

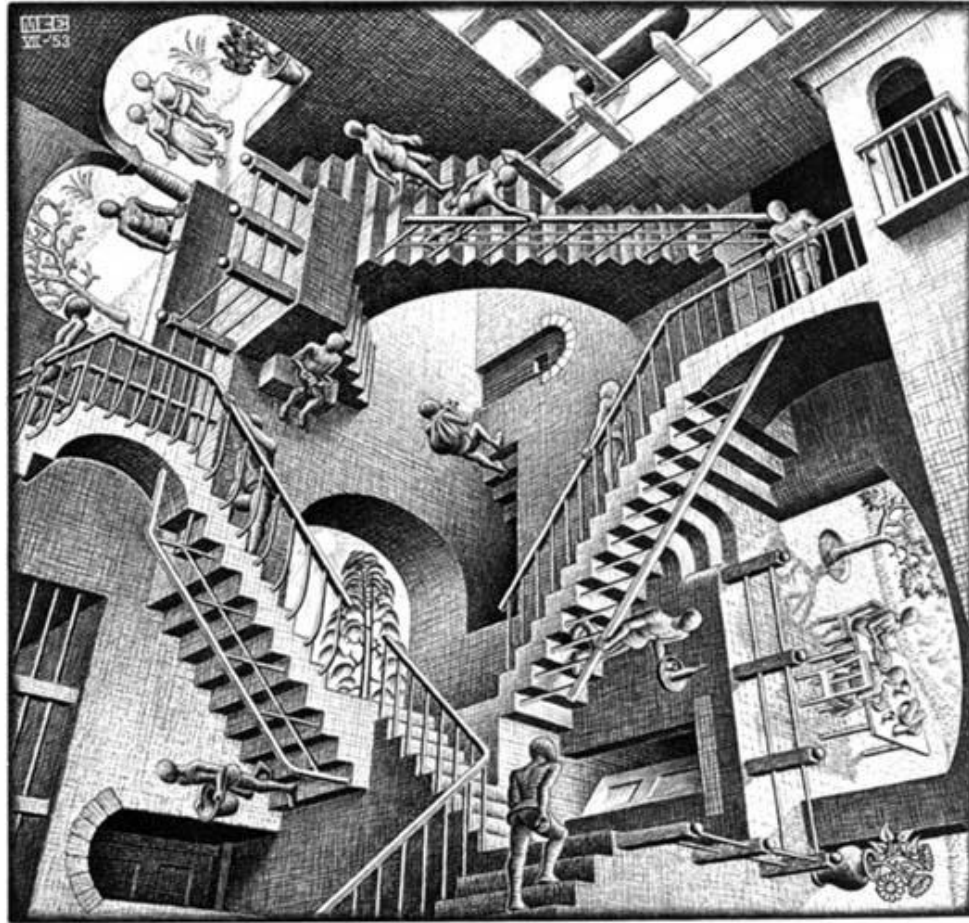




# 2000 plus years

theory practice commentary argument  
more commentary reform restriction  
innovation more argument regulation  
grandstanding economics disagreement  
standardization re-invention more  
commentary trade secrets social-  
economic competition case study revision  
practicality transformation service

Chinese medicine looks a bit like this



角度重要

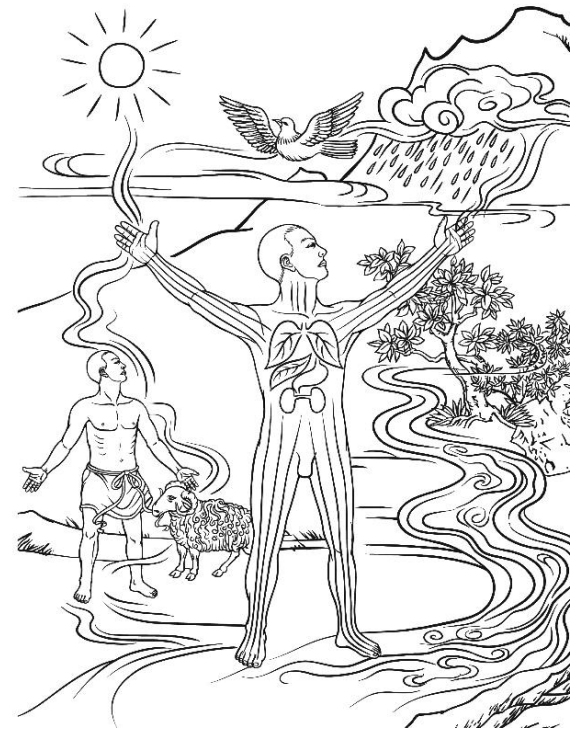


# Qualitative

- Focus on person, rather than disease
- Highly individual
- Root and branch

# Language of nature

- No boundaries drawn between humans and nature
- What sounds like a weather report is actually a well considered diagnosis



# Five Pillars



# Diagnostic Methods- *tongue*



图 3-13 舌红绛苔白膩

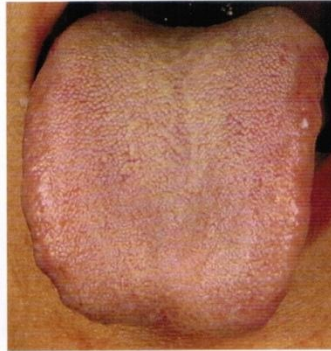


图 3-14 薄膩苔

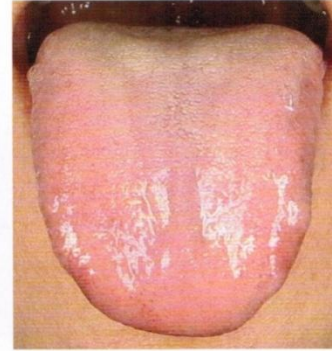


图 3-15 苔薄滑膩



图 3-16 苔黃厚黏膩



图 3-17 舌邊黏膩

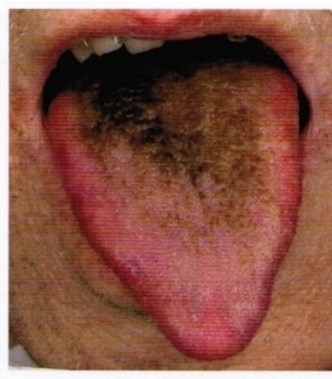
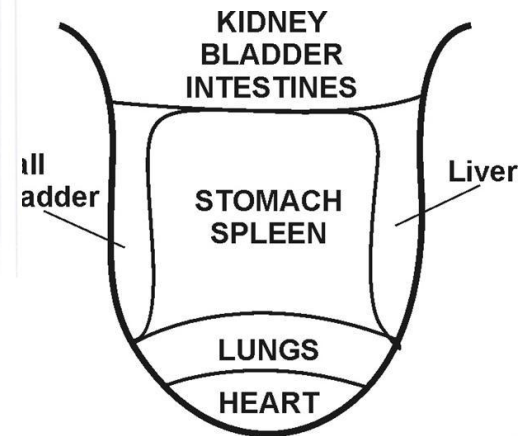


图 3-45 苔焦黑干燥



# Diagnostic Methods- *Pulse*





# Diagnostic Methods- *Abdomen*



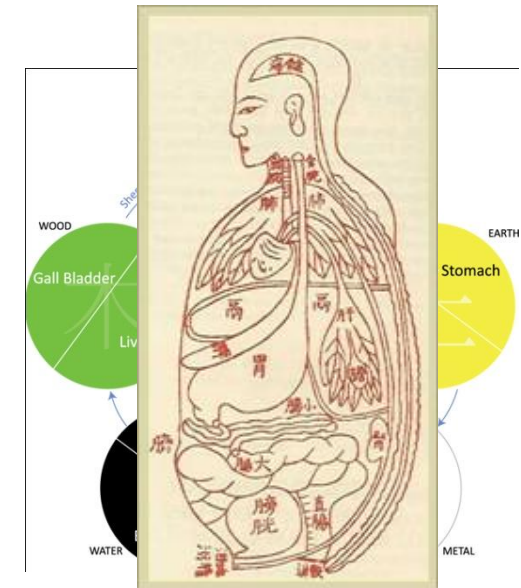
Acupuncture and herbal traditions both use the belly

Very useful in differentiating various constitutional types

Areas of coldness, tension, pain and moisture all give clinically useful information

# Diagnostic Theory

- Eight principle
- Wu xing (five phases)
- Zang fu- organ systems





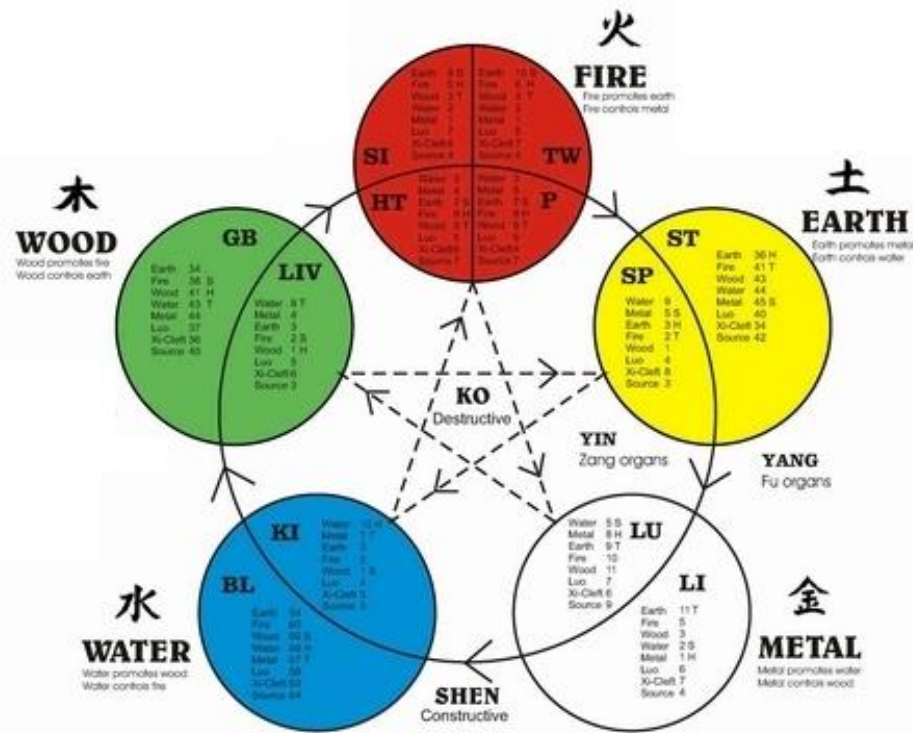
# Eight Principles

- Excess / deficiency
- Hot / cold
- Exterior / interior
- Yin / yang

八  
綱  
診  
斷

# Wu Xing- five movements

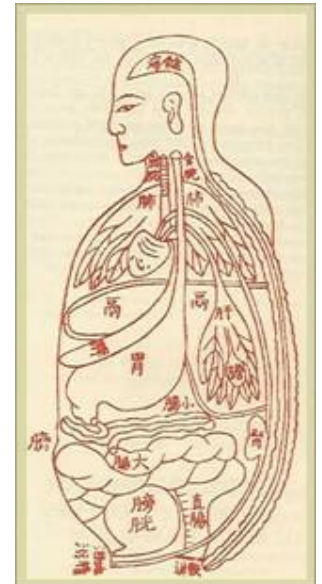
# 五行



# Zang Fu- *organ systems*

# 臟腑

- Interior / exterior relations
- Channel relations
- Organ functions / Chinese physiology- not to be confused with Western organ function!



# Acupuncture



Chinese / Modern TCM

Japanese

Korean hand

Tung shi, Taiwan

French ear

English 5E

Dry needling/trigger points

# Acupuncture

- Channels and points
- Adjusts flow of qi
- Effects organ function
- Local vs distal treatment
- Treats root and branch



# Chinese herbs





# Chinese herbs

- Raw herbs/decoctions
- Tablets/pills
- Concentrated granules





# Chinese herbs- *Safety*

Know your sources

Need for qualified, studied practitioner

Separate media hysteria from actual situation

While safe, this is not something you should fool around with in a casual way

中藥的安全



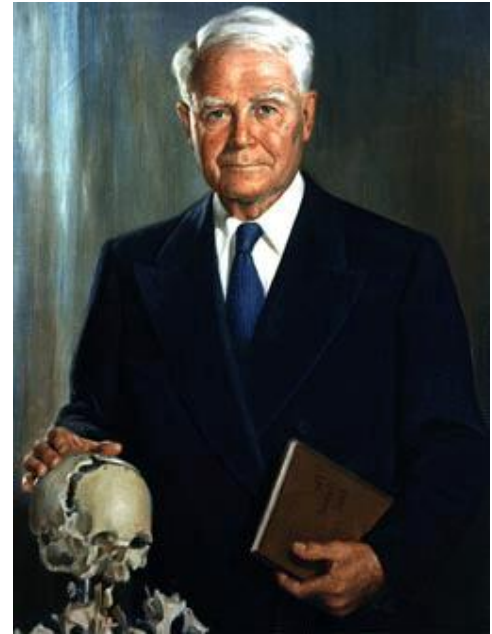


# Diet Therapy

- Energetics of food
- Basic Western nutrition
- Get off the HFCS and artificial sweeteners
- Shop the edges of supermarket
- If you great grandmother did not recognize it as food, it's not!

# Bodywork

- Massage
- Cranial work
- Cupping





# Wellness promotion 養生

- Moderate exercise
- Taichi / qigong
- Yoga
- Pilates
- Meditation
- Whatever connects you to Life



Questions

有什麼問題





# Contact info

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General reading on Chinese medicine:

[www.yongkangclinic.com/yy-blog](http://www.yongkangclinic.com/yy-blog)