Winter 2008

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AAAOM MS Clinic Gains Momentum

The Multiple Sclerosis clinic and clinical pilot study has been gaining momentum under the joint direction of Dr. Robert Bleau, Dr. Xiangdong Yu and Leland Brenholt, L.Ac. Clinical student interns who are treating MS patients meet with faculty directors twice a month to review cases and protocols and pursue leads in patient recruitment for the Pilot Study. Pilot study candidates are men and women between the ages of 20 - 60 with at least a two-year diagnosis of relapsing/remitting MS, who have had at least one exacerbation in the last 10 years. The protocol being studied is Jiao-style scalp acupuncture, using the MSQIL II well-being and quality-of-life tool at the beginning and end of a ten week treatment course to determine efficacy of the acupuncture protocol. At present there has been a great deal of interest in the study and candidates are being selected and screened for a staggered schedule in which AAAOM hopes to have the study results compiled and published by fall 2008. MS patients who wish to enroll in either the MS Clinic or the MS pilot study are treated at the reduced rate of $15 per session.

AAAOM Faculty Visit TCM University and Hospital in Guangzhou

Dr. Yubin Lu, AAAOM Academic Dean, accompanied by AAAOM professor Dr. Cheng Chi, spent three days in December visiting several Chinese medicine institutes in the city of Guangzhou, China. Dr. Lu and Dr. Chi met with Professor Chen Liguo, Associate Dean of the medical school of Jinan University and discussed possible collaboration between AAAOM and Jinan University in the areas of student exchange, long-term and short-term training of students from AAAOM at Jinan University and its affiliated hospitals, and scientific research on acupuncture and Chinese herbs. They also interviewed Dr. Zhu Weifeng, Vice President of Guangzhou Chinese Medicine Hospital and explored the option of students from AAAOM receiving clinical training at Guangzhou Chinese Medicine Hospital.

Acupuncture Manual Publications

The most comprehensive acupuncture manual ever compiled has been completed by faculty members at the American Academy of Acupuncture and Oriental Medicine. This Chinese-language acupuncture manual is in print now in Tianjin China and is expected to be very popular with acupuncture practitioners. The ten-volume acupuncture manual includes the following titles: Acupuncture in Internal Medicine, Acupuncture in Gynecology, Acupuncture in Dermatology, Acupuncture in Neurology, Acupuncture in Orthopedics, Acupuncture in Pediatrics, Acupuncture in Geriatrics, Acupuncture in Ophthalmology, Acupuncture in Otolaryngology, and Acupuncture in Supplementary Treatment. Over seven hundred conditions with accompanying symptoms are included in this exhaustively-researched publishing milestone. This manual includes more conditions than any previous text ever published. Dr. Changzhen Gong, Dr. Shaozong Chen, Dr. Yubin Lu, and Dr. Wen Jiang served jointly as editors for this series of books.

For more articles and information, visit our website at: www.AAAOM.edu
AAAOM Clinical Curriculum Revisited

Since its inception, the American Academy of Acupuncture and Oriental Medicine has witnessed significant changes in the landscape of Chinese medicine practice in Minnesota. The consistent success achieved by AAAOM graduates in establishing and growing their practice is proof that AAAOM has prepared its students very well for practicing Chinese medicine in the 21st century. AAAOM alumni practice in the Twin Cities metropolitan area, in greater Minnesota and rural Wisconsin, and in several other states of the country, holding their own in the current competitive health care market. What is the reason for our graduates’ success? AAAOM alumni respond overwhelmingly that the clinical training they received gave them the background and the confidence they needed to succeed.

Strong clinical training begins in the classroom. Over two hundred health conditions, with their symptoms and etiology, are covered in AAAOM course offerings including TCM Internal Medicine, TCM Gynecology, TCM Dermatology, TCM Pediatrics, TCM Geriatrics, TCM Neurology, Musculoskeletal Conditions in Chinese Medicine, and Sensory Disorders in Chinese Medicine. These courses are centerpieces of the AAAOM curriculum.

AAAOM training of student interns emphasizes the skills and abilities necessary to the process of recruiting patients, conducting a professional patient intake, and retaining patients. Key concepts of patient retention include comprehensive care of patients, and delivering the most impressive result possible on the patient’s first visit. Student interns have an excellent opportunity to enrich their clinical experience by observing and participating in AAAOM's specialty clinics, which include the MS Clinic, Dermatology Clinic, and Infertility Clinic. In the MS Clinic, student interns work with and are supervised by experts in both Western medicine and Chinese medicine. The Dermatology Clinic offers students hands-on experience in the treatment of psoriasis, acne, eczema and other skin conditions, using highly developed Chinese medicine techniques. The Infertility Clinic in Edina has won the highest reputation in its field.

Refining and improving our clinical curriculum is an ongoing project for AAAOM’s academic leadership. AAAOM faculty members recently reviewed the program’s clinical curriculum. They agreed that the ultimate goal of clinical training at AAAOM is to ensure that students are trained to think both critically and independently. AAAOM clinic interns are expected to exhibit competence in diagnosis using the ten classical diagnostic approaches: the four methods, the eight principles, six-meridian diagnosis, four-level diagnosis, triple burner diagnosis, zang/fu diagnosis, etiological diagnosis, meridian diagnosis, qi/blood/body fluid diagnosis, and acupoint diagnosis. Interns are also expected to be well-versed in using the standard TCM modalities of acupuncture, Chinese herbal medicine, tuina, dietary therapy, tai chi, and qigong. In any given case the objective is for the intern to choose the most appropriate therapeutic approach from multiple possible TCM treatment plans. All treatment plans for a given condition should be generated from both a classical source as well as a contemporary source.

Case analysis is central to the learning process of student interns and to their future success as practitioners. On a regular basis, student interns will examine both successful and unsuccessful cases with their clinic supervisors.

Advanced courses and programs available at AAAOM focus on the integration and comparison of classical treatment prescriptions and modern research-based protocols. AAAOM continues to invest its resources in the development and expansion of courses in the five areas of TCM Neurology, TCM Dermatology, TCM Gynecology, TCM Immunology and TCM Gastroenterology.

The academic leadership of AAAOM strongly believes that the elements outlined in this overview of our clinical curriculum are the foundation of Chinese medicine’s success in this country - both for individual practitioners and for the profession as a whole. AAAOM’s goal is to create a tradition and leave a legacy of excellence in TCM education. A powerful clinical curriculum is at the heart of Chinese medicine training at the American Academy of Acupuncture and Oriental Medicine.

2008 Graduates

This year, AAAOM looks forward to graduating our largest class so far, with sixteen students set to receive their diplomas at the graduation ceremony on Saturday, March 8th from 5:00 p.m. - 7:00 p.m. Our annual graduation ceremony is one of the happiest occasions of the year as we honor our successful students and see them receive their well-earned reward for years of dedicated study. We are proud of the standard of excellence our students achieve, and we are confident that they will all make substantial contributions to the practice of acupuncture in Minnesota.

Candidates for graduation in 2008: Kristi Berry; John Blaska; Francis Bonaldo; Alyssa Brockmeyer; Sara Gillet; Andrea Gustafson; John Hauser; Ingrid (Ying-tzu) Hsu; Kai Malle; Colin Mattie; Liming Qin; Melissa Schultz; Kyu Hong Tae; Anita Teigen; Lynette Thompson; Lindsey Zeutenhorst.
You are invited to attend our
OPEN HOUSE

Sunday, March 16, 2008 from 2:00 - 5:00 p.m. &
Friday, March 21, 2008 from 4:00 - 6:30 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 Yubin Lu, Ph.D., Academic Dean

Since 1972, Chinese medicine has seen great progress in the United States. As the public has become increasingly aware of the benefits of acupuncture, there has been a simultaneous demand for more acupuncture practitioners, licensing and regulation of acupuncturists, and the establishment of accredited schools of Chinese Medicine.

While TCM education is still a relative novelty in the US, it is an integral part of the medical establishment in China, the "hometown of Chinese medicine." The Chinese government has invested heavily in TCM education, with a major TCM university in almost every province. These universities are huge in size, with more than 10,000 full-time students in every school. Within each university, a number of different programs are offered, including Chinese medicine, acupuncture, herbal medicine, Chinese herbal pharmacology and so on.

In spite of the different cultural background and different medical systems in the US and China, the TCM education programs offered in both countries are remarkably similar in content. By analyzing the differences and the common points of TCM education in these two countries, we may be able to foresee aspects of the development of this profession in the United States.

Differences in Enrollment Requirements

The Chinese medicine universities in China are mostly public schools. High school graduates need to take national standardized examinations in order to qualify for enrollment in any public institution of higher education. This means that the standard Chinese medicine program in all TCM schools is an undergraduate program of approximately five years' duration. Every year, about 2,000 full-time "freshmen" begin their course of study in each school. They live in campus dormitories and attend classes 6-8 hours per day, Monday through Friday (and even Saturdays).

In the United States, most acupuncture or Chinese medicine schools offer a 3-4 year master's program with at least two years' college education as a basic requirement. Students of Oriental medicine in the US are mostly those who are interested in Oriental culture, who have personally experienced acupuncture or Chinese medicine treatment, or who are preparing for a second career.

Differences in Courses Offered

Since American students have had some college education before enrolling in an acupuncture school, TCM schools in the United States tend not to offer general education classes or basic science classes. The curriculum is generally based on national accreditation requirements and focuses more on Chinese medicine itself, with related biomedicine and professional classes. In China, students take basic courses in science or sociology in their curriculum, such as computer skills, foreign language, physical education, etc.

Curricula in both United States and China offer the core courses in Chinese medicine, including foundational theories of Chinese Medicine, TCM diagnostics, TCM pathology, meridians, Chinese herbalology, Chinese formulas, TCM internal medicine, TCM pediatrics, TCM gynecology, TCM dermatology, TCM sensory organ diseases, acupuncture and moxibustion, etc.

In my experience, there are two principal differences between Chinese and American curricula. First, programs in China offer more courses based directly on TCM classics such as the Yellow Emperor's Internal Medicine, Treatise on Febrile Diseases, Synopsis of Prescriptions of the Golden Chamber, and Warm Diseases. Students are required to memorize the original texts and be able to apply them skillfully in their practice. In the US, this type of class is not offered in most acupuncture schools, and if there is a course in classic texts, it comprises much fewer hours than in China. The second difference is that class time spent learning acupuncture is much less in most Chinese programs than in American schools. This is because Chinese TCM graduates mainly use herbs in their practice. It is only in the Chinese university acupuncture programs that there
are more acupuncture classes and more hours spent on technique than in the US. In addition to basic courses such as Meridians, Point Location, Acupuncture Techniques, Acupuncture Prescriptions, Auricular Acupuncture, and Scalp Acupuncture, a Chinese university acupuncture program will also offer History of Acupuncture, Selected Readings of Ancient Acupuncture Literature, Acupuncture Laboratory Tests, and Acupuncture Research.

Differences in Biomedicine Courses
Chinese and American schools both offer a lot of biomedicine classes, including anatomy, physiology, microbiology, pathology, Physical Assessment, Lab Data Reading, Western Internal Medicine, Western Gynecology, etc. But the ultimate purpose of this training differs. In United States, the objective of these classes is to enable acupuncture practitioners to communicate knowledgeably with Western medicine practitioners, and to know when to refer their patients for Western medical assessment. In China, the objective is to train students to actually practice biomedicine. Therefore, many more courses and class hours are offered in biomedicine in Chinese schools of TCM than in US schools, with Chinese students learning about surgery, emergency care, etc. It is a fact that US medical license examiners will accept M.D. applications from graduates of Chinese medicine schools in China, and a lot of these graduates are in fact practicing Western medicine in the United States after passing all the necessary examinations and internships.

Differences in Clinical Training
In the United States, TCM students are required to complete approximately 900 hours of clinical training, including clinical observation and clinical internship or practice. Most students complete this training in their school-affiliated clinics or facilities, and clinical training is integrated through the whole course of the program.

In China, clinical training also consists of observation and practice, with students completing their training in school-affiliated teaching hospitals. During their eighteen months of clinical training, students spend all their educational time in the hospitals, and do not attend regular classes at their university. Within the hospital, students will rotate through the different departments and specialties, and may even transfer to another hospital for additional experience. For example, all students have to put in about six months in a Western medicine hospital and rotate through the different departments of that hospital. There, they see patients under the supervision of hospital staff doctors, attend regular seminars and case discussions organized by the hospital, and may even have the chance to perform surgery on patients. They will be assessed by their supervisors at the end of each session to make sure they have reached their training goals.

Most Chinese TCM students spend about two-thirds of their internship time in Chinese medicine hospitals, and also do standard rotations there. At least once a week, students go on ward rounds with the director of their department where patient cases are subjected to a detailed analysis from both TCM and Western medicine perspectives. By the end of their last year students have completed their clinical training, and they return to their TCM university to prepare for graduation.

When TCM university graduates join the staff of a hospital, they find that most hospitals in China, whether it is a TCM hospital or a Western medicine hospital, require new staff members to do a rotation through all the departments of the hospital in their first two years on staff so they can obtain even better training in all the major fields of medicine. For TCM practitioners, this is an extension of the clinical training they received in their TCM university and affiliated hospital.

In conclusion, the similarities in TCM training between the US and China are largely in the area of class content and curricula; the differences lie mainly in the ability of Chinese students to observe and practice in large hospitals of TCM and Western medicine. Currently, acupuncture and Chinese medicine are still considered to be "alternative" or "complementary" medicines in the United States. In China, Chinese medicine is considered equally as important as Western medicine. These contrasting attitudes probably account for the differences between TCM education in China and the United States.

Dr. Lu Delivers Lecture at His Alma Mater
During a recent winter vacation in his hometown of Jinan, Dr. Yubin Lu was invited to present a two-hour lecture to students at the Shandong University of Traditional Chinese Medicine, where Dr. Lu completed his medical training and Ph.D. studies. His presentation, "Chinese Medicine in the United States," imparted valuable information to the students in Jinan. Dr. Lu's lecture covered four aspects of Chinese medicine in the United States: TCM education; TCM practice; TCM research; and legal issues relating to acupuncture and Chinese medicine. About 300 students at Shandong University of Traditional Chinese Medicine attended his presentation.
Life at AAAOM - Four Students Give Their Perspective

First Year Student Eric Hayward

In the fall of 2006 I unexpectedly lost a job.

With two kids, a mortgage, and a full-time student for a spouse, I am the only breadwinner in our family. The bottom had truly dropped out. It was the perfect time to do something seemingly courageous, unexpected and risky, but in fact, utterly sane.

In the summer of 2007 I enrolled in the Masters program at AAAOM.

Reality is constant change; there is no better system to understand change at its most fundamental level than Chinese medicine. Still so early in the program, this is the kind of information I am absorbing-the philosophical and historical layers. Sometimes during lectures I get a feeling for the thousands of years of careful observation, testing and theory behind these mind-blowing statements of fact about the secret life of my internal organs, for example. The idea that human life is a process of change, connected with nature, rather than the sum total of its physical parts, has been the most profound piece of learning I’ve received.

Actually, my old assumptions about life started to prove false some time ago. Even before I lost that job.

I had already stumbled across the realizations that life is short and often difficult, that there is much suffering in the world, and that the happiness I seek in egotistical pursuits will continue to elude me, through an unexpected encounter with Buddhism. Losing the job showed me those truths more plainly than any theory. Enrolling in AAAOM was my way of taking action, making a conscious decision to step outside my adopted worldly nature into my birthright as a human being.

Through my education I can learn to better understand myself and the world, and in doing so, help others.

I am most grateful for the way my study of TCM, at this unique institution, deepens my understanding of practices like meditation and Tai Chi, showing how “spiritual” ideas can take form very practically in the world. I don’t believe I could have this quality and depth of learning at a school lacking the authentic traditional qualifications of the AAAOM faculty.

With these words I wish that all beings might receive such a life education. But without having to get fired first.

Second Year Student Matt Priebe

My first year at AAAOM has been a good experience. A truly wonderful aspect of this school is the faculty. The instructors are approachable and they are always available and willing to teach. They take the time in the classroom as well as out of the classroom to thoroughly answer questions that students may have. Not only do they teach, they interact with students and take a genuine interest on a personal level with the students.

The school has a comfortable atmosphere, and the students are laid-back and easy going. Everyone is friendly and helpful. Anyone who has something that may be beneficial to others shares it with others, so there is a continuous exchange of information. There is such a diversity of life experiences here that everyone can learn something new from everyone else.

So for me, the expertise of the faculty and the life experiences of the student body combine to create a quality educational institution as well as the knowledge to live a better life.
Third Year Student Mary Rian

A funny thing happened the other day. I woke up one morning to find it was January 2008. 2008! Have three years really gone by already? Back in January 2005 I'd just started classes here at AAAOM. At that time actually treating patients was just a far-off dream. Now, three short years later, I'm logging hours as a clinic intern.

On one hand it seems like only yesterday I was even considering a career in acupuncture. Back then I didn't know the difference between Kidney Yin and Kidney Yang or whether the Spleen meridian started on the face or the foot, and I thought hypochondriac pain was the pain felt by people who thought they were sick all of the time. When visiting the school's clinic for the first time I remember observing the eye-popping needling techniques of Dr. Chi and thinking, "My God, will I actually know how to do that someday?"

The years that have flown by were actually jammed with months of studying and hard work in the classroom. But I've found going from classroom to clinic to be the most important step in learning TCM. Clinic internship has been my chance to take all I've learned in all of those long hours of study and put it to the test practicing on real patients.

Now that I'm into my second trimester as an intern in the student clinic I can say I have been faced with many challenges, successes and also frustrations. What I've found to be the most helpful in my learning process is to remember these few bits of advice: Expectations are the source of suffering. Listen; really listen. Have self-confidence yet keep an open mind. Remain open to the possibility that the books, the supervisors, and you might be right. Remain open to the possibility that the books, the supervisors, and you might be wrong. Have patience. Don't let fear interfere. Trust your abilities and your instincts. Dive in! Knowing comes from doing. Ask questions! Remember there are many ways up the mountain. Remember the mountain might be gone tomorrow. Nothing stays the same. Ask for what you want. Speak from the heart. Take responsibility for your actions. Take advantage of every resource. You get out what you put in. Practice. Clinic practice has its many and varied challenges, it's true. But at the end of the day I love it and know I am on my way to becoming a real-life practitioner of TCM.

Fourth Year Student Lindsey Zeutenhorst

As I enter my fourth year here at AAAOM it is hard to fathom that I have made it so far in such a short amount of time. Throughout this time I have maintained a full-time student status, making the study of Oriental Medicine take up the majority of my time. I appreciate the fact that the faculty at AAAOM is here full-time as well, which is very helpful as it allows for the availability of constant academic counseling. The faculty teaching my classes were also the faculty I was observing in the clinic, and finally the ones to supervise me as an Intern. This allowed me to get to know the faculty personally and keep all the pieces of what I was learning together.

In addition to the opportunities for coming into contact with Chinese culture that the faculty provides, AAAOM also gave me the opportunity to travel to China. I cannot put into words the positive impact this has had in my life. I remember when I came to school I was so excited to learn about acupuncture. As I went through my studies I began to see that the program was set up to continually give me a foundation to work from, and then provide opportunities to apply my knowledge. I felt like I was constantly moving forward and completing the steps to my goal.

AAAOM's competitive curriculum has kept me busy and working hard, but the spirit of the faculty and students has been supportive and friendly whether it concerned my studies or my personal life. Thank you. I am amazed that my enthusiasm for learning about TCM today far exceeds my initial excitement. I am confident that I now posses the skills needed to venture out on my own.

I am saddened to think of leaving AAAOM indefinitely, yet confirmed in my belief that I will always be welcomed back. I know this whenever I see alumni come back to be greeted by the smiling faces of students and faculty, eager to catch up and give continued support. When I finish this trimester I will have completed the work needed to receive the Master of Acupuncture and Oriental Medicine degree, and will set off to new experiences in Traditional Chinese Medicine, leaving full of knowledge and fond memories.
From Here to There: Three AAAOM Graduates

The Drive to Achieve:  
Dona McGlennen

When Dona McGlennen graduated in 2007 at age 67, she was our oldest graduate to date. However, for anyone who knows Dona personally, her age is irrelevant. Dona is vibrant and compassionate, a fighter and a survivor, a committed student and a conscientious teacher.

After receiving her Bachelor's degree from the U. of M., Dona obtained a nursing degree, raised four boys as a single mother, and worked as a med/surg nurse for ten years before becoming a Certified Nurse Practitioner. While working full-time as a nurse, Dona also became more and more interested in the area of alternative medicine, enrolling at AAAOM in 2001 after receiving her certification in Shiatsu in 1999.

Although her children were grown by then, Dona still had a full-time nursing career as she plunged into her studies at AAAOM, and took on more responsibility by teaching several biomedicine classes at AAAOM. 2006 was a turning point for Dona. One day her first grandson was born; the next day her oldest son collapsed and died; the day after that, Dona came in to teach her regular class. Touched by the support of her friends and family, she quit her nursing job and committed herself to finishing the Oriental medicine program as quickly as possible.

Asked to share some of her hard-won insights, Dona contributed the following: "So much of life is dealing with your own ego. There are 20-year-olds who can out-memorize and out-study me. So what? You just have to show up and not make comparisons. I used to think, 'I'll never finish this,' but you finally get to the point where it doesn't matter what other people are doing - what am I doing? People need to face their fears; particularly their fear of failure. When you have failed at many things you are better off in the long run because all the things you fail at are opportunities to grow and become wiser. The most important thing we can do is engage reality and just keep saying 'Yes' to life. I have decided that I am going to go for the doctorate program at AAAOM - we all need something that keeps us intrigued and engaged."

The First Job:  
Nancy Weirens

AAAOM 2007 graduate Nancy Weirens recently joined the staff at East West Clinic. East West Clinic is a well-established practice founded and directed by Colet Lahoz, RN, MS, L.Ac.

After graduating last spring, Nancy took the summer off to spend time with her children. In September, just as she began looking for a place to set up shop, she received a call from fellow graduate Dona McGlennen who knew that East West Clinic was looking for an additional practitioner. Nancy said Dona's call was "totally out of the blue, like a sign from God, my very first day looking!" She started at East West two weeks later, working five days per week from 9:00 am to 1:00 pm, which is an ideal schedule for her. Now that she has settled in, Nancy sees 20 to 30 patients a week.

"I gave up a high-paying information technology job" said Nancy, "because at the end of the work day, who cares what I had accomplished? But at the end of the day doing Chinese medicine, I feel like I have really made a difference in someone's life. This job is so very rewarding: I love being here and working with Colet."

The East West Clinic specializes in cases that tend to be difficult to diagnose and challenging to treat, such as candidiasis and MSA (Multiple System Atrophy). Nancy said, "I have already had the chance to treat some patients who have flown in from Germany and Canada."

Asked about her experience at AAAOM and the rigorous educational process she went through, Nancy said, "I would do it all over again because it is such a blessing to do this kind of work and be successful at it!"
Setting Up a Practice: Jill Neukam

Jill was a member of AAAOM's first graduating class in 2003. After graduation, Jill spent a year in "personal and professional" development before getting her acupuncture license. She learned a lot about natural foods and dietary supplements while working at the Wedge, pursued meditation and yoga practice intensively, and spent three months studying in India.

When Jill was ready to settle down in a practice, she began to explore her options by contacting established clinics (chiropractic and/or massage) and asking them if they were interested in adding an acupuncturist to their practice. Since she knew a lot of people in the Uptown area, Jill began working part-time at Spot Spa. However, she was also interested in establishing herself in the northwest suburbs of the metro area because there are fewer acupuncturists there. She decided that Anoka Massage and Pain Therapy clinic was a good fit, and began a part-time practice there as well in the fall of 2006.

Although she had access to the established clinic clients, Jill wanted to expand her client base and generate several "streams" of clients. Following the precepts she learned in AAAOM's Practice Management class, Jill threw herself into community outreach and education, trying to reach as many potential clients as possible. She joined local business associations and gave many presentations to groups at co-ops, yoga studios, and businesses. It was a lot of work, and sometimes she had to force herself to do it; but over a year and a half, Jill's client base grew and stabilized. Now, Jill sees 25 - 30 patients per week.

Recently, Jill made the decision to quit her part-time practice at Spot Spa and work full-time at Anoka Massage and Pain Therapy clinic. Now she works five days a week in Anoka and can put all of her energy into one practice. She acknowledges that she spends a lot of time and energy on her practice: "I try not to work more than twelve hours a day, but it feels like the right thing to do at this stage." Jill relies on a combination of intuition, practical planning and hard work to make her practice a success and she has been rewarded for her efforts.
AAAOM Faculty Spotlight: Dr. Yubin Lu

By Leila Nielsen

Dr. Yubin Lu has been with AAAOM as its Academic Dean since the school opened in 1999. He has been a central force in the foundation and development of AAAOM’s program over the years, and continues to shape most aspects of the school curriculum. In addition, Dr. Lu is an outstanding instructor and Chinese medicine practitioner.

L.N.: I always want to know why people choose to study TCM.

Dr. Lu: When I was growing up, my family lived in one of the old-style Chinese houses where there were four families living around a central courtyard. The heads of the other three families who shared our courtyard were all TCM doctors. Another resident of my block was a very famous TuiNa practitioner who had a clinic in his house. Every day people would come to see him and the line stretched around the block. In addition, my mother suffered from a chronic gastric ulcer which could be very painful. Acupuncture could give her emergency relief. All these experiences gave me the idea that learning Chinese medicine would be a good thing to do with my life.

I took the national examination and qualified to go to medical college. I attended Shandong University of Traditional Chinese Medicine for eleven years: five years for my medical training, three years for my Master’s degree in TCM, and three years for my Ph.D. After receiving my Master’s degree, I began to teach at the university and practice at the Jinan Hospital of Chinese Medicine. At Jinan hospital, I taught and practiced in the area of internal medicine.

L.N.: Are hospitals in China pretty much the same as they are here?

Dr. Lu: Yes and no. In general, every district in China has two large hospitals - one which is principally for Western medicine and one which is principally for TCM. Both types of hospital have inpatient and outpatient facilities, and the heads of each department within both types of hospital routinely go on rounds with the interns. The Western medicine hospital has a section for TCM, and the TCM hospital has a section for Western medicine. One major difference is that nobody makes appointments in China. The patients just show up and wait their turn.

L.N.: Why did you decide to come to the United States?

Dr. Lu: At Shandong University, I was a classmate of Dr. Wei Liu. When Dr. Gong started AAAOM, he invited me to come and help him set up a program that would be as close as possible to the training Chinese students receive at TCM schools in China. My wife and I decided it would be an adventure for us and our eight-year-old son. I have always been glad I came, and my wife likes it even more than I do.

L.N.: You dedicate so much of your time to the school. Do you have time for hobbies?

Dr. Lu: I love to fish. I used to spend my free time fishing in the lakes around here. It doesn’t matter if I catch anything - I just like to be out there. But it seems like I don’t have the time for fishing now, especially since my youngest son was born in 2005.

L.N.: So your ambition is to have more time to fish?

Dr. Lu: No. Seriously, my ambition is to set up a hospital of Chinese medicine in the Twin Cities. I am ambitious for the profession of Oriental medicine in this country. My dream would be to establish a TCM clinic which had all the medical specialties and departments that regular TCM hospitals have in China. Then we could have TCM specialists come here and do six-month rotations in the clinic, and the student interns would learn cutting-edge TCM practice in every specialty. The main problem is the gap that exists in this country between the Western medical establishment and what they call the “alternative” medicines.

L.N.: I hope your dream comes true someday. You are also involved in publishing and research in TCM, aren’t you?

Dr. Lu: I used to write a lot of articles for the Journal of Chinese Medicine. In fact, I published about half of the Herbal Stories I have written in abbreviated form in the Journal. The Herbal Stories are intended as a teaching tool - each significant Chinese herb is discussed from a cultural and medical point of view, so they come alive for the reader. I hope that the collected Herbal Stories will be published as a book soon in China. There are plans for a Chinese edition and a Chinese/English edition. Also, a colleague and I are working on a book about the original and traditional use of Chinese herbs.

My colleagues in China and I have been engaged in research on Liver Qi Stagnation and hyperactivity of Liver Qi for nearly twenty years. Essentially, we are investigating the effects of emotion and stress on health. We have set up lab experiments with monkeys and rats, and we have done many health surveys and profiles of factory workers in China.
General Recommendations:

- Consistency and regularity are important aspects of dietary control.
- Achieve and maintain an ideal body weight. Sugar that can’t be processed by the body due to inadequate insulin is stored as fat. Body fat in turn creates complications with processing blood sugar and promotes circulatory problems.
- Eat meals at scheduled times and in consistent amounts. Pay attention to the balance of protein, fat and carbohydrates in each meal.
- Employ cooking methods such as steaming, boiling, baking, broiling, stewing, braising and grilling which use less fat.
- Choose foods with higher fiber content, such as whole grain breads and cereals, unprocessed beans, fresh vegetables and fruits. However, do not consume more than the prescribed amount of these foods.
- Eliminate as much fat and oil from the diet as possible by avoiding deep fat frying and pan frying, and by skinning cuts of poultry, pork, and fish.
- Use vegetable oil for cooking (except coconut oil and palm oil). Never cook with animal fat.
- Avoid foods which have added sweeteners, especially high fructose syrups. Substitute low-calorie sweeteners such as saccharin or stevia if necessary.
- Elderly people should make a special effort to reduce salt and MSG in their diet.

Specific Food Choices:

- Nuts can be a good snack food, but nuts with high fat content such as peanuts, cashews and walnuts should be avoided. Most seeds also have high fat content.
- Avoid foods with high cholesterol content such as organ meats and fish/shellfish roe (caviar, for example).
- Foods with high starch content should be taken only as advised by a dietician. These include sweet potatoes, potatoes, corn, water chestnuts, beans, etc.
- Avoid candy, ice cream, soft drinks, desserts, pure starches, and anything with high fructose corn syrup.

Boost Your Energy with Salt Water Chicken with Du Zhong

Try this method of preparing chicken in a brine solution next time you cook. Chicken prepared with Du Zhong is not only delicious, it can also boost your energy.

**Ingredients:**
- Chicken: one whole chicken
- Salt: 250 grams (1 cup to 1 ½ cup)
- Chinese pepper: 100 grams
- Du Zhong: 25 grams

**Preparation:**

1. Grind Du Zhong bark into powder and combine it with salt and Chinese pepper. In a heavy frying pan heat all three ingredients until the salt turns brown.
2. Clean and wash the chicken. Rub the salt/herb mixture briskly into the chicken skin for 20 to 30 minutes. Fill a deep pot with cold water and stir in the salt mixture. Immerse the chicken in the brine solution for 8 - 10 hours, or overnight.
3. After soaking, remove chicken from brine and hang it with hooks or string for several hours until dry. Place a pan under the chicken to catch fluids.
4. Bring fresh cold water to boil in a large pot. Do not add salt. Put chicken into boiling water and boil for 20 - 30 minutes until cooked all the way through.
5. Remove chicken from boiling water. Dry and cool chicken for 1 - 2 hours.
6. Cut chicken into slices and arrange on serving dish.

**Functions:** Tonify qi and energy; strengthen kidney yang.

**Indications:** For stiffness, pain, and cold sensation in the lumbar and back area; male and female infertility; loss of bone density and calcium deficiency; hypertension and high cholesterol.

**Comments:** Chicken is one of the best foods for promoting energy and tonifying qi. Generally speaking, chicken soup is highly recommended for people with qi deficiency. It is said that chicken soup can increase energy within five minutes after drinking. Adding Du Zhong to the recipe increases the ability of this food to tonify qi, since Du Zhong has the function of tonifying kidney yang. It is very useful for lower back pain and lumbar cold. It also increases bone strength and improves joint function, especially the knees. Du Zhong can treat infertility in women due to kidney deficiency.
Dates to Remember

AAAOM Open Houses
The next Open Houses for prospective students will be held on Sunday, March 16 from 2:00 - 5:00 p.m. and Friday, March 21, from 4:00 - 6:30 p.m. We hope to see you there!

First Day of Summer Trimester
The first day of classes of 2008’s Summer Trimester will be Wednesday, April 23. 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 April 26, 2008 and 12-week Tai Chi classes on Wednesdays from 6:00 - 8:30 pm beginning April 23, 2008. 
For class and registration information, please call 651-631-0204.