous sweating.

### **Shrimp**

**Nature: warm**

Flavour: sweet

Channels: kidney

Other: protein, fat, carbohydrate, calcium, phosphorus, iron, iodine, vitamins A, B1, B2, and niacin

Effects: Shrimp can strengthen the kidneys, strengthen Yang, and promote lactation and pus discharge. It can also help in impotence due to kidney Yang deficiency, weakness in the back and knees, fatigue, measles, chicken-pox, and skin

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### **OTHER FOODS Coix Seed ...**

Other Foods

<http://www.tcmec.org/foodtherapy.htm>

### **Coix Seed**

**Nature: slightly cold**

Flavour: sweet

Channels: spleen, stomach, and lung

Effects: Coix seed can improve urination to eliminate dampness, strengthen the spleen, and clear away heat. It is used to treat oedema, diarrhoea due to deficiency of the spleen, arthritis, and appendicitis.

### **Chrysanthemum Flower**

**Nature: slight cold**

Flavour: pungent, sweet, and bitter

Channels: liver and lung

Effects: Chrysanthemum flower can dispel wind, clear away the heat, detoxify, and improve eyesight. It is used along with other herbs to treat wind-heat types of common cold, conjunctival congestion due to wind-heat in the liver or flaming up of liver-fire. and headaches and dizziness due to hyperactivity of the liver Yang.

### **Garlic**

**Nature: warm**

Flavour: Pungent

Channels: lung, spleen, and stomach

Other: protein, fat, carbohydrate, vitamins and mineral

Effects: Throughout the history of Chinese medicine, garlic has been called the "penicillin in the earth". In ancient Egypt and India, soldiers ate garlic to keep healthy and boost their courage in battle. In the World War II, the British government shipped several tons of garlic to the infantry to cure the soldiers' wounds. Its effects include: destroying parasites, detoxifying, removing indigestion, and strengthening the stomach. It is used to treat food stagnation, cold-pain of the stomach and abdomen. diarrhoea. dysentery. carbuncles. furuncles. swelling. whooping cough. snake-bites and insect-bites.

### **Ginger**

This is used in both its fresh and dried forms. Although they both act upon the spleen, stomach, and lung channels, their temperature and functions are somewhat different. The warming nature of both fresh and dried ginger make it an ideal

#### **1) Fresh Ginger**

**Nature: slightly warm**

Flavour: pungent

Channels: spleen, stomach, and lung

Effects: The effects of fresh ginger are dispersing cold, stopping vomiting, and reducing phlegm. It is used for treating the wind-cold type of common cold.

#### **2) Dried Ginger**

**Nature: hot**

Flavour: pungent

Channels: spleen, stomach, and lung

Effects: The effects of dried ginger are warming the spleen and stomach, eliminating cold, restoring Yang, and promoting blood circulation. It is used to treat cold pain in the chest and stomach, vomiting and diarrhea, cold extremities, pain due to win-cold-dampness, spitting up blood, nose-bleeds, and blood in the stool due to Yang deficiency.

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**Ginseng****Ginseng**

<http://www.tcmec.org/foodtherapy.htm>

This is a root that is well known for its ability to tonify the body. Chinese, Korean, and American ginseng all have different natures, based on where they grow and are prepared. Wild ginseng, collected from the forests and mountains, is the most expensive and is the most esteemed commercial variety. For the cooking of ginseng, it is important to use only glass, ceramic, or porcelain cookware, rather than metal. One should avoid taking coffee, tea, radishes, or turnips immediately

**1) Chinese Ginseng****Nature: slightly warm**

Flavour: sweet and slightly bitter

Channels: lung and spleen

Effects: Its warm nature makes it appropriate for cold and deficient syndromes. Chinese ginseng strongly tonifies the lungs and is used for shallow or short respiration, cold extremities, and profuse sweating. It also tonifies the spleen, and is used for fatigue, poor appetite, and chest and abdominal distension. It is able to promote secretion of the body fluids and relieve mental stress. It also benefits the heart, and is useful for palpitations due to fright, insomnia, amnesia, and irritability – all  
 Contra-indications: only use if there are signs of fatigue and Qi deficiency, otherwise this herb may generate heat in the body. Chinese ginseng is not to be used with any signs of heat (excess or deficient) or with Yin deficiency.

**2) Korean Ginseng****Nature: hot**

Flavour: sweet and slightly bitter

Channels: lung and spleen

This type of ginseng is produced in Korea and has the same properties and functions as Chinese ginseng, although it is considered hot and should be used very cautiously. It has the same contra-indications as Chinese ginseng.

**3) American Ginseng****Nature: cool**

Flavour: sweet and slightly bitter

Channels: lung, heart, and kidney

Effects: This type of ginseng is produced in the United States, Canada, and France, with the best quality coming from Wisconsin. American ginseng tonifies the spleen, benefits the lungs, and promotes the production of fluids in the body. It is useful for Yin deficiency with heat signs and great weakness of the body.

**Honey****Nature: neutral**

Flavour: sweet

Channels: lung, spleen and large intestine

Other: fructose, glucose, a little sucrose, and maltose

Effects: Honey can strengthen the spleen and stomach, moisten dryness, relieve spasm, and clear away toxic materials. It is used to treat cough due to lung dryness, constipation due to intestine dryness, pain in the abdomen, turbid discharge from the nose, ulcerations of the mouth, scalds, and burns. Honey is especially good during the dry autumn months because it

**440 Kelp**

<http://www.tcmec.org/foodtherapy.htm>

**Kelp**

**Nature:** cold

Flavour: salty

Channels: liver, stomach, and kidney

Other: protein, fat, nitrogen, and vitamin B2

Effects: Kelp is often called the “vegetable in the sea” or the “vegetable for long life”. Its effects include softening hard masses, removing phlegm, promoting urination, expelling pathogenic heat, preventing hyperthyroidism, and preventing cancer. Because it helps to moisten the body, it is a good autumn food. In Japan, where kelp is a mainstay of the diet, the

**Maltose**

**Nature:** warm

Flavour: sweet

Channels: spleen, stomach and lung

Effects: The effects of maltose include strengthening the spleen and stomach, promoting the production of body fluid, moistening dryness, clearing away heat, and tonifying the lungs to stop coughing. It is used to warm the spleen Yang, treat abdominal pain due to contraction of the genital organs, and nourish deficiency of the lung Yin. Maltose is also good for certain types of thirst, vomiting of blood, sore throat, constipation, asthma, and folliculitis.

**Pepper**

**Nature:** hot

Flavour: pungent

Channels: stomach and large intestine

Other: vitamins B and C, carotene and carbohydrates

Effects: Pepper can warm the spleen and stomach, control nausea and vomiting, and clear away phlegm and toxic materials. It is used to treat cold pain in the abdomen, cold phlegm and food stagnation, regurgitation, watery vomit,

**Peppermint**

**Nature:** cool

Flavour: pungent

Effects: Peppermint oil is mostly menthol. The effects of peppermint include dispelling wind and removing heat, eliminating dampness and heat, relieving sore throat, and promoting the eruption of measles to help bring the virus out of

**Peppertree Seed**

**Nature:** warm

Flavour: pungent

Channels: stomach and spleen

Effects: It can dispel cold, remove damp, strengthen the stomach to promote digestion, detoxify, destroy parasites, and promote the circulation of Qi. It is used to treat pain, vomiting, indigestion, toothaches, diarrhoea and dysentery, relieve asthma, and reduce the toxicity of fish. A person with Yin deficiency should avoid peppertree seeds, since they can

**441 Potato**

<http://www.tcmec.org/foodtherapy.htm>

**Potato**

**Nature:** neutral

Flavour: sweet

Channels: spleen and stomach

Other: protein, sugars, fat, niacin, vitamins B1, B2, and C, calcium, phosphorus, and iron

Effects: Potato has the effects of reinforcing the spleen and stomach, and relieving spasm and pain. It also contains a small amount of solanine, a suitable amount of which can alleviate the spasm of smooth muscles of the stomach and intestines

### **Red Pepper (Chilli)**

**Nature: hot**

Flavour: Pungent

Channels: spleen and stomach

Other: contains protein, carbohydrate, calcium, phosphorous, carotene, iron, vitamins C, B1, B2 and niacin

Effects: Red pepper can warm the spleen and stomach, eliminate dampness and cold, improve appetite and digestion, and increase respiration. It is used to treat vomiting, dysentery, malaria, and pain in the lower abdomen due to accumulation of cold. It can also prevent cancer. Its warm qualities make it a good vegetable to use in the winter.

### **Round-Grain Rice**

**Nature: warm**

Flavour: sweet

Channels: spleen and stomach

Other: starch, protein, fat, and vitamin B

Effects: Its effects include invigorating and regulating the spleen and stomach, nourishing Yin and promoting the production of body fluids. It is used to arrest dysentery and diarrhoea.

### **Salt**

**Nature: neutral**

Flavour: salty

Channels: spleen and kidney

Other: mainly consists of sodium chloride, but also contains magnesium chloride, magnesium sulfate, and sodium sulfate

Effects: Table salt is a crystal formed from sea or other salt water. Some table salts are obtained through further refining processes. It has the effects of harmonizing the spleen and stomach, reinforcing the kidney, and moistening dryness. People who have difficulty breathing, cough, oedema, hypertension, or diabetes should limit their intake of salt. Sodium chloride is the major substance for maintaining the osmotic pressure of the human body. When the body lacks this salt, symptoms such as fatigue, dizziness, anorexia, vomiting, and abdominal pain will appear, which are signs of low salt syndrome.

### **Sesame**

**Nature: neutral**

Flavour: sweet

Channels: liver and kidney

Other: 60 % fatty acid, most of which are unsaturated (oleic acid, linoleic acid and arachidic acid)

Effects: Sesame invigorates the liver and kidney. Because of its moisturizing properties on the five viscera, it is a good food for combating dryness in the autumn. We use sesame to treat deficiencies of the liver and the kidney, dizziness due to internal wind of a deficiency type, pain, paralysis, dry stools, and difficult defecation, weakness during convalescence.

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### **Sugar (White)**

<http://www.tcmec.org/foodtherapy.htm>

### **Sugar (White)**

**Nature: neutral**

Flavour: sweet

Channels: lung, spleen, and stomach

Effects: Sugar has the effects of moistening the lungs, promoting the production of body fluids, reinforcing the middle burner and easing spasm. White sugar contains only sucrose.

People with phlegm-damp or damp-heat should not use white sugar. It should be avoided by people with diabetes, and people with obesity or high blood fat should control their use of white sugar.

### **Sugar (Brown)**

**Nature:** warm

Flavour: sweet

Channels: spleen and stomach

Other: glucose, sucrose, a little protein, various kinds of amino acid, fat, riboflavin, carotene, niacin, iron, phosphorus, and

Effects: Brown sugar can strengthen and regulate the spleen and stomach, dispel cold and promote blood circulation to remove blood cloudiness. It is used to treat cold pain in the abdomen, difficult or painful menstruation, and the wind-cold

### **Tofu (Bean Curd)**

**Nature:** cool

Flavour: sweet

Channels: spleen, stomach, and large intestine

Other: protein (4x more than milk), fat, carbohydrates, calcium (twice that in milk), phosphorus, and iron

Effects: Tofu can invigorate Qi, replenish the blood, and strengthen muscles and bones. Tofu is used to treat acute conjunctivitis and diabetes. It also cools the effects of sulphur and alcohol, by removing their toxic and hot properties

### **Vinegar**

**Nature:** warm

Flavour: sour and bitter

Channels: liver and stomach

Other: calcium, phosphorus, iron, and vitamins B and C

Effects: Vinegar can stop bleeding, clear away toxic materials, destroy intestinal parasites, and promote the digestion and absorption of food. It is used for treating postnatal bleeding, blockage in the abdomen, jaundice, vomiting of blood, nose bleeds, and skin itchiness. It can remove the poisonous quality of fish, meat and vegetables.

### **Walnut Kernel**

**Nature:** warm

Flavour: sweet

Channels: kidney and lung

Other: fatty acid, protein, carbohydrate, calcium, phosphorus, iron, carotene, vitamins B1 and B2 and nicotinic acid

Effects: Walnut kernel warms the lungs to relieve asthma, and moisturises the intestines to relax the bowels. It is used to treat symptoms due to deficiency of kidney Yang, asthma, coughs, lumbago, impotence, frequent urination, slow and painful urination due to the passage of urinary stones, constipation, and dry stools.

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## **CHAPTER EIGHT**

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### **CHAPTER 8**

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## **8 Aro-healing Revised Complementary Therapy (ARC)**

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## **Aro-healing**

*Some of the alternative therapies studied with grants from NIH*

### **Some of the alternative therapies studied with grants from NIH**

*Acupuncture* to treat depression, attention-deficit hyperactivity disorder, osteoarthritis, and postoperative dental pain

*Hypnosis* for chronic low back pain and accelerated fracture healing

*Ayurvedic herbals* for Parkinson's disease. (Ayurvedic medicine is a holistic system based on the belief that herbals, massage, and other stress relievers help the body make its own natural drugs.)

*Biofeedback* for diabetes, low back pain, and face and mouth pain caused by jaw disorders. (Biofeedback is the conscious control of biological functions such as those of the heart and blood vessels normally controlled involuntarily.)

*Electric currents* to treat tumors.

*Imagery* for asthma and breast cancer. (With imagery, patients are guided to see themselves in a different physical, emotional or spiritual state. For example, patients might be guided to imagine themselves in a state of vibrant health and

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## **Aro-healing**

### **1Massage Therapy1**

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### **Lymphatic Therapy uses several methods**

<http://www.aro-healing.com/a/4415/lymphatic-therapy>

Lymphatic Therapy uses several methods available to treat the lymphatic system. These include Lymphatic Massage, which involves light, rhythmical massage and skin brushing techniques to influence the flow of lymphatic fluid, and Bio-Electric Lymphatic therapy, a state-of-the-art method which thins the lymph fluid, allowing the lymph system to function at

Manual Lymphatic Drainage Massage helps to reduce cellulite and is effective for detoxification and building the immune system so that the body can produce new blood cells and filter toxins at a higher level.

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## **Aro-healing**

*2Lymphatic Therapy*

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*3Sports Therapy*

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