AAAOM conducted its third trip to China from April 9th to April 23rd, under the guidance of AAAOM Academic Dean Dr. Yubin Lu. One of the first stops on the trip was AAAOM’s sister school, Shandong University of Traditional Chinese Medicine and its affiliated TCM hospitals. AAAOM students and some acupuncture practitioners in the group were able to "test drive" a newly-developed pulse diagnosis machine. Also on the itinerary were Xi'an, Beijing, Shanghai, Guilin, Jinan, Qufu, Taishan and Qingdao. Group members experienced many never-to-be-forgotten moments as they stood beside the terra-cotta soldiers of Xi'an, enjoyed the beautiful scenery of Guilin, saw the Water Cube and Bird's Nest featured at the 2008 Beijing Olympics, and climbed the Great Wall. (See page 7 for more information.)

What’s Brewing at AAAOM?
China Trip

AAAOM Alumni News

Despite the most severe downturn in the American economy in sixty years, AAAOM alumni are strongly resisting this negative trend by serving more patients at established clinics and by successfully opening new clinics. Some of the clinics opened within the last year by AAAOM graduates are as follows: Selby Acupuncture, Healing Point of Asian Medicine, Point Acupuncture of Asian Medicine, and Healing Point Oriental Medicine in St. Paul; Red Clover Clinic in Roseville; Riverpath Clinic of Traditional Asian Medicine, Five-Element Acupuncture, Red Cricket Acupuncture, and Acupuncture & Asian Medicine in Minneapolis; Classic Acupuncture Services & Chinese Medicine in Edina; Minnesota Clinic of Integrated Medicine in Excelsior; Traditional Chinese Medicine Clinic in Center City; Acupuncture in the Woods in Hayward, WI.

fMRI Research Update

AAAOM continues to work with the China Academy of Science (Beijing) on functional magnetic resonance imaging (fMRI) research on acupuncture. The most recent research in this program attempted to address the question of acupuncture point specificity in terms of cerebral activations and deactivations. Two adjacent acupuncture points - Taichong (LR3) and Neiting (ST44) - and a nearby sham acupuncture point were needled, and simultaneous activation and deactivation of cerebral structures were compared. Research results showed that: acupuncture at adjacent acupuncture points could modulate distinct cerebral structures; and that specific patterns of activation might have a relationship to the acknowledged therapeutic effects of the acupuncture point. (See page 4 for more information.)
China Academy of Traditional Chinese Medicine Visits AAAOM

On May 13, 2009, a team of eight high-ranking officials from China Academy of Traditional Chinese Medicine (Beijing) visited AAAOM. The China Academy is the primary institution for traditional Chinese medicine in China, dealing with both research and application aspects of TCM. China Academy Vice-President Dr. Li Huairong led the delegation, accompanied by the heads of Academy-affiliated hospitals and institutes including: President of Xiyuan Hospital Dr. Tang Xudong; President of Eye Hospital Dr. Liu Chengyuan; President of Wangjing Hospital Dr. Chen Luoja; and Director of the Institute of Chinese Medicine Theory Dr. Pan Guijuan. Another distinguished member of the visiting delegation was the Editor-in-Chief of Asian-Pacific Traditional Medicine, Dr. Yan Liang.

AAAOM faculty members on hand to greet the visiting team included Academic Dean Dr. Lu Yubin, Clinic Director Dr. Yu Xiangdong, Research Director Dr. Tang Daiyi, and school President Dr. Gong Changzhen. Members of both parties exchanged information on the state of education, research and practice in TCM. The visiting team was impressed by the unique teaching approach AAAOM has adopted, and by the caliber of research AAAOM has conducted in the United States. AAAOM faculty members questioned the visitors about breakthrough research and new developments in the area of acupuncture and Chinese medicine currently occurring in China. AAAOM and the China Academy have collaborated in the compilation of sections of the 100-volume classical Chinese herbal formula project.

Perimenopause Research Study

AAAOM faculty member Brian Grosam recently returned to Shandong University of Traditional Chinese Medicine in Shandong, China to defend his Ph.D. dissertation on the effects of acupuncture in the treatment of perimenopausal symptoms. Mr. Grosam, a 2005 graduate of AAAOM's Master's degree program, gathered the research data for his dissertation study by conducting a six-month perimenopause clinic at AAAOM's Faculty/Student clinic. In general, most of the study participants responded well to the treatment. The results of the study showed an average of 64% total relief of the accumulated perimenopause symptoms. Psychological and somatic symptoms both scored at 63% relief, while urogenital relief scored highest at 69%. It is also worth noting that the highest individual relief was for bladder problems (79%). (See page 5 for more information.)

Translation Project Launched

AAAOM is finalizing a project of translating classical acupuncture texts for English readers. The selected masterpieces include Yellow Emperor's Classic of Medicine: Spiritual Pivot; The Classic of Difficult Issues; The Systematic Classic of Acupuncture and Moxibustion; The Great Compendium of Acupuncture and Moxibustion; Investigations on Extraordinary Meridians and other texts. These texts represent the highest landmarks achieved in the classical period of acupuncture and traditional Chinese medicine. The aim of the Academy's translation project is to preserve the integrity of the original texts while giving modern readers useful ways to interpret the content by rejuvenating the classical theories and practicing techniques.

Perimenopause Research Study

AAAOM faculty member Brian Grosam recently returned to Shandong University of Traditional Chinese Medicine in Shandong, China to defend his Ph.D. dissertation on the effects of acupuncture in the treatment of perimenopausal symptoms. Mr. Grosam, a 2005 graduate of AAAOM's Master's degree program, gathered the research data for his dissertation study by conducting a six-month perimenopause clinic at AAAOM's Faculty/Student clinic. In general, most of the study participants responded well to the treatment. The results of the study showed an average of 64% total relief of the accumulated perimenopause symptoms. Psychological and somatic symptoms both scored at 63% relief, while urogenital relief scored highest at 69%. It is also worth noting that the highest individual relief was for bladder problems (79%). (See page 5 for more information.)

Translation Project Launched

AAAOM is finalizing a project of translating classical acupuncture texts for English readers. The selected masterpieces include Yellow Emperor's Classic of Medicine: Spiritual Pivot; The Classic of Difficult Issues; The Systematic Classic of Acupuncture and Moxibustion; The Great Compendium of Acupuncture and Moxibustion; Investigations on Extraordinary Meridians and other texts. These texts represent the highest landmarks achieved in the classical period of acupuncture and traditional Chinese medicine. The aim of the Academy's translation project is to preserve the integrity of the original texts while giving modern readers useful ways to interpret the content by rejuvenating the classical theories and practicing techniques.

Dr. Gong Attends Research Conference of Complementary Medicine

In May, AAAOM President Dr. Gong attended the North America Research Conference of Complementary Medicine, which was held in Minneapolis this year. The conference is a showcase of original scientific studies in the areas of clinical, methodological, and health services research, and education in the area of complementary, alternative and integrative medicine (CAIM). At the conference, Dr. Gong and Dr. David Eisenberg from Harvard Medical School (pictured below) exchanged views on the status of research into acupuncture and Chinese medicine. Attendees were impressed by the significant growth of the complementary and alternative medicine profession since Dr. David Eisenberg published his landmark work "Unconventional Medicine in the United States - Prevalence, Costs, and Patterns of Use" in the New England Journal of Medicine in 1993.
American Academy of Acupuncture and Oriental Medicine

You are invited to attend an OPEN HOUSE

Sunday, July 19, or Sunday, July 26
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

To RSVP
Visit AAAOM.edu
Or Call 651-631-0204
From Experience to Evidence

By Changzhen Gong, Ph.D.

Acupuncture has been practiced by millions of physicians on billions of patients over thousands of years. Before the advent of scientific research, the efficacy of acupuncture was demonstrated empirically through clinical practice, direct observation, case reports, and individual experience. Now that evidence-based medicine is the norm, acupuncture faces increasing scrutiny by the Western medical community. For each of the hundreds of medical conditions it is known to treat, acupuncture must be validated through scientific methodology. In response to this challenge, an increasing number of studies are being carried out around the world. This article cites some recent studies which have appeared in mainstream medical journals.

Reproductive Medicine
A 2002 German study published in the American Society of Reproductive Medicine's journal, Fertility and Sterility, showed that 42.5% of women who underwent IVF and received acupuncture got pregnant, while only 26.3% who received IVF alone became pregnant. The research concluded that acupuncture is useful for improving successful pregnancy rates following assisted reproductive techniques. A recent American study showed that 51% of women who had acupuncture and IVF treatments became pregnant, versus only 36% of the women who had IVF alone.

Musculo-Skeletal Pain
In the area of arthritis, the 2004 Annals of Internal Medicine published "Effectiveness of Acupuncture as Adjunctive Therapy in Osteoarthritis of the Knee: A Randomized, Controlled Trial," in which researchers compared true and sham acupuncture treatments. They found after eight weeks, patients in the true acupuncture group had greater improvement of function (but not pain). Among patients who remained in the study, those in the true acupuncture group had greater improvements in both pain and function after 26 weeks.

The study "German Acupuncture Trials for Chronic Low Back Pain," published in Archives of Internal Medicine, showed that low back pain improved almost twice as much after acupuncture as compared to conventional therapy. A Chinese study, "Acupuncture for Treating Acute Attacks of Migraine: A Randomized Controlled Trial," published in Headache, showed that acupuncture treatment is more effective than sham acupuncture in relieving pain and preventing migraine relapse or aggravation. A study published in Mayo Clinic Proceedings demonstrated that acupuncture significantly improved symptoms of fibromyalgia. The Mayo study further stated that symptomatic improvement was not restricted to pain relief, but was also significant for fatigue and anxiety. A study published in the Journal of Dentistry showed that acupuncture had a positive influence on the signs and symptoms of temporomandibular joint (TMJ) pain.

fMRI Research
Functional Magnetic Resonance Imaging (fMRI) allows researchers to visualize blood flow patterns in areas of the brain. This non-invasive method of "mapping" neural activity has proven to be perfect for validating the theory of acupuncture. A selected acupuncture point is stimulated with needles, and the resulting brain activity is observed through fMRI scanning. This new research tool has produced numerous studies since 1998, and it seems the potential for this avenue of research is unlimited.

In Chinese medicine, acupoints are located on meridians which are specific to particular internal organs and related conditions. If an acupoint to treat eye problems is stimulated and the area of the brain for processing visual stimuli is activated, this provides substantial evidence that acupuncture can be validated scientifically. Some examples include: Cho et al. reported that stimulation at vision-related acupoint BL67 was correlated to activation of the visual cortex. Chae et al. demonstrated that stimulation of acupoint LR2, which traditionally can affect motor-related symptoms such as dizziness and vertigo, elicited significant activation in both motor-function and limbic brain structures. Hui, Napadow, Wu documented that acupoints with analgesic effects modulate the cerebral pain network, including the hypothalamus and limbic system. Zhou et al. demonstrated that electroacupuncture at HT7, ST36, ST40 and KI3 elicited right and left hemisphere activations which included impaired areas of the brain for patients with Alzheimer’s disease.

These and other studies have greatly enhanced the recognition of acupuncture as a medical science. The application of scientific research methodology to empirically-derived Oriental medicine modalities is building a bridge between the Western medical community and Eastern medical tradition. As it expands, this new body of knowledge will usher the ancient wisdom of Oriental medicine onto the stage of global 21st century medicine.
Hot flashes and night sweats are two of the most common manifestations connected with perimenopause. In my research study, hot flashes were certainly one of the leading complaints to be dealt with. Over the course of the study it became apparent that acupuncture treatments alone were able to reduce the intensity, number and length of hot flashes in most of the study participants (although often not as fast as the patients would have preferred). A few women experienced considerable relief after only 2-3 treatments, but they were the minority. For most participants it took 5-6 treatments before there was a noticeable shift in their experience of hot flashes. As participants progressed with their treatments, the intensity, number and length of the hot flashes all seemed to be relieved at an equal rate. Along with this, night sweats were relieved with great effectiveness, as well.

However, as the study continued I found three subjects who did not follow the normal pattern of symptom relief with acupuncture. In fact, nothing seemed to work for them. All three had experienced severe hot flashes for years and had turned to many different therapies for relief. For them, it seemed that acupuncture was a last resort. After the initial weekly protocol was unsuccessful, I tried more intensive acupuncture treatment with all three women and again failed to mitigate their hot flashes. As I dug deeper into their histories and symptom expression, it became apparent that these women were not having normal perimenopausal symptoms.

Mary L. (not her real name) was having multiple and severe hot flashes every day, both during the day and night. After three weekly acupuncture treatments produced little relief, I asked Mary to try acupuncture twice a week. She was treated more aggressively on both the front and back of the body for another three weeks, but with little success. Her main TCM pathology was kidney yang deficiency. Upon further inquiry I discovered that she was taking hypothyroid medication, one of the side effects of which is hot flashes. The main conclusion was that the medication was causing the hot flashes. Although I suggested that Mary talk to her doctor about the condition or changing her dosage, she would not do so. She finished the 12-week protocol with minor relief.

Rhonda H. was suffering from severe hot flashes and insomnia, and her initial TCM diagnosis was kidney yin deficiency with heart fire. After several weeks of treatment, there was little relief. As with Mary, this subject was asked to come back twice per week for more aggressive acupuncture on the front and back of the body, which also proved to have little effect. With careful and deeper review of her case, Rhonda was reevaluated and diagnosed with toxic heat in the blood - not due to perimenopause, but due to Lyme’s Disease caused by a tick bite many years previously. After the 12-week treatment protocol concluded with only minor relief, Rhonda was started on a Chinese herbal formula which helped relieve some of the severity of her hot flashes.

The third case had been suffering from severe hot flashes for five years. She was also a recovering drug addict with severe depression, and was taking western pharmaceuticals for chronic sleep disorders. Diagnosed from a TCM perspective with kidney yin deficiency and liver fire harassing the heart, this woman found that acupuncture provided little relief from her hot flashes. The point prescription was changed in an attempt to address her symptoms more effectively, but there was still minimal effect.

Reviewing these three unique cases in the light of my study, I concluded that acupuncture alone can effectively relieve hot flashes for many patients when the hot flashes are due to natural aging effects. However, when hot flashes are caused or complicated by other diseases, medications, and/or lifestyle issues, it is more effective to use acupuncture in conjunction with other treatment modalities of Chinese Medicine such as Chinese herbal formulas. It is especially vital to reevaluate patients when treatments do not work as expected. Careful diagnosis is the basis of all effective treatment.
Validating Chinese Medicine: A Case Study

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

Several years ago a middle-aged man came into my office complaining of a fever which had begun three weeks previously. At first the fever was constant, but then it became a "tidal" fever - one that recurs daily at a predictable time. He would begin to feel feverish around 10PM. The fever would persist all night, subsiding early in the morning. He had no other significant symptoms. In an effort to find out what was wrong with him, the patient had gone to the Mayo clinic for a workup. After a series of tests and examinations the diagnosis was "fever of unknown etiology," meaning the doctors could not find any medical explanation for his condition.

It was no problem to diagnose a tidal fever in Chinese medicine. I considered the possible patterns and diseases in Chinese medicine that can cause tidal fever. In TCM theory, there are three principal patterns which can produce tidal fevers: yin deficiency, yangming pattern of the fu organs, and damp warm disease. Obviously his fever was not due to yin deficiency because his condition had developed suddenly, in an acute form. Then I asked if he was constipated, since this would indicate a yangming problem with the large intestine, but he said no. The only remaining possibility was damp warm disease, which should manifest with signs of dampness, especially a white greasy tongue coating. With great anticipation, I asked him to stick out his tongue so I could look at it. His tongue had a thick white greasy coating, conforming perfectly to the damp-heat pattern. This moment of confirming a diagnosis is always exciting to doctors. I was excited for two reasons: first because my differential diagnosis was correct, and second because it was the first time I had a chance to apply my knowledge of this pattern to a patient. As the principal treatment I prescribed a Chinese herbal formula called San Ren Tang, or Three Seeds Decoction (with modifications), which has the function of clearing damp warmth.

The patient returned in three days, very happy and grateful for the help. From the first day he took the formula, the fever went away and had not come back. To fortify the effect, I prescribed the same formula for another three days. He called me after three more days and said he was completely free of the fever. The reason this case was memorable for me was not just because the patient responded so dramatically to the herbal formula I prescribed. It was also because it clarified some issues I had been turning over in my mind for quite a while about the theory and practice of Chinese medicine in relation to Western medicine. Modern science, including Western medicine, has the advantage of providing concrete, provable data on which it bases its conclusions or diagnoses. A medical doctor can point to a blood chemistry panel and say, "Look, your heart palpitations are related to this elevated serum calcium level." Modern medical tests and procedures inspire trust because doctors and patients can see actual results.

In contrast, Chinese medicine concepts about pathogenetic factors, such as "wind," "heat," "damp," "dryness," and "cold", as in Five-Element Theory, seem vague, condition-al, and hard to grasp. A diagnosis of "wind-cold" or "damp-heat" is ultimately based in the observation of nature and natural life experiences, especially as they manifest in human beings. When we speak of dampness, for example, we think of the way water acts as a natural element. Water flows downward. Dampness is sticky by nature, and once it has accumulated, it tends to persist in the environment. In TCM theory, pathological dampness in the body tends to flow down and cause more symptoms in the lower parts, such as the intestines or bladder. The sticky quality of dampness produces a greasy tongue coating, and the health conditions caused by dampness tend to be more chronic and lingering.

As I thought about my training in Chinese medicine theory, I said, "Even if these facts about water and dampness are true in nature, how valid is it to apply these natural facts to explain pathological changes in the human body?" Dampness in the body should be different from dampness in the environment, so why do we apply treatment to the body based on the mechanisms of natural dampness?" The theoretical structure that tidal fevers can be caused by dampness blocking the dispersion of heat from the body is a deduction based on observation of life experience. "Where is the scientific evidence to support the idea that this type of observation can be effectively extrapolated to treat medical conditions in human beings?" These were the kind of questions I had, and it made me feel like I was trying to get my hands around a cloud. That is why I felt so excited when I saw my patient's thick greasy white tongue coating, and why I was even happier when the herbal formula I prescribed to him worked wonderfully. To me, those observable signs and results proved that the practice of TCM was more than just abstract theory. The success of the treatment proved the accuracy of the diagnosis.
Chinese medicine has been practiced for thousands of years. It is based on theories which have been developed and refined by scholars and practitioners down through the ages. But the bottom line is that if it didn’t work - if patients were not actually helped by Chinese medicine - it wouldn’t be around any more. TCM theories may be simple or complex, but ultimately they produce practical results. Before modern times, Chinese medicine did not have lab tests available to prove that it worked, or how it worked. The proof was in the successful outcome of millions of actual cases.

In the case of my patient with tidal fever, modern science was not able to arrive at a reason for his fever. Without an explanation of the cause, Western medicine was unable to suggest a treatment, even though it was obvious to everyone that something was wrong with him. I’m sure this type of situation occurs hundreds of times a day throughout the world. If this is the case, should we rely on the lab tests and scientific findings of Western medicine, or should we go with the 3,000-year track record of Chinese medicine? This is not a question that can be answered with "yes" or "no.” Like most questions, the answer is probably "both/and.” But at any rate, we should not disparage Chinese medicine or question its usefulness because it does not conform to the standards of modern evidence-based scientific methods. I am thankful to my patient for giving me the "evidence" that reassured me about the strength and wisdom of Chinese medicine.

A Student’s View of China

By Tasha Boehland

In April I joined a group of ten people for a tour of China, led by AAAOM academic dean Dr. Yubin Lu. The itinerary was extensive and ambitious. We kicked off the tour visiting some of the most beautiful and interesting places imaginable! A few of the highlights were Chinese almond trees blossoming everywhere you looked, the Great Wall, Tiananmen Square, the Forbidden City, Shanghai, Confucius’ hometown, Small Goose Pagoda, Jinan’s Thousand Buddha Mountain, Bauto Spring, Qingdao, Kung Fu at The Red Theatre, Taishan Mountain (which was painted yellow with wild Lian Qiao flowers), Reed Flute Cave, and the Terracotta Army.

One of the first places we visited was Guilin, in the southern part of China. Many people say this is one of the most beautiful places in the world, and I agree. Imagine floating down a river that is carving its way through many steep, open-faced heaps of limestone that are each covered and surrounded by luscious green jungle. It was astonishing. Equally as impressive was the snake wine for sale inside the boat. I remembered this from my Chinese Herbology class as a legendary elixir for Bi syndrome (arthritis), so I had to give it a try. It tasted like fermented gasoline but looked very impressive!

As a student of traditional Chinese medicine, one of my favorite days was our tour of Shandong University and Hospitals. I tried to picture my teachers as students there, since this is where most of them trained. One room in the University was dedicated to acupuncture tools from ancient to modern, including a replica of the Ming Dynasty bronze statue (a "map" of acupuncture points on the human body - see image on page 1). Their classroom for Tui Na massage students had a computerized "rice bag" that would electronically chart the pressure and movements applied to it, making it easier for students to reproduce the techniques taught by their professors. Another room was dedicated to tongue diagnosis, with wax models of tongues of any shape and coating imaginable. Then we came to a room filled with pulse-simulating machines. What a great invention! If only every student were able to train with one of these machines - we’d probably be much more adept and confident at taking pulses!

One of the things that impressed me the most about China was how clean they keep their land. We have all heard about the poor air quality, but we never hear of how spotless they keep their grounds. I was happy to see as many recycling receptacles as trashcans and was amazed at the city landscaping. They plant an overabundance of trees and flowers wherever they can squeeze them in - even on highway overpasses.

Dr. Lu’s trip was two of the best weeks of my life. I highly recommend it to anyone who is studying or practicing Chinese medicine, or anyone who simply wants to be in good hands while touring China. (Tasha Boehland, pictured to the left, tests her skill on the pulse-simulating machine.)

To see more pictures of the trip, visit www.DrLuChina2009.shutterfly.com.
During the Warring States period in ancient China (475–221 BCE) a humble farmer named Gou Zi lived in the country of Qin, north of Xiang mountain and south of the Yellow River. Gou Zi and his wife, Qi, worked tirelessly on their farm from sunrise to sunset, earning just enough to support themselves and Gou Zi’s old mother. In that troubled time, soldiers marched through the land, taking what they needed from the countryside and forcing men to join their armies. One day the soldiers arrived in Gou Zi’s village and took him away to fight in the endless war.

After ten long years of participating in hundreds of battles, Gou Zi was finally able to return home. He would carry forever the memory of thousands of men, women and children he saw die in the unrelenting warfare. As he came in sight of his village, Gou Zi wondered if anyone there would still recognize him: a grizzled beard covered his face, and he looked much older than when he left. Then he saw that things were not well in his village. Many houses were dark and lifeless; fields and gardens were deserted; beggars walked the streets and children clamored for food. Signs of famine and desperation were everywhere.

Anxiety for his wife and mother drove Gou Zi as he rushed through the devastated village. Were they still on the farm? Were they still alive? Arriving at his house, he was greeted by his overjoyed family. To his relief, Qi and his mother were healthy and strong. Qi told him how she had struggled for ten years to keep everything going, and how the last year had been the worst: a plague of locusts had eaten all the crops in the field, and heavy rains had made it impossible to plant anything in the waterlogged soil.

Gou Zi admired his wife for her strength and determination, but he was still puzzled. He said, “When I came through the village, everyone was feeble and starving—how have you and Mother managed to stay so vigorous and healthy?” Qi said, “I picked a small red fruit that grows wild in the hills. Mother and I lived on that fruit, and we both would have died if we didn’t eat it.” Gou Zi could not hold back tears as he embraced his wife and mother, thankful that they had survived, and grateful to Qi for her heroic struggle against adversity and for her ingenuity and resourcefulness.

Gou Zi soon made sure the villagers knew about the value of the little red fruit. They had believed that the fruit was harmful, but the testimony of Gou Zi and Qi convinced them to try the fruit. The villagers named the fruit "Gou Qi Food" in honor of Gou Zi and Qi. The miraculous fruit not only kept people alive, it actually seemed to make them younger. After a while, Gou Zi’s graying hair was black again, and he regained the vigor he had lost.

Today in China, Gou Qi Zi is widely used, both in Chinese medicine and as a favorite food. Chinese medicine regards it as an excellent Kidney tonifier, and it is used to strengthen the low back, tendons and bones. There is a custom for elders who are celebrating their birthday to infuse wine with gou qi fruit and drink it. This is popularly called "refuse-to-age” wine. Gou qi is also used to "brighten the eyes" and improve vision, especially in the form of a tea, where it is combined with "ju hua" (chrysanthemum flowers).

In the United States, gou qi berries (also called "goji" berries) are becoming more available in grocery stores. They can be used in many Chinese recipes, added to Western foods such as oatmeal, or just eaten as a snack. If you enjoy the little red fruit, remember the story of that admirable farmer, Gou Zi, and his resourceful wife Qi.
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.

SIX CONVENIENT LOCATIONS

NEW LOCATION  St. Louis Park: 3710 Grand Way, St. Louis Park, MN 55416 (952-746-7992)
Edina / Southdale: 6550 York Avenue S, Suite 417, 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, Suit 212, Minneapolis MN 55414 (612-379-3583)

Visit AcupunctureMN.com for more information on conditions, services, practitioners, hours, locations and directions, and more.
Dan Stettler

After four (ok, closer to five) years of college, I really had no clear idea of what I wanted to be when I "grew up"... So I did what every other adult does, I got a job. It was a good job in corporate America, but after ten years I wanted something more. I wanted to wake up excited to go to work. I wanted something I could be passionate about. I wanted something that made me feel like I was making a difference. For me, Traditional Chinese Medicine (TCM) was the answer. TCM is a field that will challenge me for the rest of my life - always something new to learn. It will allow me to be my own boss (if I choose to). Most importantly, it will allow me to help people on a daily basis. Will it make me rich? Maybe not financially, but in the long run I'll be a happier person with a true sense of purpose. And that's why TCM and school is important to me.

Lynn Vincent

My original reasons for studying Traditional Chinese Medicine are two-fold: fascination and frustration. I have been fascinated with Asian philosophy since I studied Tai Chi at the Naropa Institute in Boulder, Colorado in 1975. I have been frustrated by Western medicine's failure to treat my medical issues: fatigue, migraines and edema. My fascination with Taoism, Buddhism, and Confucianism centers on the way all of these philosophies have our interconnectedness with nature as a primary theme. The medical paradigm of TCM encompasses this. My soul is fed in this way.

Colet Lahoz, my first acupuncturist, gave me my energy back. I felt like I was in a different body! Frustration transformed to fascination. I wanted to know how she did this, so I decided to make the change in profession from residential energy conservation to the study of this mysterious, complex and powerful methodology. I will be intellectually stimulated for the rest of my life. After two years of study, I can see that the creative possibilities of practicing this medicine are huge. I could possibly work in a hospital setting, set up my own practice, or be part of the modern research that is so active now. I feel very rich in many ways with this occupation.

Leslie Prairie

I am currently a student at AAAOM because I wish to begin another career path. I worked for twenty-two years in a hospital setting and quit due to the realization of what the stress was doing to me. It was a tough call because the pay was excellent, and I had many friends there. After I left, I was able to work as a freelance musician for a time, but it didn't enable me to make a living, so I began to ponder "What's next?" During this period I had a pretty serious back injury and sought acupuncture for treatment. While I was on the table one day, a notion struck me. "What's this acupuncture stuff about? Could I be this type of healer?" I began to do some research and have some long conversations with my practitioner.

It turned out that I couldn't NOT do it. I think the universe was calling me to choose this path. Even though logic says the timing of my education is way off (I will have a son in college the same time as me; I'm not so young anymore; I can't afford it, etc.), I know that this is just the kind of career path I was looking for. I have been so happy following it, and I look forward to my future relationships with patients.

Andy Raak

Given the extremely tough job market, some have decided to return to school and take advantage of student loans to soften the financial blow. Although adding to one's debt load initially appears to be a short-sighted decision, I highly believe that with some forethought and the right intentions it could prove to be a life-changing and powerful decision. In particular, I feel that continuing my education in Chinese medicine prepares me to take advantage of a growing industry and consciousness that embraces holistic wellness, complementary medicine, and proactive health. For all of us, continuing our education today not only will help us ride out a tough and changing job market, it will help us keep abreast of the exponential changes occurring everywhere. New education enables you to reinvent yourself in a way that you personally believe will provide a promising future and make you a happier person for the remainder of your working career.
Sweet rice dumplings could be called a “dessert dumpling” because the filling is sweet and the dumpling skin is composed of sweet rice flour rather than wheat flour. Called “Tang Yuan” in China, the sweet rice dumpling is known for drawing families together as they enjoy the special treat. The name means “harmonizing” or “united”, and to be consistent with this meaning the dumplings should only be eaten in multiples of two - never in odd numbers.

Ingredients:
- Walnut meat 100 grams (1/2 cup)
- Peanuts (shelled) 100 grams
- Black sesame seeds 50 grams
- Brown sugar 200 grams
- Honey 100 grams
- Sweet rice flour 2 pounds

Preparation:
1. Dry-roast the walnuts, peanuts and sesame seeds until browned. When cool, grind to a fine consistency.

Sweet rice dumplings could be called a “dessert dumpling” because the filling is sweet and the dumpling skin is composed of sweet rice flour rather than wheat flour. Called “Tang Yuan” in China, the sweet rice dumpling is known for drawing families together as they enjoy the special treat. The name means “harmonizing” or “united”, and to be consistent with this meaning the dumplings should only be eaten in multiples of two - never in odd numbers.

Ingredients:
- Walnut meat 100 grams (1/2 cup)
- Peanuts (shelled) 100 grams
- Black sesame seeds 50 grams
- Brown sugar 200 grams
- Honey 100 grams
- Sweet rice flour 2 pounds

Preparation:
1. Dry-roast the walnuts, peanuts and sesame seeds until browned. When cool, grind to a fine consistency.

2. Place rice flour in a large bowl, adding cold water until the mixture has a dough-like consistency.
3. Take a lump of dough half the size of an egg in one hand and press it flat with the palm of your other hand.
4. Place a teaspoonful of filling in the center of the dumpling skin and roll it into a ball in your hand.
5. Bring a pot of water to a boil, adding the dumplings to the boiling water. When the dumpling floats on the surface of the water, it is done.

Food as Medicine by Cheng Chi, TCMD, L.Ac.

Treating Multiple Sclerosis with Acupuncture

By Rachel Nudd

The AAAOM Multiple Sclerosis Clinic began in 2005 as part of dissertation research by AAAOM graduate Dr. Imain Neng Thao, who pursued his Ph.D. in China for two years before returning to Minnesota to set up his project in AAAOM’s faculty/student clinic. After Dr. Thao completed his research, AAAOM continued the project with faculty advisors and student interns. The clinic has become an important resource for many patients, as well as providing invaluable experience for students.

While there is no cure for MS in Western or Chinese medicine, the goal of acupuncture is to curb acute attacks and slow the progression of symptoms. Common symptoms that acupuncture treats include: muscle weakness and spasm, pain, vision problems, tremor, balance/coordination, dizziness, bladder infections, fatigue, and mental/emotional problems. Symptoms that have a mixed response to acupuncture include bladder and bowel problems, numbness/tingling, tinnitus, and memory/concentration problems. Chinese medicine is also successful at treating secondary symptoms such as poor or excess appetite, lowered immunity, anger/frustration, and side effects from medication (“Acupuncture and MS: Practical Applications” by Jill Brookes; May 5, 2009, www.MStrust.com). In a survey of one thousand MS patients conducted by the Rocky Mountain MS Center, 20% of the participants had tried acupuncture. For pain and anxiety symptoms, 66% of the group reported beneficial effects. Improvement of fatigue, depression, muscle stiffness, numbness and insomnia was reported by 50-60% of respondents. Overall, these results indicate that acupuncture is an effective treatment for MS (Allen Bowling, Complementary and Alternative Medicine and Multiple Sclerosis).

A typical course of treatment begins with two sessions per week for the first four to five weeks, followed by weekly treatments for the next several weeks. In successful cases, symptomatic relief lasts for sequentially longer periods between treatments, with symptoms eventually declining in intensity or disappearing altogether. When the condition stabilizes to where treatments are needed less often, patients return to the clinic once every two to three weeks to prevent recurrence of symptoms.

Rachel Nudd is a student intern in AAAOM’s MS clinic. Make an appointment calling 651-631-0204 ext. 1. MS patients are treated for $15 per treatment. Visit www.AcupunctureForMS.com for an extended version of this article, including case studies.

Sweet rice dumplings could be called a “dessert dumpling” because the filling is sweet and the dumpling skin is composed of sweet rice flour rather than wheat flour. Called “Tang Yuan” in China, the sweet rice dumpling is known for drawing families together as they enjoy the special treat. The name means “harmonizing” or “united”, and to be consistent with this meaning the dumplings should only be eaten in multiples of two - never in odd numbers.

Ingredients:
- Walnut meat 100 grams (1/2 cup)
- Peanuts (shelled) 100 grams
- Black sesame seeds 50 grams
- Brown sugar 200 grams
- Honey 100 grams
- Sweet rice flour 2 pounds

Preparation:
1. Dry-roast the walnuts, peanuts and sesame seeds until browned. When cool, grind to a fine consistency.

2. Combine nut powder, brown sugar and honey in a bowl (this is the dumpling filling).
3. Place rice flour in a large bowl, adding cold water until the mixture has a dough-like consistency.
4. Take a lump of dough half the size of an egg in one hand and press it flat with the palm of your other hand.
5. Place a teaspoonful of filling in the center of the dumpling skin and roll it into a ball in your hand.
6. Bring a pot of water to a boil, adding the dumplings to the boiling water. When the dumpling floats on the surface of the water, it is done.

Comments:
This recipe is especially good for tonifying the kidney and strengthening the brain. Walnuts, peanuts and sesame seeds are kidney tonifiers. When the kidney is strong, it nourishes the brain and improves memory. Honey moistens the lungs and provides trace elements to the body. Try these dumplings at your next family get-together; you will harmonize the family and improve your memory at the same time!
AAAOM Open Houses
Open Houses for prospective students will be held on July 19th and July 26th 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 Fall Trimester
The first day of classes for 2009’s Fall Trimester will be Tuesday, September 8. Applications are now being accepted and prospective students are encouraged to register soon. For application information, visit AAAOM.edu or call 651-631-0204.

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

Continuing Education Seminars - 2009
Sunday, October 11: Dr. Yubin Lu, Pulse Diagnosis; Sunday, October 18: Dr. Hong Chen, Treating Psoriasis and Eczema with Chinese Medicine; Sunday, November 8: Dr. Cheng Chi, Processing Chinese Medicinal Herbs; and Sunday, November 15: Dr. Wen Jiang, Treating Gynecological Conditions with Acupuncture. Each seminar will be held from 8:30 a.m. to 5:30 p.m. (8 CEUs per seminar). For class and registration information visit AAAOM.edu, or call 651-631-0204 ext. 2.