

Master Tung's Acupuncture for Difficult Cases

A quick clinical reference for Acupuncturists Lecture Notes

by Robert Chu, PhD, L.Ac., QME

Revision 3.3

Disclaimer

Please note that the author and publisher of these lecture notes are NOT RESPONSIBLE in any manner whatsoever for any injury that may result from practicing the techniques and/or following the instructions given within. Since the material deals with prior knowledge of acupuncture described herein, it will be too complex in nature for some readers to engage in safely, and it is essential that a licensed acupuncturist be consulted prior to application.

These lecture notes are to be used as a supplement when taking a course with Robert Chu and are not to be distributed to others who have not taken the course on **Master Tung's Acupuncture for Difficult Cases** with Robert Chu.

Note of Abbreviations used in this text

In this text we use the following abbreviations for the various channels:

Lu = Lung Channel

LI = Large Intestine Channel

St = Stomach Channel

Sp = Spleen Channel

H = Heart Channel

SI = Small Intestine Channel

UB = Urinary Bladder Channel

K = Kidney Channel

Pc = Pericardium Channel

SJ = Sanjiao Channel

GB = Gallbladder Channel

Liv = Liver Channel

Ren = Ren Channel

Du = Du Channel

Author's Preface:

Although Master Tung's Acupuncture has been in the public domain since his untimely passing in 1975, very little information is available publicly on how to use the system in a practical and systematic way in English. In these lecture notes, I hope to guide my fellow colleagues into the intricacies of applying Master Tung Acupuncture in the clinic. Since I am also a practicing martial artist and deal with internal medicine problems, sports injuries, pain management, and worker's comp injuries quite frequently, I wrote these lecture notes based on my clinical experience based on the protocols that I use daily. **Each of these protocols has been personally used by me one time or another in the clinic.**

Since I am a visual person, and I like things in a simple manner, I have placed the pictures of the points indicated for the various ailments together, to make it as simple as possible for the practicing acupuncturist to use in his or her clinic. I dislike overly drawn out discussions on theory, but prefer that application be one's guide. I also dislike secrecy, so I hold back no "alleged" secrets from anyone who wants to learn the real art. My goal is to help end suffering in the world and help English speaking acupuncturists improve their proficiency through the vehicle of Master Tung's Acupuncture.

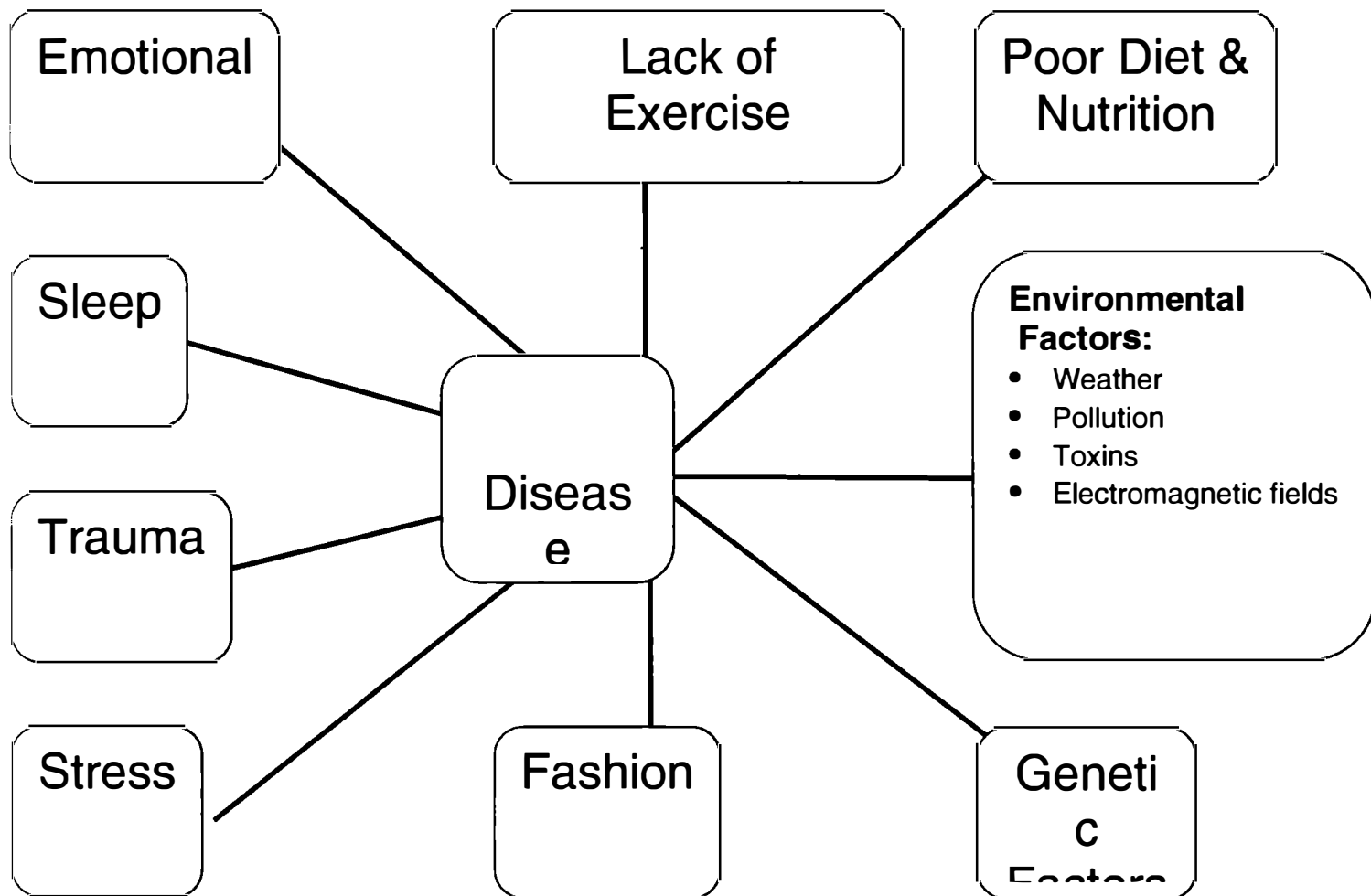
Many get overwhelmed when they refer to other media on Master Tung's Acupuncture. The existing numbering system is poor and nonsensical, the names of the points are all in Chinese, and the English translations of the names are poorly selected, and even worse, point locations are off. Some have deliberately tried to differentiate Master Tung's Acupuncture and regular acupuncture by stating that it is "non-channel acupuncture" - nothing could be further from the truth!

Also, little is done to approach the body of work on Master Tung's Acupuncture in a practical manner, and for one to use clinically on a daily basis. It is hoped that the reader can use these few points here and achieve amazing results in his or her practice, as these are the same points I use in my own practice daily with amazing results! In this book, I use a lot of standard acupuncture points along with Master Tung's acupuncture and emphasize the use of channels and imaging for optimal clinical use. If a practitioner can use this work, they can have a turnkey approach in the clinic, simply by implementing these acupuncture and herbal protocols.

In future revisions of this work, I will further explain the use of the points and their application in more difficult diseases. It is hoped that reader's questions and interest will lead to new revisions of these lecture notes.

I would like to thank my teacher, Dr. Young Wei-chieh, for instructing me in this method that he learned from Master Tung Ching-chang, and I would like to acknowledge Esther Su, a renowned master of Tung's Acupuncture, for her generous help. I would also like to thank my students Jack Chang, Kari Purhonen, Robert Ting, Dave McKinnon and Theodore Zombolas for their wonderful photography and artwork!

Chart of the causes of disease



Putting it all together

In the practice of Acupuncture, clinical efficacy is the real goal.

Application is the guide, and function rules over form. We do not rely on empirical knowledge exclusively. We are a flexible, dynamic system that unites the best of all acupuncture systems and are not bound by any particular method. We also do not have a specific preference of a particular method of acupuncture, as there will be many teachers who can explain their method and it can fit into at least one of the pillars that we teach.

The following lists the methods of applying the Master Tung Acupuncture system in clinical practice.

1. Select the channel(s) that is/are affected.
2. Select any acupoints on that/those channel(s) that pertain to the disease. We apply the most appropriate Acupuncture point selection strategies according to skill in means.

For example, if the patient was diagnosed with a Lung Excess condition, select the Lung (or related Channel), and sedate it. We can also choose the Acupoints that may sedate Metal.

3. Select any secondary channels and treat the channels accordingly to the secondary disease.
4. Retain the needles for 28.8 minutes.
5. Remove the needles, and check with the patient regarding their signs and symptoms.

In general, an acute condition may take only a few visits to resolve completely. A chronic disease will certainly take longer. In general, painful conditions should be seen at least 3 times a week, sometimes everyday, if indicated. A chronic disease should be seen at least twice a week for a treatment course of 10 –12 sessions, then tapered down to once a week, then once every 2 weeks, finally ending with a follow up visit once a month until completely resolved. I believe it every medicine has it's proper dosage and that in general,

Acupuncturists do not see their patients often enough. The proper dosage of acupuncture is at least 1 treatment every 72 hours.

Difficult Cases

1. Bronchitis

S/S: Acute bronchitis:

- Hacking cough.
- Yellow, white, or green phlegm, usually appearing 24 to 48 hours after a cough.
- Fever, chills.
- Soreness and tightness in chest.
- Some pain below breastbone during deep breathing.
- Some shortness of breath.

Chronic bronchitis:

- Persistent cough producing yellow, white, or green phlegm (for at least three months of the year, and for more than two consecutive years).
- Wheezing, some breathlessness.

(From WebMD)

Acu: Lu 5, 6, 8, Shui Jin, Shui Tong, Shen Guan, Pc 6, St 36, 40, Xin Ling, San Shi

Shui Jin/Tong	Lu 5,6, 8 Pc 6	
Shen Guan	St 36, 40	Or:

Shui Jin/Tong	San Shi Xin Ling
Shen Guan	St 36, 40

Rx: *Xiao Qing Long Tang* or *Qing Qi Hua Tan Wan*

Qing Qi Hua Tan Wan

Bolus for Clearing Qi and Phlegm aka Clean Air Teapills (Qing Qi Hua Tan Wan)

Ingredients

Pinellia ternata rhizome, Arisaema amurense rhizome-bovine bile prepared, Trichosanthes kirilowii seed-frost, Scutellaria baicalensis root, Citrus reticulata peel, Prunus armeniaca seed, Citrus aurantium fruit-immature, Poria cocos fungus, Zingiber officinale rhizome-fresh
Ban xia, Dan nan xing, Gua lou ren shuang, Huang qin
Chen pi, Xing ren, Zhi shi, Fu ling, Sheng jiang.

2. Edema of Lower Limbs

S/S: Lymphedema is a collection of fluid that causes swelling (edema) in the arms and legs. Normally, lymph nodes filter fluid as it flows through them, trapping bacteria, viruses, and other foreign substances, which are then destroyed by special white blood cells called lymphocytes. Without normal lymph drainage, fluid can build up in the affected arm or leg, and lymphedema can develop. Medications such as tamoxifen (Nolvadex), radiation therapy, and injury to the lymph nodes can also cause lymphedema. This type is called secondary lymphedema. (From WebMD)

Acu: Sp 3, 6, 9 or Xia San Huang

	Xia San Huang or Sp 3, 6, 9

Rx: *Wu Ling San* and *Xiang Sha Liu Jun Zi Wan*

Wu Ling San

Powder of Five Herbs with Poria Aka Wu Ling San Teapills (Wu Ling San Wan)

Ingredients

Alisma plantago aquatica rhizome, Poria cocos fungus, Atractylodes macrocephala rhizome, Polyporus umbellatus fungus, Cinnamomum cassia twig

Ze xie, Fu ling, Bai zhu, Zhu ling, Gui zhi

Xiang Sha Liu Jun Zi Tang

Saussurea & Amomi Combination, aka Six Gentlemen Plus Teapills

Xiang Sha Liu Jun Zi Wan

Ingredients: Atractylodes macrocephala rhizome, Poria cocos fungus, Codonopsis pilosula root, Pinellia ternata rhizome, Citrus reticulata peel, Amomum villosum fruit, Aucklandia lappa root, Glycyrrhiza uralensis root, Ziziphus jujuba fruit, Zingiber officinale rhizome-fresh

Bai zhu, Fu ling, Dang shen

Ban xia, Chen pi, Sha ren, Mu xiang, Gan cao, Da zao, Sheng jiang

3. Palpitations

S/S: Symptoms of Palpitations include a feeling of skipped heart beats, fluttering or rapid heart beats, or pounding in your chest . May be related to Coronary Artery Disease, Heart Attack (Myocardial Infarction), Arrhythmias, Atrial Fibrillation, Heart Valve Disease, Congenital Heart Disease, Heart Muscle Disease (Cardiomyopathy), Pericarditis

Acu: Pc 3,4, 6, St 36, 43, Liv 2,3, 6, Xin Ling

	Pc 3, 4, 6 or Xin Ling
Liv 2, 3, 6	St 36, 43

Rx: ***Dan Shen Pian*** and ***Xue Fu Zhu Yu Tang***

Fu Fang Dan Shen Pian, Compound Tablet of Scarlet Root, herbal supplement for coronary heart diseases, combination of scarlet root, notoginseng and lovage root, Shang Yao brand, 10 containers, 50-tablet each container, 500 mg each tablet, manufactured by Shanghai Chinese Herbal Works, Shanghai, China

Ingredients: Salvia miltiorrhiza (Scarlet root), Panax notoginseng (Notoginseng root), Ligusticum wallichii (Lovage root). Also contains cochineal extract (tablet coating).

Name: ***Xue Fu Zhu Yu Tang***

Persica & Carthamus Combination

Aka Stasis In The Mansion Of Blood Teapills (Xue Fu Zhu Yu Tang Wan)

Ingredients:

Prunus persica seed, Carthamus tinctorius flower, Angelica sinensis root, Rehmannia glutinosa root-raw, Achyranthes bidentata root, Citrus aurantium fruit-immature, Paeonia veitchii root, Ligusticum wallichii rhizome, Platycodon grandiflorum root, Bupleurum chinense root, Glycyrrhiza uralensis root

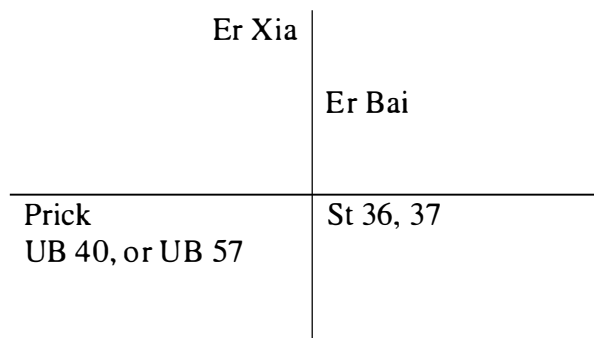
Tao ren, Hong hua, Dang gui, Sheng di huang, Niu xi

Zhi shi, Chi shao, Chuan xiong, Jie geng, Chai hu, Gan cao

4. Hemorrhoids

S/S: Hemorrhoids are varicose (swollen or dilated) veins located in or around the anus. They can be internal inside the anus -- or external under the skin around the anus. (From WebMD)

Acu: Bloodlet UB 40 or UB 57, Er Bai, St 36, St 37, Er Xia



Rx: Hua Jiao Wan

Huai Jiao Wan

Sophora Japonica Teapills

Ingredients

Sophora japonica fruit, Sanguisorba officinalis root, Scutellaria baicalensis root, Citrus aurantium fruit-ripe, Ledebouriella divaricata root, Angelica sinensis root,

Huai jiao zi, Di yu, Huang qin, Zhi ke, Fang feng, Dang gui

5. Insomnia

S/S: Insomnia is a sleep disorder that is characterized by difficulty falling and/or staying asleep. People with insomnia have one or more of the following symptoms:

- Difficulty falling asleep
- Waking up often during the night and having trouble going back to sleep
- Waking up too early in the morning
- Feeling tired upon waking

(From WebMD)

Acu: Ling Gu, Da Bai, Liv 2, 3, 6, Yin Tang, Du 20



Rx: *Suan Zao Ren Tang Wan* and *Xiao Yao Wan*

Suan Zao Ren Tang

Zizyphus Combination

Ingredients:

Zizyphus spinosa seed, Ligusticum wallichii rhizome, Poria cocos fungus, Anemarrhena asphodeloides rhizome, Glycyrrhiza uralensis root

Suan zao ren, Chuan xiong, Fu ling, Zhi mu, Gan cao

Xiao Yao Wan

Free & Easy Wanderer Teapills (Xiao Yao Wan)

Ingredients:

Bupleurum chinense root, Paeonia lactiflora root, Angelica sinensis root, Atractylodes macrocephala rhizome, Poria cocos fungus, Zingiber officinale rhizome-fresh, Glycyrrhiza uralensis root, Mentha haplocalyx herb

Chai hu, Bai shao, Dang gui, Bai zhu, Fu ling, Sheng jiang, Gan cao, Bo he

6. Hypertension

S/S: Blood pressure greater than 130/90, including:

- Severe headache
- Fatigue or confusion
- Vision problems
- Chest pain
- Difficulty breathing
- Irregular heartbeat
- Blood in the urine

Untreated hypertension can lead to serious diseases, including stroke, heart disease, kidney failure and eye problems.

(From WebMD)

Acu: Ling Gu, Da Bai, Liv 2, 3, 6, Yin Tang, Du 20, Shen Guan, Xia San Huang

Yin Tang	Du 20
	Ling Gu, Da Bai
Liv 2, 3, 6 Shen Guan	Xia San Huang

Rx: *Long Dan Xie Gan Tang* and *Tian Ma Gou Teng Yin*

Long Dan Xie Gan Tang

Gentiana Combination

Ingredients:

Gentiana scabra root, Bupleurum chinense root, Alisma plantago aquatica rhizome, Rehmannia glutinosa root-raw, Angelica sinensis

root, Scutellaria baicalensis root, Gardenia jasminoides fruit, Akebia trifoliata stem, Plantago asiatica seed, Glycyrrhiza uralensis root
Long dan cao, Chai hu, Ze xie, Sheng di huang
Dang gui, Huang qin, Zhi zi, Mu tong, Che qian zi, Gan cao

Tian Ma Gou Teng Yin

Ingredients

Haliotis diversicolor shell, Taxillus chinensis twig, Uncaria rhynchophylla vine, Polygonum multiflorum vine, Poria cocos fungus, Cyathula officinalis root, Leonurus heterophyllus herb, Gastrodia elata rhizome, Gardenia jasminoides fruit, Scutellaria baicalensis root, Eucommia ulmoides bark
Shi jue ming, Sang ji sheng, Gou teng, Ye jiao teng, Fu ling
Chuan niu xi, Yi mu cao, Tian ma, Zhi zi, Huang qin, Du zhong

7. **Diabetes mellitus**

S/S: Common symptoms of diabetes are increased thirst, frequent urination, increased hunger, unusual weight loss, extreme fatigue, and irritability. However, in type 2 diabetes, blood sugar levels rise so slowly that a person usually does not have symptoms and may have had the disease for many years before diagnosis.

Type 2 diabetes is the most common type of diabetes. People who develop type 2 diabetes are often overweight and not physically active. It is most common in people over the age of 40 but is becoming more common in children. (From Web MD)

Complications include:

Diabetic retinopathy which can lead to vision loss, blindness, cataracts or glaucoma, Diabetic nephropathy which can lead to kidney failure, blood vessel damage (macrovascular disease) which can lead to heart attack, stroke, or circulation problems in the legs, further leading to amputation. Diabetic neuropathy which can lead to a variety of problems, including: Peripheral neuropathy (affecting sensations and touch) along with blood vessel disease in the legs can lead to foot problems, including a deformity called, or osteomyelitis (Charcot foot), a severe bone infection that may require amputation. Autonomic neuropathy (affecting internal functioning) which can lead to gastroparesis, hypoglycemia unawareness, and erection problems.

Acu: Sp 3, 9, St 36, 43, Tian Mi, Xia San Huang, Liv 2, 3, 6

	Tian Mi
Liv 2, 3, 6	Sp 3, 9 or Xia San Huang St 36, 43

Rx: *Yu Quan Wan*

Yu Quan Wan

(Jade Spring Combination) aka Jade Spring Teapills (Yu Quan Wan)

Ingredients:

Trichosanthes kirilowii root, Pueraria lobata root, Codonopsis pilosula root, Astragalus membranaceus root, Poria cocos fungus, Rehmannia glutinosa root-raw, Ophiopogon japonicus tuber, Prunus mume fruit, Schisandra chinensis fruit, Glycyrrhiza uralensis root
Tian hua fen, Ge gen, Dang shen, Huang qi, Fu ling
Sheng di huang, Mai men dong, Wu mei, Wu wei zi, Gan cao

8. Herpes genitalia

S/S: Clusters of small fluid-filled blisters that break, forming painful sores that crust and heal during several days. Affected areas include the penis, scrotum, vagina, vulva, urethra, anus, thighs, and buttocks. (From WebMD)

Acu: Si Ma San, Liv 2, 3, 6, Xia San Huang

Liv 2, 3, 6	Si Ma San Xia San Huang

Rx: *Long Dan Xie Gan Tang* and *Si Miao San*

Long Dan Xie Gan Tang

Gentiana Combination, aka Snake & The Dragon Teapills (Long Dan Xie Gan Wan)

Ingredients:

Gentiana scabra root, Bupleurum chinense root, Alisma plantago aquatica rhizome, Rehmannia glutinosa root-raw, Angelica sinensis root, Scutellaria baicalensis root, Gardenia jasminoides fruit, Akebia trifoliata stem, Plantago asiatica seed, Glycyrrhiza uralensis root
Long dan cao, Chai hu, Ze xie, Sheng di huang
Dang gui, Huang qin, Zhi zi, Mu tong, Che qian zi, Gan cao

Si Miao San

(4 Marvel Powder) aka Four Marvel Teapills (Si Miao Wan)

Ingredients:

Phellodendron amurense bark, Coix lachryma jobi seed
Atractylodes lancea rhizome, Achyranthes bidentata root
Huang bai, Yi yi ren, Cang zhu, Niu xi

9. Herpes zoster

S/S: Shingles (herpes zoster) is a viral infection of the nerve roots. It causes pain and a band of rash that spreads on one side of your body. It is caused by the same virus that causes chickenpox, as the virus lies dormant (inactive) in your nerve roots. Shingles is caused by the reactivation of the virus. In some people, it stays dormant for the rest of their lives. In others, the virus can be reactivated when the immune system is weakened, possibly by disease, aging, or stress. (From WebMD)

Acu: Gan Men, Chang Men, GB 34, 43, Ling Gu, Da Bai, Liv 2, 3, 6, St 34, 36, 44

	Gan/Chang Men Ling Gu, Da Bai
Liv 2, 3, 6	St 34, 36, 44

Rx: *Long Dan Xie Gan Tang* and *Jia Wei Xiao Yao Wan*

Long Dan Xie Gan Tang

Gentiana Combination

Ingredients:

Gentiana scabra root, Bupleurum chinense root, Alisma plantago aquatica rhizome, Rehmannia glutinosa root-raw, Angelica sinensis root, Scutellaria baicalensis root, Gardenia jasminoides fruit, Akebia trifoliata stem, Plantago asiatica seed, Glycyrrhiza uralensis root
Long dan cao, Chai hu, Ze xie, Sheng di huang
Dang gui, Huang qin, Zhi zi, Mu tong, Che qian zi, Gan cao

Jia Wei Xiao Yao Wan

Bupleurum & Dang Gui Formula aka Free & Easy Wanderer Plus Teapills (Jia Wei Xiao Yao Wan)

Ingredients:

Paeonia lactiflora root - wine-fried, Poria cocos fungus, Atractylodes macrocephala rhizome, Paeonia suffruticosa root-bark, Gardenia jasminoides fruit, Bupleurum chinense root, Angelica sinensis root, Zingiber officinale rhizome-fresh, Glycyrrhiza uralensis root, Mentha haplocalyx herb

Jiu chao bai shao, Fu ling, Bai zhu, Mu dan pi, Zhi zi, Chai hu, Dang gui, Sheng jiang, Gan cao, Bo he

10. Hyperlipidemia (High Cholesterol)

S/S: Cholesterol is a lipid that your body needs for many important functions, such as producing new cells. If you eat too many high-cholesterol foods and/or too much saturated fat or you have an inherited tendency to make too much cholesterol, your cholesterol levels may be too high. This increases your risk for hardening of the arteries, or atherosclerosis, and can lead to life-threatening illnesses, such as coronary artery disease, heart attack, or stroke.

Total cholesterol (mg/dL)	Classification	Total cholesterol (mmol/L)
less than 200 mg/dL	desirable	5.17
200 to 239	borderline-high	5.17 - 6.18
240 or higher	high	6.21 or higher

Acu: St 36, 40, 44, Sp 3, 9, Xia San Huang

	St 36, 40, 44 Xia San Huang or Sp 3, 9
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Rx: *Dan Shen Pian* and *Shan Zha Jiang Zhi Pian*, may add Er Chen Wan

Dan Shen Pian

Ingredients: Salvia miltiorrhiza (Scarlet root), Panax notoginseng (Notoginseng root), Ligusticum wallichii (Lovage root). Also contains cochineal extract (tablet coating).

Shan Zha Jiang Zhi Pian

Ingredients: Rhizoma Pinelliae (ban xia) Fructus Crataegi (shan zha) Radix Salviae Miltiorrhizae (dan shen) Radix Angelicae Sinensis (shou wu) Concha Ostreae (mu li) Radix Et Rhizomg Rhei (zhi da huang) Radix Semiaquilegiae (tian kui zi) Rhizoma Arisaematis (zhi nan xing)

11. **Benign prostatic hypertrophy/Prostatitis**

Prostatitis S/S:

- A frequent urge to urinate, although you may only pass small amounts of urine.
- A burning sensation when urinating (dysuria).
- Difficulty starting urination, interrupted flow (urinating in waves rather than a steady stream), weaker-than-normal urine flow, and dribbling after urinating.
- Excessive urinating at night (nocturia).
- A sensation of not completely emptying your bladder.
- Pain or discomfort in your lower back, in the area between the testicles and anus, in the lower abdomen or upper thighs, or above the pubic area. Pain may become worse during a bowel movement.
- Pain or vague discomfort during or after ejaculation.
- Pain in the tip of your penis.

(From WebMD)

Benign Protatic Hypertropy/Hyperplasia S/S -

Symptoms related to bladder emptying include:

- Difficulty starting a urine stream (hesitancy and straining).
- Decreased strength of the urine stream (weak flow).
- Dribbling after urination.
- Feeling the bladder is not completely empty.
- The urge to urinate again soon after urinating.
- Pain during urination (dysuria).

(From WebMD)

Acu: Liv 2, 3, 6, Xia San Huang

Liv 2, 3, 6	Xia San Huang
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Rx: Saw Palmetto and Long Dan Xie Gan Tang

Long Dan Xie Gan Tang

Gentiana Combination

Ingredients:

Gentiana scabra root, Bupleurum chinense root, Alisma plantago aquatica rhizome, Rehmannia glutinosa root-raw, Angelica sinensis root, Scutellaria baicalensis root, Gardenia jasminoides fruit, Akebia trifoliata stem, Plantago asiatica seed, Glycyrrhiza uralensis root Long dan cao, Chai hu, Ze xie, Sheng di huang, Dang gui, Huang qin, Zhi zi, Mu tong, Che qian zi, Gan cao

12. Prostate Cancer

S/S: Prostate cancer often does not cause symptoms for many years. By the time symptoms occur, the disease may have spread beyond the prostate. When symptoms do occur, they may include:

- Frequent urination, especially at night
- Inability to urinate
- Trouble starting or holding back urination
- A weak or interrupted urine flow
- Frequent pain or stiffness in the lower back, hips, or upper thighs

Two tests are commonly used to detect prostate cancer in the absence of any symptoms. One is the digital rectal exam, in which a doctor feels the prostate through the rectum to find hard or lumpy areas. The other is a blood test used to detect a substance made by the prostate called prostate specific antigen (PSA).

(From WebMD)

Acu: Liv 2, 3, 6, St 36, 43, Xia San Huang, Da Xiao Jian, Fu Jian

	Da/Xiao/Fu Jian
Liv 2, 3, 6	Xia San Huang St 36, 43

Rx: *Long Dan Xie Gan Tang* and *Jin Gui Shen Qi Wan*

Long Dan Xie Gan Tang

Gentiana Combination

Ingredients:

Gentiana scabra root, Bupleurum chinense root, Alisma plantago aquatica rhizome, Rehmannia glutinosa root-raw, Angelica sinensis root, Scutellaria baicalensis root, Gardenia jasminoides fruit, Akebia trifoliata stem, Plantago asiatica seed, Glycyrrhiza uralensis root
Long dan cao, Chai hu, Ze xie, Sheng di huang
Dang gui, Huang qin, Zhi zi, Mu tong, Che qian zi, Gan cao

Jin Gui Shen Qi Wan

Aka Golden Book Teapills (Jin Gui Shen Qi Wan)

Ingredients:

Rehmannia glutinosa root-prep, Dioscorea opposita rhizome, Cornus officinalis fruit, Paeonia suffruticosa root-bark, Poria cocos fungus, Alisma plantago aquatica rhizome, Cinnamomum cassia bark, Aconitum carmichaeli root
Shu di huang, Shan yao, Shan zhu yu, Mu dan pi, Fu ling, Ze xie, Rou gui, Fu zi

13. **Hepatitis B**

S/S: Hepatitis B is a liver disease caused by infection with the hepatitis B virus (HBV). Hepatitis B is one of the most easily spread (contagious) forms of viral hepatitis. However, hepatitis has many other causes, including some medications, long-term alcohol use, and exposure to certain industrial chemicals.

All types of hepatitis damage liver cells and can cause the liver to become swollen and tender. Some types can cause permanent liver damage.

Hepatitis B can be a short-term (acute) or long-term (chronic) infection.

- An acute infection usually goes away on its own without treatment. Some people have no symptoms. Most people who develop symptoms feel better in 2 to 3 weeks and recover completely after 4 to 8 weeks. Other people may take longer to recover. Once an acute infection is over, you are no longer contagious. You also develop antibodies against HBV that provide lifelong protection against future infection. Most people who have hepatitis B have acute hepatitis B and do not develop chronic hepatitis B.
- Chronic infection occurs when the hepatitis B virus continues to be present in your liver and blood for 6 months or more. Chronic hepatitis B puts you at increased risk for developing serious liver diseases such as cirrhosis and liver cancer (hepatocellular carcinoma).

(From WebMD)

Acu: Gan Men, Chang Men, GB 34, Liv 2, 3, 6, Xia San Huang

	Gan/Chang Men
Liv 2, 3, 6 GB 34	Xia San Huang

Rx: *Chai Hu Shu Gan Tang* and *Long Dan Xie Gan Tang*, may substitute with *Jia Wei Xiao Yao Wan*

Chai Hu Shu Gan Tang

Bupleurum Sooth Liver Teapills (Chai Hu Shu Gan Wan)

Ingredients:

Bupleurum chinense root, Paeonia lactiflora root - wine-fried, Cyperus rotundus rhizome-vinegared, Citrus aurantium fruit-ripe-fried, Ligusticum wallichii rhizome, Glycyrrhiza uralensis root, Citrus reticulata peel

Chai hu, Jiu chao bai shao, Cu zhi xiang fu, Chao zhi ke, Chuan xiong, Gan cao, Chen pi.

Long Dan Xie Gan Tang

Gentiana Combination

Ingredients:

Gentiana scabra root, Bupleurum chinense root, Alisma plantago aquatica rhizome, Rehmannia glutinosa root-raw, Angelica sinensis root, Scutellaria baicalensis root, Gardenia jasminoides fruit, Akebia trifoliata stem, Plantago asiatica seed, Glycyrrhiza uralensis root
Long dan cao, Chai hu, Ze xie, Sheng di huang, Dang gui, Huang qin, Zhi zi, Mu tong, Che qian zi, Gan cao

Jia Wei Xiao Yao Wan

Free & Easy Wanderer Plus Teapills (Jia Wei Xiao Yao Wan)

Ingredients

Paeonia lactiflora root - wine-fried, Poria cocos fungus, Atractylodes macrocephala rhizome, Paeonia suffruticosa root-bark, Gardenia

jasminoides fruit, Bupleurum chinense root, Angelica sinensis root,
Zingiber officinale rhizome-fresh, Glycyrrhiza uralensis root, Mentha
haplocalyx herb

Jiu chao bai shao, Fu ling, Bai zhu, Mu dan pi, Zhi zi, Chai hu, Dang
gui, Sheng jiang, Gan cao, Bo he

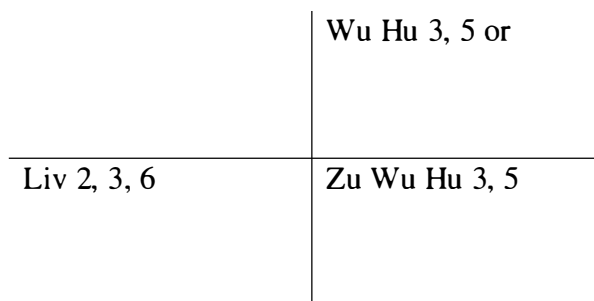
14. Gout

S/S: Gout is a form of arthritis that causes sudden, severe attacks of pain, tenderness, redness, warmth and swelling (inflammation) in some joints. It usually affects one joint at a time. The large toe is most often affected, but gout also can affect other joints in the leg (knee, ankle, and foot) and, less often, joints in the arm (hand, wrist, and elbow). The fingers are rarely involved and the spine is almost never affected. One may find:

- Sudden, intense joint pain, which often first occurs in the early morning hours
- Swollen joint that is warm to touch
- Red or purple skin around the joint

(From WebMD)

Acu: Bloodlet affected area, Liv 2, 3, 6, Zu Wu Hu or Wu Hu 3, 5



Rx: *Shu Jing Huo Xue Tang* and *Dan Shen Pian*

Shu Jing Hou Xue Tang

Clematis and Stephania Combination

tang-kuei, siler, licorice, chiang-huo, atractylodes, cnidium, peony, achyranthes, chin-chiu, hoelen, ginger, rehmannia, angelica, clematis, stephania, persica; plus citrus

Dan Shen Pian

Ingredients: Salvia miltiorrhiza (Scarlet root), Panax notoginseng (Notoginseng root), Ligusticum wallichii (Lovage root). Also contains cochineal extract (tablet coating).

15. Obesity

S/S: Obesity means having too much body fat (adipose tissue). Obesity generally is determined by calculating your body mass index (BMI), which measures weight for height and is stated in numbers. A BMI of 30 or higher is considered obese in adults—you are at a higher risk for certain health problems than those with a lower BMI. As BMI increases, your risk of health problems increases.

Obesity is considered a long-term, complex disease. Many factors are involved in determining why some people are heavier than others and how much risk they have for developing other health conditions. Some of these factors are genetic (you have inherited them) and others have to do with your culture, environment, and behavior.

If your BMI is between 25 and 30, you are considered overweight (and also at increased risk for certain diseases).

Obesity can lead to type 2 diabetes, high blood pressure, coronary artery disease (CAD), stroke, and sleep apnea.

(From Web MD)

Acu: Xia San Huang, St 36, 40, 43, Liv 2, 3, 6

Liv 2, 3, 6	Xia San Huang St 36, 40, 43

Rx: *Er Chen Tang, Shan Zha Jiang Zhi Pian*

Name: *Er Chen Tang*

Citrus & Pinellia Combination, aka Er Chen Teapills (Er Chen Wan)

Ingredients: Pinellia ternata rhizome, Citrus reticulata peel, Poria cocos fungus, Glycyrrhiza uralensis root, Zingiber officinale rhizome-fresh

Ban xia, Chen pi, Fu ling, Gan cao, Sheng jiang

Shan Zha Jiang Zhi Pian

(Hawthorn Cholesterol Fighter)

Rhizoma Pinelliae (ban xia)

Fructus Crataegi (shan zha)

Radix Salviae Miltiorrhizae (dan shen)

Radix Angelicae Sinensis (shou wu)

Concha Ostreae (mu li)

Radix Et Rhizomg Rhei (zhi da huang)

Radix Semiaquilegiae (tian kui zi)

Rhizoma Arisaematis (zhi nan xing)

Diet: Advise 6-8 meals per day

Exercise: Advise 30 minutes walking per day; Choose 3 exercises for patient to do throughout the day 10 –12 reps for 2 minutes, with 10 sets done in a day.

16. Renal Calculi

S/S: Kidney stones (renal calculi or nephrolithiasis) are made of salts, minerals, and other substances normally found in the urine that stick together and build up on the inner surfaces of the urinary system. Stones can develop in the kidney, the ureter, or the bladder. About 80% of kidney stones contain calcium compounds, mostly calcium oxalate, and are called calcium stones. Factors that affect the normal balance of the urine can lead to kidney stone formation. The most common cause of kidney stones is decreased fluid intake (dehydration). When you become dehydrated, the salts, minerals, and other substances in the urine are more likely to stick together and form a stone.

(From WebMD)

Acu: UB 40, 63, 65, 66, SI 9, 10, Liv 2, 3, 6

SI 9, 10

Liv 2, 3, 6

UB 40, 63, 65, 66

Rx: *Ba Zheng San*, *Li Niao Pai Shi Wan* and *Long Dan Xie Gan Tang*

Ba Zheng San

Eight Righteous Tea Pills

Ingredients:

Glycyrrhiza uralensis root, Akebia trifoliata stem, Plantago asiatica seed, Dianthus superbus herb, Polygonum aviculare herb, Gardenia jasminoides fruit, Lysimachia christinae herb, Phellodendron amurense bark, Rheum palmatum root

Gan cao.Mu tong.Che qian zi.Qu mai
Bian xu.Zhi zi.Jin qian cao.Huang bai.Da huang

Li Niao Pai Shi Wan (or Pian)

Ingredients:

Rhizoma Alismatis (ze xie)
Radix Bupleuri (chai hu)
Herba Lysimachiae (jin qian cao)
Folium Pyrrosiae (shi wei)
Semen Plantaginis (che qian zi)
Radix Cynanchi Paniculati (xu chang qing)
Caulis Lonicerae (ren dong teng)
Semen Vaccariae (wang bu liu xing)
Herba Dianthi (qu mai)

Long Dan Xie Gan Tang

Gentiana Combination, aka Snake & The Dragon Teapills (Long Dan Xie Gan Wan)

Ingredients:

Gentiana scabra root, Bupleurum chinense root, Alisma plantago aquatica rhizome, Rehmannia glutinosa root-raw, Angelica sinensis root, Scutellaria baicalensis root, Gardenia jasminoides fruit, Akebia trifoliata stem, Plantago asiatica seed, Glycyrrhiza uralensis root
Long dan cao, Chai hu, Ze xie, Sheng di huang
Dang gui, Huang qin, Zhi zi, Mu tong, Che qian zi, Gan cao

17. Parkinson's Disease

S/S:

- Tremors or shaking, often in a hand, arm, or leg.
- Stiff muscles (rigidity) and achiness
- Slow, limited movement (bradykinesia), especially when the person tries to move from a resting position
- Weakness of face and throat muscles.
- fixed, vacant facial expression, often called the "Parkinson's mask".
- Difficulty with walking (gait disturbance) and balance (postural instability). Parkinson's shuffle

Acu: Xia San Huang, Liv 2, 3, 6, GB 34, 36, 39

Liv 2, 3, 6 GB 34, 36, 39	Xia San Huang
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Rx: *Tian Ma Gou Teng Yin* and *Qi Ju Di Huang Wan*

Tian Ma Gou Teng Yin Teapills

Haliotis diversicolor shell, Taxillus chinensis stem, Uncaria rhynchophylla vine, Polygonum multiflorum vine, Poria cocos fungus, Leonurus heterophyllus herb, Gastrodia elata rhizome, Gardenia jasminoides fruit, Scutellaria baicalensis root, Eucommia ulmoides bark, Cyathula officinalis root.

Shi jue ming, Sang ji sheng, Gou teng, Ye jiao teng, Fu ling, Yi mu cao, Tian ma, Zhi zi, Huang qin, Du zhong, Chuan niu xi

Qi Ju Di Huang Wan

Lycium Chrysanthemum Rehmannia Formula, Lycium Rehmannia Teapills, Eight Flavored Rehmannia Pills with Lycium and Chrysanthemum

Ingredients:

Rehmannia glutinosa root-prep, Cornus officinalis fruit, Dioscorea opposita rhizome, Paeonia suffruticosa root-bark, Poria cocos fungus, Alisma plantago aquatica rhizome, Lycium barbarum fruit, Chrysanthemum morifolium flower. - Shu di huang, Shan zhu yu, Shan yao, Mu dan pi, Fu ling, Ze xie, Gou qi zi, Ju hua.

18. Psoriasis

S/S:

- Bright red areas of raised patches (plaques) on the skin, often covered with loose, silvery scales. Plaques can occur anywhere, but commonly they occur on the knees, elbows, scalp, hands, feet, or lower back. Nearly 90% of people with psoriasis have plaque-type psoriasis.
- Tiny areas of bleeding when skin scales are picked or scraped off (Auspitz's sign).
- Mild scaling to thick, crusted plaques on the scalp.
- Itching, especially during sudden flare-ups or when the psoriasis patches are in body folds, such as under the breasts or buttocks.
- Nail disorders. Nail disorders are common, especially in severe psoriasis. Nail symptoms include:
 - Tiny pits in the nails (not found with fungal nail infections).
 - Yellowish discoloration of the toenails and sometimes the fingernails.
 - Separation of the end of the nail from the nail bed.
 - Less often, a buildup of skin debris under the nails.
- Other symptoms of psoriasis may include:
 - Similar plaques in the same area on both sides of the body (for example, both knees or both elbows).
 - Flare-ups of many raindrop-shaped patches. Called guttate psoriasis, this condition often follows a strep infection and is the second most common type of psoriasis. It affects less than 10% of those with psoriasis.
- Joint swelling, tenderness, and pain (psoriatic arthritis).

From WebMD

Acu: Si Ma San, Liv 2, 3, 6, Xia San Huang, St 36, 37, 44

Liv 2, 3, 6	Si Ma San Xia San Huang St 36, 37, 44

Rx: *Wu Wei Xiao Du Yin* and *Long Dan Xie Gan Tang*

Wu Wei Xiao Du Yin

Lonicera japonica flower, Chrysanthemum indicum flower,
Taraxacum mongolicum herb, Viola yedoensis herb, Begonia
fimbristipulata herb.

Jin yin hua, Ye ju hua, Pu gong ying, Zi hua di ding, Zi bei tian kui

Long Dan Xie Gan Tang

Gentiana scabra root, Bupleurum chinense root, Alisma plantago
aquatica rhizome, Rehmannia glutinosa root-raw, Angelica sinensis
root, Scutellaria baicalensis root, Gardenia jasminoides fruit, Akebia
trifoliata stem, Plantago asiatica seed, Glycyrrhiza uralensis root.
Long dan cao, Chai hu, Ze xie, Sheng di huang, Dang gui, Huang qin,
Zhi zi, Mu tong, Che qian zi, Gan cao.

19. Acne

S/S:

Acne develops most often on the face, neck, chest, shoulders, or back and can range from mild to severe. It can last for a few months, many years, or come and go your entire life.

Mild acne usually causes only whiteheads and blackheads. At times, these may develop into an infection in the skin pore (pimple).

Severe acne can produce hundreds of pimples that cover large areas of skin. Cystic lesions are pimples that are large and deep. These lesions are often painful and can leave scars on your skin.

Acne can lead to low self-esteem and sometimes depression. These conditions need treatment along with the acne.

From WebMD

Acu: St 36, 37, 44, Xia San Huang, Liv 2, 3, 6, Si Ma San

Liv 2, 3, 6	Si Ma San Xia San Huang St 36, 37, 44

Rx: *San Huang Pian* or *Huang Lian Jie Du Pian*

San Huang Pian

Ingredients: Rhubarb (*Rheum officinale* Baill) root, Baikal skullcap (*Scutellaria baicalensis* Georgi) root, Coptis (*Coptis chinensis* Franch) root

Huang Lian Jie Du Pian

Coptis chinensis rhizome, Gardenia jasminoides fruit, Scutellaria baicalensis root, Phellodendron amurense bark.

Huang lian, Zhi zi, Huang qin, Huang bai.

20. Epilepsy

S/S:

- Generalized seizures: All areas of the brain (the cortex) are involved in a generalized seizure. Sometimes these are referred to as grand mal seizures.
- To the observer, the person experiencing such a seizure may cry out or make some sound, stiffen for some seconds, then have rhythmic movements of the arms and legs. Often the rhythmic movements slow before stopping.
- Eyes are generally open.
- The person may not appear to be breathing. The person is often breathing deeply after an episode.
- The return to consciousness is gradual and should occur within a few moments.
- Loss of urine is common.
- Often people will be confused briefly after a generalized seizure.
- Partial or focal seizures: Only part of the brain is involved, so only part of the body is affected. Depending on the part of the brain having abnormal electrical activity, symptoms may vary.
- If the part of the brain controlling movement of the hand is involved, for example, then perhaps only the hand may show rhythmic movements or jerking.
- If other areas of the brain are involved, symptoms might include strange sensations or small repetitive movements such as picking at clothes or lip smacking.
- Sometimes the person with a partial seizure appears dazed or confused. This may represent a partial complex seizure. The term complex is used by doctors to describe a person who is between being fully alert and unconscious.
- Absence or petit mal seizures: These are most common in childhood.

- Impairment of consciousness is present with the person often staring blankly.
- Repetitive blinking or other small movements may be present.
- Typically, these seizures are brief, lasting only seconds. Some people may have many of these in a day.
- Other seizure types exist particularly in very small children.

(WebMD Medical Reference from eMedicineHealth)

Acu: GB 34, 36, 39, Xia San Huang, Liv 2, 3, 6, Si Ma San

Liv 2, 3, 6 GB 34, 36, 39	Si Ma San Xia San Huang
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Rx: ***Tian Ma Gou Teng Yin*** and ***Qu Ju Di Huang Wan***

Tian Ma Gou Teng Yin Teapills

Haliotis diversicolor shell, Taxillus chinensis stem, Uncaria rhynchophylla vine, Polygonum multiflorum vine, Poria cocos fungus, Leonurus heterophyllus herb, Gastrodia elata rhizome, Gardenia jasminoides fruit, Scutellaria baicalensis root, Eucommia ulmoides bark, Cyathula officinalis root.

Shi jue ming, Sang ji sheng, Gou teng, Ye jiao teng, Fu ling, Yi mu cao, Tian ma, Zhi zi, Huang qin, Du zhong, Chuan niu xi

Qi Ju Di Huang Wan

Lycium Chrysanthemum Rehmannia Formula, Lycium Rehmannia Teapills, Eight Flavored Rehmannia Pills with Lycium and Chrysanthemum

Ingredients:

Rehmannia glutinosa root-prep, Cornus officinalis fruit, Dioscorea opposita rhizome, Paeonia suffruticosa root-bark, Poria cocos fungus, Alisma plantago aquatica rhizome, Lycium barbarum fruit, Chrysanthemum morifolium flower. - Shu di huang, Shan zhu yu, Shan yao, Mu dan pi, Fu ling, Ze xie, Gou qi zi, Ju hua.

Neuromusculoskeletal problems:

1. Bell's Palsy

S/S: Bell's palsy is a paralysis or weakness of the muscles on one side of your face. It results from damage to the facial nerve that controls muscles on one side of the face, causing that side of your face to droop. The nerve damage also affects taste sensation and tear and saliva production. This condition comes on suddenly, often overnight, and usually resolves on its own within a few weeks.

(From Web MD)

Acu: Ce San Li, Ce Xia San Li, Qian Zheng, Xia San Huang

Qian Zheng	
	Ce San/Xia San Li Xia San Huang

Rx: *Qian Zheng Tang* and *Bu Yang Huan Wu Tang*

Qian Zheng Tang Giant Typhomium & Cinnamon Combination

Ingredients:

Scorpion (Quan Xie), *Centipede* (Wu Gong), *Silkworm* (Jiang Can), *Wild Ginger* (Xi Xin), *Cinnamon Twigs* (Gui Zhi), *Giant Typhomium* (Bai Fu Zi), *Cnidium* (Chuan Xiong), *White Atractylodes* (Bai Zhu), *Notopterygium Root* (Qiang Huo), *Siler* (Fang Feng), *Astragalus* (Huang Qi), *Salvia* (Dan Shen), *Licorice* (Gan Cao)

Bu Yang Huan Wu Tang

Dang Gui, Astragalus & Lumbricus Combination, aka Great Yang Restoration Teapills (Bu Yang Huan Wu Wan)

Ingredients:

Astragalus membranaceus root, Paeonia veitchii root, Angelica sinensis root, Ligusticum wallichii rhizome, Prunus persica seed, Carthamus tinctorius flower, Pheretima aspergillum
Huang qi, Chi shao, Dang gui, Chuan xiong, Tao ren, Hong hua, Di long

2. Trigeminal Neuralgia

S/S: Trigeminal Neuralgia, also known as Tic Douloureux, is a disorder of the fifth cranial nerve (trigeminal nerve) characterized by attacks of intense, stabbing pain affecting the mouth, cheek, nose, and/or other areas on one side of the face. The exact cause of Trigeminal Neuralgia is not fully understood. (From WebMD)

In Chinese Medicine, we consider this to be a Wind/Cold/Damp attack or Bi Syndrome.

Acu: Ce San Li, Ce Xia San Li, GB 34, 39, 40

	Ce San/Xia San Li GB 34, 39, 40

Rx: *San Cha Fang* or *Tian Ma Gou Teng Wan* and *Long Dan Xie Gan Tang*

San Cha Fang

Cnidium & Angelica Combination

Ingredients: *Cnidium* (Chuan Xiong), *Chinese Angelica Root* (Dang Gui), *Persica* (Tao Ren), *Red Peony* (Chi Shao), *White Peony* (Bai Shao), *White Atractylodes* (Bai Zhu), *Uncaria* (Gou Teng), *Scorpion* (Quan Xie), *Centipede* (Wu Gong), *Processed Mastic* (Zhi Ru Xiang), *Processed Myrrh* (Zhi Mo Yao), *Earthworm* (Di Long)

Tian Ma Gou Teng Wan

Tian Ma Gou Teng Yin Teapills (Tian Ma Gou Teng Yin Wan)

Ingredients:

Haliotis diversicolor shell, *Taxillus chinensis* twig, *Uncaria rhynchophylla* vine, *Polygonum multiflorum* vine, *Poria cocos* fungus,

Cyathula officinalis root, Leonurus heterophyllus herb, Gastrodia elata rhizome, Gardenia jasminoides fruit, Scutellaria baicalensis root, Eucommia ulmoides bark

Shi jue ming, Sang ji sheng, Gou teng, Ye jiao teng, Fu ling
Chuan niu xi, Yi mu cao, Tian ma, Zhi zi, Huang qin, Du zhong

Long Dan Xie Gan Tang

Gentiana Combination or Snake & The Dragon Teapills (Long Dan Xie Gan Wan)

Ingredients:

Gentiana scabra root, Bupleurum chinense root, Alisma plantago aquatica rhizome, Rehmannia glutinosa root-raw, Angelica sinensis root, Scutellaria baicalensis root, Gardenia jasminoides fruit, Akebia trifoliata stem, Plantago asiatica seed, Glycyrrhiza uralensis root
Long dan cao, Chai hu, Ze xie, Sheng di huang
Dang gui, Huang qin, Zhi zi, Mu tong, Che qian zi, Gan cao

3. Tinnitus

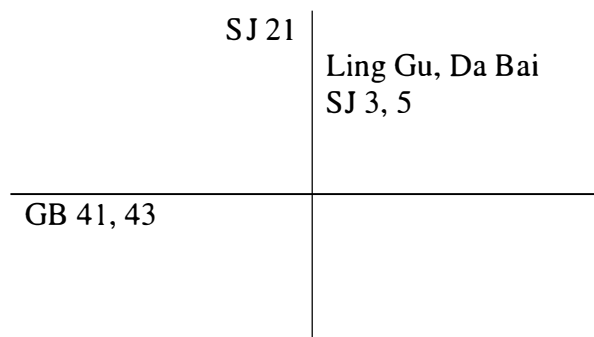
S/S: A noise in the ears, such as ringing, roaring, buzzing, hissing or whistling; the noise may be intermittent or continuous. (From WebMD)

Chinese Medicine distinguishes two types of tinnitus:

High pitch – related to Liver Yang Rising

Low Pitch – Related to Kidney deficiency

Acu: Ling Gu, Da Bai, GB 41, 43, SJ 3, 5, 21



Rx: *Er Long Zuo Ci Wan* or *Long Dan Xie Gan Tang*

Er Long Zuo Ci Wan (Pills)

INGREDIENTS:

Rehmannia Radix - Prepared (Shu Di Huang) 30.00%

Cornus Fructus (Shan Zhu Yu) 15.00%

Dioscorea Rhizoma (Shan Yao) 15.00%

Paeonia Cortex (Mu Dan Pi) 11.00%

Alisma Rhizoma (Ze Xie) 11.00%

Poria Cocos (Fu Ling) 11.00%

Bupleurum Radix (Chai Hu) 3.50%

Magnetitum (Ci Shi) 3.50%

Long Dan Xie Gan Tang

Gentiana Combination or Snake & The Dragon Teapills (Long Dan Xie Gan Wan)

Ingredients:

Gentiana scabra root, Bupleurum chinense root, Alisma plantago aquatica rhizome, Rehmannia glutinosa root-raw, Angelica sinensis root, Scutellaria baicalensis root, Gardenia jasminoides fruit, Akebia trifoliata stem, Plantago asiatica seed, Glycyrrhiza uralensis root
Long dan cao, Chai hu, Ze xie, Sheng di huang
Dang gui, Huang qin, Zhi zi, Mu tong, Che qian zi, Gan cao

4. Migraine Headaches

S/S: Migraines are painful, sometimes debilitating headaches often accompanied by nausea, vomiting, and sensitivity to light, noise, and smell. These throbbing headaches usually occur on only one side of the head, although the pain can shift from one side of the head to the other, or can occur on both sides simultaneously. Migraines involve changes in chemicals and blood vessels in the brain, which trigger pain signals leading to headache and other symptoms.

Migraines run in families, and a genetic link has been identified. However, it is not entirely clear why some people get migraines and others do not.

Migraines seem to develop from overactive electrical impulses in the brain that increase blood flow and cause widening (dilation) of blood vessels and inflammation. This activates pain signals and other symptoms, such as nausea. The more inflammation there is, the more intense the migraine.

(From WebMD)

Acu: Frontal - St 36, 44 Temporal – GB 43, 34 Occipital – UB 40, 66 Vertex – Liv 2, 3, Guiding Point Du 20

Du 20	
UB 40, 66 Occipital GB 34, 43 Temporal	St 36, 44 Frontal Liv 2, 3 Vertex

Rx: *Gui Zhi Fu Ling Wan, Tian Ma Gou Teng Yin, Long Dan Xie Gan Tang, Tong Qiao Huo Xue Tang*

Gui Zhi Fu Ling Wan

(Cinnamon & Hoelen Formula), aka **Cinnamon & Poria Teapills (Gui Zhi Fu Ling Tang)**

INGREDIENTS:

Cinnamomum cassia twig, Poria cocos fungus, Paeonia veitchii root
Paeonia suffruticosa root-bark, Prunus persica seed
Gui zhi, Fu ling, Chi shao, Mu dan pi, Tao ren.

Tian Ma Gou Teng Yin

Gastrodia Combination aka Tian Ma Gou Teng Yin Teapills (Tian Ma Gou Teng Yin Wan)

Ingredients:

Haliotis diversicolor shell, Taxillus chinensis twig, Uncaria
rhynchophylla vine, Polygonum multiflorum vine, Poria cocos fungus,
Cyathula officinalis root, Leonurus heterophyllus herb, Gastrodia
elata rhizome, Gardenia jasminoides fruit, Scutellaria baicalensis
root, Eucommia ulmoides bark

Shi jue ming, Sang ji sheng, Gou teng, Ye jiao teng, Fu ling
Chuan niu xi, Yi mu cao, Tian ma, Zhi zi, Huang qin, Du zhong

Long Dan Xie Gan Tang

Gentiana Combination

Ingredients:

Gentiana scabra root, Bupleurum chinense root, Alisma plantago
aquatica rhizome, Rehmannia glutinosa root-raw, Angelica sinensis
root, Scutellaria baicalensis root, Gardenia jasminoides fruit, Akebia
trifoliata stem, Plantago asiatica seed, Glycyrrhiza uralensis root

Long dan cao, Chai hu, Ze xie, Sheng di huang
Dang gui, Huang qin, Zhi zi, Mu tong, Che qian zi, Gan cao

Tong Qiao Huo Xue Tang

Ingredients: persica seed, Carthamus tinctorius flower, Paeonia
veitchii root, Ligusticum wallichii rhizome, Angelica dahurica root,
Ziziphus jujuba fruit, Zingiber officinale rhizome-fresh, Acorus
gramineus rhizome. -Tao ren, Hong hua, Chi shao, Chuan xiong, Bai
zhi, Da zao, Sheng jiang, Shi chang pu.

5. Trauma: Neck, Ankle, Wrist

Neck: GB 39, UB 60 – if more severe use Qi Hu, San Zhong

GB 39	San Zhong
UB 60	Qi Hu
or	or

Rx: *Ge Gen Tang, Kang Gu Zeng Sheng Pian*

Ge Gen Tang (Pueraria Decoction)

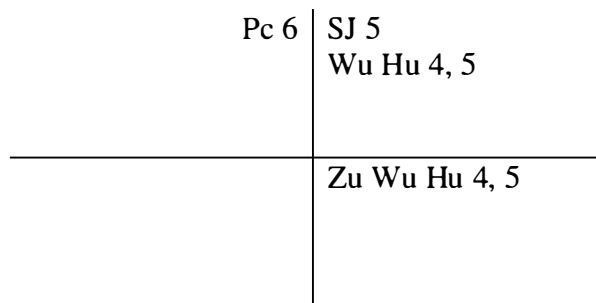
Radix Puerariae (ge gen)
Herba Ephedrae (ma huang)
Ramulus Cinnamomi (gui zhi)
Radix Paeoniae Alba (bai shao)
Radix Glycyrrhizae (gan cao)
Rhizoma Zingiberis Recens (sheng jiang)
Fructus Jujubae (da zao)
Rhizoma Etradii Notopterygii (qiang huo)
Radix Angelicae Oubescentis (du huo)
Rhizoma Chuanxiong (chuan qiong)
Radix Bupleuri (chai hu)

Kang Gu Zeng Sheng Pian

Ingredients:

Rehmannia glutinosa root-prep, Cistanche deserticola herb, Pyrola calliantha herb, Liquidambar formosana fruit, Hedera nepalensis stem, Dioscorea nipponica root, Erodium stephanium herb, Os feline bone, Epimedium grandiflorum herb
Shu di huang, Rou cong rong, Lu xian cao, Lu lu tong, Chang chun teng
Chuan shan long, Lao guan cao, Mao gu, Yin yang huo

Ankle: SJ5, Pc 6, Wu Hu 4, 5 or Zu Wu Hu 4, 5



Rx: Topical use of *Zheng Gu Shui*, *Die Da Zhi Tong Gao*

Zheng Gu Shui

Knotweed (*Polygonum cuspidatum*) rhizome (*hu zhang*)

Guangxi Zedoaria rhizome (*guang xi e zhu*)

Croton root (*ji gu xiang*) listed as "camphor wood"

Angelica root (*bai zhi*)

Moghania root (*yi tiao gen*, *qian jin ba*)

Inula cappa root (*tu mu xiang*, *da li wang*)

Tianqi ginseng root (*san qi*)

Cinnamon bark (*gui zhi*)

Menthol (5.6%)

Camphor (5.6%)

Die Da Zhi Tong Gao

Bo He Bing *Mentholum* (menthol)

Dong Qing Yu methyl Salicylate

Zhe Chong *Eupolyphaga seu steleophaga*

Xue Jie *Sanguis draconis*

Long Gu *Fossilia ossis mastodi*

Er Cha *Catechu*

Mo Yao *Resina myrrhae* (myrrh)

Gui Sui Bu *Rhizoma drynariae*

Hong Hua *Flos carthami*

Da Huang *Rhizoma et radix rhei*

Pu Gong Ying *Herba taraxaci*

Xu duan *radix dipsaci*

Wrist: Points on Ankle – Si Zhi, GB 40



Si Zhi is found 1 cun above Sp 6 on the Spleen Channel.

Rx: *Zheng Gu Shui, Die Da Zhi Tong Gao, Bai Zhi Suan Tong Gao*

Bai Zhi Suan Tong Gao – Proprietary Blend

6. Carpal Tunnel syndrome

S/S: Carpal tunnel syndrome is a specific group of symptoms including tingling, numbness, weakness, or pain in the fingers or hand and occasionally in the forearm and elbow. These symptoms occur when there is pressure on the median nerve within the wrist. The median nerve runs through the carpal tunnel, which is formed by the wrist bones and ligaments. (From WebMD)

Acu: Liv 4, GB 40, Mu Dou, Mu Liu, Wu Hu 1, 2 or Zu Wu Hu 1, 2

	Wu Hu 1, 2
Liv 4 GB 40	Or Zu Wu Hu 1, 2 Mu Dou/Liu

Rx: *Zheng Gu Shui, Die Da Zhi Tong Gao or Bai Zhi Suan Tong Gao*

7. Lumbago/Low Back Pain

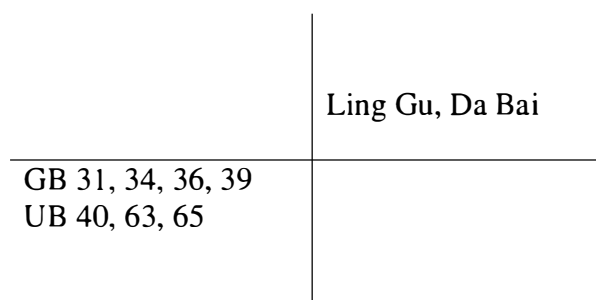
S/S: The lower back is an elegant construction of bone, muscle, and ligament. Because the lower back is the hinge between the upper and lower body, it is especially vulnerable to injury when you are lifting, reaching, or twisting.

Up to 85% of all people have low back pain at one time or another. Each year, about 2% of American workers are compensated for disability caused by back pain. Low back pain is often triggered by some combination of overuse, muscle strain, or injury to the muscles and ligaments that support the spine. Less commonly, low back pain is caused by illness or spinal deformity.

Back pain can be: **Acute**, lasting less than 3 months. Most people gain relief after 4 to 6 weeks of home treatment. **Recurrent**, a repeat episode of acute symptoms. Most people have at least one episode of recurrent low back pain. **Chronic**, lasting longer than 3 months.

(From WebMD)

Acu: UB 40, 63, 65, Ling Gu, Da Bai, GB 31, 34, 36, 39



Rx: Xiao Huo Luo Dan and Tao Hong Si Wu Tang; Du Huo Ji Sheng Wan, Kang Gu Zeng Sheng Pian, Si Teng Su

Xiao Huo Luo Dan

Arisaema Combination aka Xiao Huo Luo Dan Teapills (Xiao Huo Luo Dan Wan)

Ingredients:

Aconitum carmichaeli root-prep, Aconitum kusnezoffii root-prep
Pheretima aspergillum, Pulvis arisaemae cum felle bovis,
Boswellia carterii resin, Commiphora myrrha resin
Zhi chuan wu, Zhi cao wu, Di long, Dan nan xing, Ru xiang, Mo yao

Tao Hong Si Wu Tang

Tao Hong Si Wu Tang Teapills (Tao Hong Si Wu Tang Wan)
Rehmannia glutinosa root-prep, Angelica sinensis root, Paeonia
lactiflora root, Prunus persica seed, Carthamus tinctorius flower,
Ligusticum wallichii rhizome
Shu di huang, Dang gui, Bai shao, Tao ren, Hong hua, Chuan xiong

Du Huo Ji Sheng Tang

Tuhuo & Loranthus Combination, aka Solitary Hermit Teapills (Du Huo Ji Sheng Wan)

Ingredients:

Taxillus chinensis twig, Rehmannia glutinosa root-prep, Codonopsis
pilosula root, Angelica sinensis root, Poria cocos fungus, Angelica
pubescens root, Achyranthes bidentata root, Eucommia ulmoides
bark, Paeonia lactiflora root, Ledebouriella divaricata root, Gentiana
macrophylla root, Cinnamomum cassia bark, Ligusticum wallichii
rhizome, Glycyrrhiza uralensis root
Sang ji sheng, Shu di huang, Dang shen, Dang gui, Fu ling, Du huo,
Niu xi, Du zhong, Bai shao, Fang feng, Qin jiao, Rou gui, Chuan
xiong, Gan cao

Kang Gu Zeng Sheng Pian

Rehmannia glutinosa root-prep, Cistanche deserticola herb, Pyrola
calliantha herb, Liquidambar formosana fruit, Hedera nepalensis
stem, Dioscorea nipponica root, Erodium stephanium herb, Os feline
bone, Epimedium grandiflorum herb
Shu di huang, Rou cong rong, Lu xian cao, Lu lu tong, Chang chun teng
Chuan shan long, Lao guan cao, Mao gu, Yin yang huo

***Si Teng Su* (Vine Essence Pills)**

Geranium (Geranium eriostemon) herb, Erycibe (Erycibe obtusifolia Benth.) Stem (Ding-Gong-Teng, Chinese Angelica Tree (Aralia chinensis L.) herb, Futokadsura (Piper futokadsura Sieb. Et Zucc.) Stem (Hai-Feng-Teng, Oriental (Ren-shen, Pipefish, Ilicis (Ilex Pubescens Hook et Arn, Kadsura (Kadsura cochinea [Lem] A.C.) Root, Epimedium (Epimedium sagittatum [Sieb. et Zucc.] Maxim.) (Yin-Yang-Huo), Dong-Qai Root, Homalomeana (Homalomeana sagittaefolia Jungh.) Rhizome (Qian-Nian-Jian, Chinese Licorice (Gan-Cao) Root, Sichuan Lovage (Chuan-Xiong) Rhizome, Morinda (Ba-Ji-Tian), Ligusticum (Gao-Ben) Rhizome, Gastrodia (Tian-Ma) Rhizome, Sichuan Teasel (Xu-Duan) Root, Fo-Ti (He-Shou-Wu) Root.

8. Sciatica

S/S: Sciatica is pain, tingling, or numbness produced by an irritation of the sciatic nerve. The sciatic nerve is formed by the nerve roots coming out of the spinal cord into the lower back. Branches of the sciatic nerve extend through the buttocks and down the back of each leg to the ankle and foot. The most common cause of sciatica is a bulging or ruptured disc (herniated disc) in the spine pressing against the sciatic nerve. However, sciatica also can be a symptom of other conditions that affect the spine, such as narrowing of the spinal canal (spinal stenosis), bone spurs (small, bony growths that form along joints) caused by arthritis, or nerve root compression (pinched nerve) caused by injury. In rare cases, sciatica can also be caused by conditions that do not involve the spine, such as tumors or pregnancy. (From WebMD)

Acu: UB 40, 63, 65, Ling Gu, Da Bai, GB 34, 36, 39

	Ling Gu, Da Bai
GB 31, 34, 36, 39 UB 40, 63, 65	

Rx: *Xiao Huo Luo Dan* and *Tao Hong Si Wu Tang*; *Du Huo Ji Sheng Wan*, *Kang Gu Zeng Sheng Pian*, *Si Teng Su*

Xiao Huo Luo Dan

Xiao Huo Luo Dan Teapills (Xiao Huo Luo Dan Wan)

Aconitum carmichaeli root-prep, Aconitum kusnezoffii root-prep

Pheretima aspergillum, Pulvis arisaemae cum felle bovis

Boswellia carterii resin, Commiphora myrrha resin

Zhi chuan wu, Zhi cao wu, Di long, Dan nan xing, Ru xiang, Mo yao

Tao Hong Si Wu Tang

Tao Hong Si Wu Tang Teapills (Tao Hong Si Wu Tang Wan)

Rehmannia glutinosa root-prep, Angelica sinensis root, Paeonia lactiflora root, Prunus persica seed, Carthamus tinctorius flower, Ligusticum wallichii rhizome

Shu di huang, Dang gui, Bai shao, Tao ren, Hong hua, Chuan xiong

Du Huo Ji Sheng Wan

Solitary Hermit Teapills (Du Huo Ji Sheng Wan)

Taxillus chinensis twig, Rehmannia glutinosa root-prep, Codonopsis pilosula root, Angelica sinensis root, Poria cocos fungus, Angelica pubescens root, Achyranthes bidentata root, Eucommia ulmoides bark, Paeonia lactiflora root, Ledebouriella divaricata root, Gentiana macrophylla root, Cinnamomum cassia bark, Ligusticum wallichii rhizome, Glycyrrhiza uralensis root

Sang ji sheng, Shu di huang, Dang shen, Dang gui, Fu ling, Du huo, Niu xi, Du zhong, Bai shao, Fang feng, Qin jiao, Rou gui, Chuan xiong, Gan cao

Kang Gu Zeng Sheng Pian

Kang Gu Zeng Sheng Pian

Rehmannia glutinosa root-prep, Cistanche deserticola herb, Pyrola calliantha herb, Liquidambar formosana fruit, Hedera nepalensis stem, Dioscorea nipponica root, Erodium stephanium herb, Os feline bone, Epimedium grandiflorum herb

Shu di huang, Rou cong rong, Lu xian cao, Lu lu tong, Chang chun teng, Chuan shan long, Lao guan cao, Mao gu, Yin yang huo

Si Teng Su (Vine Essence Pills)

tubor root of Geranium (Geranium eriostemon) herb, Erycibe (Erycibe obtusifolia Benth.) Stem (Ding-Gong-Teng), Sinomenium (Sinomenium acutum) stem (Qing-Feng-Teng) and Futokadsura (Piper futokadsura Sieb, et Zucc.) Stem (Hai-Feng-Teng) as dietary ingredients and other precious herbs such as Pipefish, Homalomeana (Homalomeana sagittaefolia Jungh.) Rhizome (Qian-Nian-Jian) and Kadsura (Kadsura Cocchineae [Lem] A.C. Root

9. Restless Leg syndrome

S/S: Restless legs syndrome (RLS) is a sleep disorder in which a person experiences unpleasant sensations in the legs described as creeping, crawling, tingling, pulling, or painful. These sensations usually occur in the calf area but may be felt anywhere from the thigh to the ankle. One or both legs may be affected; for some people, the sensations are also felt in the arms. These sensations occur when the person with RLS lies down or sits for prolonged periods of time, such as at a desk, riding in a car, or watching a movie. People with RLS describe an irresistible urge to move the legs when the sensations occur. Usually, moving the legs, walking, rubbing or massaging the legs, or doing knee bends can bring relief, at least briefly. RLS symptoms worsen during periods of relaxation and decreased activity. (From WebMD)

Some Common Symptoms of RLS Include:

- Unpleasant sensations in the legs (sometimes the arms as well), often described as creeping, crawling, tingling, pulling, or painful;
- Leg sensations are relieved by walking, stretching, knee bends, massage, or hot or cold baths;
- Leg discomfort occurs when lying down or sitting for prolonged periods of time;
- The symptoms are worse in the evening and during the night.

Other Possible Characteristics Include:

- Involuntary leg (and occasionally arm) movements while asleep;
- Difficulty falling asleep or staying asleep;
- Sleepiness or fatigue during the daytime;
- Cause of the leg discomfort not detected by medical tests;
- Family members with similar symptoms.

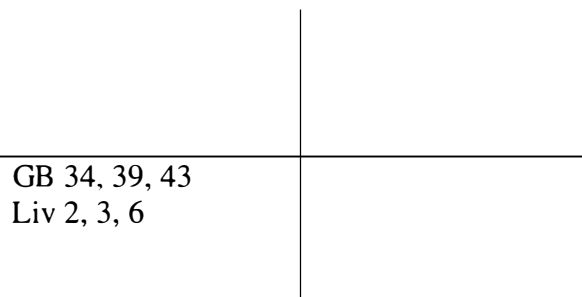
Although the cause is unknown in most cases, certain factors may be associated with RLS:

- Family history. RLS is known to run in some families -- parents may pass the condition on to their children.
- Pregnancy. Some women experience RLS during pregnancy, especially in the last months. The symptoms usually disappear after delivery.
- Low iron levels or anemia. Persons with these conditions may be prone to developing RLS. The symptoms may improve once the iron level or anemia is corrected.
- Chronic diseases. Kidney failure quite often leads to RLS. Other chronic diseases such as diabetes, rheumatoid arthritis, and peripheral neuropathy may also be associated with RLS.
- Caffeine intake. Decreasing caffeine consumption may improve symptoms.

(From WebMD)

Chinese Medicine looks at RLS as Internal Wind, or Qi And Blood Deficiency, or Liver/Kidney Yin Deficiency

Acu: Liv 2, 3, 6, GB 34, 39, 43



Rx: Shu Jing Huo Xue Tang, Long Dan Xie Gan Tang, Qi Ju Di Huang Tang, Tian Ma Gou Teng Tang

Shu Jing Huo Xue Tang (Course the Channels & Quicken the Blood Decoction)

cooked Radix Rehmanniae (*Shu Di*)

Radix Angelicae Sinensis (*Dang Gui*)
Radix Albus Paeoniae Lactiflorae (*Bai Shao*)
Radix Ligustici Wallichii (*Chuan Xiong*)
Rhizoma Atractylodis Macrocephalae (*Bai Zhu*)
Sclerotium Poriae Cocos (*Fu Ling*)
Radix Achyranthis Bidentatae (*Niu Xi*)
Radix Clematidis Chinensis (*Wei Ling Xian*)
Radix Gentianae Macrophyllae (*Jin Qiao*)
Radix Ledebouriellae Divaricatae (*Fang Feng*)
Radix Stephaniae Tetrandrae (*Fang Ji*)
Radix Et Rhizoma Notopterygii (*Qiang Huo*)
Radix Angelicae Dahuricae (*Bai Zhi*)
Semen Pruni Persicae (*Tao Ren*)
Pericarpium Citri Reticulatae (*Chen Pi*)
Radix Glycyrrhizae (*Gan Cao*)
uncooked Rhizoma Zingiberis (*Sheng Jiang*)

Qi Ju Di Huang Wan

(Lycii Chrysanthemum Teapills)

Rehmannia glutinosa root-prep, Cornus officinalis fruit, Dioscorea opposita rhizome, Paeonia suffruticosa root-bark, Poria cocos fungus, Alisma plantago aquatica rhizome, Lycium chinense fruit, Chrysanthemum morifolium flower
Shu di huang, Shan zhu yu, Shan yao, Mu dan pi, Fu ling, Ze xie, Gou qi zi, Ju hua

10. Peripheral neuropathy

S/S: peripheral neuropathy refers to the variety of conditions that result when the nerves from the rest of the body that connect to the brain and spinal cord are damaged. The most common symptoms of polyneuropathy are tingling, numbness, burning pain and loss of sensation in the arms and legs. Because people with chronic polyneuropathy often lose their ability to sense temperature and pain, they can burn themselves and develop open sores as the result of injury or prolonged pressure. If the nerves serving the organs are involved, diarrhea or constipation may result, as well as loss of bowel or bladder control. Sexual dysfunction and abnormally low blood pressure also can occur.

Neuropathies occur by one of three methods:

Acquired neuropathies, for example, are caused by environmental forces like poisoning, trauma, infection, diabetes, and other illnesses.

Hereditary neuropathy is not as common. It is caused by inherited genetic defects.

Idiopathic neuropathy is from an unknown cause. As many as a third of all neuropathies are classified this way, where the cause can't be explained.

What Causes Peripheral Neuropathy?

Many things can cause peripheral neuropathies. It is often difficult to discern the cause. In fact, in up to one in three cases, the cause cannot be determined. Diabetes is responsible for another third. Other known causes include several rare inherited diseases, alcoholism, toxins and certain environmental agents, poor nutrition or vitamin deficiency, trauma due to compression, herniated discs in the back, certain kinds of cancer, conditions where nerves are mistakenly attacked by the body's own immune system or damaged by an overaggressive response to injury, particular medications, kidney

disease, thyroid disease, and infections such as Lyme disease, shingles, or AIDS.

Symptoms of peripheral neuropathy usually begin gradually and include:

- A tingling sensation in the toes or in the balls of the feet that eventually spreads up the legs toward the trunk. Less commonly, the sensation may begin in the hands and spread up the arms.
- Numbness in the hands and feet that spreads up the arms and legs.
- Weakness or heaviness in muscles throughout the body. This may be accompanied by cramping, especially in the feet, legs, and hands.
- Sensitive skin that may be painful to the touch. Prickling, burning, tingling, or sharp stabbing sensations may occur spontaneously and usually worsen at night.
- A foot-drop walking gait and/or problems with balance or coordination.

(From WebMD)

Acu: Electro Stimulation of GB 34, 40, Wai San Guan, Xia San Huang, K 3, 5, 6

GB 34, 40 K 3, 5, 6	Xia San Huang Wai San Guan
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Rx: *Shu Jing Huo Xue Tang*

***Shu Jing Huo Xue Tang* (Course the Channels & Quicken the Blood Decoction)**

cooked Radix Rehmanniae (*Shu Di*)
Radix Angelicae Sinensis (*Dang Gui*)
Radix Albus Paeoniae Lactiflorae (*Bai Shao*)
Radix Ligustici Wallichii (*Chuan Xiong*)
Rhizoma Atractylodis Macrocephalae (*Bai Zhu*)
Sclerotium Poriae Cocos (*Fu Ling*)
Radix Achyranthis Bidentatae (*Niu Xi*)
Radix Clematidis Chinensis (*Wei Ling Xian*)
Radix Gentianae Macrophyllae (*Jin Qiao*)
Radix Ledebouriellae Divaricatae (*Fang Feng*)
Radix Stephaniae Tetrandrae (*Fang Ji*)
Radix Et Rhizoma Notopterygii (*Qiang Huo*)
Radix Angelicae Dahuricae (*Bai Zhi*)
Semen Pruni Persicae (*Tao Ren*)
Pericarpium Citri Reticulatae (*Chen Pi*)
Radix Glycyrrhizae (*Gan Cao*)
uncooked Rhizoma Zingiberis (*Sheng Jiang*)

Endocrine issues:

1. Hypothyroidism

S/S: Hypothyroidism is a lack of thyroid hormone. It develops when the thyroid gland does not produce enough of the hormone, which controls the way the body uses energy. A lack of thyroid hormone affects all body systems.

The risk of developing hypothyroidism tends to increase with age; older women have the highest risk. Rarely, hypothyroidism occurs in infants and children. Infants will grow and develop normally if hypothyroidism is treated within the first month of life. Untreated hypothyroidism in infants can cause brain damage, leading to mental retardation and developmental delays. Every state in the United States tests newborns for hypothyroidism.

Teens with hypothyroidism typically look much younger than their age. With proper treatment, a teen will catch up in weight and height to healthy teens of the same age.

In adults, untreated hypothyroidism can cause several complications, including fluid around the heart and an increase in the levels of cholesterol and triglycerides (increasing the risk of coronary artery disease and stroke). Severe hypothyroidism can cause a life-threatening condition called myxedema coma.

Symptoms in adults may include:

- Coarse and thinning hair.
- Brittle nails.
- Dry skin.
- A yellowish tint to the skin.
- Slow body movements and speech.
- Inability to tolerate cold.
- Feeling tired, sluggish, or weak.
- Memory problems, depression, or difficulty concentrating.

- Constipation.
- Heavy or irregular menstrual periods that may last longer than 5 to 7 days.

(From WebMD)

Acu: GB 39, Shen Guan, K 3, 5, 6, Xia San Huang, San Zhong

GB 39/San Zhong K 3, 5, 6 Shen Guan	Xia San Huang
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Rx: *Jin Gui Shen Qi Wan* and *Bu Zhong Yi Qi Tang*

Jin Gui Shen Qi Wan

Rehmannia glutinosa root-prep, Dioscorea opposita rhizome, Cornus officinalis fruit, Paeonia suffruticosa root-bark, Poria cocos fungus, Alisma plantago aquatica rhizome, Cinnamomum cassia bark, Aconitum carmichaeli root
Shu di huang. Shan yao. Shan zhu yu. Mu dan pi. Fu ling. Ze xie. Rou gui. Fu zi

Bu Zhong Yi Qi Tang

Ginseng & Astragalus Combination, aka **Central Chi Teapills (Bu Zhong Yi Qi Wan)**

Ingredients:

Astragalus membranaceus root, Glycyrrhiza uralensis root, Codonopsis pilosula root, Atractylodes macrocephala rhizome, Angelica sinensis root, Cimicifuga foetida rhizome, Bupleurum chinense root, Citrus reticulata peel, Ziziphus jujuba fruit, Zingiber officinale rhizome-fresh

Huang qi, Gan cao, Dang shen, Bai zhu, Dang gui
Sheng ma, Chai hu, Chen pi, Da zao, Sheng jiang.

2. Hyperthyroidism

S/S: Hyperthyroidism develops when the thyroid gland produces too much thyroid hormone. Thyroid hormones regulate your metabolism—how your body burns calories to produce energy—and influence all of your body processes, including heart rate, digestion, muscle and bone strength, and cholesterol levels.

Graves' disease, also known in Europe as von Basedow's disease, is the most common cause of hyperthyroidism. Other causes include thyroid nodules—growths in the thyroid gland—and thyroiditis, inflammation of the thyroid gland.

This topic focuses on the diagnosis and treatment of hyperthyroidism caused by Graves' disease.

What are the symptoms of hyperthyroidism?

The most common symptoms of hyperthyroidism include:

- Nervousness, mood changes, weakness, and fatigue.
- Hand tremors; a rapid, pounding, and irregular heartbeat; and shortness of breath, even when resting.
- Excessive sweating, and warm, flushed skin that may be itchy.
- An increased number of soft stools.
- Fine, soft hair and hair loss.
- Loss of appetite.
- Weight loss.

(From WebMD)

Acu: Liv 2, 3, 6, Shen Guan, K 3, 6, 7, Xia San Huang

Liv 2, 3, 6 Shen Guan K 3, 6, 7	Xia San Huang
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Rx: *Bai Hu Tang* and *Long Dan Xie Gan Tang* and *Yi Guan Jian* and *Qi Ju Di Huang Tang* – initial phase with high heat, irritability

Bai Hu Tang (White Tiger Decoction)

Gypsum fibrosum mineral, Dioscorea opposita rhizome, Anemarrhena asphodeloides rhizome, Glycyrrhiza uralensis root-prep Shi gao, Shan yao, Zhi mu, Zhi gan cao

Long Dan Xie Gan Tang

Snake & The Dragon Teapills (Long Dan Xie Gan Wan)

Gentiana scabra root, Bupleurum chinense root, Alisma plantago aquatica rhizome, Rehmannia glutinosa root-raw, Angelica sinensis root, Scutellaria baicalensis root, Gardenia jasminoides fruit, Akebia trifoliata stem, Plantago asiatica seed, Glycyrrhiza uralensis root Long dan cao, Chai hu, Ze xie, Sheng di huang Dang gui, Huang qin, Zhi zi, Mu tong, Che qian zi, Gan cao

Yi Guan Jian

Linking Decoction Teapills (Yi Guan Jian Wan)

Rehmannia glutinosa root-raw, Lycium chinense fruit, Glehnia littoralis root, Ophiopogon japonicus tuber, Angelica sinensis root, Melia toosendan fruit Sheng di huang, Gou qi zi, Bei sha shen, Mai men dong, Dang gui, Chuan lian zi

Qi Ju Di Huang Tang

Lycii Chrysanthemum Teapills (Qi Ju Di Huang Wan)

Rehmannia glutinosa root-prep, Cornus officinalis fruit, Dioscorea opposita rhizome, Paeonia suffruticosa root-bark, Poria cocos fungus,

Alisma plantago aquatica rhizome, Lycium chinense fruit,
Chrysanthemum morifolium flower
Shu di huang, Shan zhu yu, Shan yao, Mu dan pi, Fu ling, Ze xie, Gou qi
zi, Ju hua

Allergies/Immune system problems:

1. Eczema

S/S: Eczema is a skin condition caused by inflammation. Atopic dermatitis is the most common of the many types of eczema. While the word “dermatitis” means inflammation of the skin, “atopic” refers to an allergic tendency, which is often inherited. These eczema sufferers have a higher risk of developing other allergic conditions (like asthma or hay fever).

Typically, eczema causes skin to become itchy, red, and dry -- even cracked, blistered, and leathery. Eczema most frequently appears on the face, wrists, elbows, and knees, but it can show up in other areas, too.

Typically, eczema shows itself as:

- Patches of chronically itchy, dry, thickened skin, usually on the hands, neck, face, and legs. In children, the inner creases of the knees and elbows are often involved.
- Skin lesions, patches of redness, scaling, and in dark-skinned people, changes in skin color.

(From WebMD)

Acu: Si Ma San, Lu 5, 6, 8 or San Shi, St 36, 37, 40, Liv 2, 3, 6

	Lu 5, 6, 8 or San Shi
Liv 2, 3, 6	Si Ma San St 36, 37, 40

Rx: *Wu Wei Xiao Du Yin* and *Long Dan Xie Gan Tang*

Wu Wei Xiao Du Yin

Five Flavor Teapills

Lonicera japonica flower, Chrysanthemum indicum flower, Taraxacum mongolicum herb, Viola yedoensis herb, Begonia fimbriatipulata herb
Jin yin hua, Ye ju hua, Pu gong ying, Zi hua di ding, Zi bei tian kui

Long Dan Xie Gan Tang

Snake & The Dragon Teapills

Gentiana scabra root, Bupleurum chinense root, Alisma plantago aquatica rhizome, Rehmannia glutinosa root-raw, Angelica sinensis root, Scutellaria baicalensis root, Gardenia jasminoides fruit, Akebia trifoliata stem, Plantago asiatica seed, Glycyrrhiza uralensis root
Long dan cao, Chai hu, Ze xie, Sheng di huang
Dang gui, Huang qin, Zhi zi, Mu tong, Che qian zi, Gan cao

2. Asthma

S/S: People with asthma experience symptoms when their airways tighten, swell up, or fill with mucus. Common symptoms include:

- Coughing, especially at night
- Wheezing (a high-pitched whistling sound when breathing out)
- Shortness of breath
- Chest tightness, pain, or pressure

Common triggers for asthma:

- Infections (colds, viruses, flu, sinus infection)
- Allergens such as pollens, mold spores, pet dander and dust mites
- Irritants such as strong odors from perfumes or cleaning solutions, air pollution,
- Tobacco smoke
- Exercise or exertion
- Weather -- changes in temperature and/or humidity, cold air
- Strong emotions such as anxiety, laughter or crying, stress

(From WebMD)

Acu: Shui Jin, Shui Tong, Shen Guan, Lu 5, 6, 8, K 3, 5, 6

Shui Jin	Shui Tong
	Lu 5, 6, 8
Shen Guan	
K 3, 5, 6	

Rx: Ding Chuan Tang, Dong Chong Xia Cao

Ding Chuan Tang

Clear Mountain Air Teapills

Ginkgo biloba seed. Morus alba root-bark. Platycodon grandiflorum root. Perilla frutescens seed. Prunus armeniaca seed. Scutellaria baicalensis root, Pinellia ternata rhizome, Glycyrrhiza uralensis root, Stemona sessilifolia root, Aster tataricus root
Bai guo, Sang bai pi, Jie geng, Zi su zi, Xing ren
Huang qin, Ban xia, Gan cao, Bai bu, Zi wan.

Dong Chong Xia Cao (Cordyceps Extract)

Buy the Mayway extract

3. Chronic Fatigue Syndrome

S/S: Chronic fatigue syndrome (CFS) is a condition that causes fatigue severe enough to interfere with your ability to participate in normal work, recreational, or social activities. Fatigue caused by CFS does not improve substantially with rest.

Symptoms may include sleep problems, a decreased ability to think clearly and concentrate, memory problems, fever, headaches, muscle and joint pain, sore throat, and tender glands in the neck or armpits. Symptom flare-ups may follow periods of previously well-tolerated mental or physical activity and can last for several days.

CFS may also have long-term symptoms such as:

- Forgetfulness, memory loss, confusion, or difficulty concentrating.
- Sore throat.
- Tender lymph nodes in the neck or armpits.
- Muscle pain.
- Joint pain without redness or swelling.
- New headaches.
- Unrefreshing sleep (waking up feeling tired or unrested).
- Fatigue that lasts more than 24 hours after exercise or exertion at a level that you were able to do in the past without fatigue.

Acu: Lu 5, 9, St 36, 37, 40, Xia San Huang

Lu 5, 9	
	Xia San Huang St 36, 37, 40

Rx: *Bu Zhong Yi Qi Tang* or *Gui Pi Tang*

Bu Zhong Yi Qi Tang

Central Qi Teapills

Astragalus membranaceus root, Glycyrrhiza uralensis root, Codonopsis pilosula root, Atractylodes macrocephala rhizome, Angelica sinensis root, Cimicifuga foetida rhizome, Bupleurum chinense root, Citrus reticulata peel, Ziziphus jujuba fruit, Zingiber officinale rhizome-fresh

Huang qi, Gan cao, Dang shen, Bai zhu, Dang gui, Sheng ma, Chai hu, Chen pi, Da zao, Sheng jiang.

Gui Pi Tang

Gui Pi Teapills

Atractylodes macrocephala rhizome, Poria cocos fungus, Polygala tenuifolia root, Euphoria longan fruit, Angelica sinensis root, Codonopsis pilosula root, Astragalus membranaceus root, Ziziphus spinosa seed, Aucklandia lappa root, Ziziphus jujuba fruit, Glycyrrhiza uralensis root

Bai zhu, Fu ling, Yuan zhi, Long yan rou, Dang gui

Dang shen, Huang qi, Suan zao ren, Mu xiang, Da zao, Gan cao

4. Fibromyalgia

S/S: Fibromyalgia is a chronic disorder that causes widespread pain and tenderness in the muscles and soft tissue as well as sleep problems, fatigue, and a variety of other symptoms. These problems can be severe enough to disrupt a person's work and daily activities. Fortunately, the condition does not permanently damage the muscles, joints, or internal organs.

Fibromyalgia is a syndrome of chronic pain, not a disease or a psychological disorder.

Tender points are specific sites on the body that cause pain when pressed. The pain may spread when a tender point is pressed and cause pain in a larger area (for example, down the leg, arm, or back).

There are 9 pairs of tender points. Each pair has one point on each side of the body, for a total of 18 points. These pairs are located:

1. Just behind the ear where the neck muscles attach to the base of the skull.
2. About halfway between the base of the neck and the tip of the shoulder.
3. At the spot where the back muscles attach to the shoulder blade, just below the second tender point.
4. On the front of the neck above the collarbone.
5. Just to the right and left of the breastbone (sternum) about 2 in.(5.08 cm) below the collarbone.
6. On each forearm just below and to the outside of the crease of the elbow.
7. Just above and to the outer right and left of each buttock.
8. On the outer upper leg just behind the bony part of the hip (this point is easier to find when standing).
9. On the inside of each knee.

To clearly diagnose fibromyalgia, a person must have pain at 11 or more of the 18 tender points. In practice, however, many people with fibromyalgia have fewer than 11 tender points.

The variety and severity of symptoms caused by fibromyalgia vary from person to person. Widespread, chronic pain is the most common symptom. It usually develops gradually.

Other symptoms that commonly occur in addition to pain include:
Fatigue that interferes with work and daily activities.

- Sleep problems (difficulty falling or staying asleep, waking up feeling tired).

Less commonly people with fibromyalgia may have:

- Morning stiffness lasting less than an hour.
- Headaches.
- Constipation or diarrhea related to irritable bowel syndrome.
- Memory problems and difficulty concentrating.
- Numbness or tingling in the hands and other parts of the body. The skin may be ultrasensitive, reacting to a firm touch with tingling, numbness, or a "pins and needles" sensation.
- A circulatory problem that affects the small blood vessels of the skin (Raynaud's phenomenon).
- Anxiety or depression.

(From WebMD)

Acu: Lu 5, 9, St 36, 43, Xia San Huang, additional points for pain : Si Zhi, Ling Gu, Da Bai, Liv 2, 3, 6

Lu 5, 9	Ling Gu, Da Bai
Si Zhi Liv, 2, 3, 6	Xia San Huang St 36, 43

Rx: *Bu Zhong Yi Qi Tang* or *Gui Pi Tang*, *Fu Zi Li Zhong Wan*

Bu Zhong Yi Qi Tang

Central Chi Teapills (Bu Zhong Yi Qi Wan)

Astragalus membranaceus root, Glycyrrhiza uralensis root, Codonopsis pilosula root, Atractylodes macrocephala rhizome, Angelica sinensis root, Cimicifuga foetida rhizome, Bupleurum chinense root, Citrus reticulata peel, Ziziphus jujuba fruit, Zingiber officinale rhizome-fresh
Huang qi, Gan cao, Dang shen, Bai zhu, Dang gui
Sheng ma, Chai hu, Chen pi, Da zao, Sheng jiang.

Gui Pi Tang

Gui Pi Teapills (Gui Pi Wan)

Atractylodes macrocephala rhizome, Poria cocos fungus, Polygala tenuifolia root, Euphoria longan fruit, Angelica sinensis root, Codonopsis pilosula root, Astragalus membranaceus root, Ziziphus spinosa seed, Aucklandia lappa root, Ziziphus jujuba fruit, Glycyrrhiza uralensis root
Bai zhu, Fu ling, Yuan zhi, Long yan rou, Dang gui
Dang shen, Huang qi, Suan zao ren, Mu xiang, Da zao, Gan cao

Fu Zi Li Zhong Wan

Ingredients:

Ginger (Rhizoma zingiberis), Bighead Atractylodes Rhizome (Rhizoma Macrocephalae atractylodis), Dangshen (Radix codonopsis pilosulae), Licorice Root (Radix glycyrrhize), Prepared Aconite Root (Aconitum carmichaeli)

5. Irritable Bowel Syndrome

S/S: Irritable bowel syndrome (IBS) is a disorder of the intestines that causes abdominal pain or discomfort. The pain may occur alone or along with constipation or diarrhea. Other symptoms include bloating, mucus in stools, or a sense that you have not completely emptied your bowels.

In irritable bowel syndrome, the movement of the digestive tract is impaired but doctors can find no change in physical structure, such as inflammation or tumors. The symptoms of IBS are thought to be related to abnormal muscle contractions in any part of the intestines.

IBS is believed to be caused by increased sensitivity of the bowel. It is not known why some people's intestines are more sensitive than those of other people. Psychological stress and eating may bring on the symptoms. Managing stress and changing your diet are the main treatments for the condition. Medications may be used to treat severe symptoms that interrupt daily activities.

(From Web MD)

Acu: Chang Men, Gan Men, St 36, 37, Xia San Huang, Liv 2, 3, 6

	Chang Men, Gan Men
Liv 2, 3, 6	Xia San Huang St 36, 37

Rx: *Tong Xie Yao Fang, Xiao Yao San*

Tong Xie Yao Fang
Calm Wind Tea Pills

Paeonia lactiflora root-fried. Atractylodes macrocephala rhizome-fried
Citrus reticulata peel-fried, Ledebouriella divaricata root
Chao bai shao, Chao bai zhu, Chao chen pi, Fang feng.

Xiao Yao San

Free & Easy Wanderer Teapills

Bupleurum chinense root, Paeonia lactiflora root, Angelica sinensis root, Atractylodes macrocephala rhizome, Poria cocos fungus, Zingiber officinale rhizome-fresh, Glycyrrhiza uralensis root, Mentha haplocalyx herb

Chai hu, Bai shao, Dang gui, Bai zhu, Fu ling, Sheng jiang, Gan cao, Bo he

Gynecological:

1. Fibroids

S/S: FIBROIDS ARE BENIGN (noncancerous) tumors that grow inside your uterus. They can be miserable to have, but they usually don't pose any danger to your gynecological health and are quite harmless. It is not the fibroids themselves that are questionable and controversial—instead, it is the method used to treat them. A hysterectomy is still the treatment recommended for most women with fibroids. In fact, fibroid tumors are the most common reason for hysterectomies in North America, accounting for 30 percent of all hysterectomies performed in the country, about 200,000 hysterectomies per year.

Fibroid tumors are one of the most common gynecological complaints. For the majority of women, fibroid symptoms are minor or nonexistent, but 40 percent of women who have fibroids experience such symptoms as an enlargement of the uterus, abnormal uterine bleeding, pelvic pain, and infertility. The size of uterine fibroids can vary from that of a pinhead to larger than a melon. In fact, fibroid weights of more than twenty pounds have been reported.

Most fibroids occur in women of reproductive age; they are diagnosed in African American women two to three times more frequently than in Caucasian women. It is currently believed that obesity has a lot to do with fibroid development. Because fat cells make estrogen, women who are obese are more prone to estrogen-dependent conditions, which include fibroids. It has also been observed that women who have never been pregnant are at higher risk for fibroids than women who have had children; this has to do with the fact that women who have not had children have not had a break from ovulation and, hence, estrogen production.

Although there are some fibroid cases that do warrant a hysterectomy, with current technology most women with fibroids can avoid radical surgery and their reproductive organs can be left intact.

What Are Fibroids?

The term *fibroid* is actually medical slang. The correct medical term for what we've come to know as a fibroid is *leiomyoma uteri*. The word *fibroid* is really just an adjective that refers to anything fibrouslike or resembling a fibroma, a benign tumor made of connective tissue, like muscle. So, describing a tumor as “fibroid” is like describing a sweater as “cotton”—it's simply referring to the fabric of which the tumor is made. This means that a fibroid tumor can exist anywhere in the body, not just in the uterus.

Leiomyoma uteri is a benign tumor made of smooth uterine muscle. *Leio* means “smooth,” *my* means “muscle,” and *oma* means “benign growth.” In general, muscle tumors called leiomyoma can also be found in the stomach and other parts of the body, but the uterus is the most common site. In fact, the uterus consists mainly of muscle. A tumor is essentially a clump of abnormal cells that form a lump, cyst, or mass. It usually starts with one cell that reproduces again and again. Why these cells develop in the first place is still a mystery. When these cells are benign, they are harmless. When these cells go awry, however, they develop into a clump within the myometrium, the smooth muscle coat of the uterus, which forms the main part of the organ. Fibroid tumors are therefore a collection of innocent uterine muscle cells that form a noticeable hard lump.

Fibroids develop most commonly in women who are in their thirties and forties, but they can also develop earlier or later than this. In fact, about 30 percent of all women will develop fibroids by the time they reach thirty-five. An estimated 20 percent of white women and 50 percent of black women over thirty years old have fibroids.

Fibroids are grayish white, firm, round, and ring shaped. They come in all sizes, and it's common to have several fibroids growing at once. The main problem is that once fibroids develop, they may continue to grow, and even if they're surgically removed, there's a 10 percent chance they'll grow back. This is the main reason why so many doctors recommend hysterectomies for women with fibroids.

Fibroids are classified by location:

- *Intramural or interstitial*: fibroids in the outer or innermost layer of the uterus.
- *Subserous/serosal*: fibroids that protrude into the abdominal cavity and can be pedunculated (they grow on a stalk, like broccoli).
- *Submucosal*: fibroids that invade the endometrium.
- *Parasitic*: fibroids that migrate out of the uterus and invade the cervix or other pelvic organs, developing their own blood supply.

(From WebMD)

Acu: Fu Ke, Xia San Huang, St 36, 44, Liv 2, 3, 6

	Fu Ke
Liv 2, 3, 6	Xia San Huang St 36, 44

Rx: *Gui Zhi Fu Ling Wan* and *Shao Fu Zhu Yu Tang*

Gui Zhi Fu Ling Wan

Cinnamon & Poria Teapills

Cinnamomum cassia twig, Poria cocos fungus, Paeonia veitchii root
Paeonia suffruticosa root-bark, Prunus persica seed,
Gui zhi, Fu ling, Chi shao, Mu dan pi, Tao ren.

Shao Fu Zhu Yu Wan

Stasis In The Lower Palace Teapills

Angelica sinensis root, Typha angustifolia pollen, Paeonia veitchii
root, Troglodytes xanthipes excrementum-fried, Corydalis yanhusuo
rhizome, Ligusticum wallichii rhizome, Commiphora myrrha resin,
Cinnamomum cassia bark, Foeniculum vulgare fruit-fried, Zingiber

officinale rhizome-fried

Dang gui, Pu huang, Chi shao, Chao wu ling zhi, Yan hu suo

Chuan xiong, Mo yao, Rou gui, Chao xiao hui xiang, Chao gan jiang

2. Menopausal Syndrome

S/S: Menopause is a normal condition that all women experience as they age. The term menopause is commonly used to describe any of the changes a woman experiences either just before or after she stops menstruating, marking the end of her reproductive period.

Menopause, when it occurs after the age of 40, is considered "natural" and is a normal part of aging. But, some women can experience menopause early, either as a result of a surgical intervention, such as hysterectomy, or damage to the ovaries, such as from chemotherapy. Menopause that occurs before the age of 40, regardless of the cause, is called premature menopause.

For women undergoing natural menopause, the process is gradual and is described in three stages:

- **Perimenopause.** Perimenopause begins several years before menopause, when the ovaries gradually produce less estrogen. Perimenopause lasts up until menopause, the point when the ovaries stop releasing eggs. In the last one to two years of perimenopause, the decrease in estrogen accelerates. At this stage, many women experience menopause symptoms (see below).
- **Menopause.** Menopause is the point when a woman has her last menstrual period. At this stage, the ovaries have stopped releasing eggs and producing most of their estrogen. Menopause is diagnosed when a woman has gone without a period for 12 consecutive months.
- **Postmenopause.** These are the years after menopause. During this stage, menopausal symptoms, such as hot flashes, ease for most women. However, health risks related to the loss of estrogen increase as the woman ages.

Most women going through menopause will experience hot flashes, a sudden feeling of warmth that spreads over the upper body that is

often accompanied by blushing and some sweating. The severity of hot flashes varies from mild in most women to severe in others.

Other common symptoms include:

- Irregular or skipped periods
- Insomnia
- Mood swings
- Fatigue
- Depression
- Irritability
- Racing heart
- Headaches
- Joint and muscle aches and pains
- Changes in libido (sex drive)
- Vaginal dryness
- Bladder control problems

Not all women get all of these symptoms. In fact, less than 2% of women get symptoms severe enough to interfere with daily activities.

(Source: WebMD Medical Reference in collaboration with THE CLEVELAND CLINIC )

Acu: Liv 2, 3, 6, Shen Guan, Fu Ke, K 3, 7, Xia San Huang

	Fu Ke
Liv 2, 3, 6 Shen Guan K 3, 7	Xia San Huang

Rx: *Zhi Bai Di Huang Tang*, *Jia Wei Xiao Yao San*, *Long Dan Xie Gan Tang*

Zhi Bai Di Huang Tang **Eight Flavor Rehmannia Teapills**

Rehmannia glutinosa root-prep, Cornus officinalis fruit, Dioscorea opposita rhizome, Alisma plantago aquatica rhizome, Paeonia suffruticosa root-bark, Poria cocos fungus, Phellodendron amurense bark, Anemarrhena asphodeloides rhizome
Shu di huang, Shan zhu yu, Shan yao, Ze xie, Mu dan pi, Fu ling, Huang bai, Zhi mu.

Jia Wei Xiao Yao San

Free & Easy Wanderer Plus Teapills

Paeonia lactiflora root - wine-fried, Poria cocos fungus, Atractylodes macrocephala rhizome, Paeonia suffruticosa root-bark, Gardenia jasminoides fruit, Bupleurum chinense root, Angelica sinensis root, Zingiber officinale rhizome-fresh, Glycyrrhiza uralensis root, Mentha haplocalyx herb

Jiu chao bai shao. Fu ling. Bai zhu. Mu dan pi. Zhi zi
Chai hu, Dang gui, Sheng jiang, Gan cao, Bo he

Long Dan Xie Gan Tang

Snake & The Dragon Teapills

Gentiana scabra root, Bupleurum chinense root, Alisma plantago aquatica rhizome, Rehmannia glutinosa root-raw, Angelica sinensis root, Scutellaria baicalensis root, Gardenia jasminoides fruit, Akebia trifoliata stem, Plantago asiatica seed, Glycyrrhiza uralensis root

Long dan cao, Chai hu, Ze xie, Sheng di huang
Dang gui, Huang qin, Zhi zi, Mu tong, Che qian zi, Gan cao

3. Infertility

S/S: Infertility is defined as a couple's inability to become pregnant after 1 year of sex without using birth control. When considering whether you may have an infertility problem, however, bear in mind that "normal fertility" is defined as the ability to naturally conceive within 2 years' time.

Infertility does not cause physical symptoms. Infertility is a general term for a couple's inability to start a pregnancy after 1 year of having sex 2 to 3 times a week without using birth control methods.

For women younger than 30, some health professionals will diagnose a couple with infertility and offer treatment only after 3 years of trying to become pregnant.¹ For women over 35, some health professionals encourage beginning testing and treatment after 6 months of trying to become pregnant.

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This information is not intended to replace the advice of a doctor.)

Acu: K 3, 10, Xia San Huang, Fu Ke, St 36, 37, Liv 2, 3, 6

	Fu Ke
Liv 2, 3, 6 K 3, 10	Xia San Huang St 36, 37

Rx: You Gui Wan, Bu Zhong Yi Qi Tang, Xiao Yao Wan, Er Zhi Wan, Ba Zhen Wan

You Gui Wan

You Gui Teapills (You Gui Wan)

Rehmannia glutinosa root-prep, Dioscorea opposita rhizome
Cornus officinalis fruit, Lycium chinense fruit, Eucommia ulmoides
bark, Cuscuta chinensis seed, Angelica sinensis root, Cinnamomum
cassia bark
Shu di huang, Shan yao, Shan zhu yu, Gou qi zi, Du zhong, Tu si zi,
Dang gui, Rou gui

Bu Zhong Yi Qi Tang

Central Chi Teapills

Astragalus membranaceus root, Glycyrrhiza uralensis root,
Codonopsis pilosula root, Atractylodes macrocephala rhizome,
Angelica sinensis root, Cimicifuga foetida rhizome, Bupleurum
chinense root, Citrus reticulata peel, Ziziphus jujuba fruit, Zingiber
officinale rhizome-fresh
Huang qi, Gan cao, Dang shen, Bai zhu, Dang gui, Sheng ma, Chai
hu, Chen pi, Da zao, Sheng jiang.

Xiao Yao Wan

Free and Easy Wanderer

Bupleurum chinense root, Paeonia lactiflora root, Angelica sinensis
root, Atractylodes macrocephala rhizome, Poria cocos fungus,
Zingiber officinale rhizome-fresh, Glycyrrhiza uralensis root, Mentha
haplocalyx herb
Chai hu, Bai shao, Dang gui, Bai zhu, Fu ling, Sheng jiang, Gan cao,
Bo he

Er Xian Tang

Two Immortals Teapills

Curculigo orchoides rhizome, Epimedium grandiflorum herb
Morinda officinalis root, Phellodendron amurense bark
Anemarrhena asphodeloides rhizome, Angelica sinensis root
Xian mao, Yin yang huo, Ba ji tian, Huang bai, Zhi mu, Dang gui

Ba Zhen Wan

Women's Precious Teapills - contains Rehmannia glutinosa root-
prep., Angelica sinensis root, Paeonia lactiflora root, Codonopsis

pilosula root, Poria cocos fungus, Atractylodes macrocephala rhizome, Ligusticum wallichii rhizome, Glycyrrhiza uralensis root. - Shu di huang, Dang gui, Bai shao, Dang shen, Fu ling, Bai zhu, Chuan xiong, Gan cao.

4. Breast Cancer

S/S: Breast cancer is a disease in which cells in the breast start to grow abnormally in an uncontrolled manner.

Breast cancer is the most common type of cancer in women, although lung cancer remains the leading cause of cancer deaths in both men and women. About 1% of all breast cancer occurs in adult men.

Early breast cancer is often detected by a mammogram before any symptoms are present. The most common symptom is a painless lump. However, painful lumps are sometimes caused by breast cancer. Symptoms of breast cancer include:

- A lump or thickening in the breast or armpit that is new or unusual.
- A change in the size or shape of the breast.
- Skin changes, such as a dimple or pucker in the skin of the breast.
- Discharge or bleeding from the nipple that comes out without squeezing the nipple (spontaneous discharge).
- A change in the nipple, such as a nipple that is now drawn inward (retraction or inversion).
- Scaling or crusting of the nipple.
- A change in the color or feel of the skin of the breast or the darker area around the nipple (areola).
- A breast lump in an adult man. About 1% of all breast cancer occurs in adult men.

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Acu: Xin Ling, St 36, 37, 43, Liv 2, 3, 6, Xia San Huang

	Xin Ling
Liv 2, 3, 6	Xia San Huang St 36, 37, 43

Rx: Imperial Mushroom Formula, *Chai Hu Shu Gan Tang*, additional Rx's for complementary care for surgery, Radiation, Chemotherapy

Imperial Mushroom Formula by Sun Ten

This formulation combines the Ganoderma mushroom, the Shiitake mushroom, the Maitake mushroom, and American Ginseng.

Chai Hu Shu Gan Tang

Bupleurum Sooth Liver Teapills

Bupleurum chinense root, Paeonia lactiflora root - wine-fried, Cyperus rotundus rhizome-vinegared, Citrus aurantium fruit-ripe-fried, Ligusticum wallichii rhizome, Glycyrrhiza uralensis root, Citrus reticulata peel

Chai hu, Jiu chao bai shao, Cu zhi xiang fu, Chao zhi ke, Chuan xiong, Gan cao, Chen pi.

5. Uterine Cancer

S/S: Cancer of the uterus is the most common cancer of the female reproductive tract. Symptoms include: Abnormal vaginal bleeding, especially after menopause, is the most common symptom of uterine cancer. Bleeding may start as a watery, blood-streaked flow that gradually contains more blood. Although uterine cancer usually occurs after menopause, it sometimes occurs around the time that menopause begins. Abnormal bleeding should not be considered simply part of menopause; it should always be checked by a doctor.

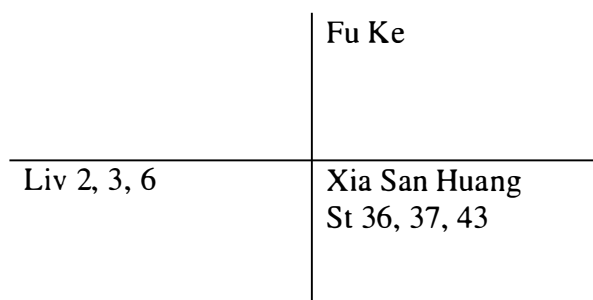
A woman should see a doctor if she has any of the following symptoms:

- Unusual vaginal bleeding or discharge
- Difficult or painful urination
- Pain during intercourse
- Pain in the pelvic area

These symptoms can be caused by cancer or other less serious conditions. Most often, they are not cancer, but only a doctor can tell for sure.

(From The National Cancer Institute, WebMD Public Information from the National Cancer Institute)

Acu: Fu Ke, Xia San Huang, St 36, 37, 43, Liv 2, 3, 6



Rx: Imperial Mushroom Formula, *Shao Fu Zhu Yu Tang*, *Gui Zhi Fu Ling Wan*, additional Rx's for complementary care for surgery, Radiation, Chemotherapy

Imperial Mushroom Formula

This formulation combines the Ganoderma mushroom, the Shiitake mushroom, the Maitake mushroom, and American Ginseng.

Shao Fu Zhu Yu Tang

Stasis In The Lower Palace Teapills

Angelica sinensis root, Typha angustifolia pollen, Paeonia veitchii root, Troglodytes xanthipes excrementum-fried, Corydalis yanhusuo rhizome, Ligusticum wallichii rhizome, Commiphora myrrha resin, Cinnamomum cassia bark, Foeniculum vulgare fruit-fried, Zingiber officinale rhizome-fried

Dang gui, Pu huang, Chi shao, Chao wu ling zhi, Yan hu suo, Chuan xiong, Mo yao, Rou gui, Chao xiao hui xiang, Chao gan jiang

Gui Zhi Fu Ling Wan

Cinnamon & Poria Teapills

Cinnamomum cassia twig, Poria cocos fungus, Paeonia veitchii root, Paeonia suffruticosa root-bark, Prunus persica seed
Gui zhi, Fu ling, Chi shao, Mu dan pi, Tao ren.

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About the Author:

Robert Chu is a Licensed Acupuncturist and Herbalist, specializing in the Master Tung painless Acupuncture methods in which he effectively treats pain, neuromusculoskeletal disorders, and a wide variety of internal diseases including high blood pressure, high cholesterol, diabetes, gynecological disorders, Parkinson's Disease and side-effects from cancer treatments. He is appointed by the Industrial Medical Council as a **Qualified Medical Evaluator** (QME).

Dr. Chu was formerly affiliated with the **St. Vincent Medical Center**, as the first fulltime Acupuncturist on staff and treated cancer patients with Acupuncture, Herbal Therapy, Qigong and Tai Chi. Dr. Chu regularly volunteers at **Pasadena's Wellness Community**, where he does a weekly Qi Gong/Stress reduction class and monthly lifestyle/nutrition class. In addition, he also volunteers at **Huntington Memorial Hospital** teaching a weekly qigong class for those with Parkinson's Disease. He has also been featured as a speaker for the **American Cancer Society**. In July of 2004, Dr. Chu was selected as the Acupuncturist to Olympic athletes at the **Olympic Trials** held in Sacramento, CA.

Dr. Chu also lectures nationally and abroad on Acupuncture and Chinese Medicine to provide continuing education to MD's and Acupuncturists. In 2005, he founded **ITARA – International Tung's**

Acupuncture Research Association, to preserve, standardize, educate, and research new applications of the Tung family system of Acupuncture with integrity, and open sharing. ITARA has now grown with branches throughout the United States, Canada, U.K. and Finland.

He has been decorated as an honorary member of the **Finnish Traditional Chinese Medicine Society of Acupuncture and Herbs** and a therapist member of the National Register of Acupuncture Therapists in Finland. He has lectured at **Samra University, Emperor's College, SCUSOMA, ACAOM, CSOMA, AAOMA** and other functions as a dynamic and entertaining speaker.

Robert was awarded a Ph.D. in Ayurvedic Medicine. Dr. Chu is also a Diplomate of Clinical Hypnotherapy and Neurolinguistics Master Practitioner, and also does Life Coaching. He also holds a Diplomate of Clinical Homeopathy from the American Academy of Clinical Homeopathy.

He is presently on the faculty at Emperor's College in Santa Monica, teaching students in the Doctorate program.

In the martial arts world, he specializes in combat application and health aspects with a focus on the Yip Man Wing Chun Kuen system as taught by Hawkins Cheung and the Yuen Kay-San and Gulao

Wing Chun Kuen systems as taught by Kwan Jong-Yuen. He is the co-author of **Complete Wing Chun**, (Charles E. Tuttle Co., Inc, 1998), author of **The Essence of Wing Chun** (3 volumes, 2004) and has written many articles for *Inside Kung Fu*, *Martial Arts Legends*, *Inside Martial Arts*, *Martial Arts Combat Sports* and other publications. Dr. Chu was featured in the book, ***Kung Fu Masters (CFW Enterprises)***, in 2002. Robert Chu has been formally involved in the martial arts since 1972, specializing in wing chun kuen and its weapons. Having learned Yip Man wing chun kuen from several prominent instructors such as his current teacher, Hawkins Cheung, and the Yuen Kay-San and Gulao systems from his good friend and teacher Kwan Jong-Yuen, he has also researched several other branches. In addition, he has a background in the empty hand fist and weapons sets of Hung ga kuen under Yee Chi Wai, and the Lama martial arts as taught by Chen Tai Shan. He is one of the last disciples and a successor to Lui Yon-Sang's flying dragon tiger gate combat pole in the United States.

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Dr. Chu will have revisions to these lecture notes on Master Tung's Acupuncture for Difficult Cases and will be available for further seminars. Please feel free to contact him with the information above.