

September 2006 Newsletter

Welcome to the September 2006 Newsletter. Spring is the season of growing and greening. In Chinese medicine, spring is the liver season. The liver should be taken care of through nourishment, soothing or cleansing.

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"Some thoughts on Intention - arising from Shen Gong". By Drew Young.

Intention is the action of carrying out a focus of our thought, cited in dictionary terms as having a purpose, fixed design, end or aim-.

Intent stems from Yi (mind) which leads Qi becoming an external form, in the world, the arena for life's actions and the many other forms of Qi (chi).

In terms of Traditional Chinese Medical Philosophy, thinking process is our Yi-fa (thought methods), being an internal yin nature, constantly fed by heavenly yang energy; thoughts can and do become active, proceeding outwards from yin taking on yang expression.

This process of thought (Yi), being part of our internal Qi energy, is witnessed internally by an observing system (our collective consciousness) as symbols and graphic images, while

using acquired language's as a mediation tool.

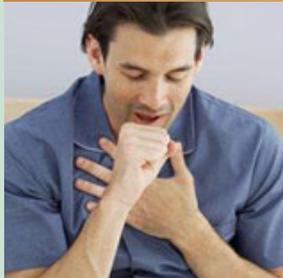
Allowing response from collated impressions; enabling us to make known our intentions (extended form, objective, rite or ceremony) into the external arena.

Any intention to do, directs energy to flow moving the body and four limbs, becoming its vice regent, we as a commander then fall into the thinking of this energy, as being our force, rather than recognizing the reality, which is always dependant on the creative forces of energy that surround us, Qi in its many forms.

It is presented to all of us that follow in the steps of great teachers, masters and scholars within the traditions of Oriental Medicine, that

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September Q & A — Acupuncture & TCM for Asthma



People with asthma have sensitive airways in their lungs. When exposed to certain triggers their airways narrow, making it hard for them to breathe. The causes of asthma are not really understood but there is often a family history of asthma, eczema or hayfever. Asthma can begin at any age and change over time. This months Q&A focuses on the role of Acupuncture and TCM in Asthma and is available exclusively online at www.Acupuncture.com.au

Acupuncture Reduces Chronic Neck Pain; Massage Benefits Still Unclear [27 August 06]

Acupuncture offers relief from chronic neck pain, while there is little reliable evidence on the effectiveness of massage, according to two new systematic reviews.

Acupuncture does not "cure" neck pain, and relief appears to last only a few weeks or months. Patients may thus need periodic booster treatments, says lead study author Kien Trinh, M.D., of McMaster University in Canada.

The massage review concludes, "Due to the limitations of existing studies, we are unable to make any firm statement to guide clinical practice." Bodhi Haraldsson, a registered massage therapist in British Columbia, Canada, led the study team.

The two studies are part of a series designed to summarize the most current scientific evidence on treatments for neck pain due to "mechanical" problems such as whiplash and muscle strains. Such injuries are common, disabling and costly.



Ten percent of males and 17 percent of females report neck pain that lasts longer than six months, according to a study cited in the massage review. Both new reviews excluded patients with neck pain caused by major illnesses or injuries such as viral infections or fractures.

The reviews appear in the most recent issue of The Cochrane Library, a publication of The Cochrane Collaboration, an international organization that evaluates medical research. Systematic reviews draw evidence-based conclusions about medical practice after considering both the content and quality of existing medical trials on a topic.

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Acupuncture Reduces Chronic Neck Pain; Massage Benefits Still Unclear [27 August 06]*(Continued from page 1)*

The acupuncture study comprised 10 trials with a total of 661 adult participants. The studies compared a number of acupuncture approaches to no treatment, sham treatments or other "manual therapies" such as mobilization, massage or traction. Most of the studies included at least five treatment sessions.

"The specific effects of acupuncture are short-term, but have important clinical treatment benefits," conclude the review authors. These findings are based on a wide range of patients, treatment techniques and outcomes, said Dr. Partap Khalsa at the National Center for Complementary and Alternative Medicine. The next step is to conduct more well-defined studies to "optimize" the findings, said Khalsa, who was not involved with either review.

For some subgroups of patients with mechanical neck disorders, he said, acupuncture may be the best treatment while different options may provide greater relief for others. "We just don't know that right now."

Trinh calls for larger and longer trials - preferably at least 500 patients and follow-up after a year or more - to further expand understanding of acupuncture treatment.

The review of massage techniques comprised 19 trials involving nearly 1,400 adults. The trials compared massage alone or in combination

with other treatments to no treatment, sham treatments, mobilization, traction, acupuncture, exercise, education and pain medication.

The authors report that the overall quality of these trials was poor. "In some cases, it was questionable whether the massage in the study would be considered effective massage under any circumstance." No firm conclusions can be drawn at this time, they conclude.

"One of the most important functions of the Cochrane Library is to demonstrate what we do not know," according to Bandolier, an independent British journal focusing on evidence-based healthcare. "Good quality reviews that find no trials, no good trials or good trials with no effect are really important in delimiting the extent of our knowledge (or ignorance)."

The authors of the massage review call for pilot studies to define an optimal massage intervention - including techniques along with number, duration and frequency of treatment sessions - which can then be evaluated in subsequent larger trials. In short, said Khalsa, researchers must "go back to ground zero," in studying massage treatments for chronic neck pain.

Khalsa said that many Americans - from the lay public to physicians and scientists - have preconceived beliefs about alternative treat-

ments. Many are inclined to believe that acupuncture is ineffective while massage is helpful, and they may dismiss the recent findings.

The new information will be most useful for people "who are neutral, who are saying show me what the evidence actually is, and I will use that to inform my own decisions," he said.

Khalsa advises patients to consider using such therapies to complement conventional medicine, rather than just as an alternative. "That's something patients need to discuss with their physicians" who could include doctors of medicine, osteopathy, chiropractic and/or physical therapy.

References:

Trinh KV, et al. Acupuncture for neck disorders (Review). The Cochrane Database of Systematic Reviews 2006, Issue 3.

Haraldsson BG, et al. Massage for mechanical neck disorders (Review). The Cochrane Database of Systematic Reviews 2006, Issue 3.

The Cochrane Collaboration is an international nonprofit, independent organization that produces and disseminates systematic reviews of health care interventions and promotes the search for evidence in

Acupuncture & TCM Events Calendar for September 2006**09**

Brisbane - Traditional Cupping Workshop - Western Tradition. When: 9.00am - 5.00pm. Where: Australian School of Meditation - 23 Kurilpa St, West End. Contact: Bruce Bentley on (03) 9576 1787 or info@healthtraditions.com.au

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Perth - Chronic Systemic Inflammatory Diseases Seminar with Daniel Weber. When: 1.00pm - 6.00pm. Where: Broadwater Pagoda Hotel, 112 Melville Parade, Como. Contact: Emily Lewis on 1300 133 807 or emily@chmrd.com

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Brisbane - Traditional Cupping Workshop - Western Tradition. When: 9.00am - 5.00pm. Where: Australian School of Meditation - 23 Kurilpa St, West End. Contact: Bruce Bentley on (03) 9576 1787 or info@healthtraditions.com.au

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Sydney - Traditional Cupping Workshop - Western Tradition. When: 9.30am - 6.00pm. Where: The Centre - 14 Francis St, Randwick. Contact: Bruce Bentley on (03) 9576 1787 or info@healthtraditions.com.au

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Melbourne - Traditional Cupping Workshops - Eastern tradition. When: 9.30am - 6.00pm. Where: Australian School of Therapeutic Massage, 104c Warrigal Rd, Burwood. Contact: Bruce Bentley on (03) 9576 1787 or info@healthtraditions.com.au

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Melbourne - Traditional Cupping Workshops - Eastern tradition. When: 9.30am - 6.00pm. Where: Australian School of Therapeutic Massage, 104c Warrigal Rd, Burwood. Contact: Bruce Bentley on (03) 9576 1787 or info@healthtraditions.com.au

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Sydney - Chinese Medicine for Cancer - Series 1 (6 AACMA CPE Points). When: 9.00am - 5.00pm. Where: SITCM. 92-94 Norton Street, Leichhardt, NSW 2040. Contact: Igor Bilek on (02) 9550 9906 or igor@sitcm.edu.au

The 'Grandson – Grandfather' rule by Alan Jansen.

After introducing you to my youngest patient, Liam in last months newsletter, hopefully highlighting the clinical flexibility of traditional acupuncture, please allow me to introduce you to Keith, Liam's grandfather, an amazing person and truly rewarding patient to work with.

In his sixties, Keith is retired and loves nothing more than going fishing and spending time relaxing with his beautiful wife and delightful family.

About three years ago Keith suffered a severe attack of pancreatitis, almost dying on several occasions.

The repercussions of this life threatening condition still echo through his life today.

His liver, spleen and pancreas are drastically affected and he was placed on the liver transplant list about two and half years ago.

When Keith first consulted with me in an effort to halt the deterioration of his already deleterious condition, he could barely stand and only walk if assisted and using a cane.

With no appetite, skinny as a rake, suffering from severe dizzy spells upon the slightest movement, he had exhausted all orthodox medical options yet he continued to waste away in front of his family.

Keith was a classic case of the spirit being willing whilst the flesh be weak. His family had every right to be very, very concerned about his health and longevity. Two and half years on and Keith remains on the liver transplant list, continually astounding the medical professionals in his team with his relatively amazing health.



Image: Lighter needling technique.. The patient can be covered with a towel and heating or yang energy is conserved.

How satisfying it is as a practitioner to see a grandfather who has been there and done that hold his grandson knowing that the outcome may have been so very different?

It is a truly gratifying experience to be in the position to provide a valuable service to such families.

In addition to treating grandson and grandpa, I treat grandma for lower back pain and the odd malady, also mum post and pre-birth,



Image: Application of Smokeless Ondan Style Heating Needle Technique. Not as strong as needle head moxibustion but adequate in a majority of cases conserved.

auntie, who no longer suffers from chronic migraine headaches and an uncle for anxiousness related to the latent build of work related stress.

The entire family seeks traditional acupuncture treatment when threatened with flu's and colds.

If the individual seeks recourse within 24 hours of the initial onset of symptoms such as a runny nose, headache and malaise, treatment is usually extremely effective and will often prevent the onset of chest infection and cough.

How extraordinary is the flexibility and power of traditional acupuncture?

In a majority of situations I am not required to needle any deeper than two to three millimeters to affect a positive clinical outcome.

I do use deeper techniques when applying heat to the needle with moxibustion or ondan when treating mums lower back or tonifying the kidney yin energy when Grandpa's blood sugar goes beyond the acceptable level.

This technique can be also be very effective when uncle starts suf-

The 'Grandson – Grandfather' rule by Alan Jansen.

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fering from dream disturbed sleep and insomnia or Auntie shows signs of a yin deficient migraine pattern recurring.

As a practitioner I find it very rewarding and extremely satisfying to see such positive clinical outcomes using predominantly light and pain free needling.

Whilst requiring a high level of attention and focus, the flexibility, potency and spontaneous energetic response of the patient to such treatment makes it all worthwhile.

I close with the age old Grandfather – Grandson law, the same today as it was in the Emperor's court in 2500BC. *'Keep the Customer Satisfied and Life is Good !'*



Image: A powerful moxa needle treatment. Primarily suitable for those patients with strong constitutions suffering from yin deficient conditions..

Chinese medicine 'aids diabetics' [27 August 06]



A traditional Chinese medicine may be beneficial for people suffering from type 2 diabetes.

Berberine, found in the roots and barks of some plants, has been documented in Chinese literature as being able to lower glucose levels in diabetics. Now scientists have found that studies on rodents support this claim.

Writing in the journal *Diabetes*, they added that berberine reduced the animals' body weight, suggesting it could also be used to treat obesity.

Berberine is a compound found in several plants, including goldenseal, the Oregon grape and barberry. It has been used by a number of different cultures for medicinal purposes, most commonly to treat diarrhoea. It is also being employed, particularly in traditional Chinese medicine, to treat diabetes.

To investigate its reported glucose-lowering effects, an international team examined the effect of berberine on mice and rats. The researchers found that a dose of the compound, given orally, caused blood sugar levels to go down, led to fewer fats circulating in the bloodstream, made insulin work better and lowered the animals' body weights.

Professor David James, head of the diabetes and obesity research programme at the Garvan Institute, Sydney, Australia, said: "We are interested in type 2 diabetes, which is caused by a malfunctioning of insulin action, causing blood sugar regulation to go haywire.

"We have now obtained scientific evidence that shows berberine helps insulin to work much better.

"It helps insulin to control blood sugar. But it also helps to clear fats out of the bloodstream, and we think that this leads to one of its other major end points, which is reduction of body weight."

The team believes the plant product is "turning on" an enzyme found in body tissue, which improves the body's sensitivity to insulin, in turn lowering blood sugar levels and reducing the level of circulating fats.

Professor James said: "This is a very nice example of how there is validity to some of these traditional medicines.

"Type 2 diabetes and obesity are a huge problem and, although there are some

nice medicines on the market, they have their limitations and there is a tremendous need for new therapies.

"This represents a potential new therapy for treatment of diabetes and obesity."

However, he cautioned that more clinical studies were needed on humans before berberine should be recommended for diabetics, particularly to investigate how the compound interacts with other drugs.

Cathy Moulton, a care advisor at Diabetes UK, said: "There are already many treatments for type 2 diabetes available but this research is slightly different as it's based on a natural remedy.

"We would not recommend that anyone attempts to use this as a treatment in its current form as this research only focuses on animals.

"We will wait to see the results of further research with interest."

References:

This study is published in the August issue of *Diabetes*. The title is: Berberine, a natural plant product, activates AMP-activated protein kinase with beneficial metabolic effects in diabetic and insulin resistant states. Yun S. Lee, Woo S. Kim, Kang H. Kim, Myung J. Yoon, Hye J. Cho, Yun Shen, Ji-Ming Ye, Chul H. Lee, Won K. Oh, Chul T. Kim, Cordula Hohnen-Behrens, Alison Gosby, Edward W. Kraegen, David E. James, and Jae B. Kim

"Some thoughts on Intention - arising from Shen Gong". By Drew Young.*(Continued from page 1)*

the intent we direct towards people, especially as practitioners towards clients who are being treated for irregularities and disharmonies, leading the methods (acquired skills) by which we treat.

Intent therefore presents itself as the work (Gong) the leading edge of any knowledge stored and used by the faculty of the Shen (mind-Spirit); being a processor and repository to all post-birth experience's, integrating with the stored potential of our pre-birth Ancestral Jing, the potential to become.

This is where real knowledge is stored; accumulated by the ancestral chain, preceding all of us, since the dawn of existence.

Using, acquired temporal linguistic skills to express itself and be known, while all the time gathering further truth and time tested knowledge, which in turn will be passed on to further generations.

These functions give each person their individual sensitive response to the environment; some ancients refer to this as our sacred storehouse.

Further, this ancestral codex cannot be owned as it is pre-existent, meaning we can only become its envoy and add to it.

By drawing upon this energy, we can nourish and harmonize each others states of well being, being one of the universal laws, in this case; the law of reciprocal feeding.

With good intent, we connect to the source of Qi, via the ancestral Jing which derives itself from the universal collective Qi energy. That has become massed in the common presence of elements and forms, giving structure to itself in the forms we recognize as life.

As one of the myriad's of evolved life forms, mankind exists on a planetary body governed by light and dark, referred to within the traditions of Chinese medicine, as Yin and Yang.

Yi being the thought that can empower intent, leads the practitioner of TCM to effect order & balance to some of the 10.000 things; looked at as deficiencies or excesses, manifesting in the movement of Qi and blood, the element's interactions as well as the seasons, observed as the qualities of Yin & Yang within the respective Zang-fu.

Intent, arises from consciousness (adj. with knowledge) and draws from a deeper source becoming as Daisetsu Suzuki infers in his words - "that the art becomes an artless art, growing out of the unconscious"

The word growing is interesting as growth starts from an infinite point becoming finite, growth divides and expands into a greater form.

If our acquired knowledge is conscious, this doorway or method becomes a key to unlocking the unconscious ancestral Qi which has no boundary or border and is like the sea of Qi, and just maybe, real intent is just Qi recognizing itself, putting aside the accoutrements

that come through acquired knowledge.

If minute particles of matter are viewed as having a consciousness, that becomes a uniting force to existence; that its vibration energy is connected by its body mass, to a collective mass, that in turn gives rise to a collective consciousness.

It would seem, that a symbiotic co-existence is taking place, affecting each other's common presence. In the case of Qi, which has no boundaries, it is already, all and everything.

Qi energy, oscillates or vibrates at different frequencies, in the case of a practitioners intent which is Yi leading Qi and as Qi resides in all matter and form, having no boundaries, it is a unity, we in turn become related (vice-regents) in a collective looking after itself.

Just maybe this action is what the collective called humanity calls love, Qi in action, like many of us who are immersed in Traditional Chinese or other Oriental Medicines, we are moved by a passionate forbearance in a world of changes, and are drawn to a simple axiom in a complex arena.

Written and Submitted by; Drew Young.

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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.

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