Starting in the Summer trimester, AAAOM instituted a free "lunchtime lecture series" for the benefit of our students. Within the series format, faculty members and occasional guest lecturers present for 30–45 minutes on a variety of TCM-related topics on a monthly basis. Our goal is to provide our students with information and skills which they can add to their knowledge base and apply to their practice. These lectures have been well-attended and indicate that this will continue to be a popular feature of AAAOM student life. Topics presented so far include: "Common Mistakes in Arriving at a Clinical Diagnosis" by Dr. Yubin Lu; "Needling Technique for Renying (St 9)" by Dr. Qin Chu; "Qi: Differentiation and Functions" by Dr. Brian Grosam; and "Clinical Applications of Du 14" by Dr. Yifan Liu. Upcoming topics include: "Treating Macular Degeneration with Chinese medicine" by Dr. Daiyi Tang; "Needling Techniques for Jiaji Points" by Dr. Wen Jiang; "fMRI Studies and Acupuncture Research" by Dr. Changzhen Gong; and "Advanced TCM Treatment for Arthritis" by Dr. Peng Sun.

In May, 2010, AAAOM graduated its eighth class (pictured below). Twenty students took part in AAAOM's traditional graduation ceremony this year, receiving their well-earned diplomas in the Year of the Tiger. Highlights of the ceremony included speeches by class speaker Alan Schroepfer and faculty member Dr. Brian Grosam, as well as a masterful performance by Javvelle Barton on the classic Chinese instrument, the guzheng. Graduates are: Kent Bergstrom, Tasha Boehland, Meggie Chan, Huang-joung Chen, Huyen Doan, Sara Erdman, Amber Lee Goettig, Peng Her, Jesse Katzman, Marnie Leen, Hung Lieu, Thomas McCarty, Daniel McGough, Joette Nuyen, Cadance Paulaha, Leslie Prairie, Matthew Priebe, Lynn Putnam, Jessica Rolfes, and Alan Schroepfer. Congratulations to the Class of 2010!

For this edition of our newsletter we have selected some clinical cases which illustrate the effectiveness of acupuncture in treating a variety of health problems.
Student Association Invites Guest Speaker

In September, AAAOM’s Student Association provided its members with an excellent opportunity to learn about utilizing PubMed and other library resources by inviting Elizabeth Fine, MLIS, as a guest speaker. Ms. Fine delivered a lecture on strategies for efficiently and comprehensively finding CAM evidence in PubMed, and presented an overview of the resources available in health sciences libraries and how to make the most of a visit to the library. Liz Fine is a liaison and instruction librarian in the University of Minnesota’s Bio-Medical Library, working with the U of M’s School of Nursing and the Center for Spirituality and Healing. Ms. Fine’s presentation was so popular that the Student Association is planning a return visit. The Student Association is also sponsoring “casual Taiji practice” at 12:30pm on Thursday afternoons in the upstairs open area. The more, the merrier!

AAAOM Continues "Super Points" Project

Acupuncture points are essential to the theory and practice of acupuncture. The most commonly-used acupoints are the foundation of the acupuncturist’s practice. Two years ago, AAAOM launched its Super Points project, which involves writing a "biography" of each of the twenty commonest acupuncture points. Each acupoint is the subject of one volume in the series. Each volume analyzes and details the historical evolution, literature analysis, case reports, clinical applications, needling techniques, point combinations and modern research on one of these “super” acupuncture points. The first stage of the project has been completed and published by China Medicine Science Press. Acupoints in this series include SP6 (Sanyinjiao), ST36 (Zusanli), DU20 (Baihui), GB20 (Fengchi), LI4 (Hegu), LR3 (Taichong), RN4 (Guanyuan), LI11 (Quchi) and PC6 (Neiguan). The second series of volumes is in progress, and will cover KI3 (Taixi), RN12 (Zhongwan), BL40 (Weizhong), ST40 (Fenglong), SP9 (Yinlingquan) and six other points. This innovative project is a joint effort between the American Academy of Acupuncture and Oriental Medicine and Shandong Academy of Traditional Chinese Medicine in Jinan, China.

Additional Volumes of "Classical Formulas" Series Published

Another thirty-two volumes in AAAOM’s series of books about classical Chinese herbal formulas are currently being published by the China Medical Science Press. AAAOM is proud of this scholarly contribution to the field of acupuncture and traditional Chinese medicine. Each volume in the series comprises an extensive study of one particular Chinese herbal formula, combining classical methodology and a contemporary scientific approach. As gems of Chinese medicine, these classical formulas have demonstrated enormous therapeutic power in the treatment of a myriad of medical conditions. They are time-tested prescriptions which have been utilized by millions of doctors to treat billions of patients over the last two thousand years. This is the fourth stage of the Academy’s effort to publish “one hundred volumes” on the applications of classical Chinese herbal formulas, and makes a total of seventy-three volumes published to date. This project is a cooperative effort between the American Academy of Acupuncture and Oriental Medicine and the China Academy of Traditional Chinese Medicine in Beijing.

Dr. Gong Presents to U of MN Students

AAAOM president Dr. Changzhen Gong was invited to present information about acupuncture and traditional Chinese medicine to students at the University of Minnesota this spring. On April 7 Dr. Gong presented a lecture entitled “Acupuncture: Humans and Beyond” to students at the University’s School of Veterinary Medicine. In this lecture, Dr. Gong detailed interesting case studies from local and foreign veterinary medicine practitioners who have applied acupuncture therapy to cats, dogs, horses, pigs and rats. Veterinary students showed great interest in the animal acupuncture charts. On April 9 Dr. Gong presented "Acupuncture in the United States: Utilization, Legislation, Education and Research" to the U of MN's Asian-American Student Union. Dr. Gong’s lecture gave an overview of how acupuncture and traditional Chinese medicine are experienced and understood in the United States. Students expressed strong interest when they realized that another complete medical system exists besides the conventional Western medical system.
American Academy of Acupuncture and Oriental Medicine

You are invited to attend an OPEN HOUSE

Sunday, November 14, or Sunday, November 21
From 2:00 - 5:00 p.m.

Highlights of the afternoon will include:
• Information about our Master’s Degree and Certificate Programs
• A Tour of the School
• An Acupuncture Presentation
• Visiting our Library, Herbal Pharmacy and Student Clinic
• Answers to Your Questions
• Refreshments

AAAOM School & Student/Faculty Clinic
1925 W County Rd B2
Roseville, MN 55113

To RSVP
Visit AAAOM.edu
Or Call 651-631-0204
Introduction to Case Studies

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

Some patients come to us because they have had a good experience with Chinese medicine, or they know someone who has. Some come because they are curious. Some as a last hope before they give up on ever being well again. No matter what their opinion of Chinese medicine was when they came, and no matter what their condition is, most patients who give acupuncture a fair trial are surprised by how well it actually works. Almost every day one of our patients says, "This is amazing!" A lot of them have been told that nothing could really help them, or that they will probably have to take medication forever to get some relief from their suffering.

The general public is still not well aware of the benefits of acupuncture treatment, but we are seeing more and more patients referred to us by word of mouth from other patients. Although scientists who investigate the physiological mechanisms of how acupuncture works have still not arrived at a definitive answer to that question, the fact remains that acupuncture does work. Study after study shows a provable basis for centuries-old treatment methods. Acupuncture is a unique therapy with specific theories, techniques, tools and applications, and it has been practiced effectively for thousands of years.

For this edition of our newsletter we have selected some clinical cases which illustrate the effectiveness of acupuncture in treating a variety of health problems. As practitioners of this comprehensive medical system, and as first-hand witnesses to the amazing results that it can bring, we want to enhance public awareness of Chinese medicine so that more people will benefit from this unique treatment. Acupuncture is not a miracle cure for all ailments, but it is definitely worth trying as a safe, cost-effective, non-invasive health care modality.

Treating Ulcerative Colitis with Chinese Medicine

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

Ulcerative colitis impacts millions of people worldwide, but there are only limited treatment options. Most people with this condition are never cured, and some require surgical removal of the entire colon. Symptoms of ulcerative colitis include frequent diarrhea, abdominal pain, intestinal bleeding, bloody stools and cramping. Modern clinical research suggests that traditional Chinese medicine (TCM) can be a safe and effective treatment for ulcerative colitis. Furthermore, scientific studies have measured an increase of helpful intestinal enzymes with acupuncture treatment.

The most common causes of ulcerative colitis in Chinese medicine theory are cold accumulation, Qi and blood stagnation, and damp-heat accumulation. Generally, a treatment course consists of five to ten acupuncture treatments, two to three times a week. Diet, of course, is also very important, which should include easily-digested carbohydrates, moderate amounts of protein, and cooked vegetables. It is important not to eat foods which are hard to digest, such as spicy foods and nuts. A TCM doctor can further select the most therapeutic foods for a patient’s individual condition.

A patient, Lisa for example, illustrates the way a TCM practitioner can treat ulcerative colitis with positive results. She is 28 and has had ulcerative colitis symptoms for more than ten years. When she came in she had suffered from bloody diarrhea and lower abdominal pain for seven days, making five to ten urgent trips to the bathroom daily. Her stool was sticky and foul-smelling, and she felt a burning sensation in her anus. She was dehydrated from constant vomiting and diarrhea and had a headache. She had a hemoglobin of 10, showing blood loss. There were no apparent physiological triggers for her attack of ulcerative colitis, such as antibiotic use or food poisoning, but Lisa had experienced a high level of emotional stress over the past several weeks due to school exams and a bad relationship with her boyfriend.

Lisa’s TCM diagnosis: Liver overacting on the Spleen with blood deficiency. Because her case was so extreme I gave Lisa acupuncture every day for the first week, and started her on the herbal formula Chai Hu Shu Gan San. After one week of treatment, the pain and diarrhea had greatly decreased and there was no bloody stool. Then she continued to have acupuncture twice a week for four weeks and added the formula Gui Pi Tang. After two months, Lisa’s hemoglobin was 12.3, and her abdominal pain and diarrhea were much better. Now Lisa comes in once a month for a maintenance treatment, and she continues to improve.
AAAOM Faculty Spotlight: Dr. Qin Chu

Dr. Chu is the newest member of AAAOM's faculty. Beginning with the Winter 2010 trimester Dr. Chu has been very busy teaching, supervising interns, and treating patients in the AAAOM faculty clinic.

L.N.: Why did you decide to study TCM?

Dr. Chu: When I was in high school I wanted to be an M.D. But the dean of the school, who was also my philosophy teacher, knew about traditional Chinese medicine and acupuncture. He made it sound so interesting I decided to be a TCMD. Nobody in my family had a background in TCM, but they were happy that I learned Chinese medicine because I was able to help all my family members as I learned.

L.N.: Tell me about your schooling in TCM.

Dr. Chu: I got my Bachelor's degree at Shandong University of TCM, about 200 miles from my hometown of Dongying. Then I returned to Dongying and spent five years working in the acupuncture department of a large hospital there. Several of the hospitals in Dongying integrate Western and traditional Chinese medicine. I saw a lot of patients and helped them with acupuncture and herbs, but after a while I saw that I needed to know more in order to treat complicated diseases, so I went back to Shandong for my Master's in acupuncture.

For my Master's studies I focused on treating diabetes with acupuncture and Chinese herbs. We demonstrated that acupuncture can help regulate blood sugar levels and treat diabetes-related problems like peripheral neuropathy and nephritis. I spent three years completing my Master's degree at Shandong, then went to Tianjin University of TCM for three more years to work on my Ph.D. I was lucky to get into Tianjin because it is the best university in China for needling technique. As a Ph.D. candidate I specialized in neurology, especially the areas of dementia and Alzheimer's disease. My tutor, Han Jingxian, was a recognized expert in this field. I participated in research on mice, demonstrating that acupuncture can improve the ability of mice with Alzheimer's to run a maze.

L.N.: Can you tell me about a memorable incident from your practice?

Dr. Chu: When I worked in the hospital in Dongying a neighbor woman who was a friend of my mother's fell off a scaffold and injured her back severely. She was being treated by a Western-medicine doctor in the Western-medicine part of the hospital. When I visited her she had been lying in bed for seven days, unable to move. She was on an IV, and they had done x-rays on her, but the x-rays did not show any unusual damage and her doctor could not give her an idea of when she would be better. I decided to try acupuncture on her. I needled SI 6 and SJ 3 on one side, and manipulated the needles strongly. After twenty minutes she was able to move. She sat up, then got on her feet. I gave her several more treatments on her low back after that, and she recovered very well. The Western doctor could not believe how well the acupuncture worked.

L.N.: Did your research point to any therapy that acupuncture practitioners can use in clinic?

Dr. Chu: Our research on Alzheimer's was focused on regulating the San Jiao to control Alzheimer's symptoms. We used the same acupuncture prescription on all our subjects: Ren 6, Ren 12 and Ren 17. The treatment principle was to tonify Qi, regulate blood, and supplement the root.

L.N.: I assume you continued to treat patients while you completed your Ph.D.?

Dr. Chu: I worked at the First Affiliated Hospital of Tianjin University, which is the largest acupuncture hospital in China. I treated a lot of neurological problems and dementia patients. I also worked as an instructor at all the hospitals I worked in. In Dongying I taught basic acupuncture to TCM students, and at Shandong and Tianjin I instructed more advanced students. I really enjoy teaching.

L.N.: How do you like living in Minnesota, and what do you do for relaxation?

Dr. Chu: I love it here. Even though I came here last November and it was a long winter, I think it is beautiful - even the snow. I like to walk around the lakes and along the river, and I enjoy reading books: especially the classics of TCM literature. Most of all I enjoy playing tennis with my son and spending time with him.
Bursitis: Help for a Painful Condition

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

Bursitis is an inflammation of the bursae, fibrous sacs filled with synovial fluid that act to cushion bones and tendons in the joints, especially joints such as the shoulders, elbows and hips which perform frequent repetitive motions. In Chinese medicine, bursitis is called Obstruction (Bi) Syndrome, because inflammation and swelling slow down or obstruct the free movement of Qi along the meridians that pass through the joint. For most people, acupuncture is a highly effective treatment for joint pain. Needles are inserted along the meridians which pass through the affected joint, opening up the channels and promoting the free flow of Qi.

Jane, 56, came to the clinic with pain in both hips, radiating along the lateral side of both legs. She was finding it difficult to walk. Her doctor diagnosed her with bursitis. Although Jane was slightly overweight, her overall health was quite good. Her energy level, mood, and digestion were fine, but she slept poorly because of the pain. I checked the appearance of her tongue and felt her pulse. The tongue looked normal and the pulse was a little wiry. When I palpated the affected hip area, she was very reactive at certain places which corresponded to acupoints along the Gallbladder meridian: GB 29 (in the hip area), GB 31 (about 6 inches above the knee on the lateral side of leg, and GB 33 (just above the knee on the lateral side of the leg). The pain did not involve her lower back. Because all the painful points were along the Gallbladder meridian, her TCM diagnosis was “blockage of Qi and Blood in the Gallbladder meridian.”

Then, she was treated with acupuncture at the following points: GB 29, GB 31, GB 33, GB 34, LR 3, SP 6 and SP 9. Electric stimulation was applied to the needles inserted into GB 29 and GB 33 for about 20 minutes. Electrical stimulation intensifies the effect of the acupuncture needles. In Jane’s case, electro-stim was applied to the acupoints above and below her most painful area.

She showed great improvement on her second visit, and the same treatment was given to her twice a week for the next two weeks. After a total of five treatments Jane’s hip pain was totally gone. Two years later she experienced another episode of bursitis in her hip and came back for another course of treatment. Again, after four to five treatments the pain was relieved. This is a typical experience for most bursitis patients. They usually experience some relief even after the first treatment, and in most cases are pain-free after four or five treatments.

Managing Headaches with Chinese Medicine

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

Marlene, 44, has a 30-year history of headaches. Over the years doctors prescribed pain medications for her, including Topamax, but nothing gave her satisfactory relief. Her usual pattern has been to experience a mild headache lasting all day, two to three times per week, with severe headaches about once a week. When she has a bad headache it starts suddenly, around her right eye, causing a painful, squeezing sensation in her head. She rates the pain level of severe headaches at 9–10. Triggers for her headaches include anger, stress and a busy work schedule, and headaches are always worse during menstruation. She has no aura, nausea or vomiting associated with the headaches.

The day Marlene first came to see me it was the second day of one of her severe headaches, with stabbing pain in her forehead and around her eye. She complained of stress, anxiety, insomnia, poor concentration, fatigue, a stiff neck and constipation. In TCM terms, Marlene’s diagnosis was: Kidney and Liver Yin Deficiency, with Liver Yang Rising. This is a common pattern in Chinese medicine, and is frequently seen in peri-menopausal women. In simple terms, Yin is the substance and structure of our bodies, nourishing all our life processes with blood and body fluids. Yang is the active element, the principle of movement, heat, and intelligence. As we age, both yin and yang will diminish in our bodies. Women are especially prone to yin deficiency because of their monthly cycles of blood loss. When a woman experiences constant stress and anxiety, her ability to adjust to the normal aging process is decreased, and her yin deficiency can become severe. Yin and yang exist in a balanced state when a person is healthy, but when yin is diminished, it is not able to control the yang energy anymore, and the yang energy will rise and expand, causing headaches, hot flashes, outbursts of anger and similar symptoms. Marlene’s constipation was also a product of deficient yin, which promoted intestinal dryness.
Continued from previous page.

My treatment plan with Marlene was to tonify Kidney Yin, subdue Liver Yang, and relieve pain and headaches, using acupuncture and a Chinese herbal formula, Tian Ma Gou Teng Yin.

Marlene came in for acupuncture twice a week for six weeks. Her insomnia improved after three treatments, and her constipation was better within four treatments. Most important, her stress levels and headaches were reduced a lot, especially if she avoided her trigger situations. After six weeks of treatment, Marlene had not had a severe headache for at least a month. After 30 years of headaches with no relief from medications, she was amazed that acupuncture had such a dramatic effect.

You may ask, "Marlene had headaches since she was 14 - she wasn’t peri-menopausal then. Would the same treatment plan work when she was younger?" Chinese medicine takes a very practical approach to health problems. We are born with a particular constitution that we carry with us all our lives. But every day we grow and change and interact with our environment, so you can also say that each of us is a new person every day. When you visit a Chinese medicine practitioner, he assesses the type of constitution you were born with by taking a medical history, and he also assesses the condition you embody that day by looking at your signs and symptoms. A pattern diagnosis combines medical history, signs and symptoms to arrive at a description of the basic imbalance, and points the way to the treatment plan. Marlene could have consulted a TCM practitioner at any time in her life and received the appropriate treatment for who she was at that point. The basic idea is to see where the imbalance is and correct it.

Achieving My Mid-Life Career Goals

Student Views by Mona Abdel-Rahman

After 20 years working in a rural hospital as a Registered Nurse, the stresses of 12-hour days and night shifts and constantly being "on the run" were taking a toll on my health. It was clear to me that if I didn’t change my profession I would be headed down a road of debilitating neck, back and shoulder problems. Nurses have one of the highest rates of back-related injuries of any profession.

AAAOM has a number of students over the age of 50 like me. Studies indicate that students over age 50 who enter graduate programs to change careers are more likely to experience health problems than their same-age peers who remain on a single career track until retirement. This may sound like bad news for the older student pursuing a graduate degree, but this has not been my experience at AAAOM.

In 2005 when I began the graduate program here, my life became incredibly busy with work, study and travel requirements. This caused a flare-up of my health problems, including celiac disease, which I’ve struggled with all of my life. Then, in my first year of schooling, I discovered that AAAOM students could receive free acupuncture treatments from student interns in the AAAOM Faculty/Student clinic. I have since been diligent to schedule at least one acupuncture treatment for myself every two weeks. I also regularly use prescribed herbs. In consequence, my health has improved during my years as a student at AAAOM.

The customized, flexible schedule AAAOM allowed me to make my mid-life career change possible. While continuing to work part-time as an RN in Grand Marais, MN, I have been commuting 500 miles every other week to attend school in Roseville. Gracious friends in the Twin Cities have become my surrogate families while I attend classes, and the long drive has become a relaxing time to listen to music and radio, catch up on world events and enjoy the scenery of the changing seasons.

Working as a nurse and caring for patients in the emergency room, on the medical floor and in specialized treatment areas of a rural hospital has provided me with a good background to care for patients with chronic or complicated illness in the AAAOM school clinic. I enjoy the challenge of treating such patients. I may not be able to cure all their ailments, but by improving their quality of life, I can help them go on to enjoy their lives and continue pursuing their dreams.

In the spring of 2011 I will graduate from AAAOM. At age 54, I have never felt healthier in my life. I can feel my career vision moving closer to reality: patients coming to my office for acupuncture/Chinese medicine treatment after a knee or hip replacement, or to minimize the side-effects of chemotherapy, or to alleviate chronic pain. I see myself participating in a growing wave of integrative medicine that, without using drugs and invasive procedures, can offer renewed vitality to people of all ages.
Visiting a TCM Hospital in China

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

The First Teaching Hospital for the Shandong University of Traditional Chinese Medicine is nestled amongst the aging buildings in the old downtown district of Jinan. It is a huge, six-story building. Every day, thousands of people get treated there. Based on my two-year experience as an intern at First Teaching Hospital, I will take you through a typical experience for a hospital visitor. Upon arrival, after dodging through all the buses, taxis and cars which are dropping patients off at the front gate, you step into the main entrance hall where an even more chaotic scene threatens to overwhelm the senses. There are people everywhere and a babble of voices. As hospital personnel bustle through the large open space, visitors and patients must first make their way across the hall to the admittance window.

There, you join the haphazard queue line to reach the nurse who presides over the admittance window. The nurse listens as you describe your ailment, tells you which hospital department you should visit, collects the standardized “doctor’s fee” of seven yuan (approximately one U.S. dollar), gives you a registration receipt, and directs you to a thirty-foot wall in the entrance hall. Posted on the wall is a list of all the hospital departments, department locations, and photographs of the doctors who work in each department. If you are new to the hospital and were not referred to a specific doctor, you need to select a doctor from the list. Many patients will choose based on how old the doctor looks. The older the doctor, the better they are, right?

Once you know which department you are going to, you make your way by hopping on the elevator, escalator, or by taking the stairs. (The stairs, incidentally, are always the fastest route!) Now you have found your department and located your chosen doctor, but this is only the beginning. The doctor you want to see may be so busy that you will have to select another doctor on the spot. This alternative doctor may simply be the unlucky doctor who occupies the last office at the end of a long hallway.

Having arrived at the doctor’s door, you are confronted by the doctor’s intern. You hand the intern the registration receipt you got at the admission window. At the end of the month the doctor will hand in all the registration receipts of the patients he saw that month and be reimbursed per patient visit. You also give the intern your patient records. (I forgot to mention this before, but all patient medical records are the property and sole responsibility of the patient. Hospitals do not store and maintain patient records.)

Now you sit and wait to see the doctor. A good strategy is to visit at times when the hospital is less crowded, or to see a new or younger doctor. This could shorten your visit by hours. When your turn finally arrives, you are met by the intern again. Interns are an integral part of the hospital routine who keep everything organized and moving along at a brisk pace. The primary intern will interview you about your health problem, record your symptoms and run through a standard series of traditional Chinese medicine diagnostics, including pulse and tongue diagnosis. At last you get to see the actual doctor! He or she reviews the intern’s notes and your previous medical history, asks a few more questions, takes your pulse, and may send you for further Western medical testing such as blood work, x-ray, or MRI. After arriving at a diagnosis and deciding on a treatment plan, the doctor will prescribe herbs if you are in the internal medicine department, insert needles in the acupuncture department, or perform tuina, moxibustion, etc.

Once your treatment is done, you’ll be told when you should return for your next visit. If your doctor prescribed herbs, you will need to make your way to the pharmacy department which occupies the entire second floor of the hospital. There are two adjacent windows at one end of the floor. The person at the window on the right reviews your prescription for dosages and accuracy, calculates the total cost, and stamps it. You then proceed to the second window and pay for the herbs, at which time your prescription is stamped again. The cost of herbal prescriptions can vary, depending on quantity and scarcity of ingredients, but most herbs are very inexpensive in China. A one-week prescription may cost as little as three U.S. dollars. Finally, you turn your twice-stamped prescription in at one of ten or more windows to have it filled. Pharmacists and interns dressed in lab coats and masks fill prescription after prescription. It is truly an amazing sight to see raw Chinese herbs dispensed at an industrial level. For an extra fee, and if you are willing to return in a few hours, the pharmacy will even decoct the formula for you. There are also separate windows that dispense Western drugs and Chinese patent formulas.

With your herbal prescription filled, you have now successfully completed your visit to a hospital of traditional Chinese medicine. If your timing is good and everything works out, your visit may only take an hour. But so many things can conspire to delay you that it would probably be safer to cancel all your other plans on the day you decide to visit the First Teaching Hospital of Shandong University.
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.

• Chronic Conditions
• Gastrointestinal Problems
• Skin Disorders
• Functional Disorders
• Ear, Nose & Throat Problems
• Pain Management
• Gynecological Problems
• Joint/Muscle Injuries
• Supplementary Cancer Therapy
• Mental & Emotional Disorders

SIX CONVENIENT LOCATIONS

St. Louis Park: 3710 Grand Way, St. Louis Park, MN 55416 (952-746-7992)
Edina / Southdale: 6550 York Avenue S, Suite 111, Edina, MN 55435 (952-926-4011)
AAAOM Faculty / Interns: 1925 W County Road B2, Roseville, MN 55112 (651-631-0216)
Grand / St. Paul: 613 Grand Avenue, St. Paul, MN 55102 (651-726-2459)
Uptown / Kenwood: 2930 Emerson Avenue S, Suite B, Minneapolis, MN 55408 (612-823-6650)
University / Dinkytown: 1313 Fifth Street SE, Suite 212, Minneapolis MN 55414 (612-379-3583)

Visit AcupunctureMN.com for more information on conditions, services, practitioners, hours, locations and directions, and more.
A Case of Infertility

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

When Sarah first came to see me, she was depressed and told me she cried all the time. She was 39 years old at that point and had been trying to conceive for more than three years, but nothing was working for her. Her gynecologist had run every test he could think of on both Sarah and her husband, and everything seemed to be normal. Since the Western doctors could find no reason for her failure to conceive, Sarah was diagnosed with "unexplainable infertility." Because she wanted to have a baby so much, Sarah went through three rounds of in vitro fertilization (IVF) procedures with artificial insemination. All of these expensive attempts had failed, and Sarah was so sad and discouraged when she came to see me.

At first I was confused when I began to interview Sarah about her symptoms because everything sounded so normal. She had very regular periods with a 28-30 day cycle, no severe cramping, and normal amounts of menstrual bleeding for 3-5 days. She could confirm that there was a noticeable change in her cervical mucus around her ovulation time. Then I felt her pulse and examined her tongue. Sarah's pulse was very weak and thin, and it was deep. Her tongue was pale red, with some shallow purplish spots along the edge. These signs made me think that she could have some kidney deficiency and qi stagnation problems. Then I asked for more detailed information about her sleep, diet, habits, etc. I found that she had a history of working late and not going to bed until after midnight. She had a low libido. She hated being cold and always had cold feet and hands. Sometimes she experienced night sweats.

I analyzed all her symptoms in combination with her pulse and tongue diagnosis and decided what her problem was in TCM terms: qi stagnation with underlying deficiency of both kidney yang and kidney yin. Sarah's current condition was the end result of many years of stress and unhealthy lifestyle choices, and I tried to explain to her how this happened. Because she stayed up late and did not get good sleep, she was always fatigued. Besides that, she was constantly stressed by her job and by her efforts to get pregnant. Gradually, the stress and fatigue damaged her liver yin and kidney yin causing a block in her energy flow (qi stagnation). Lack of exercise caused a deficiency of yang qi, which is why she had an aversion to cold and cold limbs. In combination, the qi blockage, the liver yin deficiency, and the kidney yang and yin deficiency had affected her uterus function so she was unable to get pregnant.

Once I knew her pattern diagnosis I could make an effective treatment plan for her: tonify kidney yang, nourish liver and kidney yin, and move the qi stagnation. The combination of acupuncture points I would use in treating her were chosen based on the stages of her menstrual cycle. For all of us, male and female, our bodies go through changes every day. For menstruating women the changes are dramatic, and there is a great opportunity to affect the body's functioning by choosing the optimum moment of the cycle to apply treatment. Before and during Sarah's period I focused on moving the stagnation. Her uterus was affected by both blood and qi stagnation, and we needed to clear out a long-standing blood stasis from her uterus. After her period I paid more attention to nourishing and supporting her kidney yin, in order to let her egg follicle grow and mature. At ovulation, I used points to reinforce yang qi so the yang energy would stimulate the follicle to release the egg. After ovulation I focused mainly on tonifying yang energy, which is essential to maintain a body temperature that is high enough to keep the fertilized egg implanted in the uterus.

While Sarah was coming in for regular acupuncture treatments, I also talked to her about her diet and life routines and suggested changes. She should go to sleep before 11 o'clock, because proper amounts of sleep can help nourish the yin energy of the body. She needed to get outdoors and exercise on a regular basis to help release the stress and move the stagnation. I asked her to eat red-colored foods before ovulation to help nourish blood and yin, and to eat extra meat and seafood like beef, shrimp and lamb after ovulation to help tonify kidney yang. I explained these dietary recommendations are based on traditional Chinese medicine theory. At first, when I made these recommendations to Sarah, I was afraid she would not believe me or follow my suggestions. Then she started to see how all aspects of her daily life contributed to her health. Once Sarah understood this, she would ask me, "What should I do now? What should I eat?" at every visit. And she followed my recommendations exactly.

Sarah started to see me after her third round of IVF treatment failed. After six months of acupuncture treatments, she got pregnant naturally! Her beautiful baby girl is three years old now, and Sarah still comes to see me when she has a health problem.
Food as Medicine: A Healthful Dessert for Fall
By Yifan Liu, TCMD, Ph.D., L.Ac.

Autumn is a beautiful season, especially in Minnesota, but it is also a time when many people suffer from lung problems such as chronic cough, dry cough, asthma, allergies, etc. TCM theory says this is because the Lungs are most likely to be affected by pathogenic dryness in the autumn.

This recipe calls for the bulb of the tendril-leaved fritillary plant, chuan bei mu in Chinese. Chuan bei mu is generally available in Chinese grocery stores and looks like a white, pea-sized ball. In the kitchen, the small bulbs need to be ground up or processed into a powder before use.

Chuan Bei Li (Steamed Pear with tendrilled fritillaria bulb)
Ingredients:
Pear 2 pears
Chuan Bei Mu (fritillaria bulb) 20 grams
Honey 50 grams

Preparation: Grind chuan bei mu bulbs into powder. Peel the pears and cut into large slices. Top each pear slice with honey and chuan bei mu powder. Steam for 30 minutes.

TCM Functions: Clears lung heat, moistens the lung, resolves phlegm, and removes pathogenic fire and heat from the lung. Can be used to address the following conditions: dry cough, asthma symptoms, sputum that is yellow and thick or mixed with blood, feelings of heat or constriction in the lungs.

Comments: In this recipe, chuan bei mu is the principal herb. Its properties are: cold and sweet. Its primary function is to moisten the lung, so it is mainly applied to chronic cough due to lung deficiency with scanty phlegm and a dry throat. Pears (li) have the properties of being sweet, slightly sour and cool. Medicinally, pears function to increase body fluids, moisten the lung, clear heat and transform phlegm. Honey is sweet and neutral. It can moisten the lung.

Relieving Post-Operative Pain
By Peng Sun, TCMD, Ph.D., L.Ac.

John, 65, came in with severe knee pain. He had a history of arthritis in his knees which led him to have both knees replaced twice with artificial joints. The last knee replacement surgery was five years ago. John experienced some pain and stiffness in both knees since the surgery, but the pain became much worse over the last six months. His regular physician and orthopedic physician prescribed several different pain pills, but none of them relieved his pain. One of John's doctors was aware of the studies which prove that acupuncture has a therapeutic benefit for knee pain and referred him to an acupuncturist.

John has a strong constitution for his age and is generally in good health. Most people his age show a prevalence of deficiency disorders, but I diagnosed John with an excess condition: local qi and blood stagnation in the knees. Acupuncture was used to increase the flow of qi and blood through the affected area. The first acupuncture treatment included distal points on the head, hand and ankle and local points to the knee. When he returned several days later John said there was a little improvement in the pain, but a lot of stiffness at the back of his knees, so the second treatment was face down to focus on this area. After this treatment the pain and stiffness were relieved for 12 hours, then gradually returned. Since John was responding to the acupuncture, but finding his symptoms coming back soon, I suggested that he come in every day for three or four days. This type of intensive treatment can often bring the patient noticeable relief for a more extended period of time.

In a case like John's, there are no "miracle cures." He is an older man and has suffered significant trauma from the surgeries. Western medicine says he is better off with the knee replacements, even with the pain, because otherwise he would probably not be able to walk at all. At this point, we will never know if acupuncture could have helped John avoid surgery in the first place, but there is significant scientific research showing that acupuncture can also improve joint function. Nonetheless, Chinese medicine has an advantage in pain management. Western medicine offers medication for such pain but could be addictive or have side-effects. Acupuncture was effective to reduce John's pain and stiffness and increase his range of motion. With continuing acupuncture treatments, John should be able to function well with his knee replacements, without needing to take pain medication.
AAAOM Open Houses

Open Houses for prospective students will be held on November 14th and November 21st from 2-5 p.m. Open House presentations are an excellent opportunity for prospective acupuncture students or anyone who is interested in exploring the field of alternative medicine to get a lot of information in a short space of time. Read more on page 3, visit AAAOM.edu for full details and to RSVP, or call 651-631-0204 ext. 2 with any questions and to RSVP. We hope to see you there!

First Day of Winter Trimester

The first day of classes for 2011’s Winter Trimester will be Monday, January 3rd. Applications are now being accepted and prospective students are encouraged to register soon. For application information, visit AAAOM.edu or call 651-631-0204 ext. 2. AAAOM accepts applications year-round for trimesters beginning in September, January, and late April.

Tai Chi and Healing Qi Gong Classes Open to the Public

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

Continuing Education Seminars - Fall 2010

Held at our Roseville, Minnesota campus each fall, the AAAOM Continuing Education program is available for practitioners who have completed an accredited degree program for Acupuncture and/or Oriental Medicine, or for advanced students. Topics for 2010 include "Formulas for Heat-Related Liver Disorders" (Saturday, November 6th), "Treating Degenerative Brain Disorders" and "Traditional Chinese Massage for Internal Diseases" (Sunday, November 7th), and "Facial Rejuvenation" and "Treating Allergic Responses" (Sunday, November 14th). Generally, these courses qualify for CEU credit, and full details are provided upon class registration. Full details are available on AAAOM.edu on the Continuing Education page. To register call 651-631-0204 ext. 1.

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.