



# Layman's Guide to Acupuncture

## Learn about the modalities of TCM

Acupuncture

Chinese Herbs

Moxibustion

Tuina Massage

Auricular

Qi Gung

Cupping

Gua Sha

Plum Blossom

Magnets

Electro-stim

Sooji

## Learn the diagnostics of TCM

Questioning

Observation

Pulse

Tongue

Physical Exam

Ortho Exam

## Learn about the practice of TCM

TCM Nutrition

5 Phase

Lifestyle

Feng Shui

Diseases

Interventive

# Five Phases or Elements

The Five Phases is an ancient Taoist style of arranging phenomena so that it can be better understood and used to benefit life and health.

By carefully observing Heaven, Earth and Man, sages of old saw the "elements" as they harmoniously emerged and returned to the Tao.

They also determined different cycles that hold the elements in check or cause them to become excessive or deficient, throwing off the innate harmony of nature.

These same cycles are used as treatment principles to restore the relationship of the phases and their corresponding organ to health.

	Wood	Fire	Earth	Metal	Water
Environment	Wind	Heat	Damp	Dry	Cold
Seasons	Spring	Summer	Late Summer	Autumn	Winter
Zang	Liver	Heart	Spleen	Lung	Kidney
Fu	Gallbladder	Small Intestine	Stomach	Large Intestine	Bladder
Directions	East	South	Middle	West	North
Tastes	Sour	Bitter	Sweet	Pungent	Salty
Sense Organs	Eye	Tongue	Mouth	Nose	Ear
Tissues	Tendons/Sinews	Vessel	Muscle	Skin and Hair	Bone
Emotions	Anger	Joy	Worry*	Grief	Fear
Sounds	Shouting	Laughing	Singing	Crying	Groaning
Smell	Rancid	Burned	Sweetish	Rank	Fetid



# Your Consultation

*During the first consultation, a TCM practitioner takes a medical history and then asks about any medications you are taking or treatment from your doctor. They continue by careful questioning and observation to determine the nature of the energetic disharmony according to TCM.*



*This detailed analysis includes physical symptoms, lifestyle, diet, sleep patterns, and emotions. Diagnosis also includes examination of the tongue for its color and coating, and of the pulses, which are felt for their quality, rhythm, and strength.*

*The practitioner looks for a pattern which provides a total picture of your constitution. Having decided on the cause of the problem; acupoints, herbs and other methods of treatment are selected to give you immediate relief, as well as, treating the underlying cause of the problem.*

## What Can Acupuncture Help?

*An acupuncturist may be consulted by people with troublesome problems, such as stress, anxiety, nagging pain, or fatigue. Many diseases respond well to TCM treatment: arthritis, allergies, asthma, migraine, high blood pressure, menstrual disorders, and digestive problems.*

*While acupuncture is effective in helping people with these conditions, as well as with many others, it does more than simply relieve symptoms. The aim of TCM is to treat the whole person; restoring your sense of vitality, peace and well-being.*



# Acupuncture

*Acupuncture began with the discovery that stimulating specific areas on the skin affect the physiological functioning of the body's processes.*

*It has evolved into a scientific system of healing that restores and maintains health by the insertion of fine needles into acupoints.*

*These acupoints are in very specific locations and lie on channels of energy called meridians.*



*Palpation & Chinese "cun", anatomical measurements, are used to accurately locate acupoints for stimulation.*



# Hand Acupuncture

*Sooji Chim or Hand Acupuncture is a microsystem for patient treatment by stimulating points on the hand with needles, pellets, magnets or other special tools.*

*It was developed in Korea and is similar to auricular acupuncture in that the entire body and organs are represented in a holographic image.*

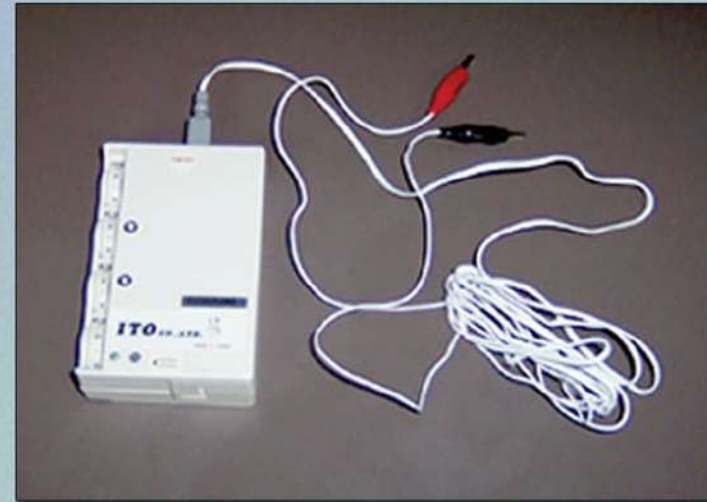
*Because Sooji Chim has TCM meridians mapped on the hand practitioners can treat patients using traditional meridian style theory.*



# *Electro-Acupuncture*

*Electro-stim is the name applied to both needle and non-needle techniques. Electro-acupuncture is the application of electricity to needles that have been inserted in the skin. It has been found especially effective for neuromuscular disorders.*

*Because the application of electric current enhances stimulation, TCM practitioners often use it to replace manipulation of needles.*



# Traditional Chinese Herbal Medicine



Herb Hunter

*The history of herbal medicine is long and colorful, with many legends about herbs and their miraculous healing power.*

*In modern practice, formulas come in many forms: pills, capsules, extracts etc.*

*While these are often chosen for their convenience, interns spend time mastering the art of combining crude herbs into formulas that can be modified for a patient's problem and individual constitution.*



Cooking Herbs



# *Cupping (ba guan zi)*

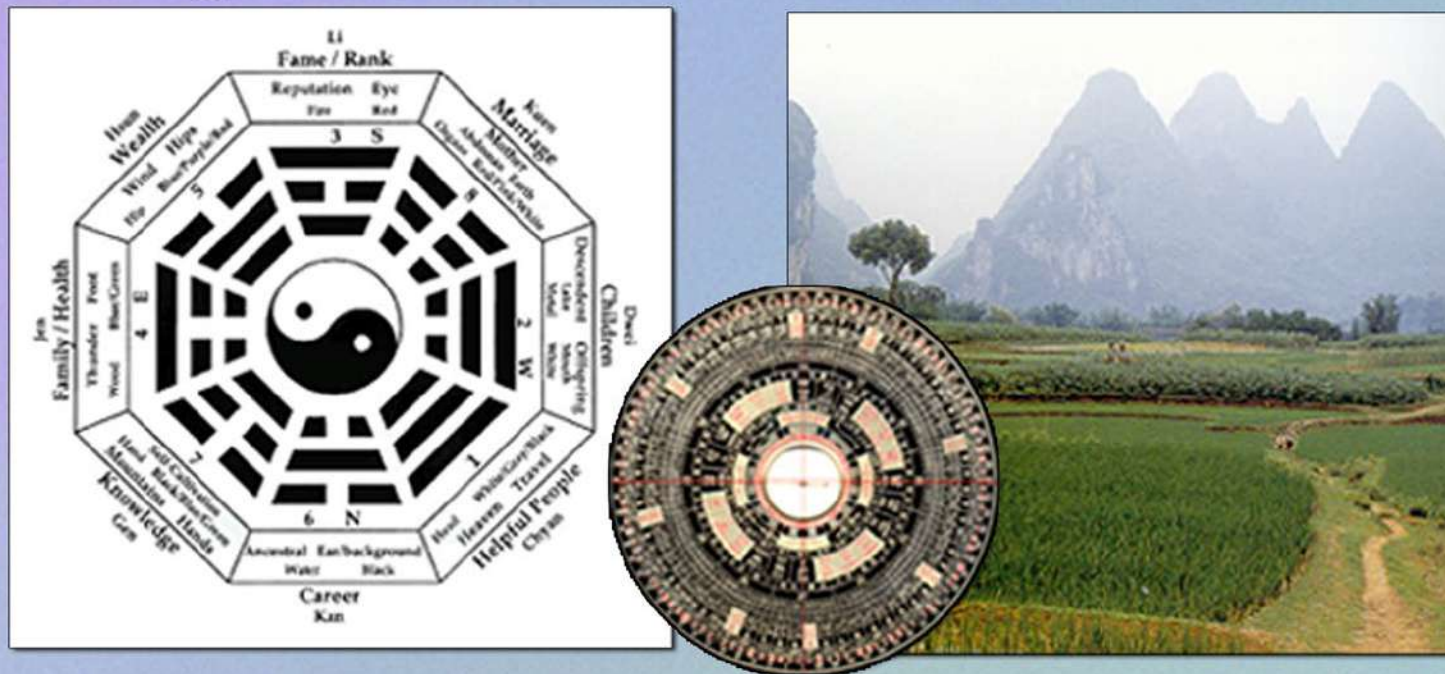
*A cup is a small jar with a smooth and rounded mouth used to create a partial vacuum over the skin that causes the blood to circulate and pulls it towards the surface of the body.*

## *Functions*

- ◆ *Promotes the free flowing of Qi and xue (blood) in the channels.*
- ◆ *Dispels cold and damp*
- ◆ *Diminishes swelling and pain*



# Feng Shui Consultation



*Feng shui is a traditional Chinese method of harmonizing the flow of Qi in our environment. Over the last fifteen years it has become considered part of interior design.*

*Practitioners of TCM, however, use these same principles to correct a patient's relationship with their surroundings to improve their health and wellbeing.*

# Gua Sha

*A folk medicine technique that uses a smooth edged spoon or other implement to scrape along the skin to release obstruction and toxins that are trapped in the surface layer.*

*Gua Sha releases the exterior by moving fluid and blood, mimicking the effects of sweat. This halts further penetration of wind, cold, damp or heat “evils” allowing the body’s defensive Wei Qi to resolve the illness.*





## *Interventive Medicine™*

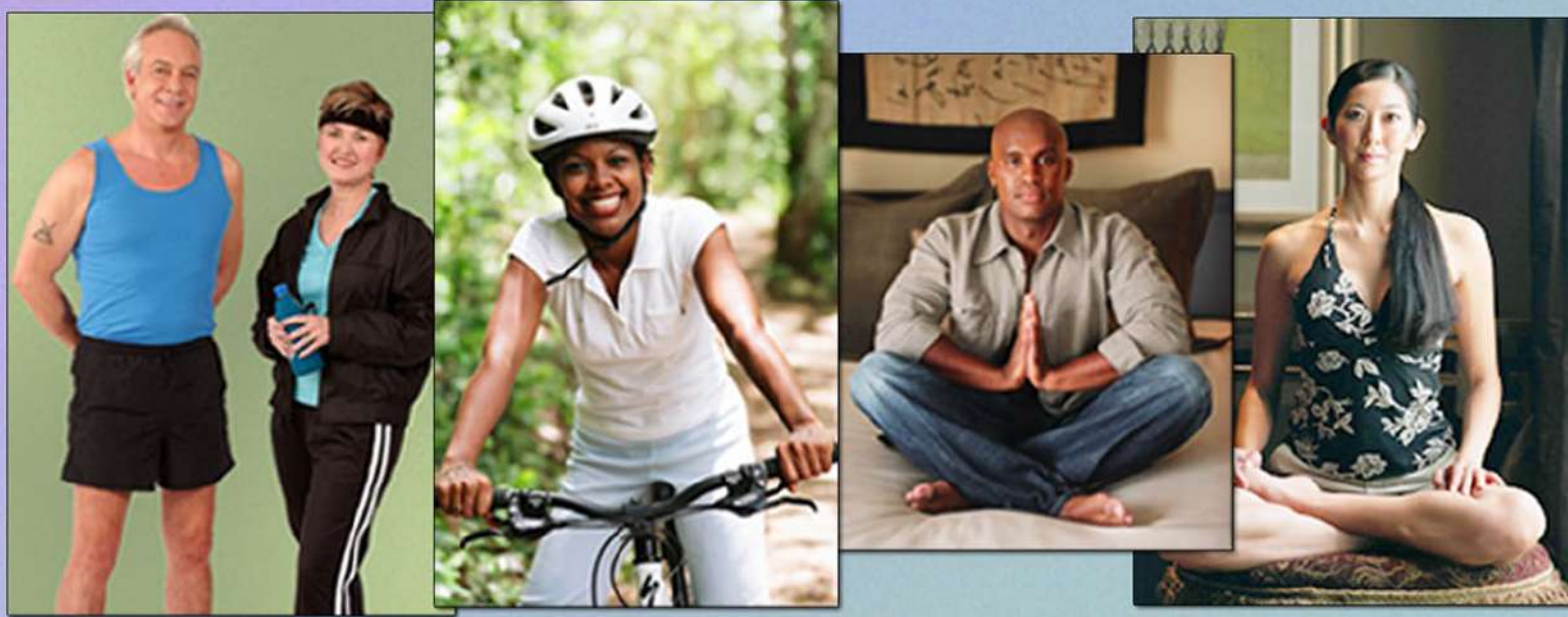
*During the Five Phases of Internship, students learn to diagnose and treat the complex and difficult problems that are presented in the college clinics.*

*Many illnesses are caused by modern “pernicious influences” that adversely affect physical and emotional health in this stress and toxin filled world. Interns take an “interventive” approach to treatment by combining the various branches of TCM for maximum synergy and efficacy; intervening to defeat these “evils”.*

*The Interventive Medicine approach also means returning to the ancient Chinese role of a physician. Who, as an “ally”, helps the patient in their fight against disease and as a “guide” helps the patient make healthy lifestyle choices.*

*In this way, Midwest College graduates practice medicine in the Chinese Tradition first supporting “Bright Health” and then treating acute and chronic problems; stressing prevention of complications and future problems.*

# *Lifestyle Recommendations*



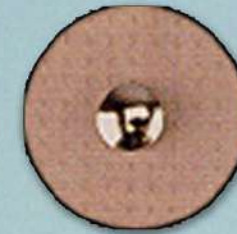
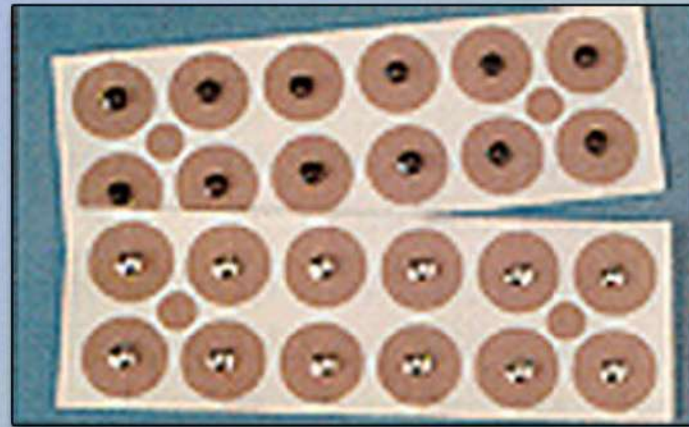
*A TCM treatment includes counseling patients about exercise, relaxation and healthy eating; choices that will improve their health.*

*A TCM practitioner must be both a guide and coach to practice the Midwest College's approach of Interventive Medicine in the Oriental Tradition.*

# Magnet Therapy

*Magnet therapy improves circulation, increases blood oxygen, alkalinize bodily fluids, and relax blood vessels through effects on cellular calcium channels.*

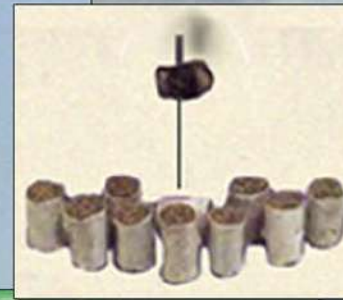
*Other effects include reduced edema, increased endorphins, muscle relaxation, and stimulation of acupoints that affect the flow of Qi through the body.*



# Moxibustion (Jiu fa)

*Moxibustion warms points by burning the herb artimesia vulgaris over the skin.*

*Applications: Warms and moves Qi and the blood, strengthens kidney yang, expels wind and disperses cold, invigorates the blood and dissolves stagnation.*



# Diagnosis by Observation



*During the intake exam, the TCM practitioner looks for subtle signs that indicate the patients underlying energetic picture. Different parts of the body show signs through color, luster, and temperature, etc.*

*Observation includes:*

*Spirit - the eyes, complexion, breathing and vitality*

*Body Constitution – through 5 phase theory*

*Demeanor – how the person moves and speaks*

*Physical Findings of:*

- *Hair*
- *Face*
- *Nails*
- *Skin*
- *Tongue*





# Orthopedic Examination

*During orthopedics class, students learn the skills needed to evaluate conditions of the spine and extremities.*

*Interns then use these procedures to determine the severity of a problem and evaluate the success of treatment.*

## Orthopedic Tests

- ◆ *Range of Motion*
- ◆ *Neurological Evaluation*
- ◆ *Motor Evaluation*
- ◆ *Sensory Evaluation*
- ◆ *Muscle Testing*
- ◆ *Reflexes*



# Physical Examination

*During a physical exam, the TCM practitioner studies their patient's body to determine the presence of physical problems and look for any "ominous signs" that require a referral.*



*A typical physical examination includes:*

- *inspection (looking at the body)*
- *palpation (feeling the body with hands)*
- *auscultation (listening to sounds)*
- *percussion (producing sounds)*

# Plum Blossom and Accessory Tools

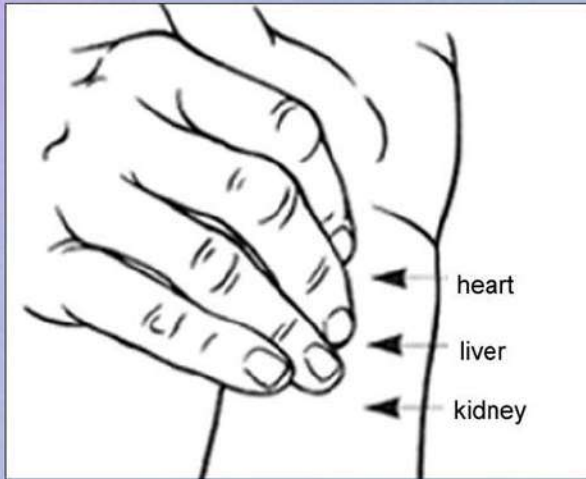
*The Plum Blossom hammer (Ta-chim), is nicknamed the "hitting" needle because of the way it is used. It has two sides, a dispersed group of needles and a dense group of needles. This technique is a very gentle way of releasing blood from the corresponding point of a diseased part of the body.*



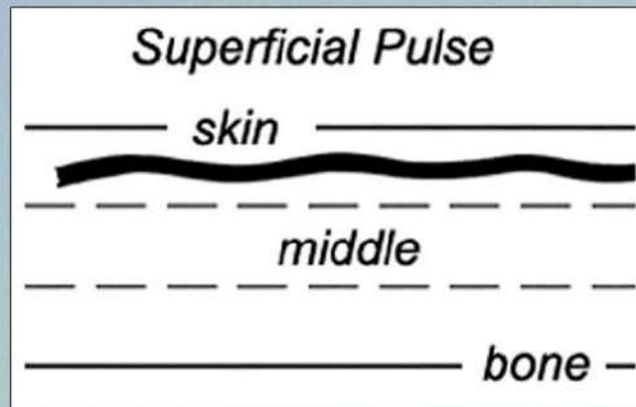
*Other non-needle tools are used for the stimulation of acupoints. They are often used to treat infants and young children.*

# Pulse Diagnosis

*An important diagnostic method used for many centuries is pulse diagnosis. It is a skill that students develop during internship and continue to refine for the rest of their professional practice.*



*The arterial pulse is felt by the finger tips not only for rate, but other subtle qualities, such as strength and depth. Organ pulses indicate excesses and deficiencies found in the patient.*

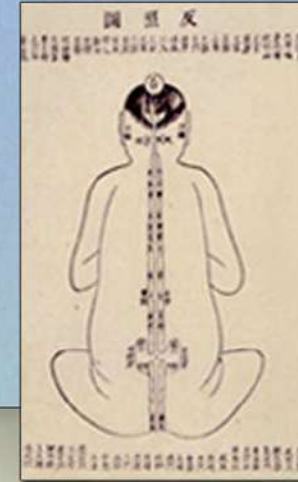


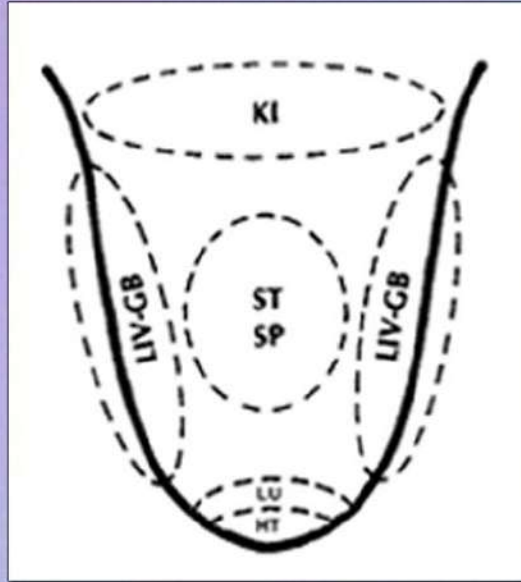
# Qi Gung

*Practitioners of TCM often practice "energy circulation" exercises to increase their Qi. They also teach medical Qi Gung exercises to their patients for improvement of health.*

*These internal exercises date back to ancient sages and martial artists who were sensitive to the flow of Qi through the meridians and to their gathering in energy centers in the body.*

*Students learn Qi Gung exercises in class. Some students choose to pursue more intensive practice with personal instruction.*

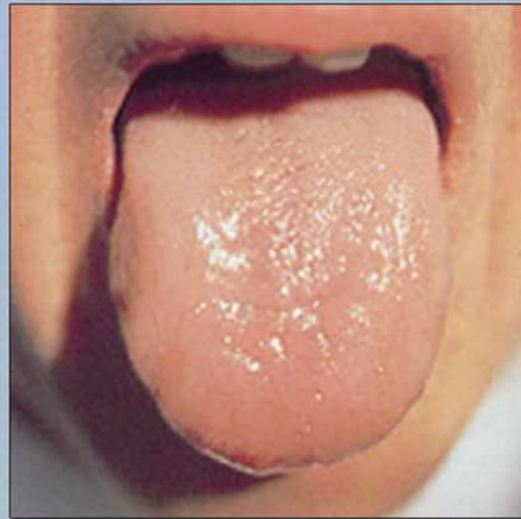




## *Tongue Diagnosis*

*The appearance of the tongue is an important diagnostic tool in Chinese medicine for determining the health and function of the internal organs.*

*The following characteristics are taken into consideration when making a TCM diagnosis:*



- ◆ *Color of tongue body*
- ◆ *Shape of tongue body*
- ◆ *Size of tongue body*
- ◆ *Tongue coating*
- ◆ *Tongue moisture*
- ◆ *Underside of the tongue*

# *Tui Na Bodywork*

*Tui Na Massage (tui =push; na =grasp) is an ancient therapeutic method used in the prevention & treatment of disease in TCM.*

*Various techniques, manipulations, and passive movements are used to bring about changes in the body.*

*The Clinical Application of Tui Na:*

- promotes circulation of Qi and blood*
- dispels Wind, Cold, Damp, and Heat*
- regulates the digestive function*
- smooths the flow of Liver Qi*
- alleviates, numbness and pain*
- improves mobility of joints*



# *TCM Nutrition & Medicinal Cooking*

*In recent years there has been a growing interest in healthy eating based on principles of TCM.*

*Interns make food and drink recommendations for prevention and treatment of diseases.*

*They educate patients about poor choices that aggravate their problems; then offer suggestions about healthy foods, recipes and cooking styles.*

*Patients are motivated to change old habits, and Midwest College graduates are uniquely qualified as TCM nutrition counselors.*



*Tomato and Tofu Soup*



*Congee and Ganoderma*





# 10 Questions of TCM Diagnosis

*In order to determine a TCM diagnosis, interns conduct an interview where they ask patients about their complaints, signs and symptoms.*

*Interns use the traditional Chinese "10 Question" style to develop critical thinking and accurate diagnoses that follow principles of TCM.*

- ◆ *Heat and Cold*
- ◆ *Perspiration*
- ◆ *Head and Body (aches and pains)*
- ◆ *Urination / Stool*
- ◆ *Appetite (hunger, thirst)*
- ◆ *Chest / Abdomen (pain, swelling etc.)*
- ◆ *Vision / Hearing*
- ◆ *Sleep*
- ◆ *Reproductive (menses, sexual energy)*
- ◆ *Constitution (bearing, lifestyle)*