

Spring 2018

MEDICINAL ROOTS 相慧 MAGAZINE

Ancient Wisdom - Modern Healthcare



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Dr. Yvonne R. Farrell, DAOM, LAc

Musings on the Ren Mai as an Archetype

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I embrace life as an epic journey. One in which we are prepared for at the moment of conception. In the writing of this article, I am reminded of something Joseph Campbell said in *The Power of Myth*:

“People say that we’re all seeking meaning in life. I don’t think that’s what we’re really seeking. I think that what we’re seeking is an experience of being alive, so that our life experiences on the purely physical

plane will have resonances within our own innermost being and reality, so that we actually feel the rapture of being alive. That’s what it’s all finally about, and that’s what these clues [myths] help us to find within ourselves.”

“Myths are clues to the spiritual potentialities of the human life.” [p.5]

The evolution of our spiritual potential is sourced in utero through the 8 Extraordinary vessels. As seas or reservoirs of vital substances, the Chong, Ren and Du Mai provide us with the necessary resources for that epic journey. The Wei and Qiao vessels help us to distribute those resources as we engage with the challenges of the journey, while the Dai Mai supports, integrates and harmonizes the other vessels and provides a receptacle for those challenges that threaten life and sense of self giving us time to gather our resources to meet the challenge. In the 8 Extras, we have all that we could possibly need to “actually feel the rapture of being alive.”

I have been thinking a lot these days about the archetypal nature of the Ren Mai. As social campaigns like #MeToo and #Resist gather momentum, I am contemplating the nature of Yin and its inherent strength and wisdom.

The Ren Mai or Conception Vessel is the Sea of Yin, and from an archetypal perspective, represents all that is feminine.

“In the psychology of Carl Jung, archetypes are the images, patterns, and symbols that rise out of the collective unconscious and appear in dreams, mythology, and fairy tales.” [dictionary.com]

So, one might think of the Ren Mai as a symbolic truth representing what it is to embrace the feminine as a path to enlightenment.

From this perspective, the Ren Mai is synonymous with the Triple Goddess (the Maiden, the Mother and the Crone). The nature of the Ren Mai is seen in fairytales like Cinderella, Sleeping Beauty and modern mythic stories like Moana and the Little Mermaid. In each of these archetypes we see some aspect of the nature of yin and the struggle to embrace it as a path to enlightenment.

In the Maiden (Moana) we see burgeoning yin. This archetype is typically or historically represented by young women from the age of menarche until marriage. These young women have the “yang of youth” and the desire for individuation expressed by a longing for independence and exploration of the world which is more commonly associated with the Du Mai. However, the yin nature of this archetype is a desire to “gather” or “collect” the necessary information or experiences to nourish a sense of self and to aid in finding her place in the world.

In the Mother (Gaia, Mary, mother of Jesus) we see the capacity to conceive, gestate, labor and deliver someone or something into the world and then nourish that child or creation with unconditional love.

In the Crone (Baba Yaga, Fairy Godmother, Wise Woman) we see older women typically past menopause who embody the attributes necessary to nourish the spirit of a community. Those attributes include wisdom, compassion, healing story-telling and lineage-keeping. They have achieved a level of acceptance that allows them to be comfortable in their own skins. They are women who appreciate the Cosmic Joke. Their laughter is healing.

The Ren Mai is the primal expression of yin and it instills in each of us, male or female, the capacity for self-love, self-care and self-soothing.

It is a vessel of bonding, which allows us to create and maintain healthy relationships. It is a vessel of closure which allows us, through unconditional love, to let go of that which no longer serves us or release those (especially our children) who need freedom with our blessings. Its yin nature gives us the connection to the stillness that is necessary before the act of creation. Like Gaia (Mother Nature) it is a vessel of nourishment.

Because the Ren Mai is part of the primary resources for the journey (along with the Chong and Du) it is particularly disrupted by trauma during the birth process or in the first cycle of Jing, especially the first 2 years of life when babies are so dependent

on their primary caregivers. From a psychological perspective this may result in problems associated with bonding, self-loathing, lack of self-care, an inability to self-soothe or an inability to contain or embrace stillness.

WRITER'S BLOCK: STRUGGLING WITH THE MOTHER ARCHETYPE

What follows is a case that characterizes a Ren Mai-Mother archetypal imbalance.

The patient is a 44 year old male who is a writer. He has written several books and is currently working on a new one. He is struggling tremendously with writer's block. Every time he sits down to write anxiety overcomes him. He gets palpitations and a knot in his epigastric area over Ren-15. He says the anxiety began shortly before his last book was published. He had completed the initial draft but was having great difficulty sending it to the editors. Every time he tried to send it, he got this knot in his stomach with nausea and sometimes even dry heaves. Once the book was published the symptoms went away until he began this new book. He was able to "conceive" of the idea for the book and even able to "gestate", easily writing until he came close to finishing the book. The idea of completing it and letting it go out into the world seemed overwhelming. He was stuck in the "labor and delivery" aspect of creation.

The regulation of the Ren Mai can facilitate the unfolding of the yin aspect of Jing. It can help people

to embrace the lessons of yin and to increase their capacity for yin. It could help the writer to learn to let go and recognize that what he creates is not his, it has a life of its own and all it needs to thrive is love and attention.

The treatment of this patient included the master point (Lu-7) and points on the pathway of the Ren Mai.

Ki-6 was not included as the couple point because it was not deemed necessary to facilitate the movement in the Ren Mai. Ki-6 is not essential for a Ren Mai treatment but it may help, especially if the patient is holding onto emotions or trauma that result in accumulations in the abdomen. So you only add it if it serves the overall intent of the treatment.

Lu-7 is needled first on the left side of the body whether the patient is male or female. This is the side of prenatal yin. Then points are chosen on the pathway to regulate the movement in the Ren. In the first treatment Ren-15 was chosen for the anxiety and epigastric pain. Ren-13 for the nausea and dry heaves and Ren-6 so that the qi would move in the lower jiao, supporting the capacity to let go. In other treatments, Lu-1 was added to help restore balance between attachment and letting go, St-36 to support grounding and stabilization in the middle.



PHOTO: by Johannes Plenio on Unsplash

After 4 treatments he was able to complete the book and continuing treatments helped with the anxiety as he sent the book to the editors. He was able to recognize the fear, breathe deeply and calm himself. He was able to connect with the stillness of yin.

If you decide to do these treatments you will understand their impact more quickly if you minimize the number of needles and you do not add anything that will distract from the intent of treatment.

Treatment time is 40 minutes starting from the insertion of the master point and treatments are done at most, once a week. A course of treatment is about 3 months which is the length of time it takes to mobilize jing.

I'm of the opinion that the world could use a little yin support. So many people are suffering from anxiety, depression and early childhood trauma. The use of psychiatric medications is at an all-time high as is the incidence of mass-shooters and gun violence. The patriarchal nature of our society could benefit greatly from a resurgence of healthy yin. We could all use a pause, a few deep breaths, stillness, yin.

- Yvonne R. Farrell



ABOUT THE AUTHOR

Yvonne has been practicing and teaching since 1987. She received her Masters and Doctoral degrees from Emperor's College in Santa Monica, California.

Her first book, Psycho-Emotional Pain and the Eight Extraordinary Vessels was published by Singing Dragon in 2016. Book Two is in the works.

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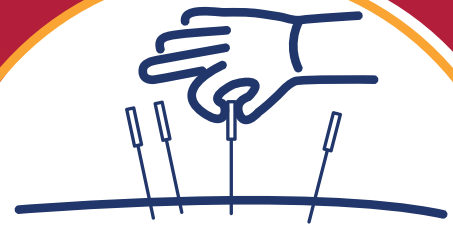
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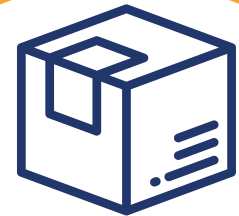
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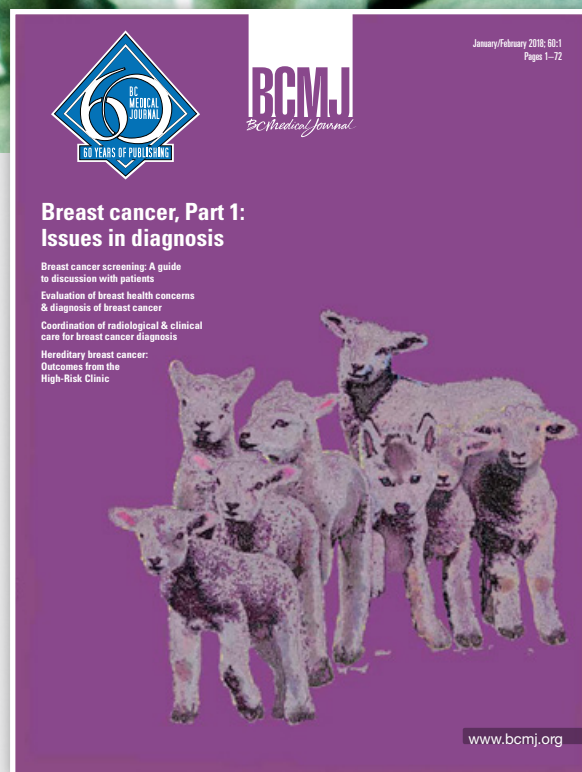
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Understanding Herbal Medicine and Liver Toxicity

MD Letter by Dr. Melissa Carr, B.Sc., Dr.TCM

PHOTO: by Josh Calabrese on Unsplash

I work at an integrative medicine clinic with a team of healthcare providers from a spectrum of disciplines. So, when one of the MDs left me the torn-out pages of a letter that was published in the BC Medical Journal about liver toxicity and Chinese herbs, suggesting I write a response to the journal, I did just that.



My letter was been published in its shortened form: www.bcmj.org/letters/understanding-herbal-medicine-and-liver-toxicity, around the same time another physician published furthering the concerns about TCM herbs.

The concern is that other physicians reading the letter would make the mistaken assumption that Chinese herbs are inherently risky and that medical doctors should warn their patients against such dangers.

I wrote a lengthy response to the original published letter, which you can read here: <http://www.activetcm.com/understanding-herbal-medicine-and-liver-toxicity-md-letter/>. I sent this to the editorial team at the *BCMJ* and was happy to receive an email reply from them that they agreed to publish it, provided I shorten it to just 350 words and include my bio. It's incredibly difficult to chop 1630 words (my version to them was slightly edited from the blog version I've linked to above) down to 350, but I sent them what they required.

My letter has been published in its shortened form: www.bcmj.org/letters/understanding-herbal-medicine-and-liver-toxicity, around the same time another physician published furthering the concerns about TCM herbs: <http://www.bcmj.org/letters/re-herbal-medicine-and-liver-toxicity>

And now part of the original team of authors has written a response to my response: www.bcmj.org/letters/understanding-herbal-medicine-and-liver-toxicity-authors-reply, necessitating, I think, a further letter of reply. A major concern is not properly addressed.

There is still nothing documented on the *BCMJ* site about how supplements are regulated, how TCM practitioners could be consulted for herbal prescriptions, and how appropriate use of herbs (just as with pharmaceuticals, including OTC—acetaminophen in particular) is important, rather than putting out a blanket warning statement.

I would like to see all our health professions work better together, sharing information for the betterment of healthcare and patient wellness.

Perhaps, TCM brothers and sisters, we need more voices to speak up. I encourage you to write to journal@doctorsofbc.ca with scientific reasoning and supported evidence to show that we are a strong profession with valuable medical experience and knowledge.

Let's keep this dialogue open and firm, but collegial.

Below is the original letter that was submitted to the BCMJ, in its entirety.

Understanding Herbal Medicine and Liver Toxicity MD Letter

The September 2017 issue of *BC Medical Journal* (bcmj.org)—a magazine that “provides clinical and review articles written primarily by BC physicians, for BC physicians”—published a letter in the “Personal View” section about herbal medicine and liver toxicity. <http://www.bcmj.org/letters/herbal-medicine-and-liver-toxicity>

The letter reports on two patients who were transferred from local hospitals to the Liver Transplant Program of Vancouver General Hospital (VGH) for assessment and liver transplant because of acute liver failure. The patients were reported to be previously healthy, with one middle-aged and the other young. Though one was also on antidepressants, it was “strongly felt” that the cause of illness in both was the use of commercially-obtained herbal remedies—one was traditional Chinese herbal medicine and the other was traditional Indian herbal products.

The authors lament that “These two tragedies could have been avoided, and it behooves physicians to be aware of what nonprescription products their patients are consuming and the associated risks.”

They then assert that “Drug-induced liver injury from these products is not uncommon. In China, such injury from Chinese herbal medicine is estimated to be 25% of all reported cases (unpublished work from Dr Qi Xing-shun, General Hospital Shenyang Military District, 8 August 2017).”

Next, the letter authors state that they “strongly feel that regulation of these products, on either the federal or provincial level, needs to be consistent with that applied to the pharmaceutical industry” and that “the public needs to be made aware of the potential dangers of these products.”

I DO AGREE WITH THIS LETTER ON A FEW POINTS.

1. For those two patients who needed to undergo liver transplants, this was indeed tragic (though I might argue that that word is most often associated with death, and there is no statement that that is what occurred).
2. It is absolutely important for medical physicians to ask their patients about their use of any herbal products or supplements.
3. Just because a product is herbal or “natural” doesn’t mean that it is always safe—for everyone, in any dose, for any length of time.

However—and this is clearly the whole reason why I bother to write about this letter—there are several points that I hold issue with.

Firstly, while these two cases are important and may be reflective of a much larger issue, they are basing their letter on two cases, without giving any idea of whether there is a grander scale to consider. That is, is there truly a danger or might these have been isolated incidents?

What are not isolated incidents, are the adverse effects from proper use of pharmaceuticals, improper prescription of pharmaceuticals, and other medical errors. According to the Canadian Institute for Health Information and the Canadian Patient Safety Institute, in 2014-2015, “patients suffered potentially preventable harm in more than 138,000 hospitalizations in Canada.” That’s about 1 in 18 hospitalizations. And “of the patients who

experienced harm, about 20% experienced more than 1 harmful event while in hospital.” (summary report: https://www.cihi.ca/sites/default/files/document/hospital_harm_summary_en.pdf; full report: https://www.cihi.ca/sites/default/files/document/cihi_cpsi_hospital_harm_en.pdf; technical notes: https://www.cihi.ca/sites/default/files/document/hospital_harm_technical_notes_en.pdf)

I don't want to be alarmist. But those are numbers that stand out and should provoke a response. A letter reporting just two cases needs further elaboration.

Furthermore, using unpublished work from a Dr. Qi Xing-shun practicing in China (not in Canada), the authors of this letter state that damage to the liver from Chinese herbal medicine makes up about 25% of all reported cases. That makes it sound like 25% of people who take Chinese herbs end up with liver damage. That’s not the case. Assuming the 25% noted, but not published, by some Dr. in China is correct, we still have no idea of how many people that is. It’s like saying, “Nine out of ten doctors agree, this is the best toothpaste.” It sounds like 90% of all doctors. But it could be that 10 doctors were selected, and 9 of them like the toothpaste. In other words, if there were 8 total reported cases of injury from Chinese herbal medicine in China, then that would be just 2 liver-affected cases. Again, not noteworthy.

Even if the numbers are, in fact, noteworthy, let’s keep in mind that those are unpublished statistics from China, not here. And that brings me to my second point.

Herbal remedies - just like over-the-counter pharmaceuticals, alcohol, and even fibre powder - can be taken inappropriately. They may be taken in combination with other things that don’t mix well with them. They can be taken at dosages that are too high or for too long. They can be taken by the wrong person for the wrong reason. The Chinese herb ma huang (ephedra) is an example of that. The herb is not unsafe. In TCM, we prescribe its ingestion



PHOTO: by Tanja Heffner on Unsplash

(combined with other herbs), mostly for opening the sinuses and getting rid of a cold. Unfortunately, people started taking it to lose weight. Wrong use. Wrong dose. Wrong duration of use.

But you could say the same of alcohol use. Or of cough medicine, nasal decongestants, motion sickness pills, or narcotic painkillers used to get high. Or laxatives or diuretics used to lose weight. And, how many people have caused stomach ulcers because of overusing anti-inflammatory medications?

Specifically, when it comes to liver damage, Dr. Michael Rieder, a pediatric clinical pharmacologist at Western University states that acetaminophen is the “most common cause for liver injury. Period. Full stop.” Every year there are about 4500 hospitalizations in Canada caused by acetaminophen overdose, with approximately 700 of those accidental, according to Health Canada. <https://www.canada.ca/en/health-canada/services/drugs-medical-devices/acetaminophen.html>

Dr. Yoshida himself, the lead author in this letter, “regularly sees patients with severe liver failure from accidental acetaminophen overdose.” <http://www.cbc.ca/news/health/acetaminophen-toxicity-health-canada-1.3764672>

This is why I wonder about Dr. Yoshida et al’s word of warning to their medical physician colleagues that “the public needs to be made aware of the potential dangers of these [herbal] products.” The problem isn’t necessarily with the herbal remedy being dangerous. It’s the improper use that is the main concern. Just as we don’t need to be warned about the dangers potentially imposed by forks, though

you could be seriously injured by one!

Of course, if a patient arrives at your office with four small, closely placed puncture wounds in his leg, you might consider that a fork was the cause. And you should ask.

In fact, health care providers should always ask our patients about their use of medications (both prescription and over-the-counter), recreational drugs, medicinal narcotics, alcohol, cigarettes, and herbal and supplement remedies. We should be specific and ask for details, not just, “Are you taking anything?” When I phrase the question that way, people often answer no. But, when I ask in more detail, they may say, “Oh, yes. I’m on the birth control pill.” Then, “Oh, that. Yes, I take a sleeping pill every night.” And, “Um, yah. The only way I can sleep is if I also smoke a joint.” So, yes, we should ask in detail.

And, we should remember that our attitudes will influence whether they answer us truthfully or not. I’ve heard time and time again from patients that they don’t tell their physicians about their supplements. I encourage them to do so, but they say that their docs will shame them and tell them they are wasting their money. Some patients have even told me they’re afraid that their doctors won’t even see them anymore.

In terms of having regulation of herbal products being on par with that applied to the pharmaceutical industry, I disagree. Some people wrongly think that the world of natural health products is like the wild west—anyone can sell anything with any claim. This is fully false. We already have good regulations in place. All natural health products on the shelves



ABOUT THE AUTHOR

Dr. Melissa Carr is a registered Doctor of Traditional Chinese Medicine with 15 years of clinical practice and a B.Sc. in Kinesiology. In addition to using acupuncture, Chinese herbs, supplements, biopuncture, and nutrition to treat pain, digestive issues, stress, fatigue, migraines, and more, Dr. Carr is also a natural health and nutrition consultant, lecturer, and writer.

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in Canada are required to have a Natural Product Number (NPN). From the Government of Canada website:

“All natural health products must have a product licence before they can be sold in Canada. To get a licence, applicants must give detailed information about the product to Health Canada, including: medicinal ingredients, source, dose, potency, non-medicinal ingredients and recommended use(s).

Once Health Canada has assessed a product and decided it is safe, effective and of high quality, it issues a product licence along with an eight-digit Natural Product Number (NPN) or Homeopathic Medicine Number (DIN-HM), which must appear on the label. This number lets you know that the product has been reviewed and approved by Health Canada.”

If anything, patients can be informed to make sure that any of the natural health products they buy are either from a qualified and licensed health professional or that the product has an NPN. Where did those two liver patients get their herbal products? That’s the question I would ask.

Rather than try to scare medical doctors into scaring their patients away from all herbal products, let’s try to educate ourselves about them. Let’s tell our patients to talk to the right type of healthcare provider when it comes to the remedies they are taking. Traditional Chinese Medicine practitioners (for Chinese herbs in British Columbia, that’s Dr.TCM, R.TCM.P., or R.TCM.H.) can make sure the herbal medicine is prescribed appropriately.

I work in an integrative clinic with medical physicians as part of the team. We fully respect and appreciate each other’s knowledge, skills, and type of practice. And, it was one of those medical physicians who alerted me to this letter in the BC Medical Journal. He told me, “this is what MDs are reading” because he wanted me to respond in a clear fashion that could inform both my TCM and other natural health colleagues, and perhaps help inform medical doctors as well, so we could all work together. With the facts. And with patient interest at the forefront.

While fear might provoke action faster than any other emotion, it doesn’t help us in the long-run when it comes to our health care system.

- *Dr. Melissa Carr*

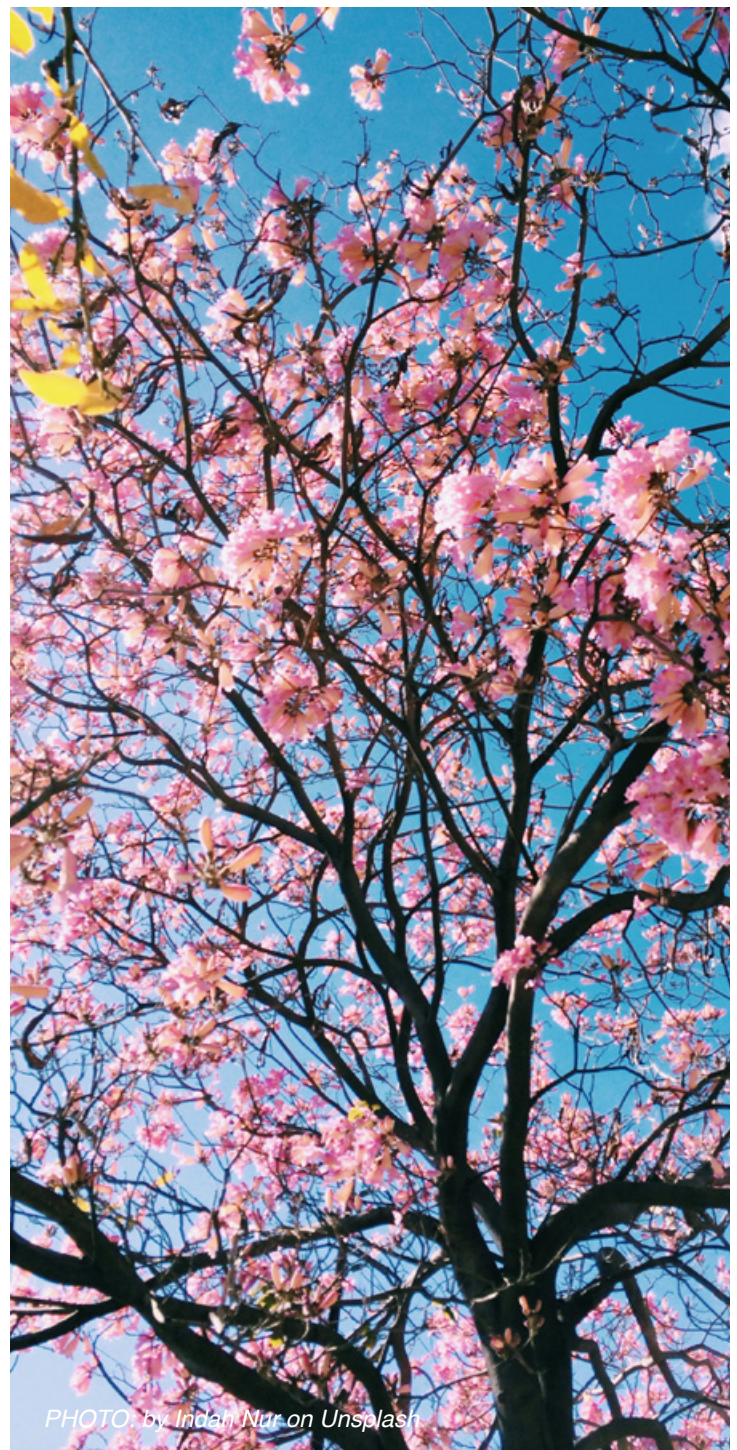


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The Needle Game

By Roger Langrick

Reviewed by Richard Schelin, MSTOM

PHOTO: by Andrea Reiman on Unsplash

EDITOR'S NOTE:

MRM's November 2017 callout on Facebook for reader articles and submissions garnered a wealth of responses.

Richard Schelin's review of the 1989 behind-the-scenes look at medical politics, *The Needle Game* by Roger Langrick, the first acupuncturist to be licensed in North America, was among the myriad of submissions we received.

We encourage all readers to submit articles and perspectives of interest. Your insight and enthusiasm enrich our growing community. To submit an article to Medicinal Roots Magazine, contact the Editor-in-Chief at drkimtcm@gmail.com.

One day in 2005, while on break at Canadian College of Acupuncture and Oriental Medicine TCM in Victoria BC where I was studying, I ventured into a small kitschy second hand shop. I stood in front of a wall of used books and a title leapt out at me; "The Needle Game" by Roger Langrick. I remember looking at the cover photo thinking, "Why it's me"! The photo was of the author himself, a somewhat stodgy white guy looking a little out of place in a Chinatown setting. He appeared self-assured and well-kept with a rather serious look on his face. Turning the first page I saw it was dedicated to someone and signed by the author, I bought it and couldn't put it down. I felt a connection to his writing, like a certain kind a kindred spirit. A pioneer who "found" and practiced Chinese Medicine, just as I was endeavoring to.

It was a self-published book (1989) and the story, his own. It was an absolutely stunning reminiscence of his experiences in TCM, mostly lost in time, with

as much political commentary on our still evolving landscape of practice.

Throughout the book, Roger Langrick's iconic journey is filled with conundrums and paradoxes along with the ups and downs that somehow are inherent in a cross cultural endeavour to learn and practice TCM.

He began in the 60's coming from his home in England, a vagabond trekking with his backpack, and following another career in Drafting/Engineering, traveling around SE Asia and dabbling in Martial Arts. Then, due to a knee injury he was seen for acupuncture by Dr. Lam, a whisky drinking, cigar-smoking acupuncturist in Singapore, who needed through peoples' clothes with reused needles. Langrick, intrigued, prevailed in literally begging to study with Dr. Lam who was equally enamoured with the whimsical European attracted to the art of Traditional Chinese Medicine. Living on meagre funds in Singapore and finally accomplishing his goal (after two year's of a very challenging apprenticeship), he found himself asking "what next"??

The tale then moves to Saigon, during the Vietnam War, where he lived to further hone his skills.. Once he arrived back home in Vancouver, BC his life returned to "normal", he got married, and somewhat walked away from TCM.

In 1969, his passion for TCM was rekindled during a meeting with the iconoclast Dr. Lee Kwok Leung, President of the Hong Kong Acupuncture Association

in Vancouver. At this time there were no regulations in either America or Canada for the practice of acupuncture or TCM, and it was all actually illegal.

Always living in fear of the "authorities" Dr. Langrick managed to persuade someone to let him practice in a Seattle hospital. Here he saw 90 patients per day and described the feeling as being out of body, wondering " where am I, how did I get here"?.

He and Dr. Leung persevered in creating a legislative approach to legitimizing TCM in Oregon. and founded the North American Acupuncture College, in Canada. In fact, we had their Acupuncture Charts on the walls of CCAOM.

Roger also wrote two technical texts about Acupuncturél, and was instrumental in creating the first testing protocols. However, when he sat for the first TCM exam in Oregon he didn't pass it the first time!

He had failed the test he helped create!!!

Meanwhile, he endured trying to live life, with stresses on his marriage, his health, children's struggles, tragedy and pitfalls along the way in his search of Xanadu. He settled down, having the first license to practice TCM in North America. And co-founded the Acupuncture Society of Alberta.

My favorite anecdote from the book is when he helped a young hippie couple attain pregnancy by going on numerous house calls for \$7 each. When they showed up at his door to share the "good news",

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they ritually offered a seagull feather in their profound appreciation, much to his chagrin. And then there was the Patient who accused him of leaving some of the pain in his back so that he would have to return and pay to have follow-up visits.

Dr. Langrick is very honest about voicing his opinion of the charlatans and marginal practitioners among us doing untold damage to our profession.

I have often taken this book down, reading it cover to cover again, finding solace and whimsy in his adventures decades before most of us ever embarked on careers with our own twists and turns.

In 1986, after 16 years in practice he left his clinic in Red Deer Alberta. Dr. Langrick then opened up a part time practice in Sydney BC in semi-retirement from Pender Island. In August 2000 he passed away in Saanich hospital. I'm thankful to see this wonderful book coming to appropriate attention. I've often tried to share his book with peers as something I find quite inspiring. Always hoping one day I could meet him and say what an inspiration he has been to me. He leaves us all with a quote in a 1989 Gulf Islands Newspaper interview.

"The worse thing, says Langrick, is that the entire profession is being invaded by incompetent practitioners with minimal training. This group — what he calls the magicians "train themselves to be inscrutable mainly because they don't have the foggiest idea what they're doing."

- Richard Schelin



Dr. Roger Langrick, Author, The Needle Game



ABOUT THE AUTHOR

Richard Schelin, MSTOM, attended ICTCM and CCAOM in Victoria, B.C.

He then attended ICAOM and now lives in Honolulu, HI, pursuing post-grad work at the University of Hawai'i in Chinese Studies, Ethno Botany and TCM.

Richard also practices health-based feng shui.

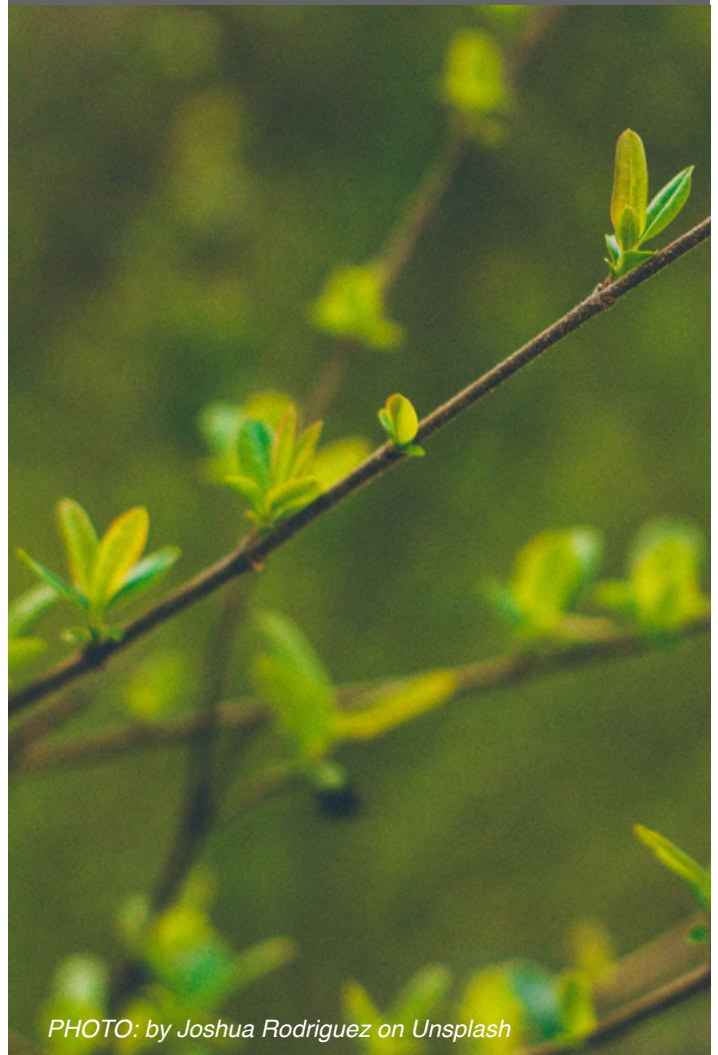


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Jing-Well Therapy for the Treatment of Complex Pain and Addictions

Les Moncrieff, RAc

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Jing is the Chinese word for "essence". Well is the source of the essential. Jing-Well Therapy is a technique in which electrically conductive metals are used as an acupuncture point stimulus method.

ACKNOWLEDGMENT

I am indebted to...

Dr. Woo Tai Yoo, the genius founder of Korean Hand Therapy who first utilized electrically conductive metals as acupuncture point stimuli.

Dr. Dan Lobash, Master Teacher of Korean Hand Therapy. Dan first introduced me to Korean Hand Therapy in 1996. www.KHTSystems.com

Dr. Henry Dent is a friend and colleague with whom I routinely explore new innovative therapies.

Dr. Roger Batchelore, Professor of TCM at Portland University of Natural Medicine, encouraged my studies of Chinese medicine for addiction and most recently, Jing-Well therapy.

Introduction

Jing-Well Therapy is a recently developed technique in which electrically conductive metals are used for acupuncture point stimulus.

This point stimulus method was first discovered and effectively utilized as a formal treatment technique by Dr. Woo Tai Yoo in his popular Korean Hand Therapy system in 1971. The full appreciation and scope of utilizing such a simple and painless approach for stimulating acupuncture points with electrically conductive metals has not been fully understood until now.

Based on clinical observations and an understanding of the science of electrophysiology and bioelectricity and Chinese medicine an innovative new therapy is now evolving.

As a comprehensive system, Jing-Well Therapy is a highly effective approach to treatment. This easy to understand method is able to treat a broad range of pain and disease with high efficacy and often immediate results.

"It is probably true that, in general, the most fertile developments in the history of human thought are born at the intersection of two currents of ideas. These currents may originate in the midst of totally different cultural conditions, in diverse epochs and places. But from the time that they effectively meet and maintain a relationship sufficient for a real interaction to take place, one can hope for new and interesting developments to occur."

- Werner Heinsberg

CHINESE MEDICINE THEORY OF MERIDIANS... JING LUO

"The twelve meridians control human life, yet they are the place where disease can live.

If disease starts in the meridians, the physician can use the meridians to treat the root cause of disease".

- *Nei Jing (Classic Chinese text, 475-221 BC)*

Jing-Well Acupuncture Point Therapy integrates the western scientific understanding of electrophysiology and bioelectricity with the Jing Luo theories of Traditional Chinese Medicine, using electrically conducting metals as acupuncture point stimuli.

Currently there are a variety of methods being used to

stimulate acupuncture points (acupuncture needles, moxibustion, acupressure, bloodletting, lasers and various types of electrostimulation devices). These methods are often painful, expensive, cumbersome and require extensive skill and training. Jing-Well Therapy is safe, painless, inexpensive, easy to master and employ by a trained acupuncturist.

HISTORY OF JING-WELL THERAPY

In 1971 Dr. Woo Tai Yoo discovered and developed a microsystem called Korean Hand Therapy where the whole body is holographically represented on the hand. Jing-Well Therapy has its origins in Korean Hand Therapy. This microsystem became popular due to its efficacy and ease of use. Dr. Woo Tai Yoo developed several techniques to stimulate acupuncture points of the hand. One method of acupuncture point stimulation was his ingenious use of electrically conductive metals. By applying aluminum and copper metal pellets as tonifying or sedating stimuli to various points on the hand, Dr. Yoo was able to immediately relieve pain in corresponding areas of the body.

For many years I have been impressed by how such a simple application of metal pellets on acupuncture points of the hand could result in consistent and effective relief of pain. A clear therapeutic response is achieved when an electrically conductive metal came into contact with acupuncture points in this microsystem. Over time I began using the aluminum

pellets in other microsystems such as auricular acupuncture with similar success.

In recent years, I have been practicing Tung style acupuncture and experimented with using metal pellets on the Tung hand points. (Needling palms and fingers can be quite painful). Similar dramatic therapeutic results were achieved when applying metal pellets to Tung acupuncture points of the hand... and feet. Taking this point stimulus method even further, I found that electrically conductive metals seem to work when applied to acupuncture points anywhere on the body. Inspired by these results, I progressed to using metal pellets stimuli with Tung style acupuncture theory and protocols. It is important to note that Tung style acupuncture is unique amongst other systems of acupuncture because the therapeutic response is so rapid and readily observed by patients and clinicians.

While using Tung style acupuncture protocols I eventually began applying the metal pellets to Jing-Well acupuncture points. The Qi of the yin and yang meridians intersect at the fingers and toes. The Jing-Well points are the source of the movement of qi and blood in the meridian system. These points are accessible and easy to accurately locate. When I applied the metal pellets to the Jing-Well points I observed the same rapid biological response... but with a difference. The effects were much stronger and a greater variety of complex pain and illness could be successfully treated.

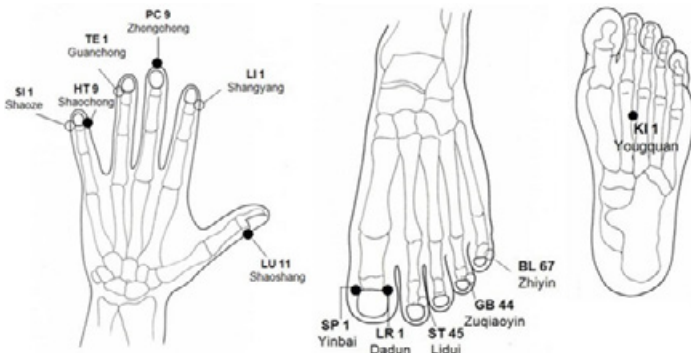
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Jing-Well Therapy is based on two key concepts. First is that electrically conductive metals generate a powerful therapeutic response when applied to any acupuncture point. The second key concept is that the application of the electrically conductive metals appears to have a dramatic and comprehensive therapeutic affect when applied to the Jing-Well points when using existing Chinese medicine theory and protocols.

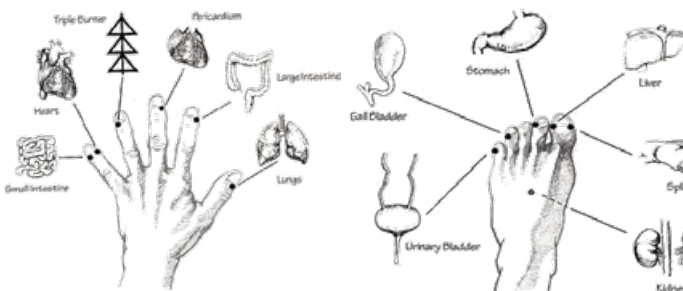
The 12 Jing-Well Points for the Yang meridian and for the Ying meridian



Jing-Well points are precisely located at the proximal corner of the finger and toe nails with the exception of Pericardium 9 and Kidney 1. Pericardium 9 is located at the tip of the middle finger.

THE JING-WELL POINTS:

According to the Neijing Lingshu, these points are where the Qi or energy arises and affect the meridians and organs. The 12 yin yang meridians are where the yin and the yang meridians intersect. The lower number of the Jing-Well Points represents the direction of flow of Qi towards the higher numbered Jing-Well points. The meridians are named after the organ in which the meridian passes through and affects.



Theory

ELECTRICALLY CONDUCTIVE METALS ON ELECTRICALLY CONDUCTIVE ACUPUNCTURE POINTS:

The success I was achieving with the simple application of an electrically conductive metal to the Jing-Well points was impressive but not surprising. Since it works so well for Korean Hand Therapy, it was only logical that the same theory would work on other microsystems. However, I was reminded by my colleagues that achieving results in the clinical setting can be complex and many factors may contribute to therapeutic success. Could the positive clinical results that I was experiencing be replicated?

If I was going to share this point stimulus innovation I had to understand how it works. Electrical engineering terminology such as negative and positive ions, bioelectricity, anodes, cathodes and electrolytes had to somehow correlate with the language of Chinese medicine, Qi, channels, blood stasis and Qi stagnation. Could bioelectricity be a form of Qi? How does a simple electrically conductive metal generate such a powerful therapeutic response when in contact with an acupuncture point?

When an electrically conductive metal comes into contact with any acupuncture point in the body, an immediate bio-electrical response is generated. When applied to Jing-Well points, the entire meridian and related meridians are affected.

Modern scientific research has demonstrated that the process of healing, growth and regeneration in all living organisms is mediated by the flow of an endogenous electrical micro-current. We are electromagnetic beings. Essentially vessels of electrolytic blood and tissue.

This endogenous current or bioelectricity is measured in the trillionths and billionths of an ampere range. Trauma and disease affects the electrical potential of cells in damaged tissues and creates an area of much higher resistance than that of the surrounding tissue. Electricity tends to flow along the path of least resistance. In illness or injury the endogenous bioelectricity takes the path of least resistance, generally around the injury or diseased tissue, resulting in pain, inflammation, swelling, etc. The decreased electrical flow through the injured or diseased area decreases the cellular

capacitance, resulting in a reduction in blood flow and an impairment of the healing process.

When electrically conductive metals come into contact with acupuncture points, positive or negative ions are immediately generated. A micro-currents passes along the meridian or tissues of least resistance to the injured site or diseased tissue. This “external current” supplements the flow of endogenous current (energy or qi). It rapidly restores the natural electrical balance to every injured cell, recharging them, just as a weak battery is re-charged. The resistance of the injured tissue is eliminated allowing bioelectrical micro-current to enter the area, triggering the body's own natural biochemical healing processes. The results are balanced positive and negative ions and the restoration of intracellular fluid levels, replenishment of electrolyte levels, the removal of toxins and re-establishment of homeostasis.

The therapeutic use of electrically stimulation devices has been around for many years and has enjoyed considerable success. **Micro-Current therapy (MCT)** is an example of a recent application of a micro-current which uses an external electrical stimulating device. However using conductive metals alone as an acupuncture point stimulus method seems to have been overlooked since Dr. Woo Tai Yoo's discovery of Korean Hand Therapy in 1971.

Stimulation of the Jing-Well acupuncture points with electrical conductive metals like aluminum and copper is a new and innovative approach for treating a wide variety of medical conditions.

Theory Summary

Acupuncture points are widely acknowledged to have greater electrical conductivity. A strong therapeutic biological response is achieved when particular metals come into contact with acupuncture points. The response is further enhanced when applied to particular powerful acupuncture points such as the

Jing-Well points. No external electrical devices are necessary. Metals alone generate ions when in contact with an electrolytic body. Copper generates positive ions. Silver, zinc and aluminum generate negative oxygen ions. These ions instantly travel pathways of least resistance... the traditional Chinese medicine meridian. Meridians are essentially ion pathways.

ALUMINUM AS ANODE AND COPPER AS CATHODE:

Electrolysis is the passage of an electric current through an electrolyte with the subsequent migration of positive and negatively charged ions to the negative and positive electrodes. In an electrolyte vessel such as our body, the blood and tissues conducts electricity because it's positive and negative ions freely move toward the electrodes of opposite charge, the positive ions toward the cathode and the negative ions toward the anode. This movement of positive charge in one direction and negative charge in the opposite direction constitutes an electric micro-current.

Determining which Jing-Well point to stimulate with a conductive metal depends on which meridian is affected. It is important to have a basic understanding of meridian pathways to diagnose which Jing-Well point to treat. The meridians are named after the organs through which they travel. If you have knee pain, select the meridian or meridians that



PHOTO: by James Pritchett on Unsplash

pass through the location of pain in the knee. For sciatic pain, chose the meridian closest to where the location of the pain is most intense.

EAST MEETS WEST AT THE JING-WELL:

Traditional Chinese medicine and modern western medicine are vastly different medical paradigms, each with their own esoteric language. How can they possibly communicate and establish a relationship? How can Newtonian physics reductionist and mechanistic approach of allopathic medicine reconcile with the organic energy based quantum physics approach to healing.

Fundamental to Asian medicine is the concept of Qi and energy pathways called channels or meridians. Fundamental to western medicine is technology, bioelectricity, chemistry and machines. I soon discovered that electrical engineers have little interest in understanding the language of Traditional Chinese Medicine and likewise, very few Chinese medicine practitioners have an interest in exploring the concepts of electrical engineering. In Jing-Well Therapy western concepts and principles of electrophysiology and bioelectricity are compatible with the ancient established practice of Traditional Chinese Medicine.

THE GREAT LAW OF BU-XIE: A TRADITIONAL CHINESE MEDICINE TREATMENT PRINCIPLE

Diagnosing an excess or deficiency state is essential to determine whether to tonify with copper or sedate with silver.

In Traditional Chinese Medicine there is

“The Great Law of Bu-Xie.”

This is the law of tonification (Bu) and of sedation (Xie).

In the Yellow Emperor's Classic of Internal Medicine the correct method of treatment is described as follows:

"Supply energy where there is deficiency and sedate energy when there is an excess."

When there is an excess underlying a condition, it must be calmed or sedated. When a deficiency is



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the underlying factor, stimulation treatment given. The correct application of this law is essential in order to achieve efficacy in treatment.

Tonification is any action which augments or has a stimulating effect. It is used to supply Qi when organs have been adversely affected by a lack of Qi. It is used for the treatment of all conditions, except those that require sedation. Tonification is a therapeutic treatment that nourishes and replenishes the qi, blood, yin and yang of the human body when they are deficient or weak. It is applicable to one or several of the organs or the weakness of all of them as a whole.

Sedation is any therapeutic action which has a dispersing, calming or sedating effect. Sedation is used for acute disorders, severe pain such as controlling the pain of childbirth, toothache, kidney stone pain, etc.

If the yin organ-meridian is excess, the yang partner organ-meridian will be deficient. If the yang organ-meridian is determined to be excess, the yin partner organ-meridian will be deficient.

***KI 1 should always be tonified. It's paired or same name partner meridian requires sedation.**

THE COMPLETE JING-WELL THERAPY TREATMENT PROTOCOL

Tonification: Silver pellets at the lower meridian number and copper at the higher number.

Sedation: Silver pellets at the higher meridian numbers and copper at the lower number.

1. Identify the affected meridian or meridians. More than one meridian may be affected.
2. Use silver and copper metal pellets as a pair (as explained above)

3. Acute pain (excess) conditions generally require sedation to the affected meridians and Jing-Well points.
4. Long term illness, pain, disease, weakness, lethargy, old age and addiction withdrawal require tonification (deficiency)
5. Once treated, mobilize the area of pain to draw the energy to the site and clear the meridian (balance the ions)
6. First Treatment Session: Leave pellets on for the day and night. Remove the pellets and “rest” the points for the remainder of the day and night.
7. Second Session: Replace the pellets on the third day. Leave the pellets on for the day and night then remove the pellets and “rest” the points for the day.
8. Third Session: Repeat the treatment then “rest” the points. Repeat for 10 sessions.

Expect relief from your symptoms immediately. You should generally feel a sense of calm, well-being and relief from your pain. There is a balancing of positive and negative ions taking place at the site of injury or disease. The healing process begins immediately but may require repeated treatments to complete restoration and regeneration on a cellular level.

****If there is no improvement or you are feeling uncomfortable, unsettled, restless and your symptoms are not improving or appear to be worsening, simply remove the pellets. Jing-Well therapy is a powerful evolving approach affecting the electrical systems of our body. Beneficial results should manifest within minutes.**

If you do not experience relief from your symptoms within a short time, simply remove the metal pellets and re-evaluate.

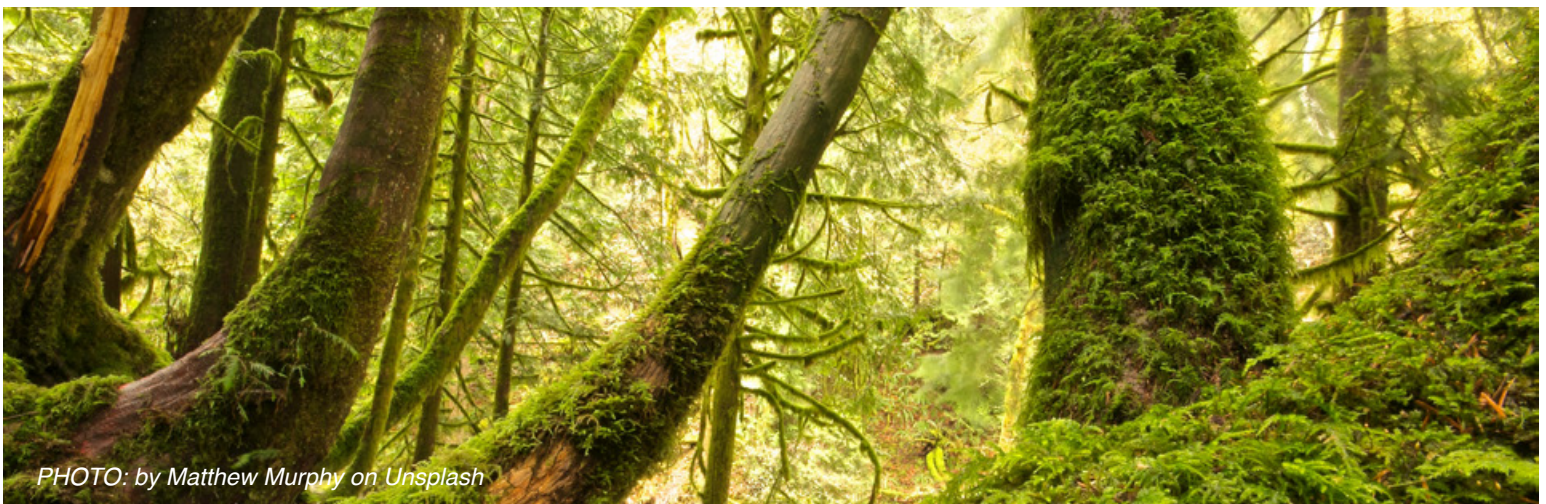


PHOTO: by Matthew Murphy on Unsplash

A Few Basic Strategies and Protocols

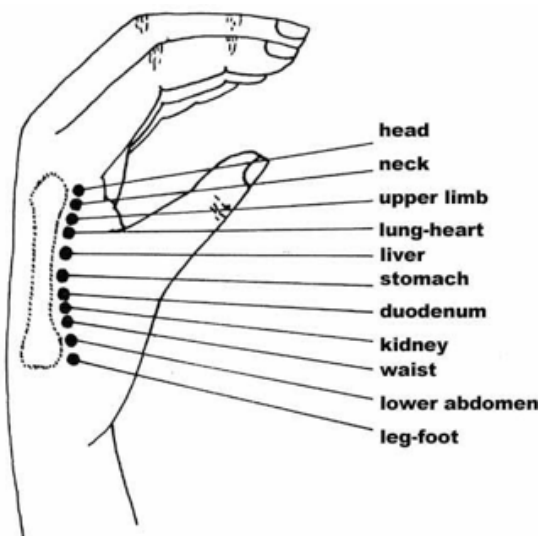
PROTOCOL #1: CORRESPONDENCE THERAPY

Korean Hand “Correspondence Therapy” initially inspired my interest and understanding of electrical metals as a point stimulus method. Microsystems in Chinese Medicine are bio-holographic representation of the whole organism projected onto parts of the body. The ear, the hand, the foot, the face, the abdomen and most recently, ECIWO, long bones. ECIWO stands for Embryo Containing Information of the Whole Organism.

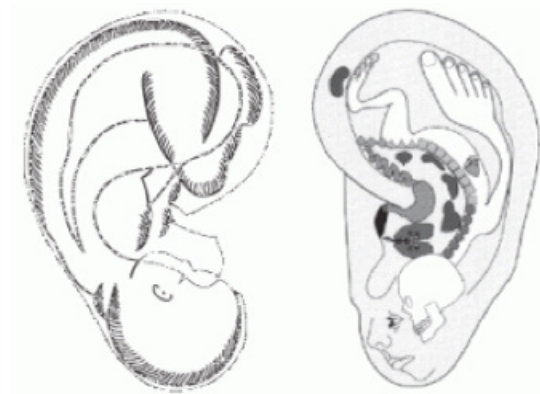
Apply an electrically conducting metal onto tender points of the holographic image that corresponds to the patient’s pain or diseased tissue. For example, right sided tooth pain, in Korean hand therapy, using the bio-holographic image of the hand. Locate the most sensitive and tender point on the right hand (middle finger) that corresponds to the tooth. In Auricular therapy, locate the tender point by examining and probing the area of the ear that directly corresponds to the patient’s mouth. For acute pain (excess) like a tooth ache, always apply a silver pellet. Chronic ailments such as low libido or other sexual health issues, apply a tonifying copper pellet to the Bosch point. Menopause symptoms need tonification with copper. Korean Hand Therapy pellets work well for ear treatments.

CORRESPONDENCE THERAPY IN MICROSYSTEMS

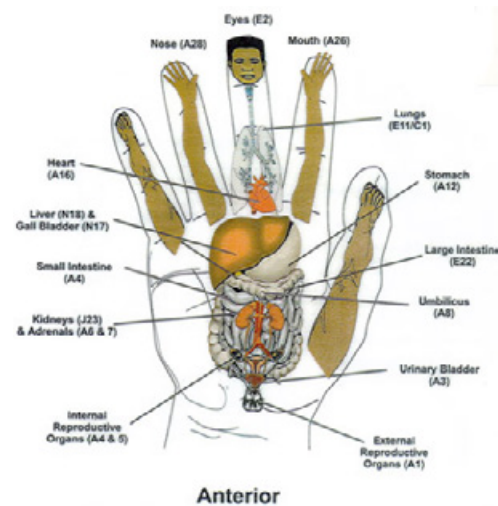
Embryo Containing Information of the Whole Organism (ECIWO)



Auricular Therapy



Korean Hand Reflex Therapy



PROTOCOL #2: CONTRALATERAL SAME NAMED MERIDIAN JING-WELLS.

Identify the organ or meridian that is affected and apply the appropriate metal to the Jing-Well point. Then select the same named meridian Jing-Well point on the opposite-contralateral side of the body. For example, *chronic* sciatic pain affecting the left leg Gall Bladder meridian, apply copper pellet to GB 44 and silver pellet to the right hand same named meridian, San Jiao 1.

Hand Meridian Jing-Well Points

- Heart (Hand-Shao Yin) H 9
- Lung (Hand Tai Yin) Lu 11
- Pericardium (Hand-Jue Yin) P 9
- San Jiao (Hand-Shao Yang) SJ 1
- Small Intestine (Hand-Tai Yang) SI 1
- Large Intestine (Hand-Yang Ming) LI 1

Foot Meridian Jing-Well Points

- Kidney (Foot-Shao Yin) Ki 1
- Spleen (Foot-Tai Yin) Sp 1
- Liver (Foot-Jue Yin) Liv 1
- Gall Bladder (Foot-Shao Yang) GB 44
- Bladder (Foot-Tai Yang) UB 67
- Stomach (Foot-Yang Ming) St 45

PROTOCOL #3: PAIRED MERIDIANS

Foot Meridian Jing-Well Points:

Determine which meridian is being affected and if tonification or sedation is required.

Example: *Chronic* sciatic pain in the Gall Bladder meridian requires tonification with copper on GB 44. The paired meridian Liver 1 point will be excess and requires sedation with silver.

- Stomach 45 with Spleen 1
- Bladder 67 with Kidney 1
- Gall Bladder 44 with Liver 1

Hand Meridian Jing-Well Points:

Diagnose which meridians are being affected. Determine if it requires tonification or sedation.

Example: Chronic arthritis pain affecting the fingers, place copper on Lung 11, Pericardium 9 and Heart 9 to tonify. Sedate the others with aluminum pellets.

- Large Intestine 1 with Lung 11
- Pericardium 9 with San Jiao 1
- Heart 9 with Small Intestine 1

PROTOCOL #4: ADDICTION. A GENERAL STATE OF DEFICIENCY.

With the current Opioid Crisis and an estimate of over 64,000 overdose deaths in 2017 in America alone, it is more important than ever to find effective interventions. Assisting addicts to detoxify and achieve a degree of mental, emotional and physical stability is a great challenge. Detoxification can be excruciatingly painful, particularly for those experiencing severe deficiencies. A natural, non-pharmaceutical approach can be an effective adjunctive treatment to detoxification and early recovery. Acupuncture is an example of a useful adjunctive therapy being used globally to help addicts

ease withdrawal distress, post acute symptoms and manage pain. Jing-Well therapy maybe another simple and effective adjunctive treatment that tonifies and strengthens mental, emotional and physical wellness. *Rehydration with an electrolyte beverage is recommended prior to treatment.*

OPIATE WITHDRAWAL PROTOCOL: TONIFICATION IS ESSENTIAL.

Tonification: Apply copper at the higher number Jing-Well points. Silver pellets at the lower number Jing-Well points. Apply the pellets to one hand and contralateral opposite foot.

- Silver pellets to hand: LI 1, SJ 1, SI 1 and HT 9
- Foot: SP 1 and LR 1
- Copper pellets to hand: LU 11 and PC 9
- Foot: ST 45, GB 44, BI 67 and KI 1

When this protocol is applied for drug withdrawal, immediate relief of mental, emotional and physical distress is often achieved. Clients generally experience rapid relaxation and physical comfort. Opioid dependent clients are in a clear state of deficiency, often exhausted, malnourished, dehydrated, anxious and depressed. They need to be tonified. They need nourishing and strengthening. This simple protocol applies to all substances. Clients may also require rehydration with an electrolyte beverage to promote detox and enhance the treatment efficacy.

PROTOCOL #5: TUNG STYLE ACUPUNCTURE WITH CONDUCTING METALS

Rather than using acupuncture needles on the hand, apply metal pellets to the many Tung treatment protocols of the hand. This technique is as effective as using needles but without the pain and discomfort of a needle. Patients can easily be taught how to treat their own specific ailments with the supervision of a trained therapist. For instance, menstrual pain and endometriosis is consistently and effectively treated with Tung Style Acupuncture protocols.

Treat chronic endometriosis, menstrual pain and other painful gynecological problems with copper pellets to right hand 11.24 (FuKe) and also to left

hand 11.06 (Return to the nest). Alternate the point application with each treatment. For acute pain use aluminum.

Metal pellets can be used on any point, including Tung points of the body, if the points are accurately located. Points that are tender and also feeling for the points along the meridian are an indicator of correct location. Acupuncture points are slight depressions along the meridian. Tonify or sedate accordingly. Jing-Well points are the easiest to locate and are readily accessible. Comprehensive information regarding all the Tung Acupuncture points, location and indications can be found on the **eLotus website**. For example, using pellets on gynecological conditions such as endometriosis. Use the points: Fuke 11.27 and Return to the Nest 11.06 and expect immediate relief from pain and discomfort.

<https://www.mastertungacupuncture.org/acupuncture/tung/points/fuke-t-1124>

Suggestion: It can be confusing when determining which metal, copper or silver to apply to the Jing-Well points. Chronic painful conditions are deficiency states and require tonification of the affected meridians (silver on the lower numbered meridian and copper on the higher number). Most conditions we see in clinics are chronic.

Acute conditions can become chronic and chronic states can become acute. Electrophysiological and bio-electrically speaking... there is an ion imbalance at the cellular-tissue level, localized or systemic. If there is no electrical charge, you are probably dead. Often it does not seem to matter if you use copper or silver as stimulus. Stimulus is what is needed for pain relief. Now I simply remember....

“To tonify, silver on the lower number...”



PHOTO: by Artsy Vibes on Unsplash

Case Histories of Treatments for Complex Pain and Addictions

1. AMPUTATIONS AND PHANTOM LIMB PAIN:

A 40 year old Caucasian female with a left leg mid femur amputation. Patient complained of severe nerve stump pain and phantom limb pain preventing her from sleeping. Silver pellets were placed on all the Jing-Well points of her right hand. Immediate and complete cessation of both the nerve pain and the phantom limb pain was experienced. The pain returned to a lesser degree when the pellets fell off the following day. Pain cessation was achieved when the treatment was repeated.

2. ANKLE PAIN FROM FRACTURE AS A CHILD:

A 35 year old Caucasian male with chronic left ankle pain as a result of a fracture as a child. The bones were not properly set and he experienced significant pain affecting the entire ankle. Aluminum pellets were applied to all the Jing-Well points of the left foot and all points of the right hand. Warmth and tingling sensation was experienced in the foot during the treatment with complete cessation of pain at treatment completion. This is an example to demonstrate that any conductive metal stimulation will often work.

3. UMBILICAL HERNIA:

A 35 year old Aboriginal female with a poly drug dependence. Complains of pain from right side abdominal umbilical hernia pain. Pain index of 4 or 5/10 with occasional flare ups of 9/10. She had lost considerable weight over the previous 6 months because of her addiction (from 187 to 100 pounds). A single copper metal pellet was placed on her right foot stomach Jing-Well point. Client states she experienced complete cessation of pain and discomfort. Also a sense of wellbeing. An aluminum pellet was placed on the left hand LI 1 to reinforce the treatment.

4. ARTHRITIS, PAIN IN BOTH KNEES:

A 60 year old Caucasian female former athlete complaining of chronic pain in both knees. She states the pain was located on both sides of the

knees, along the stomach and spleen meridians. A tonifying treatment was applied. Aluminum pellet to Spleen 1 and a copper pellet applied to Stomach 45. Immediate and complete relief of pain was experienced in both knees. If the pain was not completely eliminated, applying conductive metal stimulation to other affected meridians and Jing-Well points should be considered.

5. HEROIN WITHDRAWAL:

A 30 year old African American male heroin addict in the 4th day of withdrawal in detox. He presented with muscle ache, sweating and joint pain and a level of discomfort of 8 or 9/10. He was moody, anxious and depressed. The copper and aluminum “tonification protocol” was employed with pellets placed on all Jing-Well points of his left hand and all points on his right foot. He experienced completed relief from discomfort “right away” and stated that he felt calm and clear headed. This client was always eager for additional Jing-Well treatments and said it helps with his sleep.

6. ENDOMETRIOSIS:

A 28 year old Caucasian women with severe endometriosis. Using Tung style protocol for gynecological problems copper pellets were applied to the right hand thumb points, “FuKe, 11.24.” Another copper pellet was applied to “Return to the Nest, 11.06” on the left hand ring finger. Because the condition is chronic, copper pellets were applied and immediate relief of pain was experienced. This client was taught how to treat and achieve pain relief with this simple technique. The pellets are secure for 24 hours then removed and rested for 24 hours. Pellets were reapplied with copper on “FuKe 11.24” of the left hand and “Return to The Nest 11.06 to the right hand ring finger. During later treatments the Jing-Well “*tonification protocol contralateral same name meridian*” was applied. Aluminum to the Liver 1 and copper to Pericardium 9.

7. NEUROPATHY OF FEET AND LEFT HAND:

50 year old Caucasian female diagnosed with MS in 1995. She complained of numbness in both feet and left hand. She states it is like “walking in rubber boots full of water”. She had difficulty feeling her feet. After 6 pm, she has no feeling in her left hand and cannot continue her favorite activity of knitting. This was a chronic condition requiring

tonification. Copper pellets were applied Stomach 44, Pericardium 9, Gall Bladder 45, Bladder 67 and Kidney 1. Aluminum pellet were applied to the lower Jing-Well point of both feet, Spleen 1 and Liver 1. Following the treatment she was able to walk in comfort with normal sensitivity in both feet. Copper pellets were also applied to Tung points on the right hand thumb, called the Five Tigers. These points correspond to fingers, toes, dorsal aspect of the foot and the heel. Normal sensation to her feet and left hand was restored.

Psychological Issues and Brain Injury

Historically Jing-Well point have primarily been used for mental health issues and acute emergency. There is much research to support the use of Jing-Well point stimulation in the treatment of the following disorders: anxiety and depression and sleep disorders, stroke, persistent vegetative status, severe head injury, vascular dementia, Alzheimer's disease, upper respiratory infection, asthma, postpartum lactation insufficiency, fetal mal-presentation, dysmenorrhea, acne, sudden deafness and post-chemotherapy nausea and vomiting. Research suggests that stimulation of all the Jing-Well points can activate and restore function in the damaged brain using appropriate methods of stimulation. Diseases associated with the 12 meridians are generally treated by stimulating the Jing-Well points with acupuncture needles, moxibustion, acupressure, lasers, and electrical devices. Since the early 80's, a therapy called Emotional Freedom Technique (EFT) was discovered which stimulates the Jing-Well points with simple tapping or rubbing the points with fingers. This powerful therapy is growing in popularity and is currently being practiced internationally by lay persons and professional therapists.

Many disease conditions can now be treated by stimulating the Jing-Well points with electrically conducting metals using appropriate tonification or sedation principles.

Rigorous high-quality trials are needed to improve the level of evidence on their effectiveness and safety. Efficacy of Stimulation at the Jing-Well Points of Meridians (PDF Download Available). Available from: https://www.researchgate.net/publication/283037121_Efficacy_of_Stimulation_at_the_Jing-Well_Points_of_Meridians [accessed Aug 12, 2017].

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ABOUT THE AUTHOR

Les is a health care professional employed by the Vancouver Coastal Health Authority Addiction Services for the past 30 years. His primary focus has been addiction treatment and pain management. He has spent several years living and studying in Asia. Les has found great success and satisfaction integrating a wide variety of complementary and alternative therapies as an adjunct to mainstream medicine practice.

Empowering clients to heal themselves using the skills and understanding of energy medicine, consciousness and the principles of quantum physics is fundamental to his therapy practice.

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The Real Cost of the Flu

Christine Lang, R.TCM.P

PHOTO: Christine Lang

By all accounts, this has been a terrible flu season on a global scale. According to FluWatch on www.canada.ca, the incidence of both Influenza A and B are higher than anticipated for this time of year with Influenza B not only circulating earlier in the season but also occurring in greater numbers than past years. With this tsunami of sniffles showing few signs of slowing down, are you listening to your body and staying home to recover or do you just have to get to the office, child's hockey game or massage appointment? If you tend to push ahead at all costs, you should be aware of the long-term repercussions of ignoring that runny nose or aching muscles.

Western cultures seem to have adopted an unwritten, societal expectation that good employees push through sickness. They have traditionally been applauded for showing 'dedication to the cause', which is ultimately profit for the business. There are countless stats that emphasize lost revenue and reduced productivity associated with sick days yet none speak to the potentially long term, deleterious effects of ignoring the signs your body is giving you when you are unwell.

Traditional approaches, including Chinese medicine, believe that the cause one should be concerned with is recovery. The world won't cease to function if you take a day or two to rest.

Would you be as quick to take over the counter medications or overprescribed antibiotics which at best, simply stifle the symptoms, if you knew the potential long term ramifications they may have on your body?

Chinese medicine views acute illnesses such as colds and flu's as an invasion of External Pathogenic Factors (EPF), which are akin to such weather patterns as wind, cold, damp, dryness or heat (or combination of these). Each pathogen exerts a different effect on the body, for example wind is said to cause aches and pains that move around the body while dampness makes the body feel heavy.

Once you have contracted an EPF, the body has 3 main ways of responding:

1. It expels or rids itself of the pathogen, and you recover.
2. It is unable to expel the pathogen, allowing it to travel interiorly (more deeply) into the body, which may lead to a variety of different patterns or more serious health conditions.
3. After what seems to be a recovery from the illness, the EPF actually becomes dormant in the body, and begins to disrupt its normal, physiological functioning. This in Chinese medicine is called a Residual Pathogenic Factor (RPF).

The development of an RPF can arise from not taking care of yourself during an acute illness. The more traditional, western approach to the flu aims to manage the symptoms so you can continue to go about your day however; this approach is not conducive to healing the body but a reduction in those annoying symptoms. In fact, it can weaken the body by pre-disposing it to the development of a residual pathogen, which can eventually result in the appearance of more chronic, difficult to treat conditions with a weakening of the overall system.

According to the exceptional work of the recently departed Giovanni Maciocca, the development of an RPF always disrupts the ascending or descending actions of the Spleen and Stomach respectively. The result is typically an accumulation of heat, dampness or phlegm with the latter two being known as difficult to resolve. This effect is evident in people who have a history of an acute febrile disease with resultant chronic cough, earache, swollen glands or sinusitis. It can also present as digestive system upset including feelings of heaviness, poor appetite, nausea, epigastric fullness and diarrhea.

So what should you do when, for example you come down with a horrendous cold? If you absolutely must get to the office for a big meeting, then do what you have to do. We've all been there – no judgement. However, if you can stay home and give your body what it needs, you allow it to fight off this pathogen and essentially kick it to the curb. Plenty of rest wrapped up under some cozy blankets, fluids and appropriate nutrition are a great place to start. Now let's say 3 years ago that cold progressed to bronchitis and with the help of 4 rounds of antibiotics, various OTC cold medications because buckets of

caffeine, you continued to work in order to complete that big project. Fast-forward to today and you regularly struggle with fatigue, chronic sinusitis and indigestion. Now what do you do?

The body is clearly in a weakened state and initial instincts may be to strengthen or tonify the body in an attempt to regain health when in actuality, the pathogen still needs to be properly expelled in order for the body to begin its recovery. As the Lungs are responsible for our defense or immune system, foods that support their function of removing pathogens from the body are a good place to start. Easily digested foods, slow cooked such as soups, stews or curries can ease the load on the system overall, allowing the body to divert its strength to where it needs it most.

Wind and cold tend to be the predominant pathogens with our long, sub-zero winters in Canada. As such, warming, pungent spices like cinnamon, cardamom and fresh ginger can assist the body in resolving any lingering wind and cold. Cardamom and ginger do double duty in this recipe by exerting not only a warming but drying effect on the Spleen and Stomach, which aids in the resolution of dampness. And when combined with beans, it greatly reduces the chances of your 8 year-old son singing 'beans, beans the musical fruit...'.

The star of the show, lentils, are said to be diuretic with a neutral, mild flavour. Daverick Leggett, author of Recipes for Self-Healing notes that lentils are great for deficient Qi conditions and said to nourish not only the Spleen and Kidney but strengthen the Heart as observed by their ability to stimulate the

adrenal system, benefit the heart and circulation and improve vitality. If you've read any of my prior articles, I strive to include as many Canadian ingredients as possible and our prairie provinces grow some pretty amazing pulses including lentils, peas, beans and chickpeas. For new ways to decrease the amount of animal protein you consume, take a look at the delicious lentil recipes at www.lentils.org.

Although turmeric is an Indian spice, its main ingredient curcumin has both anti-inflammatory and antioxidant qualities and can also assist in the digestive process. In addition to ginger, I've added garlic and onions to further strengthen the Lung's ability to get rid of pathogens. Parsnips, an easily sourced white, winter root vegetable, make a great addition to this recipe as they're sweet nature strengthens the Spleen yet it can stimulate the Lungs via its pungent quality.

So the next time you feel the cooties knocking on your door, refusing to 'adult' for a few days, while often an inconvenience, will have your body thanking you by bouncing back in no time. If you've already pushed through far too many colds and flu's, take the time to seek out the direction of a qualified practitioner to help you determine the pathogens affecting you and develop a solid treatment plan to get you back feeling like yourself. A combination of acupuncture and herbal remedies may be required however; eating the right foods will definitely get you moving forward on the right track and the recipe below is a great place to start. Now giddy up and arrive spring!

- *Christine Lang*



ABOUT THE AUTHOR

Christine Lang is a Registered Acupuncturist and TCM Practitioner in Barrie, ON a rapidly growing city just north of Toronto, Ontario that's enjoyed by outdoor enthusiasts. A self professed cookbook addict, she enjoys nothing more than sharing her love of healthy food with friends and family. Christine advocates spending time not only preparing your food but savouring the nourishment you are providing your body. With an undergraduate degree in Honours Kinesiology from the University of Waterloo, Christine's passion for health and wellness has always been paramount in not only her life but is shared with her friends, family and patients.

Canadian Gal Dal

(Adapted from Lentil Parsnip Dal in Recipes for Self-Healing by Daverick Leggett, Moong Dal/Uttar Pradesh style from 50 Great Curries of India and Instant Pot Dal from www.miserylovescooking.com)

Ingredients

- 1 tsp olive oil
- 2-3 tsp butter
- 1 medium onion, diced
- 2 medium parsnips, peeled and diced
- 2-3 garlic cloves, minced
- 1" square piece of fresh ginger, peeled and chopped
- 1 cup red lentils
- 1 bay leaf
- 1-2 tsp cumin (I found 2 tsp a little strong but my cumin is fresh)
- 4 cardamom pods
- ¼ tsp turmeric
- ¼ tsp coriander
- 1 cinnamon stick
- ¼ teaspoon red pepper flakes
- 3 cups stock or my preference, homemade bone broth



PHOTO: Christine Lang

Preparation

1. Wash the dal well then set aside to soak for 10-15 minutes. Drain.



PHOTO: Christine Lang

2. With the Instant Pot on sauté, (traditional pot on stove works just as well) gently fry the parsnips in oil and turmeric until starting to soften. Add a small amount of water (speeds up the softening process) and let simmer while you prepare the remaining ingredients
3. When the water has evaporated, add the butter and diced onions and ginger and cook until softened and turning golden, around 3-4 minutes
4. Add garlic, sautéing until fragrant and slightly softened, around a minute
5. Add spices and toast for until very fragrant, stirring often (around a minute)
6. Add lentils, mix to coat with oil/butter, spices and onions
7. Add broth, stir to combine
8. Place lid on Instant Pot, making sure steam valve is closed, and set manual pressure for 12 minutes
9. Allow natural pressure release for at least 12 minutes or longer for creamier texture. I left mine for 20 minutes and after a quick stir, the consistency was perfect.
10. Add salt and pepper to taste.

Great with rice or naan bread and some sautéed greens



PHOTO: Christine Lang

Remembering Giovanni Maciocia

by Dr. Simon AuYoung, Dr.TCM



Dr. Giovanni Maciocia

*World-Renowned Practitioner
of Acupuncture and Chinese
Herbal Medicine*

Giovanni Maciocia, whose Chinese name Ma Wan Li means “horse of ten-thousand miles”, has been teaching acupuncture and Chinese medicine internationally since 1974 and is one of the most highly respected practitioners of acupuncture and Chinese herbal medicine in Europe.

Originally from a medical family in Italy, he trained in England at the International College of Oriental medicine graduating in acupuncture. He attended postgraduate acupuncture courses in China at the Nanjing University of Traditional Chinese

Medicine where he gained both valuable knowledge and clinical experience. In 1996, Giovanni Maciocia was appointed Visiting Professor of the Nanjing University of Traditional Chinese Medicine, a foremost teaching institution in China.

Because Giovanni reads Chinese, he has unique access to both old as well as modern Chinese medicine textbooks. While firmly rooted in traditional Chinese medicine, he innovatively adapts Eastern

theories to Western conditions including the aetiology, pathology, diagnosis and treatment of M.E. (Post-Viral Fatigue Syndrome) a new disease, not documented in Chinese literature.

Giovanni has also studied Western herbalism and graduated from the National Institute of Medical Herbalists as well as having received Chinese herbal medicine instruction by Dr. Ted Kaptchuk in England.

He has been published in a Chinese medical journal, an honour rarely bestowed on foreign writers in China and has authored many books including Tongue

Diagnosis in Chinese Medicine, The Foundations of Chinese Medicine, The Practice of Chinese Medicine, Obstetrics and Gynaecology in Chinese Medicine, Diagnosis in Chinese Medicine, The Channels of Acupuncture and The Psyche in Chinese Medicine which have become textbooks for all major acupuncture colleges in the world.

Giovanni has been practicing Tai Ji Chuan, Ba Gua and Xing Yi and currently lives and works in Santa Barbara, California.

Biography Source:

<http://www.maciociaonline.com/bio.html>

Giovanni Maciocia, a name most TCM students are very familiar with because his books have become textbooks for major acupuncture colleges across the world. The news that Giovanni Maciocia passed away came in early March and brought back some fond memories of my own TCM training.

Dr. Maciocia graduated in 1974 from the International College of Oriental Medicine in England, and had been teaching TCM ever since. He attended three postgraduate courses in Acupuncture in China at the Nanjing University of Traditional Chinese Medicine. In 1996, Giovanni Maciocia was appointed Visiting Professor of the Nanjing University of Traditional Chinese Medicine. I remember my own crossing path with Dr. Maciocia at Nanjing University where I had a chance to meet this "TCM superstar" in person.

With over 39-years of research and clinical experience, Giovanni Maciocia wrote seven textbooks of Chinese medicine. They have been acclaimed world-wide and translated into ten

languages enabling him to reach an incredibly wide audience. Giovanni was the author of many articles published in professional journals as well.

HIS SEVEN TEXTBOOKS ARE:

1. Tongue Diagnosis in Chinese Medicine,
2. The Foundations of Chinese Medicine,
3. The Practice of Chinese Medicine,
4. Obstetrics and Gynaecology in Chinese Medicine,
5. Diagnosis in Chinese Medicine,
6. The Channels of Acupuncture,
7. The Psyche in Chinese Medicine – Treatment of Emotional and Mental Disharmonies with Acupuncture and Chinese Herbs.

The Foundations of Chinese Medicine is a very familiar textbook to many TCM students. For many, this was the very first TCM textbook bought and used in the beginning of their TCM training. The Foundations of Chinese Medicine is now in its 3rd Edition.

Just like Dr. Giovanni's Chinese first name, Wan Li, his teaching had spread "ten-thousand miles" to reach many TCM students all over the world.

Thank you Dr Maciocia for your teaching, guidance, and great influence to the TCM community.

- Simon AuYoung

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<http://www.maciociaonline.com/>

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As an international teacher and practitioner of and developer of her own method of Facial Rejuvenation Acupuncture, Virginia Doran is a recognized expert in the field. Ms. Doran has been a teacher and lecturer in the field of holistic health since 1980, licensed in acupuncture since 1995 and massage therapy since 1979. Virginia has received extensive publicity for her work on major television networks, radio, and various magazines and newspapers.

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