Acupuncture - The Best of Times

The millennia-old practice of acupuncture is rapidly becoming mainstream medicine in the United States. This time-tested medicine is finally getting its due because it has so much to offer to a health-conscious society. Whether we are talking about public awareness, research funding, insurance coverage, institutional recognition, research breakthroughs or educational standards, acupuncture is on an ever-accelerating upward trajectory. The following examples from professional journals and other sources are proof of the assured success of acupuncture in this country.

**Most-referred complementary medicine by physicians** A recent academic and clinical review article published in the *Annals of Internal Medicine* stated that acupuncture holds the most credibility in the medical community amongst all the complementary medicine modalities. When medical practitioners refer patients to a complementary medicine provider, acupuncture is the first choice.

**Most-funded complementary medicine research by NIH** A consensus conference on acupuncture convened by the National Institutes of Health (NIH) concluded its panel report with the endorsement: "there is sufficient evidence of acupuncture’s value to expand its use into conventional medicine and to encourage further studies of its physiology and clinical value." NIH currently sponsors more than fifty research projects on acupuncture.

**Increased coverage by insurance companies** Several factors are forcing health insurance companies to cover acupuncture, or to seriously consider covering acupuncture: increasing demands for coverage from policy holders, the amazing history of acupuncture’s effectiveness and the substantial and mounting clinical evidence of acupuncture’s clinical efficacy. Because insurance companies need scientific data to justify their coverage decisions, the NIH Consensus Statement was a significant step and ongoing NCCAM-sponsored research is essential.

**Ongoing breakthroughs in scientific research** In the wake of discoveries that serotonin and endorphins are the two main neurochemical substances mediating the acupuncture analgesic effect, that low-frequency electroacupuncture activates the release of B-endorphine and metenkephalin in the central nervous system and that high-frequency electroacupuncture accelerates the release of dynorphine in the spinal cord; clinical research scientists in physiology have been using fMRI technology to correlate acupuncture points with cerebral cortex activity. Clinical research scientists have also found that acupuncture can improve fertility rates and relieve joint pain.

**Established educational system in acupuncture** In a remarkably short time in the United States, professional education in acupuncture has developed into an instructional system similar to other medical professions. Certification, accreditation and curriculum requirements are structured in a nationally coordinated system. There are currently about fifty accredited programs for acupuncture and Oriental medicine in the United States that meet the national academic and clinical standards. Forty-three states now license the professional practice of acupuncture. And, more of the established acupuncture programs are going beyond their current Master's degree programs and granting doctoral degrees.
AAAOM Highlights

AAAOM Expands Its Specialty Clinic Program
With the opening of a special clinic for multiple sclerosis patients in 2005, AAAOM began an exciting new direction in its development. Currently, AAAOM has just opened a special clinic for IBS and ulcerative colitis. AAAOM advanced student Li Wang will manage the IBS clinic under the supervision of AAAOM faculty, seeing patients from 1:00 to 5:30 p.m. on Wednesdays and Saturdays. A special clinic for migraine patients will be available soon, conducted by AAAOM advanced student Dave Saum. Specialized-area clinics are a positive benefit for all participants. The students who conduct the clinics are gaining valuable knowledge and expertise in a specialty practice that they can carry with them into their post-graduate lives. The school has the advantage of being a focal point for groups of patients who are often organized and connected through the internet. And patients themselves can benefit greatly from having an affordable alternative to standard Western treatments. The specialty clinics at AAAOM are designed to be research vehicles for the advanced students and the faculty. Therefore, the treatment cost to participants is lower than the usual cost of treatments. For an expanded discussion of specialty clinics, please refer to Dr. Yubin Lu’s article in this newsletter: Is Acupuncture Stuck in a Bottleneck?

Spring Trip to China
AAAOM staff and students returned from their 14-day trip to China tired, but in great spirits. Most said that they were ready to turn around and go back to China immediately (if it wasn’t for the airfare and - oh, right - going back to school). Instructor Dona McGlennon said “The trip was amazing! Especially going to the TCM hospitals to see the ‘real thing’, and talking with the Chinese TCM students. We had such different backgrounds, but we are all studying the same thing and have so much in common that way. They were so accepting of us and we felt a real bond.” Several other participants (who shall remain nameless) said that having beer with lunch every day was a real high point for them. In a future newsletter, we hope to share pictures of the trip.

AAAOM Hosting Martha Lucas Seminar on Pulse Diagnosis
On July 15 and 16, AAAOM is pleased to present a weekend seminar on pulse diagnosis, conducted by pulse expert Martha Lucas, Ph.D., L.Ac. If pulse diagnosis is not your best skill, or if you want to refine your technique and expand your knowledge, this is the seminar for you! An important component of Dr. Lucas’ presentation is pulse movement: what is normal movement; how to gauge the effectiveness of your treatment; how to interpret movement in various pulse positions, etc. A participant in one of Dr. Lucas’ seminars says, “This class gives a practical application of our deep tradition and would clearly raise the level of practice in our field.” The pulse seminar will give you 15 CEUs, and the cost is $295.00 for those who register early.

Specialized Faculty Creating Advanced Curriculum
A continuing objective of AAAOM is to strengthen our academic foundation. Having a specialized and highly-trained faculty is an integral part of achieving this objective. AAAOM intends to build the strongest-possible academic curriculum in the following specialties: neurology, gynecology, immunology, dermatology and gastroenterology. The goal is for each faculty member in the program to be a leading expert in one particular specialty and to focus on academic research and publication in his/her area of interest. AAAOM currently has key faculty in position and will continue to strengthen our resource base. Our academic program, which is already one of the strongest in the country, will become even stronger with our expert faculty.

Bob Flaws Coming to AAAOM
Bob Flaws is well-known as one of the pioneers of TCM in this country. He has established himself as a top expert in translating and writing both classical and contemporary Chinese medicine literature and in continuing to develop the spleen/stomach school. It is always a valuable learning experience to attend one of his seminars. As of this writing. Bob plans to visit AAAOM for a one-day seminar in October.

Breck School Field Trip to AAAOM
Breck high school and middle school students visited AAAOM recently for a field trip. Dr. Yubin Lu lectured to the high school students on How Chinese Medicine Changed the World and then presented an acupuncture demonstration. The middle school students were treated to martial arts and tai chi demonstrations by graduating student Dave Saum, as well as an acupuncture demonstration and lecture about TCM. AAAOM is grateful to Breck for giving us the opportunity to reach out to the younger members of our community.

Publications on Classical Chinese Medicine
An ongoing project for AAAOM faculty members is the systematic review, translation, and publication of the texts of classical Chinese medicine. Pursuing this plan, faculty members have published and will continue to publish books on classical Chinese herbal formulas. Ultimately, this will be a multi-volume set, with one exhaustively-researched book per formula. Volumes which have been completed or are to be published shortly deal with the formulas Liu Wei Di Huang Wan, Bu Zhong Yi Qi Tang, Gui Pi Tang, Xiao Xiao San, Shen Ling Bai Zhu San, Yu Ping Feng San and Xiao Qing Long Tang. So far, AAAOM faculty members have compiled twenty-one volumes on classical Chinese herbal formulas. Regarding classical Chinese acupuncture, AAAOM faculty members have written and published more than a dozen papers on classical needling techniques. Classical texts which have been the resource for the classical needling techniques papers include The Yellow Emperor’s Classic of Medicine, The Classic of Difficult Issues, Ode to the Golden Needle, The Great Compendium of Acupuncture and Moxibustion, and Plum Flower Poetry of the Golden Needle.
American Academy of Acupuncture and Oriental Medicine

You are invited to attend our

OPEN HOUSE

Sunday, July 23, 2006
2:00 - 5:00 p.m.

Highlights of the afternoon will include:
• Information Sessions about our Master’s Degree and Certificate Programs
• School Tours
• Tuina (TCM Massage) Presentation
• Visit our Library, Herbal Pharmacy and Student Clinic
• Answers to Your Questions
• Refreshments

To Register Please Call 651-631-0204
By Elise Garafola, L.Ac.

Acupuncture has many applications, the most common of which is pain relief. Some pain clinic physicians and chiropractors throughout the country use acupuncture to relieve pain. Similar to electric stimulation or ultrasound therapy, acupuncture stimulates the immune response. As the needle enters the skin, the nerves tell the brain to release endorphins (the body’s pain killers). Depending on the cause and duration of the pain condition, relief can last from minutes to days or even weeks.

Treatment of this kind can be considered allopathic because it addresses a specific symptom with direct treatment.

This allopathic method of acupuncture is often used by Oriental medicine (OM) practitioners when treating musculo-skeletal complaints. However, with the use of acupuncture, OM is able to treat the source of the pain holistically. Acupuncturists are trained to analyze an individual’s condition based on the inter-relationships between the organs. We make extensive interviews with our patients and review their symptoms in reference to those relationships. The points chosen for a treatment relate not only to the pain area but also to the imbalance or blockage of the energy system of the body.

For example, an elderly gentleman had post-operative pain and weakness in his right leg. I could easily have limited the treatment to the location of the pain. Instead, I treated the cause that included local nerve aggravations as well as the aging and imbalance of internal organs leading to his condition. Quite to his surprise he obtained progressive relief of the pain as well as the subsiding of other symptoms such as poor sleep, night-time urination and cold extremities. His doctor also noted that lab results were much better. I hadn’t seen him for months and when he did return it was for shoulder pain. He was happy to inform me that the leg weakness and pain had not recurred. And, after three treatments his shoulder pain was relieved as well.

Sometimes the results are unexpected.

A lively, middle-aged man came to me with heel pain from a puncture wound. He had received chiropractic care but was not getting any relief. After his first acupuncture treatment there was immediate relief that lasted a day or two. With each progressive treatment the pain was relieved for less and less time. During the course of his treatment plan his wife shared with me that he also had a long history of knee pain. He hadn’t mentioned it because he didn’t think it would go away. Through our dialogue I determined that the pain in his knee was due to an organ weakness and physical decline as a result of overwork and advancing age. I, therefore, treated the patient to strengthen his organ function and to relieve his pain. After treatment, full of amazement, he literally jumped in the air, ecstatic that his knees were no longer stiff.

Ironically, the original heel pain for which he sought my help was only relieved during treatment and did not last more than a short while. He returned for a few more visits until the knee pain was eliminated and purchased foot orthotics for his heel. Both sources of pain were relieved and, he’s a happier man.

Acupuncture is good for pain syndromes but is best when used to treat the whole person.

In a field that is still viewed with some skepticism we usually are a last resort for very complicated patients, those on many medications or who are chronically ill. Understandably, it takes time and a great commitment for both the patient and the practitioner to address such severe conditions; maybe more to address the skepticism. One group of patients take less time convincing and even less time overcoming disease: that is, children.

The children that I’ve seen have demonstrated a remarkably quick response to the OM and its energy-balancing effects.

One lovely miracle came to my office in the figure of a sixteen year old boy. He had the worst case of acne I had ever seen. For two years his face, arms, chest and back had been covered with blisters and scars. And by all rights he would have been miserable except for the gracious support of his family and close friends. He was coping with it well.

After multiple treatments with a few well-placed needles and herbal medicines, his complexion began to clear and then his chest, arms and back gradually began to produce fewer blisters. Over the course of many months, a rebalance in energy began to take place. I was very pleased to see that a portion of his skin had lost all evidence of the acne that had blistered it when I first met him. And, he was demonstrating great progress. Near the end of my direction of this case I
could literally count the number of active lesions on his back and they were slowly decreasing in number.

Another remarkable recovery is that of a seven year old boy with Attention Deficit Disorder (ADD). This child had a history of being disruptive at school by talking out of turn. I learned that he brought home notes daily for his mother to sign and return to the teacher. He tried to sit still and be quiet but it seemed beyond his ability. He didn't like being labeled as a "bad boy" but he couldn't help it. In the office he was as polite as he could be, rubbing his fingers together trying to stay still. I treated him with acupuncture, a single herbal tea and Chinese massage called Tuina. I also showed his mother how to do Tuina so she could treat him at home and save some money. At the next treatment his mother told me that the notes had stopped coming home. I didn't see him for a while and when I called to check on him, his mother was very happy to share other examples of his renewed ability for self-control and relaxation. At last report he was bringing home good behavior notes every day!

Yet another example of the dramatic results available with acupuncture is of an 18-year-old young woman with hyperthyroidism. She presented with restlessness, mood swings, poor concentration, high fevers, night sweats, poor appetite, heart palpitations and other common symptoms of the disorder. After only three treatments of acupuncture her medical doctor reduced her thyroid medicine by 50%. He was rather surprised when he told her that she was going into remission. Imagine his surprise when she tells him why.

A more personal example is my own baby. At birth she was suffering with infant jaundice. Her lab results were higher than normal and increasing rather than decreasing. So I gave her Tuina. At the next visit the doctor reported that her lab results had decreased dramatically. The doctor was surprised by the sudden reverse and asked if I had done anything different. I told her about the massage. She was noticeably impressed and asked to know more.

It is exciting to see the rapid and lasting results of treatment with OM. It is not only for pain. It balances the energetics of the body that can lead to pain. It isn't just for the chronically ill as a last resort; it's also for those younger folks who deserve to have a chance at living a normal life.

Elise Garafola, L. Ac. practices out of the Abeler Chiropractic Clinic in Anoka, MN. You can reach her by calling (763) 421-3722.

Stop Your Migraine

Migraine headaches are a very common disorder. It is estimated that about 4 million people in the United States suffer from this disease. Many people rely on pain pills for relief, some of which have significant side effects. If you or someone you know suffers from migraines, try the following treatment. It is a simple method which you can practice on yourself. Very often it can stop the headache within minutes.

Here is what you need to do:
1. First, find the following three acupoints on the head. The first one is Taiyang (Ex) which is located in the depression one inch (cun) posterior-lateral to the outer corner of the eye. If you touch this point, you will feel an arterial pulsation there. The second point is Yangbai (GB 14) which is located in a depression about one inch superior to the center of pupil when you look straight ahead. And, GB 14 is on the upper border of the orbit of the eye socket, and when you touch the point, you can feel an artery there, too. The last point is called Touwei (ST 8), located a little posterior to the corner of the hairline. Arterial pulsation can also be felt there when you find the point. These points are bilateral, so there are a total of six points involved.
2. When you feel a migraine attack coming on, or when you are actually having a migraine attack, locate these three points on each side of your head. The points are positioned so that you can use three fingers of each hand to press on each point. Use your thumb, index finger and middle finger, and apply firm pressure at these points. Generally, you should use your left hand for the left-side points and the right hand for the right side of the head. Position the thumb on Taiyang, the index finger on Touwei (ST 8), and the middle finger on Yangbai (GB 14). When you are positioned on the points, press the points hard, as if you are attempting to stop the circulation. Keep applying pressure until you feel relief, which could take from two to ten minutes. If the migraine does not go away, or if it returns shortly, then try another treatment approach.
3. See the following diagram for the location of the acupoints described.
By Yubin Lu, TCMD, Ph.D.

People who are accustomed to getting a western medical diagnosis are very surprised to be told by a TCM practitioner that their flu is caused by "an invasion of wind heat." The patient may ask the practitioner why TCM does not recognize viruses as the cause of their flu; what wind heat is; how wind heat causes flu; and how TCM recognizes a wind heat condition.

A fundamental starting point for TCM is that human beings are an integral part of the world. We are the product of a long process of evolution in nature. Over time, our ancestors have experienced all the variability of climate and environment that they could experience and still survive. We have inherited bodies that are perfectly adapted to the natural world, but we also must expect that we will be at risk if we are exposed to unusual or extreme environments. So, a basic idea in Chinese medicine is that the natural world is all one piece and that humans, animals and plants are all inseparably part of the same system. The climatic factors that can produce diseases or imbalances in humans are not "good" or "bad" in themselves; it is the interaction between climatic factors and humans that determines whether a particular climatic factor is pathogenic for a particular individual.

The following points are especially important to help us understand this relationship:

A. Human beings intrinsically have the required adaptability to nature. To preserve good health, it is very important for one to follow the changes in nature. The best way to adapt to the changes in nature is to conform to nature rather than try to oppose it or live independently from it. The earliest monograph of TCM theory stated that "one has to follow the sinking and rising of yin yang in the four seasons to be healthy." Seasonal changes are the most noticeable changes in nature. As the seasons change, different climatic factors will be prevalent. These climatic factors are categorized by TCM theory as wind, summer-heat, dampness, dryness, cold and fire.

B. The quality of adaptability is actually a kind of relationship between the human body and nature. When our bodies adapt themselves to the natural changes, we will be fine and experience normal performance of life’s activities. This can be described as harmony between the human body and nature.

C. When the changes in nature are beyond the adaptability of the human body, the human body will not be able to function properly. This dysfunction, or disharmony, will then manifest as disease. So, changes in nature can impact the human body as pathogenic climatic factors and cause a variety of diseases.

D. It is the relationship between the natural changes and the human body that determines if a weather change will affect the body and become a pathogenic factor or not. For example, when there is a sudden change of weather, let’s say it suddenly becomes very cold, the effect that the cold has on each individual determines whether or not the cold will be a pathogenic factor or not. For people with a low resistance or adaptability, it may cause disease, and then it is categorized as a pathogenic factor for that person. For those with a strong adaptability or resistance, a sudden cold snap falls within their range of adaptability and will not cause disease. The same weather change, can be a pathogenic factor for some people, while for others it is normal. Here, the relationship between the human body and the weather change is the key.
E. Pathogenic factors are also defined based on different constitutions. The same kind of weather change is likely to affect different people differently, depending on their basic constitution. In a person with a yang-deficiency constitution, a particular climatic factor may manifest as a pattern of exterior wind-cold; while a person with a basically yang constitution may manifest the same climatic factor as a pattern of exterior wind-heat. TCM makes a pattern diagnosis such as "exterior wind-heat" based on a patient’s symptoms and signs. The particular symptoms and signs exhibited by an individual are a product of the interaction of that individual's basic constitution with the disease-causing factor. Therefore, two individuals with different constitutions can have two different TCM pattern diagnoses in response to the same weather change or pathogenic factor.

F. To prevent weather or natural changes from becoming pathogenic factors, it is important to do three things. At a societal level, we should try our best to prevent and mitigate disastrous changes in the natural world. Current severe weather patterns caused by the greenhouse effect from industrialization have warned human beings of this. At a personal level, a very important aspect is to avoid exposing oneself to sudden violent weather changes or extreme environments so that these changes will not have the chance to develop into pathogenic factors. This is what is meant by the classic TCM advice: "Escape from potential pathogenic wind in accordance with the seasonal changes." You can easily imagine that someone who walks around in summer clothes on a cold winter day will not remain healthy for very long. Another thing we can do at a personal level is to improve our adaptability to the changes in nature by strengthening our constitution and thereby our resistance. To do so, we need to maintain a regular daily life, a good and healthy diet, proper exercise and a free and relaxed mind.

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**Food as Medicine**

*By Cheng Chi, TCMD*

**Yu Zhu Tang - Soup for a Beautiful Complexion**

Women all over the world want to have beautiful skin. Throughout history, soft, smooth, moist skin has been a valued attribute. Jars containing unguents, oils and cosmetics have been unearthed in archeological sites from Egypt to China; and today’s TV and magazine advertising indicates that beautiful skin is still a top concern. For the most part, skin is treated topically, applying moisturizers and cosmetics to the skin surface. But a thousand years ago in China, noblemen and women in the emperor’s court took a special herb called Yu Zhu, which they believed would promote ageless beauty. Yu Zhu is consumed internally, as an ingredient in soup, rather than applied externally to the skin. Try a pot of Yu Zhu soup, and become beautiful from the inside out!

**Ingredients**

50 - 100 grams Yu Zhu (solomon's seal rhizome, polygonatus odoratus)

One whole Chicken

20 grams Ginger root

One piece Cao Guo (tsaoko fruit, cardamom species)

Two pieces Ba Jiao Hui Xiang (star anise)

50 grams (or less) Salt

**Preparation**

1. Soak Solomon’s seal rhizome overnight in 1 quart (1000ml) of water.

2. Cut the chicken into pieces, cover with water and bring to a boil. Boil for 2 - 5 minutes, until scum begins to float on the surface. Drain. Wash chicken pieces in cold water and then place in a cooking vessel with 2 quarts (2000ml) of fresh water.

3. Add Solomon’s seal rhizome and soaking liquid to chicken, along with ginger, tsaoko fruit, star anise and salt.

4. Bring ingredients to a boil and simmer for two hours. Serves 6 - 8 people.

**TCM Functions**

Yu Zhu enters the lung meridian and the lung "opens into" the skin. When the lung is healthy, the skin is also healthy. We can see this in tuberculosis patients and people suffering from a chronic cough; their skin is often dry and rough. Yu Zhu Tang functions to moisten lung yin and tonify lung qi. Modern research has also found that Yu Zhu has a beneficial effect on the immune system and promotes the growth of skin cells.

**Note:** The Chinese herbs can be purchased in the AAAOM Clinic.
Is Acupuncture Stuck in a Bottleneck?

By Yubin Lu, TCMD, Ph.D.

In 2005, AAAOM opened a specialty clinic for Multiple Sclerosis patients. Recently, we have added two additional specialty clinics: one for IBS and ulcerative colitis (see facing page for details) and one for migraine headaches. The MS clinic has been a successful venture and is greatly appreciated by patients and the whole MS community: they are pleased that acupuncture has helped them tremendously in relieving their weakness and maintaining a better quality of life. AAAOM is happy that we have been able to serve a special set of patients in this way, but we also see the specialty clinics as an investment in the future of the acupuncture profession in this country.

Acupuncture has evolved greatly in the United States over the last 30-plus years, with the establishment of many acupuncture schools and a proliferation of acupuncture clinics. There is no doubt that acupuncture has gained a powerful reputation and has helped thousands of patients to mitigate the effects of their diseases. Not only are more and more western medical doctors referring their patients to acupuncturists, but the establishment of the Alternative Medicine Institute in the National Institutes of Health (NIH) has been an immense boost to the acupuncture profession in America. Research projects sponsored by NIH have produced positive results on the effects of acupuncture in the treatment of many kinds of diseases.

Despite its successes, acupuncture is faced with getting stuck in a "bottleneck" in its professional evolution and development: the need for concrete, scientifically-based evidence of the effectiveness of TCM and acupuncture. To the extent that we are missing this key piece - the ability to point to indisputable evidence - we will face a real slowdown in moving the profession forward. As an example of this, TPT - Channel 2 broadcast a program on alternative medicine recently. In the panel discussion that followed the show, the vice president from a major medical insurance company kept repeating the same sentence in response to questions as to why her company does not cover acupuncture: "We just need evidence to prove it is an effective approach."

In Asia, TCM has been practiced effectively for more than 3,000 years and there is an extensive network of TCM hospitals and universities. In China, Japan and Korea, where the public is well aware of the effectiveness of TCM, medical insurance companies always cover acupuncture and TCM herbal treatments. What are the stumbling blocks here in the United States to wider acceptance and coverage? For one thing, acupuncture is very new to many people - its effects are unmeasurable to insurance companies, western doctors and the lay public. A major drawback is that TCM has no institutional base in the U.S., with the exception of NIH's Alternative Medicine Institute, which is only partially concerned with TCM and acupuncture. Most acupuncturists practice in small clinics and most acupuncture schools are not big enough to have all the required laboratory space and equipment to do acupuncture research.

With these limitations, it seems that it is very difficult to do effective research and accumulate the evidence demanded by insurance companies and the medical establishment. One option that we have is to initiate studies in clinics and schools, accumulating statistics based on sufficient patient samples. Opening specialty clinics is a simple but effective way to reach this goal. With a specialty clinic, it is possible to access a statistically significant number of patients in a relatively short time. We can set up standardized TCM diagnostic and therapeutic plans, observe and document the effects of treatment and then summarize and publish the results. This approach will not only provide useful data proving the effectiveness of TCM, it will have the additional benefit of creating special-interest groups that can lobby for greater acceptance of acupuncture as a treatment modality. Specialty-clinic patients who have been helped by acupuncture will tell others with their condition about their improvement, resulting in increased demand for medical insurance coverage and more interest from large institutions.

We are currently at the turning point. If the acupuncture profession can provide credible evidence that acupuncture works, we will see a significant expansion of TCM in the United States in the near future. More research funds will become available for acupuncture studies; more medical insurance companies will cover acupuncture treatment; more students will enroll in acupuncture schools, more acupuncture clinics will open; and there will be more patients benefiting from acupuncture.
AAAOM’s IBS & Ulcerative Colitis Specialty Clinic

ARE YOU SUFFERING FROM IBS OR ULCERATIVE COLITIS?
WANT TO TRY ACUPUNCTURE & CHINESE HERBS
AT A LOW COST?

AAAOM is conducting a study on the effect of acupuncture and Chinese herbs on IBS and ulcerative colitis with a treatment schedule based on a thorough review of the Traditional Chinese Medicine treatment protocols of these diseases.

When: Appointments will be scheduled between 1:00 p.m. - 5:30 p.m. on Wednesdays and Saturdays.

Where: Wednesday appointments will be held at AAAOM’s Faculty Clinic 1925 West County Road B2, Roseville, MN 55113

Saturday appointments will be held at Altermed Acupuncture 8120 Penn Ave S, #559, Bloomington, MN 55431

Cost: $35.00 per treatment

What is required of you: Bring your test results & Try your best to follow the treatment schedule.

TCM HEALTH CENTER

Acupuncture Clinic and Herbal Pharmacy
A leader in Acupuncture and Traditional Chinese Medicine

- Chronic Conditions
- Gastrointestinal Problems
- Skin Disorders
- Functional Disorders
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613 Grand Avenue, St. Paul

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1403 West Lake Street, Minneapolis

University/Dinkytown 612-379-3583
1313 Fifth Street SE, Suite 212, Minneapolis

Faculty Clinic 651-631-0216
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AAAOM Faculty Spotlight: Dr. Xiangdong Yu

By Leila Nielsen

Dr. Xiangdong Yu is one of the core faculty members at AAAOM and keeps a very busy schedule of academic instruction, supervision of student interns and patient treatment. Dr. Yu has dedicated himself to his education, achieving B.Sc., M.S., M.D. and Ph.D. degrees at Shandong University of TCM and the National TCM Center of Gerontology. His areas of special interest are neurology and gerontology.

L.N.: Why did you decide on a career in Chinese medicine?
Dr. Yu: My grandfather, great-grandfather and great-great grandfather were famous TCM doctors. My own father was a professor of physiology at the university, but he wanted me to carry on the family tradition. It would have been difficult to go against my father's wishes, but fortunately, I also wanted to study TCM. I have always wanted to help people.

L.N.: It seems to me that your credentials emphasize the western biomedicine aspects more than TCM.
Dr. Yu: In China, we study TCM and western medicine equally. To fit international medical standards, we use western biomedical terminology, but TCM is always considered equally important. These two approaches are always integrated in China, especially in universities and their affiliated hospitals.

L.N.: Tell me about your experiences in neurology. What stands out?
Dr. Yu: I focused on dementia, particularly vascular dementia, which is usually associated with stroke and stroke sequela and Alzheimer's Disease, which is associated with nerve degeneration. It is interesting that vascular dementia is more common in China, but Alzheimer's is more common in the States. My research into vascular dementia was sponsored by Shandong Province in an effort to help stroke victims recover better. I helped develop an herbal formula to treat vascular dementia that, in TCM terms, moves blood stasis and nourishes the brain/Sea of Marrow. This formula is called Kangnaoling Capsules and it is now being manufactured and distributed in Shandong Province. After receiving my Master's degree, I returned to work and teach at the Fourth Teaching Hospital at Shandong University. I trained residents to use acupuncture, Chinese herbs and western medicine with stroke patients. I am very proud that my efforts have helped to reverse stroke effects and promote quality of life for many stroke victims.

L.N.: What about your advanced studies in gerontology?
Dr. Yu: Yes. I worked at Xuanwu Hospital in Beijing, researching the effects of acupuncture and Chinese herbs on the complications of Parkinson's. The standard western treatment for PD is the drug L-Dopa, which controls tremors, but has serious side effects and does not address other complications of the disease. I found that combinations of acupuncture and herbs were very effective in controlling constipation, sweating, insomnia and other complications of PD with no adverse side effects. Again, I shared my findings with medical doctors and interns, and I believe that my efforts have been useful to Parkinson's patients.

L.N.: Your post-doctoral work focused on Parkinson's Disease. Did you have any breakthroughs?
Dr. Yu: Yes. I worked at Xuanwu Hospital in Beijing, researching the effects of acupuncture and Chinese herbs on the complications of Parkinson's. The standard western treatment for PD is the drug L-Dopa, which controls tremors, but has serious side effects and does not address other complications of the disease. I found that combinations of acupuncture and herbs were very effective in controlling constipation, sweating, insomnia and other complications of PD with no adverse side effects. Again, I shared my findings with medical doctors and interns, and I believe that my efforts have been useful to Parkinson's patients.

L.N.: What are your other interests? What do you do for fun?
Dr. Yu: From the beginning, I was very interested in computers. I took a computer course at Shandong University in addition to my medical studies. I enjoy installing software so much that I would do that for my career if I was not a doctor. Another thing I enjoy is stamp collecting. My area of specialty is Chinese stamps from the 1930s and 1940s.

L.N.: How do you like living in Minnesota and teaching at AAAOM?
Dr. Yu: Minnesota is a good place. The winters are not a problem for me and the spring and fall seasons are very beautiful here. I really like teaching - the students are very smart and want to improve their knowledge and techniques in TCM. I am working hard to improve my teaching skills and my ability to present the material effectively. Students in this country ask a lot of questions, which is good; they get more information, and I learn how to teach them. In China, students just sit there and it is hard to improve when there is no feedback.

Do you see this as an extension of your work with stroke patients?
Dr. Yu: Everyone is interested in longevity - to live a long, healthy life. But how do we make sure that a long life is also healthy? This is an important subject. For my M.D. and Ph.D. degrees, I became very interested in diet and exercise. My academic advisor was the chairman of the National Medicinal Diet Association, which focuses on combining medicinal herbs with food. I learned how to advise older people about their diet and exercise, especially to advise them against eating sugar and wheat. Sugar and wheat promote many diseases, including diabetes, arteriosclerosis and heart disease. People of every age should know what foods are health-promoting, but older people are especially at risk for developing serious health problems from a lifetime of eating poor food.
Bringing the East up North
By Leland Brenholt, L.Ac.

It is very strange to me, to think that this time last year I was still living in Minneapolis, just recently graduated from AAAOM, in the process of applying for my license to practice and putting together my plans to move up north to be closer to my children. I had conducted a long distance relationship with my kids for more than four and half years while completing my degree in TCM. Those were four very long years. More than once I had thought about giving up. The distance was too hard and working full time while in school was a real struggle. All the while... I had this dream, this vision of a holistic health clinic where I could teach martial arts, practice Chinese medicine and work with other teachers and practitioners - connecting with my community in a "country doctor" sort of way.

I moved up to Duluth thinking that that would be the ideal city to begin a new practice. I had about $1500 to my name and I rented a small one room studio apartment above the Viking bar just off of Superior Street. It was noisy at night and I usually had to wear ear plugs in order to sleep. But, it was extremely cheap and it was a monthly lease, so it was simply a starting point. For three weeks I hit the pavement hard everyday - talking to other health care practitioners, doctors, clinics and looking for part time work that would allow me to build a practice (such as at the Food Co-op).

Absolutely no doors were opening for me in Duluth.

I was becoming frustrated and despondent. I liked this town a lot. I liked the big water, the feeling of the port-town and I liked the quality of the people. I began to ask myself: "What are you missing here, Leland? What are you not opening up to?"

On a Thursday, on the third week, I went to go visit with my kids at their mother's house in Hibbing, where they have lived for the last five years. We had a great evening together and as I left that night I began to ponder the possibility of living and working in Hibbing. Would this town be open to what I have to offer? Being in town would certainly be terrific in terms of the relationship I have been building with my children now that I live in town. I have a clinical practice that is not only deeply fulfilling, but growing steadily every week. I am building a reputation in a small town where word of mouth is everything. I have achieved half of my five year plan in just under eight months. I never thought that I would have done this so soon after school.

All of this is the result of having faith in a dream that I clung to for four long years. And... it is the result of some very generous help and support of many family members and friends.

Tao Arts North is a little bit of the Far East up on the Iron Range. It is everything I have ever wanted out of life. And it is growing faster than I ever expected. Who would've thought that in such a small town something like an eastern wellness center could do so well? But people up here are hungry for what we have to offer. And we are the only act in town. We are the only act in the whole region. We have people who drive a half hour or forty five minutes for classes or treatments.

Reality is sometimes absolutely unreal.

Thank you Dr. Gong, Dr. Lu and everyone else at AAAOM for your teaching, your mentorship and support in helping me to arrive here. . . standing in the middle of one of my wildest dreams. Xie Xie!

Leland Brenholt, L.Ac. practices at Tao Arts North in Hibbing, MN. You can reach him at (218) 213-7981.
Dates to Remember

AAAOM Open House
The next Open House for prospective students will be held on Sunday, July 23, from 2:00 - 5:00 p.m. We hope to see you there!

First Day of Fall Trimester
The first day of classes of 2006’s Fall Trimester will be Tuesday, September 5. Applications are now being accepted and prospective students are encouraged to register early. For application information, please call 651-631-0204.

Tai Chi and Healing Qigong Classes
AAAOM offers ongoing 10-week Healing Qigong classes on Saturdays from 9:00 am to 12:00 pm, beginning September 9, 2006 and 12-week Tai Chi classes on Wednesdays from 6:00 - 8:30 pm beginning September 6, 2006. For class and registration information, please call 651-631-0204.

AAAOM Continuing Education Seminars, 2006 & 2007
September 23 Traditional Chinese Medicine for Sinusitis, by Yubin Lu, Ph.D., TCMD
October 21 Traditional Chinese Medicine for Multiple Sclerosis, by Xiangdong Yu, Ph.D., TCMD
November 18 TCM Treatment for Diabetes and Its Complications, by Daiyi Tang, Ph.D., TCMD
December 30 Top Ten Acupuncture Points in TCM Gynecology, by Wen Jiang, Ph.D., TCMD
January 27, 2007 Top Ten Formulas in TCM Dermatology, by Hong Chen, Ph.D., TCMD
February 24, 2007 Five Essential Elements in Acupuncture Practice, by Li Gu, TCMD, Senior Acupuncturist
March 31, 2007 TCM Treatment for Peripheral Nerve Disorders, by Xiangdong Yu, Ph.D., TCMD
For seminar and registration information, please call 651-631-0204.