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望闻问切 **WWWQ News**

Newsletter of American TCM Society

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Introduction of the ATCMS Autumn Seminar

Dear ATCMS Members,

We are very excited to announce that ATCMS will host the autumn seminar at Sheraton LaGuardia East Hotel, in Flushing, NYC, on Sunday, Sept. 14, 2014. On this upcoming seminar, we are going to invite Dr. Yongzhou Wang, a famous micro-acupuncture expert from France, to give us a talk on the topic of Cheek-Acupuncture Therapy.

Two years ago, we held a seminar on the subject of micro-acupuncture needling systems and abdominal acupuncture therapy. Many members benefited from this painless and effective therapy. At the autumn seminar, Dr. Wang, the inventor of Cheek-Acupuncture Therapy, will introduce this new micro-acupuncture Therapy. The human cheek is a microcosm of the entire human body, similar to the ear in auricular acupuncture. Cheek Acupuncture Therapy, which is a branch of micro-needle therapy, refers to a process which stimulates specific points on the person's cheek to achieve health through acupuncture treatment, pressing, magnetic or laser stimulation. Cheek needles are mainly used for pain disorders. Clinical observations of patients with limb pain showed a rate of instant pain relief of 72.5%. A number of studies show that the successful rate of cheek treatment for pain is over 82%. This fast and effective treatment method is simple.

Earlier this year, Professor Xiaoli Fang's seminar already showed us this miracle treatment method. In the U.S., the primary use for Acupuncture therapy is pain management. The treatment result in Cheek Acupuncture Therapy's is fast and effective, which indicates its primary advantage.

In this seminar, Dr. Yongzhou Wang will give lectures as follows:

- The discovery and study of Cheek Acupuncture Therapy.
- The location of the needle points in the cheek.
- The techniques used in cheek needling (stimulation, pressure, laser).
- The main clinical indications and functions for Cheek Acupuncture Therapy (especially for pain management).
- Clinical demonstrations.
- The applications of acupuncture in treating mental disorders.

Dr. Yong Zhou Wang was a chief physician in China Gansu Chinese Medicine Research Institute. He invented “Cheek Acupuncture Therapy” in 2000, and was also in charge of this research project, which was a provincial level twice-approved project as assessed by the Gansu Province Ministry of Science. This Project fills a gap in Chinese Medicine Cheek Acupuncture Therapy and was awarded Second Prize of Gansu Province HuangpuYi Chinese Medicine Scientific Research. Dr. Wang is also an in-house apprentice of abdominal acupuncture and Yuantong Acupuncture, and has a unique perception of Micro-acupuncture Systems. Dr. Wang has more than 30-year of clinical experience. He resided in France for more than ten years. Dr. Wang earned a diploma from Paris Descartes University with a major in “Psychological Research on Stress Reaction”, and a diploma from the University of Paris VI Pierre & Marie Curie with a major in “Psychological Process on Chronic Pain” and “Integrative Medicine on Somatic and Emotional health.” He currently teaches at the University of Paris XIII Nord and University of Paris VI Pierre & Marie Curie. He is the Chief Board Member of the Pan European Federation of TCM Societies (PEFOTS). He was also invited as a guest professor of China Yunnan Chinese Medicine Institute.

This seminar will start at 11:00am, and end at 4:30pm. Attendees will receive 5 credits for NCCAOM continuing education. For detailed information, contact Dr. Liao at: 917-605-5819.

Academic Sub-Committee of ATCMS

Announcement of the ATCMS Workshop

Considering our acupuncture colleagues' requirement, ATCMS will arrange a workshop right after the seminars on Sept. 14, 2014. On the upcoming workshop, we will invite Dr. Yong-Zhou Wang to demonstrate his cheek-acupuncture needling techniques. The details are described as follows:

Date & Time: Sunday, Sept. 14, 2014, 6:30pm—8:30pm

Location: 140-08 Sanford Ave., C Floor, Flushing, NY 11355

(the corner of Sanford Ave. & Kissena Blvd. “Superior medical office”)

Language: Presented in Chinese and translated in English

Fee: ATCMS member and student: \$60; others: \$75

Registration: Pre-registration required. Please make a check (payable to ATCMS) and mail it with your personal contact information (including your name, telephone number, and email address) to: ATCMS, 14 East 34th Street, 5th Floor, New York, NY 10016.

Due to limited seats, acceptance is based on first-come, first served policy. Please register ASAP. If you have any questions, please email to: firstacu@hotmail.com, or call Dr. Shi at: 516-906-1120.

Gluten-free Diet: A Medical Necessity or a Fad?

Guo-Guang Chen

The gluten-free diet, which is characterized by a complete exclusion of gluten from one's diet, has grown dramatically over the past several years. With the widespread support of American celebrities, going gluten-free has become somewhat of a craze in the U.S. Advocates claim that this dietary lifestyle gives them added energy, alleviates chronic illnesses, and even causes them to lose weight, but experts are skeptical of these theories.

Gluten is a combination of proteins found in wheat, barley, and rye. The primary proteins in the gluten found in wheat are glutenin and gliadin. Gliadin has special repeating patterns of amino acid that the human digestive system cannot break down. For the 99% of people who do not have celiac disease (CD) or an allergy to wheat, the undigested gliadin fragments usually pass through the intestines harmlessly. But for the 1% of people with celiac disease, which is caused by a genetic mutation, the undigested gliadin essentially causes the body's immune system to attack itself, leading to the damage of the villi (a fingerlike structure that absorbs nutrients on the inside wall of the intestines) ⁽¹⁾. The symptoms include, but are not limited to, bloating and diarrhea (classic gastrointestinal symptoms), malnourishment, and at times, fatigues, joint pain, skin rashes and other problems. Blood tests in these cases reveal high levels of gluten antibodies and endoscopic biopsies show damage of the villi in the small intestine. For these reasons, the celiac disease is a serious auto immune disorder. People who are diagnosed with CD therefore should not consume gluten and going on a gluten-free diet is the only way to treat this disorder. This prohibition includes a wide variety of American cuisine, such as bread, pizza, pasta, beer, pastries, and other wheat products. People with CD who are on a gluten-free diet should replace the abovementioned products with meat, seafood, milk, eggs, and rice, and should only buy processed products that are specifically labeled as "gluten-free".

In recent years, however, people who do not have CD claim that they have an allergy to gluten. The most common symptoms of this allergy are bloating, skin rashes, joint pain, depression, and the symptoms subside when gluten intake is cut from their diets. Now, most medical experts agree that there is a condition related to gluten that is separate and different from CD. In 2011, a panel of celiac experts in Oslo named this as "non-celiac gluten sensitivity" ⁽¹⁾. Dr. Alessio Fasano of the University of Maryland for Celiac Research estimates that 18 million Americans have some degree of gluten sensitivity ⁽²⁾.

Although the experts still do not know how to reliably identify gluten sensitivity, recent publicity and popularity of such a diet has more and more people going gluten-free. The gluten-free diet has thus become a fad and many perfectly healthy people are opting to eat gluten-free. However, many people do not really understand exactly what it means or exactly what they are doing to their bodies when they go gluten-free. The food industries have taken advantage of this recent craze; almost all grocery stores these days have a section labeled specifically for gluten-free products and even most restaurant chains have a separate menu for gluten-free customers. In 2013, the global selling of gluten-free products reached to the ten billion dollars and continues to climb ⁽³⁾.

A gluten-free diet is recommended for people with CD or gluten sensitivity. A well-balanced approach to this diet can indeed have its merits for these patients, but experts warn gluten-free dieters to stay mindful and to ensure that their bodies are still receiving and processing all of the nutrients necessary to maintain their health. Unless people are very careful, a gluten-free diet can cause for a deficiency of essential vitamins, minerals, and fiber. Celiac experts urge people not to self-diagnose themselves for CD or gluten sensitivity and instead to consult with their doctors before starting a gluten-free diet.

(1) Kenneth Chang: Gluten-Free, Whether You Need It or Not. NY Times: Science Times, Feb. 5, 2013

(2) Keith O'Brien: Beat The Wheat. NY Times Magazine, Nov. 27, 2011. P. MM50

(3) James Hamblin: This Is Your Brain On Gluten. The Atlantic. Dec. 2013

Announcement

Dear members,

With more and more people taking acupuncture as a form of treatment, this profession has gained a better social image we never had before. We are conscious about our responsibility to meet all the regulations and expectation like any other professions. This professional responsibility comes not only the skills of this practice to help our client, but also comes with the reputation and moral standard.

As we emphasized in our newsletter issue 25th 2014, Continue education unit credit certificate issued by ATCMS, is a serious legal matter. Any fraudulent use, and forgery is illegal. These who did this in the past shall bare full legal responsibility.

We strongly urge our member not to take this lightly and it is important for us to keep the good professional status with a good reputation.

ATCMS

Updated Acupuncture Research Information

Acupuncture holds promise for treating inflammatory disease, study shows

Date: February 23, 2014

Source: Rutgers Biomedical and Health Sciences

Summary:

Electroacupuncture may reduce inflammation that causes sepsis death, a recent study has shown. This research shows physical evidence of acupuncture's value beyond any that has been demonstrated before, and also shows potential benefits not just for sepsis, but for treating other inflammatory diseases such as rheumatoid arthritis, osteoarthritis and Crohn's disease. While investigating acupuncture mechanisms, the researchers also have determined that fenoldopam, a dopamine receptor agonist, also shows promise as a pharmaceutical sepsis treatment.

Journal Reference:

Rafael Torres-Rosas, Ghassan Yehia, Geber Peña, Priya Mishra, Maria del Rocio Thompson-Bonilla, Mario Adán Moreno-Eutimio, Lourdes Andrea Arriaga-Pizano, Armando Isibasi, Luis Ulloa. Dopamine mediates vagal modulation of the immune system by electroacupuncture. Nature Medicine, 2014; DOI: [10.1038/nm.3479](https://doi.org/10.1038/nm.3479)

Bothered by hot flashes? Acupuncture might be the answer, analysis suggests

Date: July 14, 2014

Source: The North American Menopause Society (NAMS)

Summary:

A meta-analysis of randomized controlled trials indicates that acupuncture can affect the severity and frequency of hot flashes for women in natural menopause.

Journal Reference:

Hsiao-Yean Chiu, Chieh-Hsin Pan, Yuh-Kae Shyu, Bor-Cheng Han, Pei-Shan Tsai. Effects of acupuncture on menopause-related symptoms and quality of life in women on natural menopause. Menopause, 2014; 1 DOI: [10.1097/GME.0000000000000260](https://doi.org/10.1097/GME.0000000000000260)

Announcement of the ATCMS Advance Seminars

2014 Winter Seminar

Date: Nov. 16, 2014

Speaker: Dr. Haihe Tian

Topic: (1) Safety of Acupuncture and Chinese Herbal Medicine
(2) Clinical Experiences in the Treatment of Digestive Diseases

Considering the requirement of NCCAOM recertification on the Safety and/or Ethics PDA credit, ATCMS will arrange this seminar on the above topics. Dr. Haihe Tian, the invited speaker, is a National Certified CNT Instructor; member of CCAOM (TCM Schools Association) Doctoral Program of Herbal Medicine; member of Core Courses and CNT Committees; and ACAOM (TCM Schools Accreditation) Site Visitor. He had PhD training in digestive diseases supervised by Prof. Jianhua Dong, the most famous TCM expert, at Beijing University of Chinese Medicine. Also, Dr. Tian will share his clinic experiences in treating digestive diseases with us, on this seminar. Attendees will receive 4 NCCAOM PDA credits in Safety and Ethics.

2015 Spring Seminar

Date: March 29, 2015

Speaker: Dr. Biao Lu

Topic: (1) How to get “Dong Qi” and Clinical Application
(2) Clinical Applications of Special Needle Technique “Setting the Mountain on Fire and Penetrating Heaven Coolness”

According to the feedback from the spring seminar this year, the most members were interested in special needle techniques. To meet what ATCMS members need, we have decided to invite Dr. Biao Lu, a needling technique expert, to share his acupuncture skills and clinic experiences with us. On this seminar, he will introduce how to get “dong qi”, and demonstrate special needle techniques, such as “setting the mountain on fire and penetrating heaven coolness”. Dr. Lu apprenticed under Prof. Jia-Shan Yang and Prof. Kui-Shan Zheng, who are most famous acupuncture expert in China. Dr. Lu is one of a few acupuncturists who are able to perform ‘mountain burning, heaven cooling’ techniques to increase or decrease the local body temperature, and therefore be most effective for pain management and immunity enhancement. He is an experienced instructor and faculty of both Yo San University of Traditional Chinese Medicine in Los Angeles and Emperors College of Oriental Medicine in Santa Monica.

For the more detailed information regarding the above two seminars, please read the upcoming issues of ATCMS newsletter. We shall try our best to provide high quality and useful seminars to our members as what we have done. If you have any suggestions regarding the ATCMS seminars, please feel free to contact our academic sub-committee at: health.gpzheng@gmail.com (Dr. Zheng).

ATCMS Seminar on September 14, 2014

Date: Sunday, September 14, 2014, 11:00am – 4:30pm
(Registration: 10:00am – 11:00am)

Place: Sheraton LaGuardia East Hotel, 2nd Floor, Phoenix Ball Room
135-20 39th Ave., Flushing, NY 11354

Title: Cheek-Acupuncture Therapy

Speaker: Dr. Yong-Zhou Wang, the Inventor of Cheek-Acupuncture Therapy
from France

Language: Presentation in Chinese with English real-time translation, 20 headsets,
first-come, first-served basis. For reservation: atcmsny@gmail.com

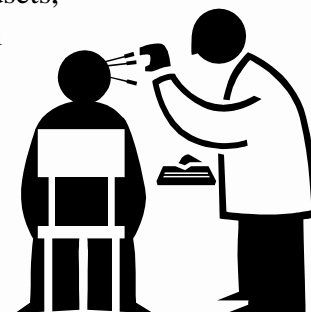
Credits: 5 NCCAOM CEU

Fees: \$50 for ATCMS members and students, \$80 for others

Contact: (917) 605-5819 (Dr. Liao)



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