What’s Brewing at AAAOM?

New AAAOM Faculty Members

Peng Sun and Qin Chu have recently been added to the growing faculty at AAAOM. Dr. Peng Sun got his Bachelor’s degree in Chinese medicine from Shandong University of Traditional Chinese Medicine, and his Master’s degree in orthopedics from the Medical College of Qingdao University. He attended Shanghai University of Traditional Chinese Medicine and received his Ph.D. in TCM orthopedics after working as a TCM orthopedic surgeon for ten years in one of the affiliated Hospitals of Shandong University of TCM. With ten years’ formal training in acupuncture and traditional Chinese medicine and another decade of practice as a doctor of TCM, Dr. Sun has expertise to treat many diseases, with special emphasis on musculoskeletal disorders.

Dr. Qin Chu graduated from Shandong University of Traditional Chinese Medicine with Bachelor’s and Master’s degrees in acupuncture. She received her Ph.D. in acupuncture from Tianjin University of Traditional Chinese Medicine. Dr Chu has worked in Shandong Shengli Hospital and the First Affiliated Hospital of Tianjin University of Traditional Chinese Medicine as an acupuncture physician. Currently, Dr. Chu has fifteen years’ experience in the areas of teaching and clinical practice. Dr. Chu has published comprehensive research papers in the field of clinical and experimental acupuncture.

Research Collaborations

AAAOM is at the cutting edge of acupuncture and Chinese medicine research through collaboration with leading scientific institutions in China over the years. AAAOM continues to work with the China Academy of Science in Beijing on functional magnetic resonance imaging (fMRI) research on acupuncture. Recently, the Chinese Medical School of Chongqing Medical University also established a working relationship with AAAOM in this area of research. AAAOM, working with the Graduate School of China Academy of Traditional Chinese Medicine, has made significant progress in its research project on “One hundred Top Chinese Herbal Formulas.” The first ten volumes of the "Super Acupuncture Point" project have been completed as a collaboration between AAAOM and Shandong Academy of Traditional Chinese Medicine. AAAOM’s latest effort in this direction is an approach to join the Herbalome Project of the Dalian Institute of Chemical Physics under the China Academy of Science. The Herbalome Project will use high-throughput screening, toxicity testing, and clinical trials to identify active compounds and toxic contaminants in the widely-used Chinese medicine formulas. It is a significant effort in the ongoing endeavor to modernize traditional Chinese medicine preparations.
AAAOM News

Twin Cities' Newspapers Feature AAAOM

This September, both the Star Tribune and the Pioneer Press carried articles on acupuncture in the Twin Cities. The Star Tribune report focused on the affordability of acupuncture treatments provided by the student acupuncture clinic. The Pioneer Press report of September 19, 2009 highlighted the American Academy of Acupuncture and Oriental Medicine in the article "Ancient Therapy on the Ascent." The article informed readers about the gathering momentum of acupuncture as a recognized form of medicine in the United States and noted the concurrent expansion of AAAOM as an educational institution. Additionally, AAAOM's Chief Operating Officer, Leila Nielsen, was interviewed by freelance writer Sarah Moran in regard to a Q & A article on acupuncture and insurance in an upcoming Minnesota Monthly.

AAAOM Faculty Members Present and Attend Advanced Seminars

In an academic environment, learning never ends. Students, by definition, are expected to learn, and faculty members are also required to be life-long learners. AAAOM's award-wining faculty members are role models for practitioners and students as they dedicate themselves to advancing their knowledge and skills. They have set up an Advanced Seminars program which requires each faculty member to present a seminar to other faculty members in the area of his/her expertise. So far, faculty members have conducted seminars on "Acupuncture for Macular Degeneration," "Chinese Medicine for Psoriasis," and "Conventional and Non-conventional Application of Xiao Chai Hu Tang." Upcoming seminars include "Ipsilateral Needling and Contralateral Needling," "Applications of Neuroimaging Research to Acupuncture," and "Acupuncture in Pregnancy." These seminars provide a powerful stimulus for AAAOM faculty members to keep their knowledge fresh.

New Publications

Two recent publications on acupuncture have bolstered the academic credentials of AAAOM faculty members. "Tonification and Dispersal through Point Selection and Combination," by Wen Jiang and Wei Liu, was published in the Journal of Chinese Medicine. "Four Major Acupuncture Traditions: An Overview," by Changzhen Gong and Wei Liu, was published in the International Journal of Clinical Acupuncture. The first paper is a penetrating analysis of reinforcing and reducing techniques achieved by selecting and combining acupuncture points. The latter paper presents a broad review of traditional Chinese acupuncture, Japanese meridian acupuncture, five-element acupuncture and medical acupuncture. Theoretical foundations and clinical applications of these four branches of acupuncture are systematically reviewed in this lengthy paper.

Public Health and Acupuncture

The American Academy of Acupuncture and Oriental Medicine is planning to produce a series of short films relating to acupuncture research and practice. Several of the proposed films highlight fMRI/neurotransmitter research sponsored by NCCAM/NIH and China's National Science Foundation which proves acupuncture's efficacy. Other film topics include: acupuncture for knee pain, infertility, addiction, menopause and hot flashes; why students choose to go to acupuncture school; and professional trends in acupuncture. The purpose of this project is to increase public awareness of acupuncture and highlight the role of acupuncture in public health. This project is sponsored by the St. Paul Neighborhood Network and the American Academy of Acupuncture and Oriental Medicine.

Point of Gratitude Faculty Recognition and MS Fund-Raiser

On Sunday evening, October 25th, AAAOM faculty members were honored at the "Point of Gratitude" event, held at the New Brighton Family Service Center. The event was conceived and organized by AAAOM alumna Shari Jeziorski as both a fund-raiser for the Multiple Sclerosis Society of Minnesota and an opportunity for members of the MS community and AAAOM community to come together and celebrate the connection which has been established by AAAOM's Multiple Sclerosis clinic. Twelve AAAOM faculty-practitioners were presented with medallions for their outstanding contribution to AAAOM, its students, and clinic patients. Dr. Neng Thao, who initiated the MS clinic in 2005, gave the keynote address. Christine Grui, a long-time clinic patient, gave an inspiring account of her struggle with MS and the healing and support she has found through Chinese medicine. Sponsors for this event include HealthPoint Oriental Medicine (healthpointclinic.org), Jawaahir Dance Company & The Cassandra School (jawaahir.org), Merriam Park Acupuncture (mpacupuncture.com), and AAAOM. All donations received through the event go directly to the MS Society. Donations received by the MS Society will be applied towards research into effective treatment methods for Multiple Sclerosis. Contact Shari Jeziorski at 763-780-2764 or shari.jeziorski@gmail.com for more information.
American Academy of Acupuncture and Oriental Medicine

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Treating H1N1 Influenza with Chinese Herbs

By Yubin Lu, TCMD, Ph.D.

Saturday, October 24: This has been a significant afternoon in the clinic. Within two hours I saw three patients with almost identical signs and symptoms. All three began to feel ill suddenly, with fever, chills, a scratchy throat, sneezing, body aches, and some headache. When I saw them they were all coughing, with some production of white phlegm, and they complained of having trouble breathing. Upon examination, their tongues were dark red with a dry white coating.

Even without a diagnostic lab test, I highly suspect they were all suffering with the H1N1 (swine flu) influenza. Their symptoms were typical of H1N1, and the symptoms were the same in all of them. As winter approaches, H1N1 is spreading rapidly all over the world. President Obama recently announced a national emergency in light of the rapid increase in flu cases in the U.S., and the airwaves are full of discussion about H1N1 and the unavailability of sufficient amounts of vaccine.

Can this national emergency be addressed from a Chinese medicine perspective? Can TCM reduce the risk of serious complications and help flu patients recover more quickly?

Throughout history, populations have experienced waves of infectious diseases. Approximately 1800 years ago, in the second century CE, China was devastated by an epidemic resulting in massive loss of life. Legendary Chinese doctor Zhang Zhongjing was driven to write the first clinical book of Chinese medicine, Treatise on Febrile Disease, after two-thirds of his two hundred family members perished in this epidemic. To this day, one-third to one-half of the herbal formulas we use in China to treat infectious disease are derived from Dr. Zhang's treatise. Because of the widespread knowledge of Dr. Zhang's formulas, as well as formulas developed by the "Warm Disease School" of Chinese medicine, there has never since been an infectious epidemic in China with such a high mortality rate.

Based on TCM treatment of infectious diseases, following are some measures which people can take to treat flu symptoms. These can be used in addition to preventive measures and suggestions recommended by the Centers for Disease Control (CDC), U.S. Surgeon General, etc.

- Put vinegar and water in a saucepan and heat on the stove until steaming. Let the vinegar vapor fill the room or the entire house. This is an excellent preventive measure to protect the whole family from coming down with the flu, as viruses do not do well in an acidic environment.
- Take single Chinese herbs which remove heat from the body, such as Jin Yin Hua (Lonicera japonica), Da Qing Ye (Isatis tinctoria), and Bo He (Mentha haplocalyx).
- Chinese herbal formulas which are useful to treat influenza symptoms include: Yin Qiao San; Ma Xing Shi Gan Tang; Ge Gen Qin Lian Tang; and Xiao Chai Hu Tang. These formulas can be prescribed by a TCM practitioner, depending on the stage of the disease and the symptoms exhibited.
- Once the flu is established, with symptoms of fever, cough and dyspnea, several additional herbs can be added to the basic Ma Xing Shi Gan Tang formula, including Chai Hu, Huang Qin, Su Ye and others.

TCM practitioners should look to the experience and achievements of our predecessors and ancestors. The knowledge they gained through bitter necessity is a treasure for all of us to use when we need it.

According to the CDC, you may have the flu if you have some or all of these symptoms: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes diarrhea or vomiting. If you get sick with flu-like symptoms, you should stay home and avoid contact with other people except to get medical care. Most people with 2009 H1N1 have had mild illness and have not needed medical care. However, some of the following groups are more likely to get flu complications, and they should talk to a health care provider about whether they need to be examined: children younger than 5, people 65 and older, pregnant women, and people who have pre-existing conditions.

Emergency warning signs include: (in children) fast breathing or trouble breathing, bluish skin color, not drinking enough fluids, not waking up or not interacting, being so irritable that the child does not want to be held, flu-like symptoms improve but then return with fever and worse cough, and fever with a rash; (in adults) difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, and severe or persistent vomiting.

Visit cdc.gov/h1n1flu/ for more information.
By Peng Sun, TCMD, Ph.D.

The medical term for frozen shoulder is adhesive capsulitis, but in traditional Chinese Medicine (TCM) it is often called “fifty-year-old shoulder.” As the name implies it occurs primarily after the age of 50, with women patients outnumbering men by a significant amount. Typical symptoms include shoulder pain and stiffness, with very limited range of motion in the shoulder joint. The pain is generally worse at night, interrupting normal sleep. Frozen shoulder also has a negative impact on the ability to work, and even interferes with daily activities such as bathing and dressing.

In TCM theory, frozen shoulder is classified as "Bi syndrome." ("Bi" means “obstruction,” referring to the obstructed flow of qi in the meridians. The term is usually applied to arthritis and joint pain.) The TCM treatment of frozen shoulder includes acupuncture, Chinese herbs and manual therapy/tuina, plus an exercise program. The process of developing a frozen shoulder can be divided into three stages: the "freezing" or painful stage, the "frozen" or adhesive stage, and finally the recovery stage.

At the onset of frozen shoulder, the pain appears and gradually intensifies into a severe aching sensation. After a while, the person can hardly move the arm. This stage of pain, limited range of motion and stiffness is the "frozen" stage. It is at this point that most people seek treatment.

In most cases, there is no clear-cut reason for onset of the condition. One Western medical explanation is that frozen shoulder may originate in an accumulation of minor stresses or tears to the muscles or tendons, producing an effusion of fluid and an inflammatory response, leading to adhesion of local tissues. TCM theory believes that frozen shoulder is induced by both interior and exterior factors.

The internal pathogen of cold is aggravated by the exogenous wind pathogen. These two pathogens can combine to invade the shoulder if the normal flow of Qi and blood are slowed by an existing state of deficiency. As the condition intensifies, Qi and blood deficiency become Qi stagnation and blood stasis in the shoulder and surrounding tissues. In an effort to avoid triggering a painful response the sufferer does not move the shoulder, which only aggravates the obstructed condition.

Diagnosis: Pattern differentiation is the key to TCM diagnosis. The two most common patterns producing frozen shoulder found in clinical practice are Qi and blood stagnation, and Wind-cold-dampness invasion. Typical manifestations of Qi and blood stagnation include fixed pain, limited shoulder movement, a dark red tongue with white tongue coating, and a hesitant or wiry pulse. Typical manifestations of Wind-cold-dampness invasion include pain aggravated by exposure to wind and cold, a pale-red tongue with white coating, and a tense pulse.

Treatment: For Qi and blood stagnation, acupoints such as LI 15, SJ 14, SI 10, SI 11, GB 21, GB 20, GB 34, LI 11, and LI 4 might be selected to promote the flow of and Qi and blood, in order to remove stagnation and relieve pain. For Wind-cold-dampness invasion, acupoints such as LI 15, SJ 14, SI 10, GB 21, LI 11, LI 4, GB 20, GB 34, and BL 57 are selected to expel wind, remove dampness, and relieve pain.

Complications: When a local obstruction or deficiency condition has been established in the body for a long time, it can lead to a more general Qi deficiency of the Kidney and Liver. Manifestations of Kidney/Liver deficiency include dull pain and weakness of the lower back and the knee, a pale tongue with a white coating, and a weak pulse. Acupoints such as LI 15, LI 11, LI 4, SJ 14, SI 10, KI 23, KI 3, LV 3, ST 36, GB 34, and BL 57 are selected to tonify the deficiency of Kidney and Liver.

(Editor’s note: Students of Chinese medicine may be surprised to see that ST 38 is not mentioned as a "magic bullet" to cure frozen shoulder. Dr. Sun emphasizes that a deficiency condition is best treated in a comprehensive fashion, with acupuncture, herbs and physical therapy used in combination over a period of time to achieve lasting results.)
Sometimes, people have a suspicion that they may be developing a health problem and visit their doctor looking for answers. They are subjected to a battery of expensive tests and have to wait weeks to get the test results. Even then, the tests may be inconclusive and leave them wondering what to do next. Is there a simpler way for us to monitor our own health and have an idea of what is going on in our bodies before we make the trip to the doctor?

In fact, traditional Chinese medicine (TCM) provides us with a reliable tool for monitoring our own health. Ear diagnosis, also called auricular diagnosis, is based on applying TCM theory to close observation of the human ear. In this system all parts of the body, including the internal organs, have corresponding points on the ear (see diagram below). There are also functional points, such as those for hypertension, asthma, toothache, dizziness, hunger, thirst, etc. An abnormal appearance at any of the ear points can indicate a health problem with the corresponding body part or organ. Likewise, ear points can be used therapeutically to treat a health condition. An ancient teaching device to demonstrate the "geography" of auricular points is to superimpose the figure of a baby over the ear.

At the Minneapolis Body-Mind-Spirit Expo of 2002, the American Academy of Acupuncture and Oriental Medicine set up a booth where we offered free auricular diagnosis. Many people lined up to have their ears checked. One man I saw had two prominent points, like knife serrations, along the rim of his ear in the area corresponding to the neck. I asked him, "Did you ever have surgery on your neck?" He confirmed that he had two separate surgical procedures done on his neck.

At the end of the last day of the Expo, the lady working at the neighboring booth came over and asked me to look at her ears. She said she had been watching people line up to have their ears inspected for the past three days, and she was really curious about what we were doing. When I looked at her ear I could not see any abnormal manifestations except for a black spot on her earlobe in the area that indicates a condition of asthma. I told her that according to her ear, she could have asthma. Since the spot was black, indicating a chronic condition, rather than red, which would indicate an acute condition, I said that if she had asthma, it was currently in a remission stage. She was really surprised, and said I was exactly right.

How was I able to make such an accurate diagnosis? I applied TCM theory to a close observation of the woman's ear structure, markings, color, skin texture, and other signs. In Chinese medicine theory, black is the color that pertains to the element of water, and water retention is the basic pathological symptom of chronic asthma. Phlegm is a pathological substance which is considered to be a form of condensed water, indicating that the body's ability to metabolize water is compromised. Even when asthma patients are not having an acute attack of asthma, they usually still have some phlegm in the throat. Therefore, because the spot was black, it indicated a chronic, water-based condition. Because the spot was in the asthma area of the earlobe, it was a sign of the chronic stage of asthma.

In modern times, auricular therapy has become more popular, and many books and research studies are available on the subject. Acupuncture practitioners find auricular therapy particularly useful because they can use the ear to both diagnose and treat their patients' conditions.
When there are some abnormal changes in the body, they will be reflected in the corresponding auricular points. Then the affected ear points can be needled or stimulated in order to treat the problem. Often, these positive indications of pathological change can be observed in the ear even before symptoms develop in the body. Therefore, observing the ear can be a very useful diagnostic tool for diseases of the human body.

How can you use the theories of auricular diagnosis to monitor your own health? First, be generally familiar with the "geography" of the ear. Diagrams such as the ones shown here can give you a road map of the body parts, internal organs, and physiological functions reflected in your ear. Then examine your ear for five major signs of disease: color change; cartilage deformation; papules/spots/bumps; vascular changes; and peeling skin (desquamation).

• Red spots or patches of color generally suggest some acute inflammation in the corresponding area. For instance, if you have acute bronchitis, you may see a red spot in the bronchus area. Black, gray, or white spots generally indicate chronic conditions.

• "Deformation" includes bumps, beads, cord-like growths, pitted areas, etc. in the cartilage of the ear. Deformation of ear cartilage suggests conditions such as enlargement of organs, tumors, or deformities. Indicated conditions might be liver enlargement, spinal deformities, paraplegia, etc.

• "Papules" can include small bumps, large or small spots, or patches of atypical-looking skin. These reactions are mostly seen with acute or chronic inflammatory diseases of the corresponding auricular areas such as myocarditis, lung tuberculosis, chronic enteritis, endometriosis, etc.

• "Vascular changes" generally refers to blood spots or "spider veins," or to engorged veins. These are often seen in relation to acute cardiovascular diseases such as angina pectoris, coronary heart disease, or heart attack, or other acute condition such as a gallbladder attack.

• Desquamation, or peeling skin, is most often seen in the lung area of the ear, and generally indicates lung problems, skin problems or patients with allergic consti-
tutions. This is because in TCM theory, the lung "con-
trols" the skin, so dermatitis or allergies will be reflected on the lung area of the ear.

Besides these visible signs, another way to assess the ear is by pressing on points with a blunt probe of some kind. The point or area corresponding to the diseased part of the body may show very strong soreness when you use something to press on it. Even if there is not any visible sign of change, a sore spot can indicate a potential health problem. Of course, as useful as auricular diagnosis can be, it cannot be relied on as a definitive diagnostic tool. Final diagnosis of any condition still relies on lab tests. But for people who like to take a pro-active approach to their health, it is an easily-learned technique which rewards the careful observer with a wealth of information.

Student Intern Half-Price Coupon
The Student Clinics at our AAAOM Roseville and Uptown locations are an inexpensive way to invest in your health. Supervised by our faculty, you will receive high quality treatment from 3rd- and 4th-year student interns. In return, you will assist students in gaining valuable first-hand clinical experience. Treatments may include acupuncture, herbal medicine, Tuina massage, dietary recommendations, and even Qi Gong. Faculty members carefully advise and review all patient diagnoses, prescriptions, and follow-up visits to ensure the most effective treatments.

Treatments from student interns are generally $32 per session, but coupons are available here for either the Roseville or Uptown locations to print out and bring along with you for a $16 treatment.

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Long ago, in a small village which rested in the shadow of Hua Mountain in Shanxi Province, lived a family called Li. The eldest son was an honest, unassuming man who personified the Chinese virtue of respect for parents. His name was Xiaojing (filial piety).

One day, his elderly mother fell ill and could not get out of bed. The village doctor told him there was a special kind of mushroom called ling zhi which may be able to save his mother’s life. However, it could only be found high up on the rugged precipices of Hua Mountain, and obtaining it would be dangerous and difficult. Determined to save his mother at all costs, Xiaojing set out to climb Hua Mountain, his only equipment a basket and a hoe.

Xiaojing looked like a small ant as he clambered up the steep cliffs along narrow, treacherous paths. Finally, on a high ledge, he found the mushroom the doctor described to him. Xiaojing was full of joy as he turned to begin his long descent down the mountain, but his joy turned to terror as his foot slipped and he slid down the cliff face like a falling rock, losing consciousness as his body rolled to a stop against a tree.

When he came to, he quickly felt for the mushroom and was relieved to find it still in his basket. But when he tried to move he realized he had seriously injured his back and leg - he could not stand, and the pain was intense. He propped himself up against the tree trunk, only partially conscious of what was going on around him.

As twilight fell on the mountainside, Xiaojing heard a rustling noise, like feathers. He opened his eyes and saw a small man who looked like a crane: his hair was snow white, but he had the tender face of a child. Xiaojing struggled to move and cried out, "Great-grandfather, please help me! I have to go home and save my mother." The old man smiled kindly and answered, "My child, you have injured your back severely. Don't move until I treat you." He pulled a small bottle made from a hollow gourd out of his robe and went to a nearby tree. He peeled some of the bark from the tree and placed the bark in the gourd with some water, shaking the contents of the gourd until the bark liquefied. Xiaojing drank the liquid and soon realized that his back was completely cured. The old man pulled Xiaojing to his feet and said, "My child, go back home quickly. Your mother is waiting for the precious herb you are bringing her." Xiaojing clung to the old man's hand, trying to find words to express his gratitude. He asked the man what his name was. Instead of giving a name, the elder pointed to the tree, putting his words in the form of a poem: "This tree grows from ordinary soil. I am also a part of the common processes of life. My happiness is to help ordinary people with their daily problems. I do not seek fame." With that, the gentle old man climbed on the back of a large white crane and flew away. As he watched his benefactor disappear into the gathering dusk, Xiaojing puzzled over the meaning of his final words but could not make sense of them. As quickly as he could, Xiaojing descended Hua Mountain and gave the healing mushroom to his mother. She was up and around within a short time.

A few days later Xiaojing went back to look at the tree which had cured his low back pain. The tree was strong and straight, with oval, serrated leaves, and he recognized it as a Eucommia tree (Eucommia ulmoides). The bark of the Eucommia is called du zhong in Chinese. Suddenly, the meaning of the old man's poem became clear to him. "Du" signifies a combination of earth and wood; "zhong" means "one person among many." The tree bark was one kind among many tree barks, and the old man was one among many men; but ordinary things can produce extraordinary good when they follow the plan of nature.

Xiaojing peeled some more bark off the tree, wondering if it was truly a cure for back pain. On his way home he met a village farmer who had injured his back. Xiaojing boiled some of the bark in water and let the farmer drink the decoction. The farmer's low back pain cleared up right away. Like the "great-grandfather" who had been so kind to him, Xiaojing refused any payment from the farmer and went on his way. After that, Xiaojing became a renowned doctor and cured many people.

Legend of Chinese Medicine

Du Zhong: "Ordinary" Bark with Extraordinary Powers

By Dr. Xiangdong Yu, TCMD, Ph.D.

Du Zhong (eucommia bark, cortex eucommiae ulmoidis)
Minnesota is well-served by the acupuncturists at TCM Health Center clinics. With six convenient locations, TCM Health Center clinics are committed to providing high-quality acupuncture and Chinese herbal medicine at reasonable rates. Our practitioners are fully-licensed and highly-trained professionals who bring specialized knowledge and years of experience to bear on patient treatment. Acupuncture and Chinese herbal medicine are known to be exceptionally effective at addressing a variety of diseases, as well as being proven preventive medicine.

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Complicated Cases Need Adaptable Practitioners

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

To be a successful clinic practitioner, you may want to consider becoming fluent in several treatment modalities. When one type of treatment does not work, move on and try another one. Here is an experience I recently had.

During an ordinarily stressful workweek, a patient called to schedule an emergency acupuncture treatment on my day off. On her voice message, she talked about having excruciating pain for several weeks and she could not take it anymore. She sounded as if she was going to do something drastic. I made a special trip in to my office to see this woman. All of my tools were ready and I mentally reviewed possible causes for different types of pain.

A 62-year-old woman shuffled through the clinic door, hunched over with pain. She was unwilling or unable to make eye contact with me, but the exhausted look in her husband’s eyes gave me a feel for the pain she suffered. An extensive intake history revealed a three-week-long headache, chronic body pain so intense she could not bear to be touched, nausea, three days of insomnia, extreme fatigue and a psychological/emotional history spanning close to five decades. All these symptoms were of course accompanied by a handful of prescription drugs, electric shock therapy and several stays in the psych ward.

It was distressing to hear her whimper with pain as she eased onto the treatment table. Her body twitched and her legs kicked out following insertion of the first needle. After two more needles were inserted her anxiety escalated dramatically, so I removed the needles for her safety and my piece of mind. I still needed to relieve her pain, so I started lightly administering tuina. This turned out to be the wrong plan because her pain only increased when I touched her body.

With this suffering patient’s husband looking at me in desperation, what was I supposed to do? An idea came to me moments later: I grabbed the tiniest needles I had and began to swab her ears with alcohol. Her anxiety about the treatment I was administering was still very high, but I continued and gently put three needles into each ear. The initial sensation from the ear acupuncture subsided after a few seconds. I believed her heightened state of anxiety and focus on the pain would allow me to leave these needles in place for only a short time. She agreed it was bearable and felt that she could try and relax for ten minutes.

To my surprise, when I returned to the treatment room after ten minutes she was calm. There were no spasms, no crying, and her fidgeting had stopped. I removed the needles and we discussed herbal treatment for her headaches, body aches and long-term psychological problems. I gave her my private telephone number and told her to call me if the herbs did not help or caused adverse side effects. As my patient left the clinic, I noted that she was walking more upright, without a shuffle, was making eye contact with me, and was speaking without a stammer and in complete sentences.

I did not hear from her until her next scheduled treatment the following week. To my surprise, she walked in smiling! She told me how all of her pain was gone, including the headache and body aches. She also commented that her appetite had returned and she was sleeping soundly again. With her physical symptoms under control, the patient’s main goal and focus now is treating the uneasiness of her mind and spirit. Although she saw small improvements in her mental/emotional status with just two acupuncture treatments, I told the patient that because of her long history, it will take many treatments before we see significant results with Chinese medicine.

I could sense her determination and newly-found hope for a better life, and I was thankful that my training had enabled me to efficiently select the most appropriate treatment for this challenging patient.

Dr. Brian Grosam graduated from the American Academy of Acupuncture and Oriental Medicine with a Master’s degree in Acupuncture and Oriental Medicine and then moved to China with his wife and two sons to earn his Ph.D. dissertation on gynecological disorders. He currently instructs students and supervises interns at AAAOM.

The core curriculum of AAAOM’s Master’s Degree Program in Acupuncture and Oriental Medicine prepares graduates to competently use acupuncture, Chinese herbal medicine, Tuina medical massage, Oriental dietary therapy and other healing modalities from traditional Chinese medicine, such as Tai Chi and Qi Gong, to accurately diagnose and effectively treat patients.
Traditional Chinese medicine has a long tradition of treating men and women for fertility and sexual function issues. Centuries before the invention of Viagra, Chinese people looked for natural ways to enhance male sexuality and potency. The following recipe adds qi-stimulating Chinese herbs to basic chicken soup. The herbs are designated by their Chinese (pinyin) names and pharmaceutical names. Please read the “Comments” section for more information on the TCM functions of the herbs included in this recipe.

**Ingredients:**

- Dang Sheng 30 grams
- Huang Qi 30 grams
- Dang Gui 5 grams
- Long Yan Rou 30 grams
- Ba Ji Tian 20 grams
- Ginger, fresh 15 grams
- Salt 20 grams (or salt to taste)
- Fresh Chicken one-half chicken

**Preparation:**

Cut the chicken into small pieces, add to boiling water and cook for 2 minutes. Pour this water out and add 2000 ml (15 cups) of fresh, cold water to the pot. Add above herbs and bring the water to a boil. Reduce heat slightly and simmer for one hour. Before serving, add the fresh ginger and salt to taste. Serves four.

**Comments:**

In traditional Chinese medicine theory, the Kidneys are responsible for reproduction, maturation, and aging. While most of our internal organs are considered to be either “yin” or “yang” in nature, the Kidneys contain both yin and yang essence. For males, sexual function and potency depend on having strong Kidney yang in sufficient amounts. However, while the Kidneys are fundamental to human sexual vitality, the Kidneys must be adequately supported by the other organs in the body which convert the air we breathe and the food we eat into nourishment for the whole body. The herbs in this recipe work together to support organ function in the body:

- **Huang qi** (Radix Astragali) tonifies the organs in the upper jiao (Heart and Lung) and middle jiao (Spleen/Stomach). Lung and Heart qi deficiency may cause shortness of breath and fatigue. Spleen qi deficiency leads to nutritional deficiency. Tonifying Lung, Heart and Spleen qi is as important as tonifying Kidney qi.

- **Dang Shen** (Radix Codonopsis Pilosulae) nourishes the Spleen, increasing the ability of the body to generate and distribute nutritional energy. Deficient nutrition gradually weakens every function of the body, including sexual function. You could say that the Spleen provides the gas that fuels the engine.

- **Ba Ji Tian** (Radix Morindae Officinalis) tonifies Kidney yang. There are other herbs which have a stronger function to support Kidney yang, but they have an unpleasant taste. Ba Ji Tian is sweet-tasting, and is therefore good in soup.

- **Long Yan Rou** (Arillus Euphoriae Longanae) is also sweet-tasting and applies to the Heart and Kidney meridians, tonifying Kidney yang and harmonizing Heart shen. Impotence (Kidney) is often correlated with irritability (Heart), so this herb will build Kidney yang as it harmonizes the Heart and Kidney.

- **Dang Gui** (Radix Angelicae Sinensis) tonifies and invigorates blood, stimulating blood circulation through the entire body, and to the generative organs. In larger quantities Dang Gui does not taste good, which is why there are only 5 grams in this recipe.

Ginger and salt are added to make the soup taste delicious.

When you use natural foods as medicine, you do not see overnight results as you do with Western drugs (or 30-minute results as you do with Viagra). However, taking this soup for a month will enhance sexual function in most men, and it is very unlikely there will be any undesired side effects.
Acupuncture's Star Continues to Rise

By Changzhen Gong, Ph.D.

Years of effort by Minnesota's professional acupuncture community finally paid off on May 7, 2009 when Governor Tim Pawlenty signed into law the Edith Davis Equal Access to Acupuncture Act (commonly referred to as the Parity Bill). The Equal Access act, which became effective on August 1, 2009, stipulates that if a health plan covers acupuncture in Minnesota it must reimburse acupuncture services provided by a licensed acupuncturist. Previously, many health plans would only reimburse for acupuncture services provided by an M.D. or chiropractor. This is the second landmark legislative action to be successfully implemented through the efforts of Minnesota’s acupuncture profession. The first resounding success for Minnesota acupuncture came with the legislation which provided for licensure of acupuncturists in 1997. It is fitting that the Equal Access Act honors acupuncture pioneer Edith Davis, who was instrumental in achieving the licensure legislation of 1997. Passage of the Equal Access Act plants the seeds of a new growth opportunity for the acupuncture profession in Minnesota. As a result, the ancient wisdom of traditional Chinese medicine will be available to more Minnesotans than ever.

Acupuncture is recognized as a unique medical system by the World Health Organization and National Institutes of Health, capable of addressing over eight hundred medical conditions including migraine, back pain, dysmenorrhea, arthritis, neuropathy, fibromyalgia, multiple sclerosis and infertility. Curiosity about the possible mechanisms by which acupuncture achieves its effects has launched numerous large-scale clinical trials in China, the United States and many European countries. Laboratory research and clinical trials using established scientific standards have provided firm evidence that acupuncture is an effective therapeutic modality for clinical conditions such as infertility, migraine, joint pain, etc. Results of these studies are published in mainstream medical journals, increasing the credibility of acupuncture in the Western medical community. Ongoing scientific research postulates neurotransmitters as the working mechanism of acupuncture, while fMRI studies have established a direct connection between acupoint stimulation and cerebral response.

Acupuncture continues to enjoy the highest popularity among the different modalities of complementary medicine. When conventional medical practitioners in the United States, Australia and England refer their patients to complementary medicine practitioners, they overwhelmingly refer to acupuncturists. (In China, of course, acupuncture is not considered "complementary medicine" - it is the national medicine and enjoys parity with Western medicine.) A survey conducted by the National Institutes of Health reveals that visits to acupuncturists rose by 32% between 2002 and 2007 in the United States, an increase of 6.4% annually. The cumulative effect of these three trends - increasing popularity of acupuncture, legislative recognition, and scientific validation - points to an unprecedented growth opportunity for the acupuncture profession in Minnesota.

AAAOM Open Houses

Open Houses for prospective students will be held on November 8th and November 15th from 2-5 p.m. Read more on page 3, visit AAAOM.edu for full details and to RSVP, or call 651-631-0204 ext. 2 with any questions and to RSVP. We hope to see you there!

First Day of Winter Trimester

The first day of classes for 2010’s Winter Trimester will be Monday, January 4. Applications are now being accepted and prospective students are encouraged to register soon. For application information, visit AAAOM.edu or call 651-631-0204 ext. 2.

Tai Chi and Healing Qigong Classes

AAAOM offers ongoing 10-week Healing Qi Gong classes on Thursdays from 6 p.m. to 9 p.m. beginning January 7, and 12-week Tai Chi classes on Wednesdays from 6 to 8:30 p.m. beginning January 6. For class and registration information, please call 651-631-0204.