

August 2006 Newsletter

Welcome to the August 2006 Newsletter. In conjunction with this newsletter we have redesigned the website to include an improved navigational interface and dynamically updated information. Enjoy!

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China invests in international TCM programs. (24 July)



China's Ministry of Science and Technology announced Monday that it will invest 100 million yuan (12.5 million U.S. dollars) in 50 research and development programs internationally to develop traditional Chinese medical treatments for major diseases.

Shang Yong, Vice Minister of Science and Technology, said new drugs would be developed for treating neuropsychosis, cardiovascular and cerebrovascular diseases, tumors and AIDS.

The ministry would also create a dialogue and cooperation mechanism with the World Health Organization and other international organizations to promote global policies for traditional

Chinese medical research.

Shang said an international expert committee would be established for coordinating implementation of the research and development programs.

Li Daning, vice administrator of the State Administration of Traditional Chinese Medicine, said Chinese scientists would play key roles in the global collaboration. Intellectual property and other rights of international partners would be fully protected.

The initiatives would boost traditional Chinese medicine and the traditional pharmaceutical industry, Li said.

Source: Xinhua

August Q & A – Acupuncture for Neck Pain

Neck pain can be very frustrating and irritating; so much so that the phrase "a pain in the neck" has become a metaphor for all kinds of other irritants. This month's Q&A focuses on the role of Acupuncture in Neck Pain and is available exclusively online at www.Acupuncture.com.au



Acupuncture for functional gastrointestinal disorders. [23 July 06]



Takahashi T.

Department of Surgery, Duke University Medical Center, Durham, NC 27705, USA.

Functional gastrointestinal (GI) symptoms are common in the general population. Especially, motor dysfunction of the GI tract and visceral hypersensitivity are important. Acupuncture has been used to treat GI symptoms in China for thousands of years. It is conceivable that acupuncture may be effective in patients with func-

tional GI disorders because it has been shown to alter acid secretion, GI motility, and visceral pain.

Acupuncture at the lower limbs (ST-36) causes muscle contractions via the somatoparasympathetic pathway, while at the upper abdomen (CV-12) it causes muscle relaxation via the somatosympathetic pathway. In some patients with gastroesophageal reflux disease (GERD) and functional dyspepsia (FD), peristalsis

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Acupuncture for functional gastrointestinal disorders. [23 July 06]

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and gastric motility are impaired.

The stimulatory effects of acupuncture at ST-36 on GI motility may be beneficial to patients with GERD or FD, as well as to those with constipation-predominant irritable bowel syndrome (IBS), who show delayed colonic transit. In contrast, the inhibitory effects of acupuncture at CV-12 on GI motility may be benefi-

cial to patients with diarrhea-predominant IBS, because enhanced colonic motility and accelerated colonic transit are reported in such patients. Acupuncture at CV-12 may inhibit gastric acid secretion via the somatosympathetic pathway. Thus, acupuncture may be beneficial to GERD patients.

The antiemetic effects of acupuncture at PC-6 (wrist) may be beneficial to patients with FD, whereas the antinociceptive effects of acu-

puncture at PC-6 and ST-36 may be beneficial to patients with visceral hypersensitivity. In the future, it is expected that acupuncture will be used in the treatment of patients with functional GI disorders.

References:

Pubmed - PMID: 16799881

Acupuncture & TCM Events Calendar for August 2006

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Sydney - Chronic Pain Conditions for Oro-facial System and Neck - Myofascial Trigger Point Needling Techniques. When: All - day. Where: Nature Care College. Contact: Nature Care College on (02) 9438 3333 or www.naturecare.com.au

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Sydney - Acupuncture Management for Hemiplegia. Presented by David Tai. (2 AACMA CPE Points) When: 7.30pm - 9.30pm. Where: SITCM. 92-94 Norton Street, Leichhardt, NSW 2040. Contact: Igor Bilek on (02) 9550 9906 or igor@sitcm.edu.au

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Sydney - Herbal International Health Maintenance & Anti Ageing. When: All - day. Where: Sydney. Contact: on (02) 9212 2498.

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Melbourne - External Injury Workshop Day 1. When: 9.30am - 6.00pm. Where: Day One - Australian School of Therapeutic Massage, 104c Warrigal Rd, Burwood | Day Two - Zen Health (herbal dispensary) 354 Malvern Rd, Prahran. Contact: Bruce Bentley on (03) 9576 1787 or info@healthtraditions.com.au

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Melbourne - External Injury Workshop Day 2. When: 9.30am - 6.00pm. Where: Day One - Australian School of Therapeutic Massage, 104c Warrigal Rd, Burwood | Day Two - Zen Health (herbal dispensary) 354 Malvern Rd, Prahran. Contact: Bruce Bentley on (03) 9576 1787 or info@healthtraditions.com.au

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Hobart - Traditional Cupping Workshop - Western Tradition. When: 9.30am - 6.00pm. Where: Island Health College - 300 Argyle St, North Hobart. Contact: Bruce Bentley on (03) 9576 1787 or info@healthtraditions.com.au

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Submit your event now by visiting Acupuncture.com.au

Treating newly born children - By Alan Jansen

I recently treated my youngest patient at 3 1/2 weeks....an amazing experience indeed! I did not use needles for this little one, instead using my hands and a beautiful instrument called a shonishin, about the same size as a small pencil and made from copper or brass.

Liam presented with a very bloated tummy, extremely restless, incessant crying with a diabolically disturbed sleep pattern that was depriving his parents, his sister, not to mention his tiny self of much needed rest and he was also significantly constipated. Delivered by caesarian section at 32 weeks, he was a little jaundiced and his liver gall bladder complex functionally compromised.

He had been in this state for 3-4 days and his doctor was concerned, suggesting medication and suppositories to encourage a bowel movement. Neither of his parents really wanted to medicate one of such a tender and vulnerable age.

His temperament, sleep pattern, constipation and ears indicated liver deficiency. Root treatment consisted of placing the shonishin gently upon and tonifying Points Liver 8 and Kidney 10, then gently palpating and shunting both the Stomach and Gall Bladder meridians on his tiny legs.

All this was done with as much sensitivity as I could muster. Immediately after the treatment he fell asleep peacefully in the arms of his grandmother. The following day his parents reported a spectacular bowel movement and an immediate improvement in the child's disposition.

The following week he was



Image: Liam writhing in pain and discomfort during his very first acupuncture treatment.

brought in again, his mum concerned about a partial relapse 5-6 days after the previous treatment. I repeated similar treatment to the first and Liam started to burp, continuing to do so constantly for at least 45minutes whilst both awake and asleep! I then questioned mum regarding foodstuffs that she was taking on board. It transpired that she was consuming prodigious quantities of dairy products and homogenized milk. I advised her to cut down on her overall dairy consumption and change to NON homogenized products where possible.

Two weeks later all is well and Liam is a beautiful, contented baby, sleeping like a log much to the relief of his family, especially

mum and dad. I am grateful to have been able to facilitate such a positive change without any medication or supplementation. I will be biased in these newsletters towards the treatment of young children. By doing so I hope to stimulate more interest in the incredible potency and flexibility of Traditional Acupuncture and emphasize that our healing art can be extraordinarily gentle without losing any of its efficacy.

In my 20 plus years of clinical practice, I have found a majority of patients, be they adolescent, adult or infant, return for treatment far more willingly and regularly when positive outcomes occur as a result of gentle and predominantly superficial needling techniques.

As sensitive practitioners who consider the needs of their customers/clients first and foremost, (a fundamental premise in establishing any sort of successful business), we can open the door wider for those millions of potential patients who are traumatized at the thought of having needles inserted deeply into their body. This might be of benefit for all concerned.

I still use deeper needling, (very much the exception rather than the rule) when required and remain eternally grateful to Masakazu Ikeda sensei for demonstrating the phenomenal potential of our healing art/science using powerful superficial needling protocols when delivering the root treatment ! I hope you are well and keeping apace with the rapidly changing reality of the 21st century.

Kind Regards, Alan

Acupuncture benefits for IVF fertility. (29 July 06)



Fertility rates during embryo transfer can be doubled with the use of acupuncture, a new study has found. The latest University of Adelaide trial contributes to a small but growing body of research that suggests acupuncture may help with improving pregnancy outcomes for people undergoing IVF treatment.

Dr Caroline Smith, who conducted the first single blind and controlled randomised acupuncture trial in the University of Adelaide fertility clinic Repromed, said: "Our study showed encouraging results with an increase in the pregnancy rate in the acupuncture group (31% versus 23% in the control group) among women having an embryo transfer."

This benefit was smaller than expected and did not differ statistically between the acupuncture and control groups. But when the study of 228 women was combined with the findings from three other acupuncture trials, involving a total of just under 800 women, the results clearly showed a pregnancy was twice as likely to occur in the acupuncture group compared to the control group.

"The good news of the acupuncture use in fertility therapy is the benefit is not affected by age, meaning all age groups showed the increase in IVF success rates from the acupuncture therapy," said Dr Smith.

Acupuncture is safe and no adverse effects were reported. Dr Smith said there were some research questions still to be answered and a larger study was required to confirm these findings and address outstanding questions.

"The important distinction between this acupuncture study and any previous studies is the very good research model used to develop

the study design that addressed a major source of bias seen in previous studies known as the 'placebo effect'. We removed this source of bias by using the placebo acupuncture needle or a 'sham' needle."

Many women have turned to complementary medicine in the hope of reversing or at least ceasing their natural decline in fertility. Acupuncture therapy has shown to increase the blood circulation to the ovaries and uterus and hence increase the capacity for conception.

This indicative result is very good news for women who want to use acupuncture during embryo transfer to increase their pregnancy success rates. Dr Caroline Smith believes this warrants a further exploration of the clinical benefits the current studies present.

References:

This research is published in *Fertility and Sterility* this month.

Your contributions welcome!

This newsletter has been created for the public, the students and practitioners of Acupuncture & Traditional Chinese Medicine. It relies much on information contributed from the community. We welcome any contributions including news articles, research papers or anything you feel would be suitable for publication on our website and in this newsletter.

To contribute visit www.Acupuncture.com.au and choose "Make a contribution" from the "Professional Community" menu.

