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WWWQ News 望闻问切

Newsletter of American TCM Society
美国中医药针灸学会 通讯

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About WWWQ

Wang 望: inspection
Wen 闻: listening & smelling
Wen 问: inquiry
Qie 切: palpation

Brief on the 2nd ATCMS Board Meeting

ATCMS (American Traditional Chinese Medicine Society) held its 2nd Business Meeting on Mar. 6, 2011, at La Guardia Sheraton Hotel, Flushing, NY. The meeting passed three following agenda presided over by Dr. Jun Xu, the President.

(1). Elected the 2nd term of Supervision Committee after the 1st term was expired. Drs. Guo-Guang Chen, Yong-Ming Li and John Pai were re-elected to serve the 2nd term. And Dr. Guo-Guang Chen was appointed as the Chief of the 2nd term of Supervision Committee.

(2). The 2010 Financial Report :

Dr. Xiang Hong Liao reported that ATCMS has completely released the financial tension stressed all of us in the early years. Our financial management is strictly based on the requirements of non-profit professional societies. That means every single penny should be expended on business related to serving our members.

(3). Reviewing 2010 and Planning for 2011 :

The Board Directors who were in charge of individual projects reported on their accomplishments, and submitted their new proposals for the new year. The attended Board Directors intensely discussed on the proposals (Esp. those related to Legislations and Insurance). Based on the discussions, the following objectives are expected to be accomplished:

- A. **For the Team of Academics :** Five Academic Seminars will be held during 2011. There will be four routine seminars (one per season), and one special seminar for non-Chinese speaking audience. The Lecturers, Subjects, Schedules and Venues were all decided and the team members would like to have our members and board directors actively recommend appropriate lecturers and subjects; making suggestions for the programs and contents of the seminars, to enhance the quality of the academic activities so as to satisfy our members' expectations and needs to a even larger extent.
- B. **For the team of Legislations :** We will continue collaborating with ASNY and others to participate all lobbying actions. Presently, New York Community of Acupuncture is making all the efforts to lobby for Medicaid reimbursements and the regulating the standards of No-fault Acup. Payments. Because these two issues are so vitally related to our practicing, we will be very actively involved in the co-operations.
- C. **For the team of Insurance :** It is a far-flung and ever-lasting project to persuade the insurance company to reimburse the acupunctural treatments with reasonable reward. During the discussion, most of the attendants wished to emphasize the persuasions on the "reasonability" of the reimbursement rather than pursuing participation of some specific insurance network or business cooperation in the name of our own society with any insurance company. To make insurance companies understand that acupuncture is a money-saving health-care protocol which in the long run will help the insurance business save a great deal of expenses to increase their market interests. As for joining the network of insurance, it should be left to the members' personal interest. It is necessary for the team of insurance to construct a platform of communication with the insurance companies to let them understand the patients' own feeling as well as the market demand.
- D. **For the team of Promotion:** Our Quarterly Newsletter still is the major tool for promoting ATCMS. All the information, conceptual issues and others will be communicated through this platform. We only hope our members, esp. those who are in charge of the working teams, would keep on feeding us with your creative writings and reports to enrich our contents.
- E. **For the Team for Members' Benefits:** There will be a picnic in recent time with detail information pending.
- F. **For the team of Non-Chinese speaking :** Pairing with the team of Academics, more work in the related fields will be accomplished.
- G. **Our website, secretariat, and Supervision Committee** all made their briefs.

At the end of the meeting, President Jun Xu demanded that all teams appreciatively achieve their goals by end of the year.

(By Board of Directors of ATCMS)

Introduction of ATCMS Summer Seminar on June 19, 2011

We are very pleased to announce: On Sunday, June 19, 2011, at 12:00PM, in the Garnet Room of La Guardia Sheraton Hotel, Flushing, NY, we will have Prof. Yanmei Li, an expert of TCM-Neurological Diseases from China to lecture on "TCM Acupuncture Therapies for Challenge CNS Diseases". In her seminar, Prof. Li will introduce the protocols of treating Depression, Anxiety, Headache, Parkinsonism and Stroke. Prof. Li will speak in Chinese and her slides will be in both Chinese and English. This seminar offers 5 CEU. For more details, please see seminar announcement in the news letter. We hope that you do not miss it.

(Academic Sub-Committee & Secretariat)

Acupuncture used in U.S. Armed Forces

According to The New York Times Health Edition (Dec. 16, 2008), in an article about Chronic Recurrent Headaches, it said the best treatment might be Acupuncture, one of the most ancient protocols of health-care. At the end of the article it also reported that acupuncture as an alternative treatment has just started entering into the main stream of our society. And the increasing numbers of people interested in Chinese culture also proved that acupuncture is a prominent heritage of China.

While in the U.S.A., President Richard Nixon's visit to China in early 70's triggered the curiosity that led to using acupuncture as an exciting and fashionable healthcare. But in just a matter of decades, it jumped out of the curiosity and stepped up to the stage of Research and Development on How and Why Acupuncture works.

The University of Rochester's studies found the reason why acupuncture can eliminate or alleviate pain is that a chemical substance called Adenosine, an anti-inflammatory / analgesic compound is increasingly secreted in the human tissues surrounding the acupuncture needle insertion. Obviously, acupuncture has its own biological mechanism. Thus it was realized that a certain aspect, acupuncture could be a method superior to the traditional western medicine.

In an article recently published, U.S. Navy Captain Robert Koffman, a military physician working in the battlefield of Afghanistan, used acupuncture in treating non-open type of Traumatic Brain Injuries (TBI) such as concussion. His atypical and non-routine method brought ease and comfort to his patients, alleviated the long- or short-term symptoms of TBI and was welcomed by those injured military personnel.

What is so valuable is Capt. Koffman won the trust from his military patients by using his reliable acupuncture techniques in a clinic roughly facilitated to meet the battlefield demands. In the course of the treatment, he furnished his clinic into a comfortable, tranquil and softly lighted space. Accompanied by the tender wooden-pipe music, his wounded patients immediately relaxed and felt like coming to a different world. The treatments addressing such conditions in the conventional military systems is always the tranquilizers and analgesics hardly considered effective. Nowadays, the military physicians began to believe that the effective acupuncture is more useful as compared with simply prescribing drugs that have side-effects but hardly solve the problems.

Other military physicians also said, "It is an entertainment to have a short but peaceful rest within the horrible and hectic battling environ filled with music, soft lighting and gentle contact." The efficacy is obvious and direct. The invalids all feel relaxed, tranquilized and able to forget the distress prior to the treatment, even just for the time being.

The military physicians also deemed that acupuncture is a brilliant, economical and tremendously practical therapy. But the most satisfaction the military physicians felt is acupuncture is a light-weighted, convenient method that requires no special equipments and facility to relieve patients' distress.

This year, the medical department of U.S. Navy is ready to train and certify more physicians who can provide acupuncture services. They will be dispatched to the front-line bases to treat the military men who suffer from physical and emotional distress through injuries in head and brain, as well as those injury-induced conditions.

What this article tells us is the fact that acupuncture has begun entering into the mainstream of medicine which admits that acupuncture is superb in certain aspects. And this aged healthcare system is being used actively in the front-line battlefield.

Capt. Robert Koffman's professional attitude and concept are very educational to the fellow practitioners too. He carried out the idea of the battlefield clinic facilitated with acupuncture, peace, music and lighting that provides a perfect resting space for the patients and enhances the effectiveness of acupuncture treatments.

(Fumin Wu)

Wu Yun Liu Qi Theory for Clinical Practice

Wu Yun Liu Qi theory, also known as Yun Qi Theory, is on the highest level of TCM. This theory is related to: Astronomy, Calendrical, Science, Climatology, Chronobiology, Meteorology, and Constellation. In other word, Yun Qi Theory is a time-and-space medicine; it is the earliest medicine in the world to combine time, space and medicine. By using Yun Qi Theory, we could analyze the change of time and weather to predict and diagnose the diseases, and provide treatment guidance.

Yun Qi theory has been controversial for generations. One of the major reasons is in ancient time when science was studied without proper tools and methods, our ancestors could only explain for the complicated world in non-scientific TCM language. So Yun Qi Theory became the most contended theory in TCM history and was not taught in regular TCM colleges for years. In 2009, Chinese Department of Higher Education published the first official textbook of Yun Qi Theory, and made Yun Qi Theory a mandatory course in TCM curricula. This action meant that Yun Qi Theory has proved itself a scientific medical theory, not as labeled as “superstitious” by lay people.

How did Yun Qi Theory come to carry so much weight? The critical momentum was what happened between 2002 and 2003. At the end of 2002, SARS (Severe Acute respiratory syndrome) became epidemic. In a matter of 6 weeks, it infected thousands of people around the world. The worst areas involved Asia, Australia, Europe, Africa, and The Americas. Schools had to be closed throughout Hong Kong and Singapore. National economy of many countries was affected. As whole world panic from the dangerous disease, Dr. Xiaomai Mao in New York, who studied “Huang Di Nei Jing” for years and used Yun Qi Theory for her TCM practice, predicted the SARS will diminish by May 22, 2003. This prediction aroused no attention until after May 23, when it was proved accurate. Later in 2006, in her first book published on Yun Qi theory, Dr. Xiaomai Mao, predicted the influenza virus in 2009 was going to be H1N1. She sent her report paper to CDC (Center for Disease Control) to alert the government, but received no responses. Then in the winter of 2009, when H1N1 virus flared up as the major flu virus, United States had to scramble to produce enough vaccine for the public.

What is Wu Yun Liu Qi theory? For practitioners, will this theory really help us in our practicing? Is it worth spending time and energy to study this recondite theory? The following example lends itself to the answer:

Another case in addition to the aforesaid SARS and H1N1 Flu can answer the above question. Our founding President of United States—Gen. George Washington was born February 22, 1732. According to Yun Qi Theory, he was born in the year of excessive WOOD yun; and February happened to be also a month of WOOD yun. He was born in Virginia, one of the eastern states and an area of WOOD yun. So Gen. Washington was born with strong influence of WOOD yun. In Five Elements, Wood controls Earth, so in the Earth year—1749 and 1784, he contracted malaria (Wood syndrome); in 1757, another Wood Yun year, he fell sick with dysentery (Earth syndrome) and tuberculosis (Metal syndrome); again in 1790, a Metal year, he suffered from tuberculosis for the second time.

In general, since his body has excessive Wood influence, he is inclined to be affected by deficient Earth condition—Spleen deficiency. Starting from the opening of Spleen Qi—the mouth, Gen. Washington was afflicted by oral-dental conditions through his life-span. Due to his gum disease, he lost his first tooth when he was 21 years old. And he had only one natural tooth when he became the President in 1789. Then came the year of 1799, not only an Earth year, but also a year of “Supreme Unity Heavenly Tallying year (Tai Yi Tian Fu)”, that means the extreme Earth qi became very excessive in 1799. According to “Huang Di Nei Jing”, this year is VIP year (Guiren), “who (the VIP) will be attacked and falls sick, thus becomes very severe and die”. In fact, in the morning of December 13, 1799, Gen. Washington woke up with a high fever after slept with cold and wet clothes for hours. Bleeding therapies followed by a routine treatment was applied several times trying to relieve him from the fever, but to no avail. The President passed away the next day. As we know, winter is Water season, and Earth control Water to generate Wood. Excessive Earth made Water deficient, and Wood could not control the excessive Earth, so Earth in turn counter-attacks Wood to cause a person of Wood type of body to collapse. President Washington’s story teaches us a lesson that if we had Yun Qi Theory in those years to guide the medical practicing, we would have predicted that 1799 was potentially perilous year for George Washington, and would have prevented him from falling sick, and he might not have died at age 67, and history would have been written differently.

TCM always emphasizes on that the best doctor is the doctor who could predict diseases and help people before the diseases started. By using Yun Qi Theory as an newly advanced weapon, we could help ourselves to raise the clinical practices up to a superior level.

(Magnolia Goh)

Acupuncture Research News in Brief

Efficacy of Acupuncture in Preventing Atrial Fibrillation Recurrences After Electrical Cardioversion.

-Journal of Cardiovascular Electrophysiology , 2011 Mar; 22(3): 241-7

An investigation into the effectiveness of traditional Chinese acupuncture (TCA) for chronic stress in adults: a randomised controlled pilot study.

-Complementary Therapies in Clinical Practice, 2011 Feb; 17(1): 16-21

Acupuncture accelerates wound healing in burn-injured mice.

-Burns, 2011 Feb; 37(1): 117-25

Noneffect of manual needle acupuncture on experimental pain parameters in healthy young men.

-Journal of Alternative & Complementary Medicine, 2011 Jan; 17(1): 57-61

Acupuncture for symptom management in patients with hyper-ige (job's) syndrome.

-Journal of Alternative & Complementary Medicine , 2011 Jan; 17(1):71-6

Stimulation of acupoint st-34 acutely improves gait performance in geriatric patients during rehabilitation: a randomized controlled trial.

-Archives of Physical Medicine & Rehabilitation , 2011 Jan; 92(1): 7-14

Stimulation of the acupoint neiguan P-6 suitable prophylaxis for post-operative nausea and vomiting compared to or in combination with current pharmacological prophylaxis?

-Journal of Chinese Medicine, 2011 Feb(95): 37-47

(Jin Huo)

ATCMS Summer Seminar Announcement

Date & Time: June 19, 2011, Sunday, 12:00pm--5:30pm

Location:

Sheraton LaGuardia East Hotel, 1st Floor (Garnet Room)
135-20 39th Avenue, Flushing, NY 11354

Topics & Speaker:

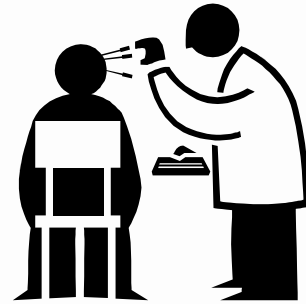
TCM Acupuncture Therapies for Challenge CNS Diseases
--- by Prof. Yanmei Li, Henan TCM University, China

Language & PDA Credit: Chinese; NCCAOM 5 CEU

Fees: ATCMS member (who has paid for 2011' membership fee): \$40,
Student with ID: \$40, Other: \$80



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