



**Master Tung's Acupuncture for
Male and Female Disorders**

**A quick clinical reference for Acupuncturists
Lecture Notes**

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

Revision 1.4

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 Male and Female Disorders** 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! Special thanks to Jack Chang, L.Ac., Dipl. Acu (ITARA) for his assistance in MS Word.

Commonly Used Points for Male and Female Disorders

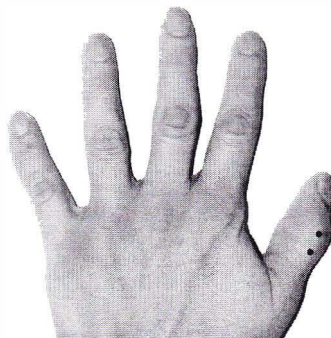
Fu Ke – Gynecology

Channel: Lung Channel

Reference Number: 11.24

Body Part: Fingers

Location: On the F line of the proximal segment of the dorsal thumb, 2 points, the first is 0.66 distal to the base of the thumb, the second is 0.33 distal to the base of the thumb.



Indications: Vaginitis, ovarian cysts, uterine inflammation, uterine pain, fibroid tumors, abdominal bloating, Irregular menses, menstrual cramps, excessive or scanty menstruation, infertility, Dysmenorrhea, Toe pain, Leukorrhea, Female infertility, Metrorrhagia, Oophoritis, Ovarian dysfunction

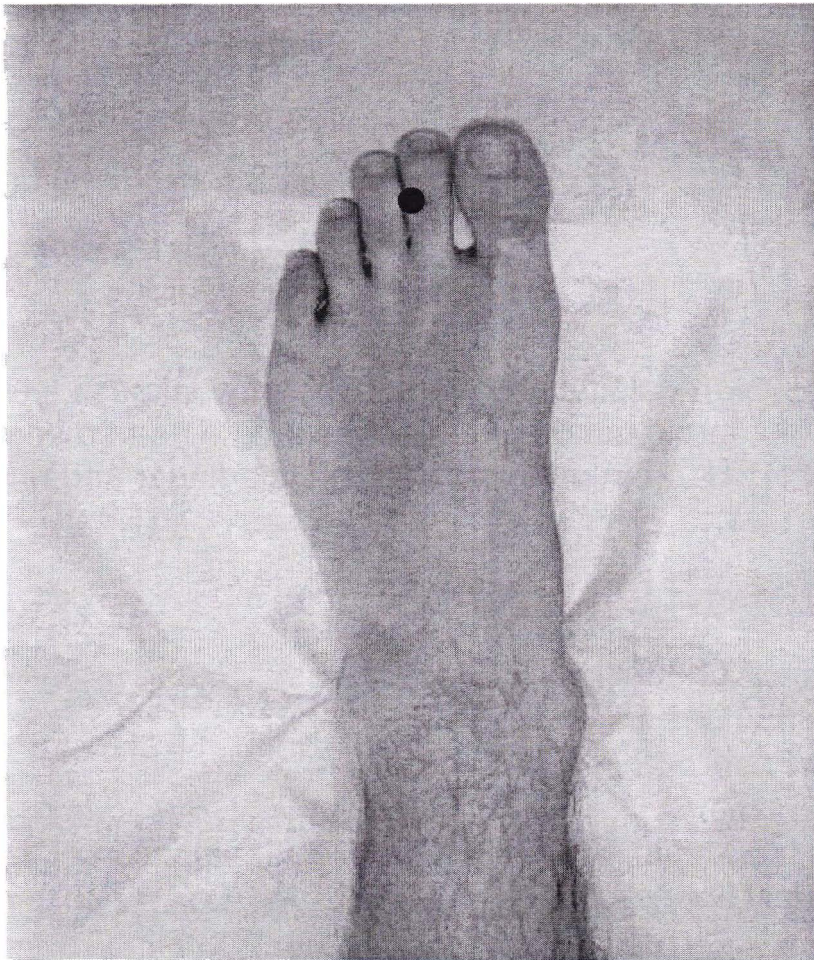
Huan Chao – Restore the Nest
Channel: San Jiao Channel
Reference Number: 11.06
Body Part: Fingers

Location: On the E line of the ring finger, in the middle segment, at the center between the second and third creases.



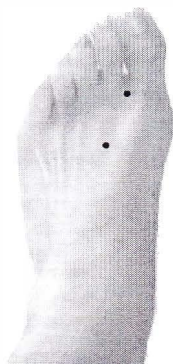
Mu Fu – Wood Feminine
Channel: Stomach Channel
Reference number: 66.02
Body Part: Foot

Location: On the F line of the 2nd toe, 0.3 cun lateral from the center of the middle phalange.



Huo Ying – Fire Hard
Channel: Liver Channel
Reference number: 66.03
Body Part: Foot

Location: Between the first and 2nd metatarsal bones, 0.5 cun to Liv
2



Indications: Heart palpitations, vertigo, heart weakness, uterine inflammation, fibroid tumors, headaches due to heart disease, liver yang rising, TMJ, groin pain, prostatitis, Little finger and ring finger Pain, Dizziness

Huo Zhu – Fire Ruler
Channel: Liver Channel
Reference number: 66.04
Body Part: Foot

Location: Huo Zhu is located just distal to the junction of the 1st and 2nd metatarsal bones.

Indications: Heart palpitations, vertigo, heart weakness, uterine inflammation, fibroid tumors, headaches due to heart disease, liver yang rising, TMJ, groin pain, prostatitis, Little finger and ring finger Pain, Dizziness

Xia San Huang (3 Lower Emperors) Consists of three points:

Shen Guan/ Kidney Gate

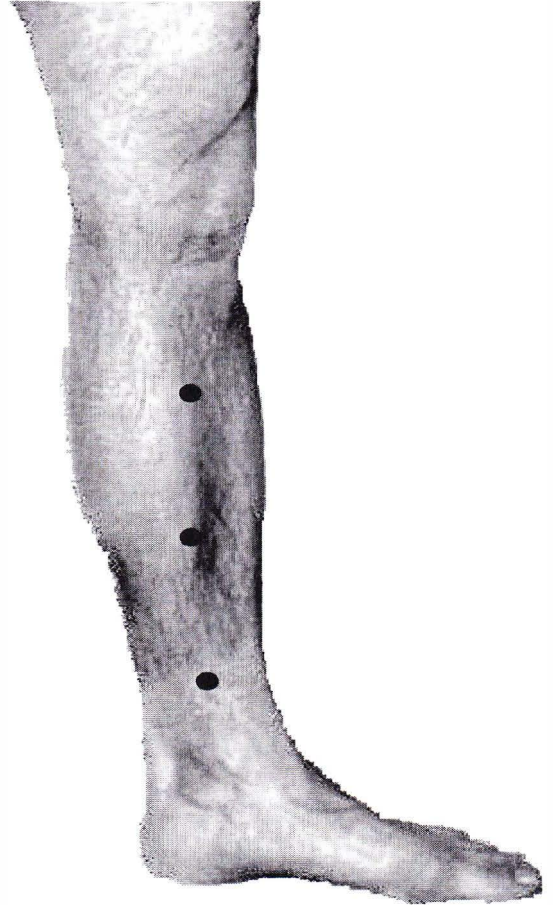
Location: 1.5 cun below Tian Huang (Sp 9).

Di Huang/Earth Emperor

Location: 4 cun above Sp 6

Ren Huang/Man Emperor

Location: 3 cun above the tip of the medial border of the tibia



Indications: Asthma, SOB, prostatitis, acid reflux, astigmatism, anemia, epilepsy, mental disease, vertigo, all diseases due to Kidney Qi deficiency including sciatica, lower back pain, headaches, shoulder pain, hip pain, Shoulder Pain, Wrist Pain, Lateral Elbow pain, Hemorrhoids, Epilepsy, Pain in the supraorbital region, Dizziness, Endocarditis, Hypertension, Chronic pulmonary heart disease, Pericarditis, Myocarditis, Obesity

Si Ma Zhong – Chariot Center
Channel: Stomach Channel
Reference Number: 88.17
Body Part: Upper Leg

Location: Level with GB 31, anterior 3 cun on the Stomach channel.
Alternatively, Si Ma Zhong is found 4 fingerbreadths anterior to GB 31.

Dao Ma points, Si Ma Shang is 2 cun superior, Si Ma Xia is 2 cun inferior.



Indications: These are Master Tung's best points to treat allergies, sinus and skin conditions including eczema and psoriasis, and also chest pain, palpitations, Asthma, Acne, Tinnitus, Sciatica, Psoriasis, Pneumonia, Bell's Palsy, Tinnitis, Upper Back Pain, Upper Back Stiffness, Lumbago, Lateral Forearm Pain, Hemiplegia, Mastitis, Keratitis, Rhinitis, Adenofibroma of Breast, Whooping cough, Upper Arm Pain

Si Ma Shang – Chariot Upper
Channel: Stomach Channel
Reference Number: 88.18
Body Part: Upper Leg

Location: 2 cun above Si Ma Zhong

Indications: These are Master Tung's best points to treat allergies, sinus and skin conditions including eczema and psoriasis, and also chest pain, palpitations, Asthma, Acne, Tinnitus, Sciatica, Psoriasis, Pneumonia, Bell's Palsy, Tinnitis, Upper Back Pain, Upper Back Stiffness, Lumbago, Lateral Forearm Pain, Hemiplegia, Mastitis, Keratitis, Rhinitis, Adenofibroma of Breast, Whooping cough, Upper Arm Pain

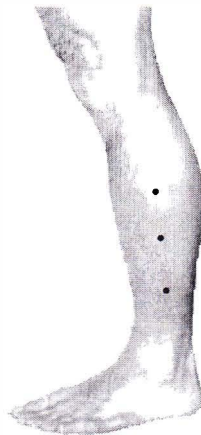
Wai San Guan – External Three Gates

Channel: Gall Bladder Channel

Reference Number: 77.27

Body Part: Lower Leg

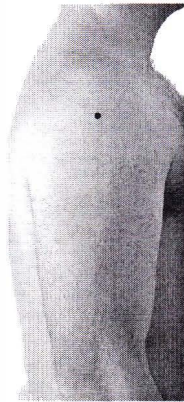
Location: 3 points on the Gallbladder Channel, start by drawing an imaginary line between the head of the fibula and the tip of the lateral malleolus, the 2nd point is the mid point, the upper point is the midpoint between the 2nd point and the head of the fibula; the lower point is the midpoint between the 2nd point and the tip of the lateral malleolus.



Indications: These points are indicated in shoulder pain, upper arm pain, tonsillitis, frozen shoulder, acne, tumors, Pneumonia, Lateral Forearm Pain, Mumps, Adenofibroma of Breast, Laryngitis, Benign neoplasm of thyroid gland, Goiter, hypothyroidism, Obesity, Forearm Pain, Reflexive Sympathy Disorder, Parkinson's Disease, low back pain

Jian Zhong – Shoulder Center
Channel: Large Intestine Channel
Reference Number: 44.06
Body Part: Upper Arm

Location: On the LI Channel, at the center of the deltoid muscle, 2.5 cun distal to LI 15.



Indications: knee pain, skin disease, polio, stroke, palpitations, arteriosclerosis, bloody nose, sinusitis, neck pain, headache, Shoulder Pain, Hemiplegia, Hemiparesis, Epistaxis, Frozen Shoulder, Ankle Pain, Pain of the Lower leg, Thigh Pain

Yun Bai – Cloud White

Channel: Lung Channel

Reference Number: 44.11

Body Part: Upper Arm

Location: This point is found 2 cun distal to the acromium, and 2 cun anterior to LI 15 (Bei Mian).



Indications: Vaginitis, vaginal itching, vaginal pain, leukorrhea, urinary tract infection, sinusitis, Pruritus vulvae, Oophoritis, Ankle Pain, Endometriosis, Groin pain, Ovarian dysfunction, Thigh Pain, Hip pain

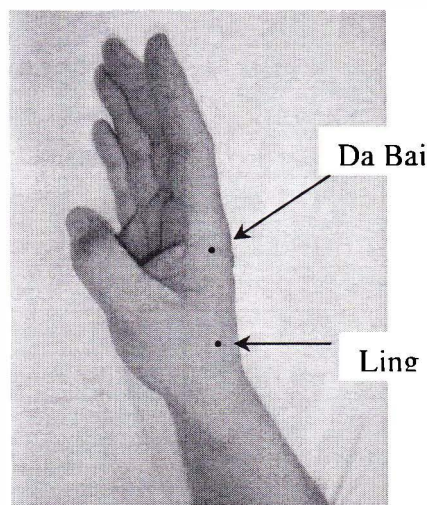
Da Bai – Big White

Channel: Large Intestine Channel

Reference number: 22.04

Body Part: Wrist & Hand

Location: On the Large Intestine channel, this point is just proximal to the proximal head of the second metacarpal bone. This point is located at LI 3.



Indications: In general any Yang Ming channel problems, leg pain and weakness, sciatica, low back pain, hemiplegia, foot pain, and arm pain. These are the most powerful points in Tung's Acupuncture and the most versatile points to move Qi and Blood. When combined with another point or points along an affected channel, Ling Gu and Da Bai can treat almost any disease. Other indications include Shingles, Sciatica, Pneumonia, Frontal headache, Back Pain, Lumbago, Instep Pain, Headache, Fever, Wheezing, Ankle Pain, Coronary Artery Disease, Anxiety, Diptheria, Chronic pulmonary heart disease, Upper arm Pain.

Combined with: Ling Gu for treatment of most diseases

Comments:

Please refer to the following chart to see possible combinations. In essence, Ling Gu and Dai are the sum of Master Tung's genius.

Ling Gu, Da Bai	Plus:
Diseased Area:	Point
Head	Lu 7
Face	LI 3
Eyes	Liv 2
Mouth	St 44
Throat	SJ 2
Neck	GB 39
Back of Neck	UB 65
Shoulders	Sp 9
Scapula	Liv 6
Upper Back	Liv 6
Lower Back	UB 40
Chest	Pc 6
Abdomen	St 36
Lower Abdomen	St 36
Groin	Liv 3
Hypochondrium	GB 34
Anus	Du 26
Gynecological	Sp 6
Vessels	Lu 9
Bones	Shen Guan
Zang	Sp 9
Fu	St 36
Qi	Pc 6
Blood	Sp 10
Sinews	GB 34
Marrow	GB 39
Upper Jiao	Yin Tang
Middle Jiao	Ren 12
Lower Jiao	Ren 6
Pain in Channels	Channel Xi Cleft

Ling Gu – Adroit/Spiritual Bone
Channel: Large Intestine Channel
Reference number: 22.05
Body Part: Wrist & Hand

Location: On the LI Channel, the points is found at the junction of the first and the second metacarpal bones

Indications: Angina Pectoris, Irregular menses, Tinnitus, Shingles (Herpes zoster), Sciatica, Scabies (Acariasis), Pneumonia, Bell's Palsy (Facial paralysis), Deafness (Hearing loss), Dysmenorrhea, Soreness and/or pain of the eyes, Shoulder Pain, Upper back pain, lumbago, Lumbago, Leg Pain (crural), Instep(4-5 metatarsal bones area) Pain, Hemiplegia and Hemiparesis, Headache, Gastric Ulcer, Ankle sprain, Ankle pain, Nephritis and nephropathy, not specified as acute, Arrhythmia (Cardiac dysrhythmias), Coronary Artery Disease, Anxiety, Diphtheria, Chronic pulmonary heart disease, Disorders of adrenal glands, Obesity, Upperarm Pain.

Combined with: Da Bai for the treatment of most diseases

Comments: Ling Gu basically has the properties of the Yuan Source Point of the Hand Yang Ming Channel, which controls the most Qi and Blood in the body, whereas Da Bai is essentially the Shu Stream point and powerfully moves the Qi and Blood. It is no wonder that Tung used this point combination as such a powerful point in daily treatments. Coupled with the concepts of imaging and correspondence, it has many functions accordingly.

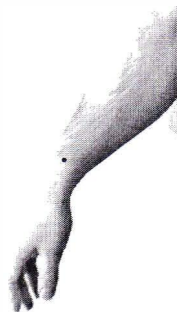
Qi Men – Cycle Gate

Channel: Large Intestine Channel

Reference Number: 33.01

Body Part: Forearm

Location: On the LI Channel, along the line joining LI 5 and LI 11, 2 cun above LI 5. This point 2 cun proximal from the wrist crease.



Indications: This point is indicated in irregular menstruation, bowel cancer, leukorrhea, anal prolapse, hemorrhoids, sore throat, neck pain, ankle sprain, Uterine Fibroids, Constipation, Diarrhea, Abdominal Pain, Hypogastric pain, Urethritis, Cystitis, Oophoritis, Endometriosis, Ovarian dysfunction, Pain of the Lower leg

Combine With: Qi Jiao, Qi Zheng for Intestinal disorders, hemorrhoids

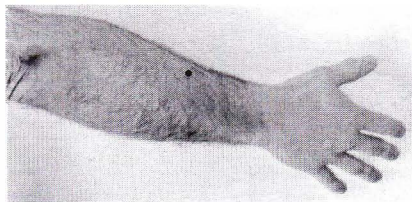
Qi Jiao – Cycle Horn

Channel: Large Intestine Channel

Reference Number: 33.02

Body Part: Forearm

Location: On the LI Channel, along the line joining LI 5 and LI 11, 4 cun above LI 5. This point is 4 cun proximal from the wrist crease.

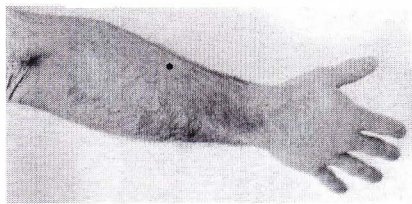


Indications: Qi Jiao is indicated for irregular menstruation, bowel cancer, leukorrhea, anal prolapse, hemorrhoids, sore throat, neck pain, ankle sprain, Uterine Fibroids, Constipation, Diarrhea, Abdominal Pain, Hypogastric pain, Urethritis, Cystitis, Oophoritis, Endometriosis, Ovarian dysfunction, Pain of the Lower leg

Combine With: Qi Men, Qi Zheng

Qi Zheng – Cycle Correct
Channel: Large Intestine Channel
Reference Number: 33.03
Body Part: Forearm

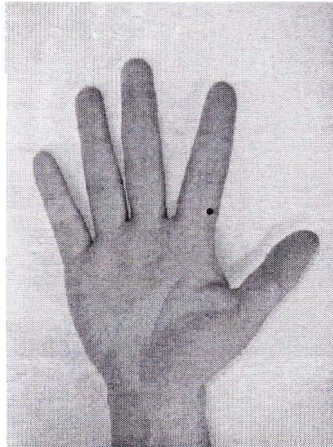
Location: On the LI Channel, along the line joining LI 5 and LI 11, 6 cun above LI 5. This point is 6 cun proximal from the wrist crease.



Indications: This is indicated in irregular menstruation, bowel cancer, leukorrhea, anal prolapse, hemorrhoids, abdominal pain, Uterine Fibroids, Constipation, Diarrhea, Urethritis, Cystitis, Oophoritis, Endometriosis, Ovarian dysfunction, Pain of the Lower leg

Combine With: Qi Men, Qi Jiao as a Dao Ma set

Da Xiao Jian and Fu Jian



Da Jian – Big Space

Channel: Large Intestine Channel

Reference Number: 11.01

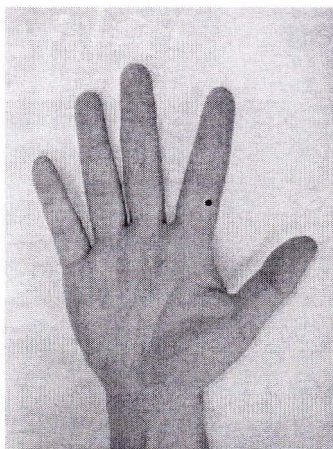
Body Part: Fingers

Location: On the B Line, find the palmar surface of the proximal segment of the index finger, measure 0.3 cun to the radial side.

Indications: Asthma, Trigeminal neuralgia, Tonsillitis, Heart palpitations, Tearing of eyes, Abdominal distention, gas and bloating, Inguinal hernia, Endocarditis, Whooping cough, Chronic pulmonary heart disease, Acute Gastroenteritis

Combine With: Xiao Jian for hernia

Comments: Needling against the tissues and depth will determine the function



Xiao Jian – Small Space

Channel: Large Intestine Channel

Reference Number: 11.02

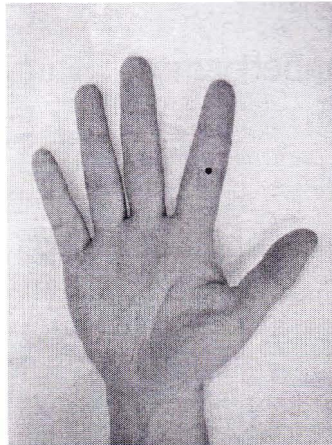
Body Part: Fingers

Location: On the B line, find the palmar surface of the proximal segment of the index finger, 0.2 cun distal to Da Jian (11.01)

Indications: Asthma, Tonsillitis, Knee Pain, Heart palpitations, Fullness of the chest, Inguinal hernia, Keratitis, Whooping cough, Chronic pulmonary heart disease

Combine With: Liver Channel points for hernia

Comments: Especially good for hernia



Fu Jian – Floating Space

Channel: Large Intestine Channel

Reference Number: 11.03

Body Part: Fingers

Location: On the B line of the index finger, measure 1/3 cun distal to the crease of the middle segment.

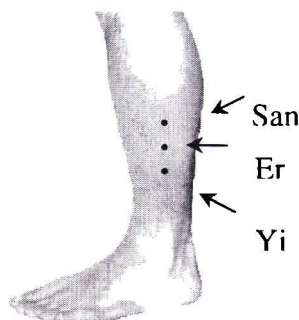
Indications: Toothache, Abdominal Pain, Inguinal hernia, Urethral pain

Combine With: Liver Channel points for hernia

Comments: Especially good for hernia

Yi Zhong – First Heavy
Channel: GallBladder Channel
Reference Number: 77.05
Body Part: Lower Leg

Location: 3 cun above the lateral malleolus, anterior to the fibula. Yi Zhong is at GB 39



Indications: Goiter, exophthalmous, Bell's palsy, migraine headaches, neck pain, thyroid tumor, generally used for hyperthyroidism and/or goiter, Tonsillitis, Thyroiditis, Hepatitis, Splenomegaly, Laryngitis, Encephalitis, myelitis, and encephalomyelitis, Parkinson's disease, Upper Arm Pain

Er Zhong – Second Heavy
Channel: Gall Bladder Channel
Reference Number: 77.06
Body Part: Lower Leg

Location: Er Zhong is 2 cun above Yi Zhong or 5 cun above the lateral malleolus, anterior to the fibula.

Indications: Goiter, exophthalmous, Bell's palsy, migraine headaches, neck pain, thyroid tumor, generally used for hyperthyroidism and/or goiter, Tonsillitis, Thyroiditis, Hepatitis, Splenomegaly, Laryngitis, Encephalitis, myelitis, and encephalomyelitis, Parkinson's disease, Upper Arm Pain

San Zhong – Third Heavy

Channel: Gall Bladder Channel, Stomach Channel

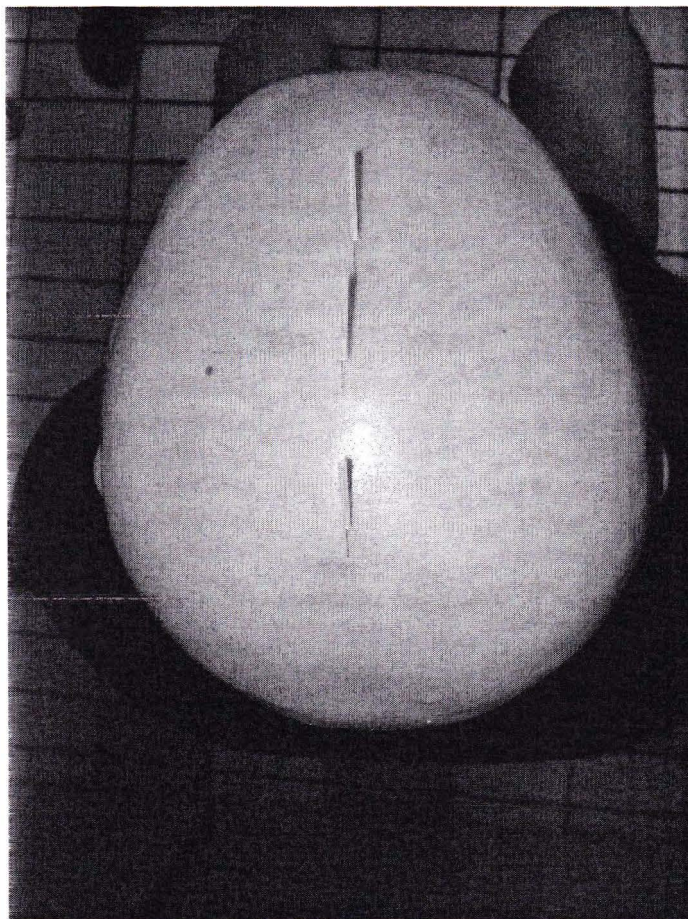
Reference Number: 77.07

Body Part: Lower Leg

Location: San Zhong is 2 cun above Er Zhong, or 7 cun above the lateral malleolus, anterior to the fibula bone.

Indications: Goiter, exophthalmous, Bell's palsy, migraine headaches, neck pain, thyroid tumor, generally used for hyperthyroidism and/or goiter, Tonsillitis, Thyroiditis, Hepatitis, Splenomegaly, Laryngitis, Encephalitis, myelitis, and encephalomyelitis, Parkinson's disease, Upper Arm Pain

Zheng Hui/ Correct Meetings



Location: This point is Du 20

Indications: Stroke, paralysis, hemiplegia, epilepsy, Bell's palsy, aphasia, weakness, seizures, Parkinson's, Tic Doreaux, tremors of the 4 limbs, general weakness, Liver Wind syndromes, Blood deficiency syndromes, organ prolapse, numbness, pain in the lower extremities, problems of the nervous system

Qian Hui/ Anterior Meeting

Location: This point is 1.5 cun anterior to Du 20.

Indications: Dizziness, nerve degeneration, unconsciousness, blurry vision, headache

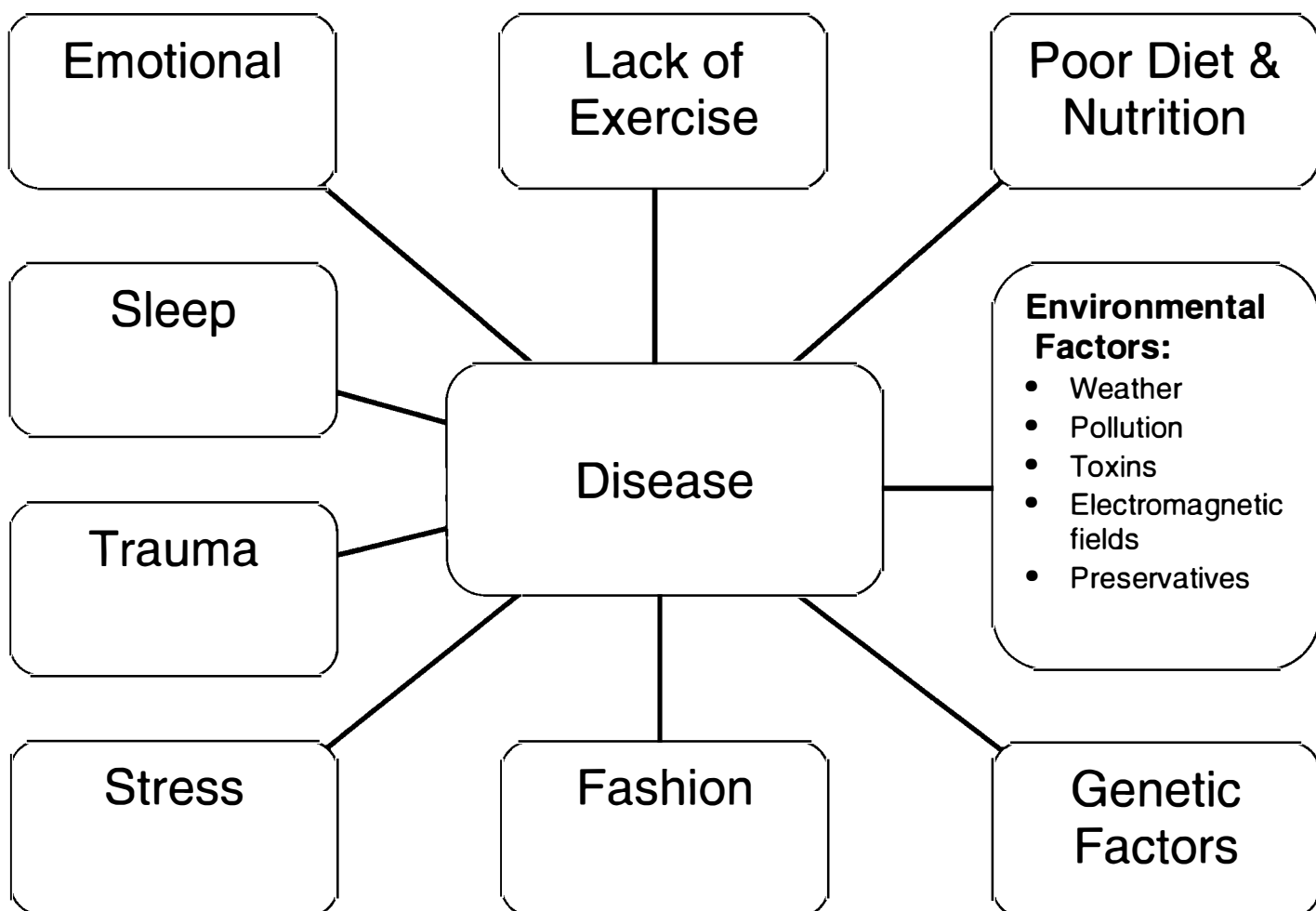
Hou Hui/ Posterior Meeting

Location: 1.6 cun posterior to Du 20

Indications: Dizziness, hemiplegia, coccyx pain, lumbar pain, hemiplegia, aphasia, Liver Wind disease, headaches

Chart of the causes of disease — use this chart for your

clients to explain how holistic medicine takes lifestyle as a major consideration for disease. It can even help the most stubborn or impatient client to understand what he is suffering from and what due diligence is needed on his part to aid in his recovery.



Strategies for Optimal Health – Similarly, use these as rules of thumb for your clients to give them guidelines in which they can take part in their improving their health. If necessary, ask them to journal these for you so that you may discuss them. In this manner, clients will have “homework” for themselves to do.

Diet and Nutrition

Watch your Diet! - Much of your health is determined by watching your diet!

Avoid excessive carbs - chips, pizza, bread, breadsticks, pasta, rice, buns, muffins, cakes, cookies, tortillas, burritos, tacos, fruit juices/drinks, soft drinks – these are empty carbs, and have little nutritional value. You need complex carbs (vegetables and fruits) to stay alive, roughly 30-40% per meal - but overdoing with empty carbs is unnecessary.

Read the labels! Anything with artificial anything is not the best for you...avoid hidden sugars like high fructose corn syrup. Also abusing sweeteners will eventually have a detrimental effect. Sugar is, in general, better than artificial sweeteners!

Avoid any foods with artificial color, flavor, sweeteners, and preservatives, as well as ingredients you don't know or can't pronounce. Avoid enriched white flour, trans fatty acids and triglycerides.

Eat more foods without labels: Try to eat fresh, organic foods like fruits, carrot sticks, celery, almonds (unsalted and unflavored), walnuts, raisins, dried fruits as snacks...

Limit yourself to maybe 1 day a week of eating what you want without worry!

Eat only about 2/3 full.

All you can eat buffets are deadly!

6-8 small meals a day, organic foods – eat throughout the day to easily digest meals

Detox with green leafy bitter vegetables: bok choy, broccoli, romaine lettuce, kale, mesclun, mustard greens, spinach, turnip greens, watercress, collard greens – best bet: Gourmet salad greens

Best water – bottled or reverse osmosis filtered only

Ideal breakfast, lunch and dinner: Oatmeal or multigrain cereal, mixed greens salad with 2 ounces of protein

Don't take too many vitamins, Calcium, Glucosamine, Chondroitin, MSM – take only 3X a week, speak to your pharmacist about the many Rx's you are taking. Avoid taking unnecessary OTC drugs.

Exercise is moving your thighs!

Walk at least ½ hour twice a day, or 10K steps a day - wear a pedometer

Try Yoga, Tai Ji, Qi Gong

Do Sauna, Massage, Steam room, Jacuzzi, or Thai Yoga Massage 1 x week

Check your BMI - <http://www.nhlbisupport.com/bmi/>

Sleep

6 –8 hours a day

½ hour naps, if needed

Sleeping time is not time to think!!!

Sleeping time is healing time!

Less Stress, More Healthy emotions:

Do Meditation, Yoga

You are responsible for “habits”

Excuse-itis is the worst disease of all.

Brief Therapy/Awareness Therapy/Hypnotherapy/NLP/EFT

Read the “Power of Now”, “A New Earth” and “Silence Speaks” by Eckhart Tolle

Watch movies to educate yourself: *Food, Inc.*, *Sicko*, *Fast Food Nation*,

Supersize Me, and *King Corn*

Learn how to deal with toxic people and emotional vampires

Don't set off genetic triggers

See <http://www.cosmeticsdatabase.com> for info on the toxicity of your health/beauty products!

Clean environment, Air, Water, avoiding toxins, plastics/styrofoam

Medications are best for short term.

Go for natural medicine: Try Acupuncture, Chiropractic, herbs, bodywork, naturopathy, homeopathy as your firstline medical treatment.

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.

Male Disorders

Disorders in Male Patients

Erectile Dysfunction

Signs and Symptoms: Erectile dysfunction (impotence) is the inability to get and keep an erection firm enough for sex. Having erection trouble from time to time isn't necessarily a cause for concern. But if erectile dysfunction is an ongoing problem, it may cause stress, cause relationship problems or affect your self-confidence.

Problems getting or keeping an erection can be a sign of a health condition that needs treatment, such as heart disease or poorly controlled diabetes. Treating an underlying problem may be enough to reverse your erectile dysfunction.

(From MayoClinic.com)

Acupuncture: XIA SAN HUANG, K3, 6, Huo Ying, Huo Zhu, Liv 6

Huo Ying, Huo Zhu Liv 6 K 3, 6	Xia San Huang

Herbals: Huan Shao Dan - Da zao, Shu di huang, Gou qi zi, Bi xie, Fu ling, Rou cong rong, Xiao hui xiang, Ba ji tian, Du zhong, Huai niu xi, Wu wei zi, Shan zhu yu, Chu shi zi.

Sang Piao Xiao San - Long gu, Zhi gui ban, Sang piao xiao, Ren shen, Fu ling, Shi chang pu, Dang gui, Yuan zhi.

Jin Suo Gu Jing Wan - Lian zi, Qian shi, Lian xu, Sha yuan zi, Mu li, Long gu.

Lifestyle: Check medications, exercise, maintain healthy BMI

Low Sperm Count

Signs and Symptoms: Low sperm count (Oligozoospermia) is one of the main causes of male infertility. It is considered that a man has low sperm count when he has less than 20 million spermatozoa per one ml of ejaculate. (From <http://www.lowspermcount.org/>)

Causes of Low Sperm Count:

- Problems with sperm production - such problems can be genetic (for example Klinefelter's syndrome) or based on a hormonal disorder
- Testicular injury and disease - injuries that affect the testicles may affect sperm production and cause low sperm count
- Malnutrition and nutrient deficiencies - deficiency of some nutrients (for example Zinc, Selenium, vitamin C, etc.) may also lead to low sperm count
- Overheating - excessive heat from saunas, hot tubs, etc. may decrease sperm production and lower sperm count
- Smoking - smoking cigarettes may impair male fertility since it is known to reduce sperm count and sperm lifespan
- Drugs - the use of cocaine and heavy marijuana is known to reduce sperm count by 50%
- Excessive alcohol consumption - alcohol is toxic to sperm and may reduce sperm count and quality
- Prescribed medications - many prescription medications are known to reduce sperm count and decrease fertility
- Environmental toxins, radiation and heavy metals - a number of environmental factors, such as exposure to toxins or chemicals, can reduce sperm count either by affecting testicular function directly or by affecting the hormone system
- Obesity - many studies find association between low sperm count and obesity in men
- Stress and excessive physical or mental exertion - these can cause some hormonal changes in the body that can affect sperm count and fertility

- Varicocele - it is not clear how exactly this condition causes infertility in men
- Bicycling - blood vessels and nerves may be damaged due to the pressure from the bike seat

(From <http://www.lowspermcount.org/>)

Acupuncture: XIA SAN HUANG, St 36, 39, Huo Ying, Huo Zhu, Liv 6, K 3, 6

Huo Ying, Huo Zhu Liv 6 K 3, 6	Xia San Huang St 36, 39
--------------------------------------	----------------------------

Herbals: Ge Jie Da Bu Tang - Shu di huang, Du zhong, Xu duan, Gu sui bu, Nu zhen zi, Huang jing, Dang shen, Ge jie, Dang gui, Gou qi zi, Huang qi, Fu ling, Shan yao, Ba ji tian, Mu gua, Gan cao, Bai zhu.

Sang Piao Xiao San - - Long gu, Zhi gui ban, Sang piao xiao, Ren shen, Fu ling, Shi chang pu, Dang gui, Yuan zhi.

Lifestyle: Advise patient to wear boxers, quit smoking, maintain healthy BMI, check medications

Testicular Cancer

Signs and Symptoms: Lump or mass in the testicle.

May also have:

- A lump or mass in either testicle
- Any enlargement or swelling of a testicle
- A collection of fluid in the scrotum
- A dull ache in the lower abdomen, back, or in the groin
- A feeling of heaviness in the scrotum
- Discomfort or pain in a testicle or in the scrotum
- Enlargement or tenderness of the breasts

(From <http://www.tc-cancer.com/signs.html>)

Acupuncture: Huo Ying, Huo Zhu, Liv 6, K 3, 6

Huo Ying, Huo Zhu Liv 6 K 3, 6	
--------------------------------------	--

Herbals: Ling Zhi – 3 – 15 g alone, for Qi and blood deficiencies

Actions - Tonifies Qi and Nourishes Blood for qi and blood deficiencies, weak digestion, poor appetite, listlessness, loose stools, fatigue, dizziness and soreness of the lower back.

(from 2004 Chinese Medical Herbology and Pharmacology by John Chen & Tina Chen. Art of Medicine Press.)

Three Imperial Mushrooms - Reishi mushroom extract (*Ganoderma lucidum* [Leyss. ex Fr.] (ling zhi) 200 mg
American ginseng root extract (*Panax quinquefolia*) 75 mg
Shitake mushroom extract (*Lentinus edodes*) 100 mg
Maitake mushroom extract (*Grifola frondosa*) 100 mg
Beta 1,3 Glucan 20 mg
Mfg by SunTen

Lifestyle: Encourage Self examination as well as regular medical check ups

4) Benign Prostatic Hypertrophy

Signs and Symptoms: Benign prostatic hypertrophy (BPH) is enlargement of the prostate. This condition is common in older men.

Other Signs and Symptoms include:

- ☐ Urinary hesitancy
- ☐ Weak urination
- ☐ Urinary blockage
- ☐ Urinary urgency
- ☐ Urinary leakage
- ☐ Urinary dribbling
- ☐ Difficulty starting urination
- ☐ Unsteady urine stream
- ☐ Frequent urination
- ☐ Night urination
- ☐ Frequent urination of small amounts
- ☐ Uncontrolled urinary dribbling
- ☐ Urinary frequency
- ☐ Hesitancy
- ☐ Incomplete bladder emptying
- ☐ Decreased force of stream
- ☐ Dribbling or dripping

(From

http://www.wrongdiagnosis.com/b/benign_prostate_hyperplasia/symptoms.htm)

Acupuncture: XIA SAN HUANG, St 36, 37, 39, Huo Ying, Huo Zhu,
Liv 6

Huo Ying, Huo Zhu Liv 6	Xia San Huang St 36, 37, 39
----------------------------	--------------------------------

Herbals: Kai Kit Wan - (Jie Jie Wan or Qiang lie xian fang) includes:
Wang bu liu xing (*Vaccaria segetalis* seed) - invigorates blood in upper body channels

Bai jiang cao (*Patrinia villosa*) - clears heat and toxins

Chi shao (*Paeonia veitchii*/red peony root) - relieves traumatic pain and swelling

Huang qi (*Astragalus membranaceus* root) - abates weakness and fatigue; excessive sweating

Mu dan pi (*Paeonia suffruticosa*/peony tree root-bark) - clears heat, cools blood

Mu tong (*Clematis armandii* stem or *Akebia trifoliata* stem) - drains dampness, clears heat

Mu xiang (*Aucklandia lappa*/costus root) - promotes qi movement, aids digestion, relieves pain

Yan hu suo (*Corydalis yanhusuo*/fumewort rhizome) - anti-inflammatory, muscle relaxing

Gan cao (*Glycyrrhiza uralensis*/licorice root) - stimulates the immune system, aids digestion

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

San Miao San – Huang Bai, Cang Zhu, Niu Xi

Lifestyle: Maintain good BMI, regulate diet, drinking, meat intake

Chlamydia

Signs and Symptoms: Chlamydia is a common sexually transmitted disease (STD) caused by the bacterium, *Chlamydia trachomatis*, which can damage a woman's reproductive organs. Even though symptoms of chlamydia are usually mild or absent, serious complications that cause irreversible damage, including infertility, can occur "silently" before a woman ever recognizes a problem.

Chlamydia also can cause discharge from the penis of an infected man.

Men with signs or symptoms might have a discharge from their penis or a burning sensation when urinating. Men might also have burning and itching around the opening of the penis. Pain and swelling in the testicles are uncommon.

Men or women who have receptive anal intercourse may acquire chlamydial infection in the rectum, which can cause rectal pain, discharge, or bleeding. Chlamydia can also be found in the throats of women and men having oral sex with an infected partner.

(From <http://www.cdc.gov/std/chlamydia/stdfact-chlamydia.htm>)

Acupuncture: Huo Ying, Huo Zhu, Liv 6, St 36, 39

Huo Ying, Huo Zhu Liv 6	St 36, 39
----------------------------	-----------

Herbals: Long Dan Xie Gan Tang - Long dan cao, Chai hu, Ze xie, Sheng di huang, Dang gui, Huang qin, Zhi zi, Mu tong, Che qian zi, Gan cao.

Lifestyle: Condoms

Herpes Simplex Genitalia

Signs and Symptoms: Genital herpes is a sexually transmitted disease (STD) caused by the herpes simplex viruses type 1 (HSV-1) or type 2 (HSV-2). Most genital herpes is caused by HSV-2. Most individuals have no or only minimal signs or symptoms from HSV-1 or HSV-2 infection. When signs do occur, they typically appear as one or more blisters on or around the genitals or rectum. The blisters break, leaving tender ulcers (sores) that may take two to four weeks to heal the first time they occur. Typically, another outbreak can appear weeks or months after the first, but it almost always is less severe and shorter than the first outbreak. Although the infection can stay in the body indefinitely, the number of outbreaks tends to decrease over a period of years.

Most people infected with HSV-2 are not aware of their infection. However, if signs and symptoms occur during the first outbreak, they can be quite pronounced. The first outbreak usually occurs within two weeks after the virus is transmitted, and the sores typically heal within two to four weeks. Other signs and symptoms during the primary episode may include a second crop of sores, and flu-like symptoms, including fever and swollen glands. However, most individuals with HSV-2 infection never have sores, or they have very mild signs that they do not even notice or that they mistake for insect bites or another skin condition.

People diagnosed with a first episode of genital herpes can expect to have several (typically four or five) outbreaks (symptomatic recurrences) within a year. Over time these recurrences usually decrease in frequency. It is possible that a person becomes aware of the "first episode" years after the infection is acquired.

(From <http://www.cdc.gov/std/herpes/stdfact-herpes.htm>)

Acupuncture: Jian Zhong, Huo Ying, Huo Zhu, Liv 6, St 44, 36

	Jian Zhong
Huo Ying, Huo Zhu Liv 6	St 36, 44

Herbals: Long Dan Xie Gan Tang - Long dan cao, Chai hu, Ze xie, Sheng di huang, Dang gui, Huang qin, Zhi zi, Mu tong, Che qian zi, Gan cao.

Lifestyle: Know your partner

High Blood Pressure

Signs and Symptoms: Hypertension is the term used to describe high blood pressure.

Blood pressure readings are measured in millimeters of mercury (mmHg) and usually given as two numbers. For example, 120 over 80 (written as 120/80 mmHg).

The top number is your systolic pressure, the pressure created when your heart beats. It is considered high if it is consistently over 140.

The bottom number is your diastolic pressure, the pressure inside blood vessels when the heart is at rest. It is considered high if it is consistently over 90.

(From <https://health.google.com/health/ref/Hypertension>)

Acupuncture: Huo Ying, Huo Zhu, Liv 6, XIA SAN HUANG, St 36, 44

Huo Ying, Huo Zhu Liv 6	Xia San Huang St 36, 44
----------------------------	----------------------------

Herbals: Dan Shen Pian – Dan Shen 丹参 San Qi 三气 Chuan Xiong 川芎

Long Dan Xie Gan Tang - 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 - 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.

Lifestyle: Maintain healthy BMI, exercise, maintain good diet

Coronary Artery Disease

Signs and Symptoms: Coronary artery disease (CAD), also called coronary heart disease, is a condition in which plaque (plak) builds up inside the coronary arteries. These arteries supply your heart muscle with oxygen-rich blood.

Plaque is made up of fat, cholesterol, calcium, and other substances found in the blood. When plaque builds up in the arteries, the condition is called atherosclerosis.

Plaque narrows the arteries and reduces blood flow to your heart muscle. It also makes it more likely that blood clots will form in your arteries. Blood clots can partially or completely block blood flow.

When your coronary arteries are narrowed or blocked, oxygen-rich blood can't reach your heart muscle. This can cause angina or a heart attack.

Over time, CAD can weaken the heart muscle and lead to heart failure and arrhythmias. Heart failure is a condition in which your heart can't pump enough blood throughout your body. Arrhythmias are problems with the speed or rhythm of your heartbeat.

(From
http://www.nhlbi.nih.gov/health/dci/Diseases/Cad/CAD_WhatIs.html)

Acupuncture: Huo Ying, Huo Zhu, Liv 6, XIA SAN HUANG, St 36, 37, 40

Huo Ying, Huo Zhu Liv 6	Xia San Huang St 36, 37, 40
----------------------------	--------------------------------

Herbals: Dan Shen Pian – Dan Shen, San Qi, Chuan Xiong

Shan Zha Jiang Zhi Pian - 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)

Lifestyle: Watch intakes of fat and cholesterol, exercise, maintain healthy BMI

Obesity

Signs and Symptoms: Obesity is a term used to describe body weight that is much greater than what is considered healthy. If you are obese, you have a much higher amount of body fat than is healthy or desirable.

Adults with a body mass index (BMI, calculated as weight in kilograms divided by height in meters squared) greater than 25 kg/m² but less than 30 kg/m² are considered overweight.

Adults with a BMI greater than 30 kg/m² are considered obese.

Anyone who is more than 100 pounds overweight or who has a BMI greater than 40 kg/m² is considered morbidly obese.

(From <https://health.google.com/health/ref/Obesity>)

Acupuncture: XIA SAN HUANG, St 36, 37, 40, Huo Ying, Huo Zhu, Liv 6

Huo Ying, Huo Zhu Liv 6	Xia San Huang St 36, 37, 40

Herbals: Shan Zha Jian Zhi Pian - 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)

Er Chen Tang - Ban xia, Chen pi, Fu ling, Gan cao, Sheng jiang.

Fang Feng Tong Sheng Wan - Lian qiao, Fang feng, Jing jie, Mang xiao, Zhi zi, Huang qin, Dang gui, Chuan xiong, Bai zhu, Jie geng, Gan cao, Jiu chao da huang, Bo he.

Lifestyle: Check thyroid, maintain good BMI, change diet

Diabetes Type 2

Signs and Symptoms: In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use glucose for energy. When you eat food, the body breaks down all of the sugars and starches into glucose, which is the basic fuel for the cells in the body. Insulin takes the sugar from the blood into the cells. When glucose builds up in the blood instead of going into cells, it can lead to diabetes complications.

Other signs and symptoms include:

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and Irritability
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections
-

Often people with type 2 diabetes have no symptoms.

(From <http://www.diabetes.org/diabetes-basics/symptoms/>)

Acupuncture: XIA SAN HUANG, St 36, 37, 39, Tian Mi

	Tian Mi
	Xia San Huang St 36, 37, 39

Herbals: Yu Quan Wan – Tian hua fen, Ge gen, Dang shen, Huang qi, Fu ling, Sheng di huang, Mai men dong, Wu mei, Wu wei zi, Gan cao.

Jin Gui Shen Qi Wan - Shu di huang, Shan yao, Shan zhu yu, Mu dan pi, Fu ling, Ze xie, Rou gui, Fu zi.

Lifestyle: Maintain healthy lifestyle, healthy BMI, avoid sweets, hidden sugars

Penile Cancer

Signs and Symptoms: Cancer of the penis is cancer that starts in the penis, an organ that makes up part of the male reproductive system.

Other symptoms include:

- Genital lesions on the penis
- Painless sore on penis (occasionally, the lesion may cause pain)
- Penis pain and bleeding from the penis (may occur with advanced disease)

(From <http://www.nlm.nih.gov/medlineplus/ency/article/001276.htm>)

Acupuncture: Du 26, XIA SAN HUANG, St 36, 37, 39, Huo Ying, Huo Zhu

Du 26	
Huo Ying, Huo Zhu	Xia San Huang St 36, 37, 39

Herbals: Sunten Three Imperial Mushrooms - Reishi mushroom extract (*Ganoderma lucidum* [Leyss. ex Fr.] (ling zhi) 200 mg
American ginseng root extract (*Panax quinquefolia*) 75 mg
Shitake mushroom extract (*Lentinus edodes*) 100 mg
Maitake mushroom extract (*Grifola frondosa*) 100 mg
Beta 1,3 Glucan 20 mg

Lifestyle: Hygeine is a must

Hemorrhoids

Signs and Symptoms: 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)

Acupuncture: Bloodlet UB 40 or UB 57, Qi Men, Qi Jiao, Qi Zheng, St 36, St 37, Er Xia, Du 26

Du 26	Er Xia Qi Men, Qi Jiao, Qi Zheng
^ UB 40 or UB 57	St 36, 37

Herbals: Huai Jiao Wan - Huai jiao zi, Di yu, Huang qin, Zhi ke, Fang feng, Dang gui

Lifestyle: Regular exercise and regular bowel habits, along with a good diet of roughage and vegetables

Stress, Frustration, Intense Anger, Type A personality

Signs and Symptoms:

Time urgency and impatience, which causes irritation and exasperation.

Free floating hostility, which can be triggered by even minor incidents.

Competitive: this made them oriented towards achievement which caused them to become stressed due to wanting to be the best at whatever it may be, e.g. sports or in work.

(From http://en.wikipedia.org/wiki/Type_A_and_Type_B_personality_theory)

From TCM point of view, this is Liver Qi Stagnation changing to Live Fire Disorder.

Acupuncture: Ling Gu, Da Bai, Huo Ying, Huo Zhu



Herbals: Jia Wei Xiao Yao Wan - - 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 - Long dan cao, Chai hu, Ze xie, Sheng di huang, Dang gui, Huang qin, Zhi zi, Mu tong, Che qian zi, Gan cao.

Lifestyle: Focus on the NOW, learn to see situations without editorializing, adopt a more conscious world view, try meditation, yoga, Tai Ji Quan, Qi gong

Prostate Cancer

Signs and Symptoms: 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)

Acupuncture: Huo Ying, Huo Zhu, Liv 6, St 36, 43, Xia San Huang, Da Xiao Jian, Fu Jian

	Da Xiao Jian, Fu Jian
Huo Ying, Huo Zhu Liv 6	St 36, 43, Xia San Huang

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

Long Dan Xie Gan Tang

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

Shu di huang, Shan yao, Shan zhu yu, Mu dan pi, Fu ling, Ze xie,
Rou gui, Fu zi

Renal Calculi

Signs and Symptoms: 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)

Acupuncture: UB 63, 65, 66, 40, SI 9, 10, Huo Ying, Huo Zhu, Liv 6

	SI 9, 10
Huo Ying, Huo Zhu Liv 6	UB 40, 63, 65, 66

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

Ba Zheng San

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

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

Lumbago/Low Back Pain

Signs and Symptoms: 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)

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

	Ling Gu, Da Bai
GB 31, 34, 35, 39	UB 40, 63, 65, 66

Herbals: *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

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

Tao Hong Si Wu Tang

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

Du Huo Ji Sheng Tang

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

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-Gui 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.

Female Disorders

Infertility

Signs and Symptoms: Primary infertility describes couples who have never been able to become pregnant after at least 1 year of unprotected sex (intercourse).

Secondary infertility describes couples who have been pregnant at least once, but have not been able to become pregnant again.

Female infertility may be due to:

- Problems with a fertilized egg or embryo being able to survive once it is attached to the lining of the uterus
- Problems with the eggs being able to attach to the lining of the uterus
- Problems with the eggs being able to move from the ovary to the uterus
- Problems with the ovaries producing eggs
- Female infertility may be caused by:
- Autoimmune disorders, such as antiphospholipid syndrome (APS)
- Clotting disorders
- Defects of the uterus and cervix (myomas or fibroids, polyps, birth defects)
- Excessive exercising, eating disorders, or poor nutrition
- Exposure to certain medications or toxins
- Heavy use of alcohol
- Hormone imbalance or deficiencies
- Long-term (chronic) disease, such as diabetes
- Obesity
- Ovarian cysts and polycystic ovary syndrome (PCOS)
- Pelvic infection or pelvic inflammatory disease (PID)
- Scarring from sexually transmitted disease or endometriosis
- Tumor
-

(From <https://health.google.com/health/ref/Infertility>)

Acupuncture: Fu Ke, Xia San Huang, St 36, 37, Huo Ying, Huo Zhu, Liv 6, K 3, 5, 6

	Fu Ke
Huo Ying, Huo Zhu Liv 6 K 3, 5, 6	Xia San Huang St 36, 37

Herbals: You Gui Wan, Xiao Yao Wan, Er Xian Tang, Ba Zhen Wan

You Gui Wan

Shu di huang, Shan yao, Shan zhu yu, Gou qi zi, Du zhong, Tu si zi, Dang gui, Rou gui

Xiao Yao Wan

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

Er Xian Tang

Xian mao, Yin yang huo, Ba ji tian, Huang bai, Zhi mu, Dang gui

Ba Zhen Wan

Shu di huang, Dang gui, Bai shao, Dang shen, Fu ling, Bai zhu, Chuan xiong, Gan cao.

Lifestyle: Less stress, healthy emotions, build blood, Tonify K function

Amenorrhea

Signs and Symptoms: Amenorrhea is the absence of menstrual bleeding and may be primary or secondary.

Primary amenorrhea is the absence of menstrual bleeding and secondary sexual characteristics (for example, breast development and pubic hair) in a girl by age 14 years or the absence of menstrual bleeding with normal development of secondary sexual characteristics in a girl by age 16 years.

Secondary amenorrhea is the absence of menstrual bleeding in a woman who had been menstruating but later stops menstruating for 3 or more months in the absence of pregnancy, lactation (the ability to breastfeed), cycle suppression with systemic hormonal contraceptive (birth control) pills, or menopause.

For a woman to have regular menstrual cycles, her hypothalamus, pituitary gland (see Anatomy of the Endocrine System), ovaries, and uterus should all be functioning normally. The hypothalamus stimulates the pituitary gland to release follicle-stimulating hormone (FSH) and luteinizing hormone (LH). FSH and LH cause the ovaries to produce the hormones estrogen and progesterone. Estrogen and progesterone are responsible for the cyclical changes in the endometrium (uterine lining), including menstruation. In addition, a woman's genital tract should be free of any abnormalities to allow the passage of menstrual blood.

(From http://www.emedicinehealth.com/amenorrhea/article_em.htm)

Acupuncture: Fu Ke, XIA SAN HUANG, Huo Ying, Huo Zhu, Liv 6

	Fu Ke
Huo Ying, Huo Zhu Liv 6	Xia San Huang

Herbals: Ba Zhen Wan - Shu di huang, Dang gui, Bai shao, Dang shen, Fu ling, Bai zhu, Chuan xiong, Gan cao.

Lifestyle: Encourage blood building diet, regular exercise

Dysmenorrhea

Signs and Symptoms: Dysmenorrhea refers to the syndrome of painful menstruation. Its prevalence is estimated at 25% of women and up to 90% of adolescents.¹ No significant difference exists in prevalence or incidence between races, though the most common causes of dysmenorrhea differ by age. Although it is not life-threatening, dysmenorrhea can be debilitating and psychologically taxing for many women. Some choose to self-medicate at home and never seek medical attention for their pain. Dysmenorrhea is responsible for significant absenteeism from work, and it is the most common reason for school absence among adolescents.

(From <http://emedicine.medscape.com/article/795677-overview>)

In TCM, we consider this to be a form of Qi and Blood Stagnation or Coldness in Lower Jiao, or Liver Kidney Deficiency

Acupuncture: Fu Ke, XIA SAN HUANG, Huo Ying, Huo Zhu, Liv 6

	Fu Ke
Huo Ying, Huo Zhu Liv 6	Xia San Huang

Herbals: Ba Zhen Tang - Shu di huang, Dang gui, Bai shao, Dang shen, Fu ling, Bai zhu, Chuan xiong, Gan cao.

Wen Jing Tang - Wu zhu yu, Ban xia, Mai men dong, Dang gui, Bai shao, Ren shen, Shu di huang, Gan cao, Mu dan pi, Sheng jiang, Chuan xiong, Gui zhi.

Shao Fu Zhu Yu Tang - - Dang gui, Pu huang, Chi shao, Ru xiang, Mo yao, Yan hu suo, Chuan xiong, Rou gui, Chao xiao hui xiang, Chao gan jiang

Lifestyle: Regulate the Blood through proper diet and exercise and rest

Ovarian Cysts

Signs and Symptoms: An ovarian cyst is a sac filled with fluid that forms on or inside of an ovary.

Ovarian cysts may occur during the process in which an egg is released from the ovary (ovulation). During the days before ovulation, a follicle grows. But when ovulation is supposed to occur, the follicle fails to break open and release an egg, as it is supposed to do. Instead, the fluid stays in the follicle and forms a cyst.

Ovarian cysts are somewhat common, and are more common during a woman's childbearing years (from puberty to menopause). Ovarian cysts are rare after menopause.

No known risk factors have been found.

Functional ovarian cysts are not the same as ovarian tumors (including ovarian cancer) or cysts due to hormone-related conditions such as polycystic ovary disease.

An ovarian cyst can cause pain if it:

- Bleeds
- Breaks open
- Is twisted or causes twisting (torsion) of the fallopian tube
- Pushes on nearby structures
- Symptoms of ovarian cysts can include:
 - Abnormal uterine bleeding (change from normal menstrual pattern)
 - Absent menstruation
 - Irregular menstruation
 - Longer than usual menstrual cycle
 - Shorter than usual menstrual cycle
 - Bloating or swelling in the abdomen
 - Pain during bowel movements
 - Pain in the pelvis shortly after beginning or ending a menstrual period

- Pain with intercourse or pelvic pain during movement
- Pelvic pain -- constant, dull aching

Note: Often there are no symptoms.

(From <https://health.google.com/health/ref/Ovarian+cysts>)

Acupuncture: Fu Ke, Huo Ying, Huo Zhu, Liv 6, XIA SAN HUANG

	Fu Ke
Huo Ying, Huo Zhu Liv 6	Xia San Huang

Herbals: Gui Zhi Fu Ling Wan - Gui zhi, Fu ling, Chi shao, Mu dan pi, Tao ren.

Shao Fu Zhu Yu Tang - Dang gui, Pu huang, Chi shao, Ru xiang, Mo yao, Yan hu suo, Chuan xiong, Rou gui, Chao xiao hui xiang, Chao gan jiang

Lifestyle: Diagnosis through CT Scan, MRI, Pelvic Exam, Ultrasound, Blood tests (LH, FSH, estradiol, testosterone, and Serum HCG (pregnancy test))

Fibroid Tumors

Signs and Symptoms: Uterine fibroid tumors are almost always benign. These benign (non-cancerous) tumors are found in most cases, in the uterus of women in their 30's and 40's.

Fibroid tumors are solid tumors which are made of fibrous tissue, hence the name 'fibroid' tumor. Most often fibroids occur as multiple tumor masses which are slow-growing and often cause no symptoms.

(From <http://womenshealth.about.com/cs/fibroidtumors/a/fibroidtumors.htm>)

Large tumors can be the size of a grapefruit, or encompass the entire abdominal area. Largest report fibroid weighed over 140 bs.

Acupuncture: Fu Ke, XIA SAN HUANG, Huo Ying, Huo Zhu, Liv 6

	Fu Ke
Huo Ying, Huo Zhu Liv 6	Xia San Huang

Herbals: Gui Zhi Fu Ling Wan, plus Shao Fu Zhu Yu Tang

Gui Zhi Fu Ling Wan - Gui zhi, Fu ling, Chi shao, Mu dan pi, Tao ren.

Shao Fu Zhu Yu Tang - Dang gui, Pu huang, Chi shao, Ru xiang, Mo yao, Yan hu suo, Chuan xiong, Rou gui, Chao xiao hui xiang, Chao gan jiang

Lifestyle:

Hypothyroidism

Signs and Symptoms: Hypothyroidism is a condition in which the thyroid gland does not make enough thyroid hormone.

Early symptoms:

- Being more sensitive to cold
- Constipation
- Depression
- Fatigue or feeling slowed down
- Heavier menstrual periods
- Joint or muscle pain
- Paleness or dry skin
- Thin, brittle hair or fingernails
- Weakness
- Weight gain (unintentional)

Late symptoms, if left untreated:

- Decreased taste and smell
- Hoarseness
- Puffy face, hands, and feet
- Slow speech
- Thickening of the skin
- Thinning of eyebrows

(From <https://health.google.com/health/ref/Hypothyroidism>)

Acupuncture: Ling Gu, Da Bai, San Zhong, XIA SAN HUANG

	Ling Gu Da Bai
San Zhong	Xia San Huang

Herbals: Jin Gui Shen Qi Wan - Shu di huang, Shan yao, Shan zhu yu, Mu dan pi, Fu ling, Ze xie, Rou gui, Fu zi.

Shi Quan Da Bu Tang - Shu di huang, Dang gui, Dang shen, Huang qi, Bai shao, Bai zhu, Fu ling, Chuan xiong, Gan cao, Rou gui.

Lifestyle: A more active lifestyle is encouraged: more exercise and movement

Many drugs, radiation, or autoimmune causes may affect the thyroid.

Yeast Infection

Signs and Symptoms: Candidiasis is an infection caused by a group of microscopic fungi or yeast. There are more than 20 species of *Candida*, the most common being *Candida albicans*. These fungi live on all surfaces of our bodies. Under certain conditions, they can become so numerous they cause infections, particularly in warm and moist areas. Examples of such infections are vaginal yeast infections, thrush, skin and diaper rash, and nailbed infections.

In women, yeast infections are the second most common reason for vaginal burning, itching, and discharge. Yeasts are found in the vagina of most women and can overgrow if the environment in the vagina changes. Antibiotic and steroid use is the most common reason for yeast overgrowth. But pregnancy, menstruation, sperm, diabetes, and birth control pills also can contribute to getting a yeast infection. Yeast infections are more common after menopause.

(From <http://www.webmd.com/skin-problems-and-treatments/candidiasis-yeast-infection>)

Yeast infections generally occur with a weakened immunity system, cancer, cancer treatment, post surgery, AIDS, Antibiotic abuse, steroids.

Acupuncture: Jian Zhong, Yun Bai, Li Bai, XIA SAN HUANG, Huo Ying, Huo Zhu, Liv 6

	Yun Bai Li Bai or Jian Zhong
Huo Ying, Huo Zhu, Liv 6	Xia San Huang

Herbals: Zhi Dai Wan - Dang gui, Bai zhu, Xiao hui xiang, Yan hu suo, Mu xiang, Xu duan, Dang shen, Mu li, Qing dai.

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

Yin Care ™ - Proprietary Rx

Cnidium - She Chuang Zi

Mentha - Bo He

Lonicera - Jin Yin Hua

Gardenia - Zhi Zi

Phellodendron - Huang Bai

Scutellaria - Huang Qin

Sophora - Ku Shen

Kochia - Di Fu Zi

Artemisia - Yin Chen Hao

Angelica - Du Huo

Atractylodes - Cang Zhu

Acorus - Shi Chang Pu

Artemisia - Ai Ye

Pseudolarix - Tu Jing Pi

Lifestyle: Avoiding sugars, yeast, maintain strong immunity system, take Acidophilus

Breast Abscess

Signs and Symptoms: breast abscess is an infection in the breast that progresses from breast inflammation (mastitis) and forms a pus filled pocket known as an abscess. Generally, mastitis can be treated before an abscess forms; however, once an abscess forms, antibiotics and surgical drainage is the standard course of action.

(From http://www.ehow.com/about_5117395_breast-abscess-symptoms.html)

Note, this is usually caused by staphylococcus aureus entering the skin.

Acupuncture: Si Ma San, St 36, 37, 44, XIA SAN HUANG, Huo Ying, Huo Zhu, Liv 6, SI 1

	SI 1
Huo Ying, Huo Zhu, Liv 6	Si Ma San, St 36, 37, 44 Xia San Huang

Herbals: Huang Lian Jie Du Tang - Huang lian, Zhi zi, Huang qin, Huang bai.

Can also use Long Dan Xie Gan Tang

Lifestyle: Proper fitting bra, hygiene

Alactation

Signs and Symptoms: The lack of secretion of milk from the mammary glands, during the period of time that a mother lactates to feed her young.

TCM looks at this as a deficiency of Blood or Blood stasis.

Acupuncture: Fu Ke, XIA SAN HUANG, St 36, Huo Ying, Huo Zhu, Liv 6, Si Ma San

	Fu Ke
Huo Ying, Huo Zhu, Liv 6	Si Ma San, St 36 Xia San Huang

Herbals: Shi Quan Da Bu Tang or Ba Zhen Tang, Xue Fu Zhu Yu Tang

Xue Fu Zhu Yu Tang - Tao ren, Hong hua, Dang gui, Sheng di huang, Huai niu xi, Zhi ke, Chi shao, Chuan xiong, Jie geng, Chai hu, Gan cao

Lifestyle: Build blood strategies of diet, exercise and rest.

Human Papilloma Virus

Signs and Symptoms: Genital human papillomavirus (also called HPV) is the most common sexually transmitted infection (STI). There are more than 40 HPV types that can infect the genital areas of males and females. These HPV types can also infect the mouth and throat.

Most people who become infected with HPV do not even know they have it. HPV is not the same as herpes or HIV (the virus that causes AIDS). These are all viruses that can be passed on during sex, but they cause different symptoms and health problems.

Most people with HPV do not develop symptoms or health problems from it. In 90% of cases, the body's immune system clears HPV naturally within two years. But there is no way to know which people who get HPV will go on to develop cancer or other health problems.

Sometimes, certain types of HPV can cause genital warts in males and females. Rarely, these types can also cause warts in the throat -- a condition called recurrent respiratory papillomatosis or RRP.

Other HPV types can cause normal cells in the body to turn abnormal, and might lead to cancer over time. These HPV types can cause cervical cancer and other, less common cancers, including cancers of the vulva, vagina, penis, anus, and head and neck (tongue, tonsils and throat).

The types of HPV that can cause genital warts are not the same as the types that can cause cancer.

(From <http://www.cdc.gov/hpv/Signs-Symptoms.html>)

Acupuncture: Fu Ke, Huo Ying, Huo Zhu, Liv 6, XIA SAN HUANG

	Fu Ke
Huo Ying, Huo Zhu, Liv 6	Xia San Huang

Herbals: Long Dan Xie Gan Tang - Long dan cao, Chai hu, Ze xie, Sheng di huang, Dang gui, Huang qin, Zhi zi, Mu tong, Che qian zi, Gan cao

Ling Zhi

Lifestyle: Prevention

Postpartum Depression

Signs and Symptoms: Postpartum depression is moderate to severe depression in a woman after she has given birth. It may occur soon after delivery or up to a year later. Most of the time, it occurs within the first 4 weeks after delivery.

In addition to depressed mood, you may have the following symptoms nearly every day:

- Agitation and irritability
- Decreased appetite
- Difficulty concentrating or thinking
- Feelings of worthlessness or guilt
- Feeling withdrawn, socially isolated, or unconnected
- Lack of pleasure in all or most activities
- Loss of energy experienced
- Negative feelings toward the baby
- Thoughts of death or suicide
- Trouble sleeping

(From <https://health.google.com/health/ref/Postpartum+depression>)

Acupuncture: Fu Ke, XIA SAN HUANG, Huo Ying, Huo Zhu, Liv 6

	Fu Ke
Huo Ying, Huo Zhu, Liv 6	Xia San Huang

Herbals: Xiao Yao Wan, plus Gan Mai Da Zao Tang

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

Gan Mai Da Zao Tang - Ye jiao teng, Fu xiao mai, Da zao, Fu ling, Bai he, Gan cao, He huan pi

Herbal Rx's to tonify the blood and remove stasis are also important, including Ba Zhen Tang, Shi Quan Da Bu Tang, and Sheng Hua Tang.

Sheng Hua Tang - dang gui 24 g, chuan xiong 9 g, tao ren 6 g, he jiang (dark baked ginger) 2 g, zhi gan cao 2 g.

Lifestyle: Maintain active lifestyle and exercise and eat properly, avoid medications.

Pre-eclampsia

Signs and Symptoms: Preeclampsia is a pregnancy condition in which high blood pressure and protein in the urine develop after the 20th week (late 2nd or 3rd trimester) of pregnancy.

Symptoms of preeclampsia can include:

- Swelling of the hands and face/eyes (edema)
- Weight gain
- More than 2 pounds per week
- Sudden weight gain over 1 - 2 days

Note: Some swelling of the feet and ankles is considered normal with pregnancy.

Symptoms of more severe preeclampsia:

- Headaches that are dull or throbbing and will not go away
- Abdominal pain, mostly felt on the right side, underneath the ribs. Pain may also be felt in the right shoulder, and can be confused with heartburn, gallbladder pain, a stomach virus, or the baby kicking
- Agitation
- Decreased urine output, not urinating very often
- Nausea and vomiting (worrisome sign)
- Vision changes -- temporary loss of vision, sensations of flashing lights, auras, light sensitivity, spots, and blurry vision

(From <https://health.google.com/health/ref/Preeclampsia>)

Acupuncture: XIA SAN HUANG, Huo Ying, Huo Zhu, Liv 6

Huo Ying, Huo Zhu, Liv 6	Xia San Huang
-----------------------------	---------------

Herbals: Long Dan Xie Gan Tang, Tian Ma Gou Teng Yin, Dang Gui Shao Yao San (Toki-shakuyaku-san, cited in numerous studies)

Dang Gui Shao Yao San: Dang Gui 9g, Shao Yao 48g, Fu Ling 12g, Bai Zhu 12g, Ze Xie 24g, Chuan Xiong 9g

Lifestyle: Maintain a healthy pregnancy weight. Eat for one, not two.

Habitual Abortion

Signs and Symptoms: The occurrence of two or more spontaneous abortions in a row. The condition may result from severe fetal abnormality, endocrine disorders, severe kidney problems, structural defects of the cervix or uterus or immune problems.

There may be also:

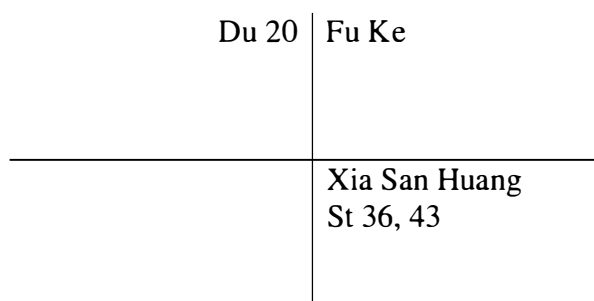
- ☐ Spontaneous abortion
- ☐ Abdominal cramping during pregnancy
- ☐ Vaginal bleeding during pregnancy

(From:

http://www.wrongdiagnosis.com/h/habitual_abortion/intro.htm?ktrack=kcplink)

TCM looks at this as a Kidney Jing Deficiency

Acupuncture: Fu Ke, XIA SAN HUANG, St 36, 43, Du 20



Herbals: Jiao Ai Tang – for bleeding - chuan xiong 2 qian, e jiao 2 qian, gan cao 2 qian, dang gui 3 qian, ai ye 3 qian, bai shao 4 qian, sheng di huang 6 qian.

Ba Zhen Tang for Deficient blood

Tai Shan Pan Shi San -

☐☐	Huang Qin	3	grams
☐☐	Sha Ren	1.5	grams
☐☐	Chuan Xiong	2.4	grams
☐☐	Ren Shen	12 - 15	grams
☐☐	Huang Qi	12 - 15	grams
☐☐	Bai Zhu	6	grams
☐☐☐	Shu Di Huang	2.4	grams
☐☐	Bai Shao	2.4	grams
☐☐	Xu Duan	3	grams
☐☐☐	Zhi Gan Cao	1.5	grams
☐☐	Nuo Mi	4 - 6	grams

Bao Tai Wan – Fu Ling, Dang Shen, Bai Zhu, Dang Gui, Sang Ji Sheng, Chuan Xiong, Chuan Bei Mu, Jiang Huo Po, Shu Di, Sheng Huang Qi, Bai Shao, Ai Ye Tan, Tu Si Zi, Chao Zhi Qiao, E Jiao, Jing Jie Sui, Qiang Huo, Gan Cao (from Jiao Shu De's 10 lectures on the Use of Formulas)

Shou Tai Wan - Tu Si Zi, Sang Ji Sheng, Xu Duan

Lifestyle: Promote habits that tonify the blood

Postpartum Care

Signs and Symptoms: Vaginal soreness, vaginal discharge, contractions, urinary difficulty (pain, feeling incomplete, increased frequency), hemorrhoids, constipation, incontinence, sore breasts, hair loss, mood changes (see postpartum depression), weight loss, swollen feet

Acupuncture: Fu Ke, St 34, 36, 37, XIA SAN HUANG, Huo Ying, Huo Zhu, Liv 6, Si Ma San

	Fu Ke
Huo Ying, Huo Zhu, Liv 6	Si Ma San Xia San Huang St 34, 36, 37

Herbals: Huai Jiao Wan for Hemorrhoids - Huai jiao zi, Di yu, Huang qin, Zhi ke, Fang feng, Dang gui

Bu Zhong Yi Qi Tang for Urinary incontinence, weight - huang qi 12 g, gan cao 6 g, ren shen 6 g, dang gui 3 g, chen pi 6 g, sheng ma 3 g, chai hu 6 g, bai zhu 9 g.

Xiao Yao San for Mood changes - Chai hu, Bai shao, Dang gui, Bai zhu, Fu ling, Sheng jiang, Gan cao, Bo he

Lifestyle: Use of tonics postpartum – Dang Gui/Ren Shen in chicken soup

Pancreatitis/Acute Cholecystitis

Signs and Symptoms: There are two diseases here that may occur spontaneously.

Pancreatitis is inflammation or infection of the pancreas. The pancreas, a gland located behind the stomach, releases the hormones insulin and glucagon and substances that help with digestion.

Pancreatitis symptoms may include:

- Abdominal pain
- Chills
- Clammy skin
- Fatty stools
- Fever
- Mild jaundice
- Nausea
- Sweating
- Weakness
- Weight loss
- Vomiting

(From <https://health.google.com/health/ref/Pancreatitis>)

Acute cholecystitis is a sudden inflammation of the gallbladder that causes severe abdominal pain.

The main symptom is abdominal pain that is located on the upper right side or upper middle of the abdomen. The pain may:

- Be sharp, cramping, or dull
- Come and go
- Spread to the back or below the right shoulder blade
- Occur within minutes of a meal
- Other symptoms that may occur include:

- Abdominal fullness
- Clay-colored stools
- Fever
- Nausea and vomiting
- Yellowing of skin and whites of the eyes (jaundice)

(From <https://health.google.com/health/ref/Acute+cholecystitis>)

Acupuncture: XIA SAN HUANG, Huo Ying, Huo Zhu, Liv 6, Dan Nang Xue, GB 41, 43

Huo Ying, Huo Zhu, Liv 6 Dan Nang Xue GB 31, 43	Xia San Huang

Herbals: Bao He Wan for digestion - Shan zha, Ban xia, Shen qu, Fu ling, Chen pi, Lian qiao, Mai ya, Lai fu zi

Da Chai Hu Tang for Pancreatitis/Cholecystitis - Sheng jiang, Chai hu, Ban xia, Huang qin, Zhi shi, Bai shao, Da zao, Da huang

Long Dan Xie Gan Tang or Yin Chen Hao Tang for Jaundice

Yin Chen Hao Tang - yin chen hao 22 g, da huang 12 g, shan zhi zi 12 g.

Lifestyle: Watch fatty and greasy foods and overindulgence of sweets.

Osteoporosis

Signs and Symptoms: Osteoporosis is the thinning of bone tissue and loss of bone density over time.

Symptoms occurring late in the disease include:

- Bone pain or tenderness
- Fractures with little or no trauma
- Loss of height (as much as 6 inches) over time
- Low back pain due to fractures of the spinal bones
- Neck pain due to fractures of the spinal bones
- Stooped posture or kyphosis, also called a "dowager's hump"

(From <https://health.google.com/health/ref/Osteoporosis>)

Acupuncture: UB 40, 63, 65, XIA SAN HUANG, K 3, 6

UB 40, 63, 65 K 3, 6	Xia San Huang
-------------------------	---------------

A set of points called the Ring of Earth Points by C. Norman Shealy, MD. Ph.D. These include: K1, UB 54, 60, St 9, LI 16, Du 20 needled bilaterally. See <http://www.holosuniversity.net/pdf/borgmeyerDissertation.pdf> for more info.

Herbals: Yin Yang Huo

Kidney Tonic Rx's: Jin Gui Shen Qi Wan - Shu di huang, Shan yao, Shan zhu yu, Mu dan pi, Fu ling, Ze xie, Rou gui, Fu zi

Lifestyle: Disease may be related to poor diet, forced to bed rest, taking corticosteroids, alcoholism, lack of exercise.

Vitamin D and Calcium supplements are generally a farce without weight bearing exercises to supplement.

Endometriosis

Signs and Symptoms: Endometriosis is a condition in which the tissue that behaves like the cells lining the uterus (endometrium) grows in other areas of the body, causing pain, irregular bleeding, and possible infertility.

The tissue growth (implant) typically occurs in the pelvic area, outside of the uterus, on the ovaries, bowel, rectum, bladder, and the delicate lining of the pelvis. However, the implants can occur in other areas of the body, too.

Pain is the main symptom for women with endometriosis. This can include:

- Painful periods
- Pain in the lower abdomen or pelvic cramps that can be felt for a week or two before menstruation
- Pain in the lower abdomen felt during menstruation (the pain and cramps may be steady and dull or severe)
- Pain during or following sexual intercourse
- Pain with bowel movements
- Pelvic or low back pain that may occur at any time during the menstrual cycle

Note: Often there are no symptoms. In fact, some women with severe cases of endometriosis have no pain at all, whereas some women with mild endometriosis have severe pain.

(From <https://health.google.com/health/ref/Endometriosis>)

Acupuncture: Fu Ke, XIA SAN HUANG, Huo Ying, Huo Zhu, Liv 6, K 3, 6

	Fu Ke
Huo Ying, Huo Zhu, Liv 6 K 3, 6	Xia San Huang

Herbals: Gui Zhi Fu Ling Wan and Shao Fu Zhu Yu Tang together are the Rx's of choice.

Gui Zhi Fu Ling Wan – Gui zhi, Fu ling, Chi shao, Mu dan pi, Tao ren

Shao Fu Zhu Yu Tang - Dang gui, Pu huang, Chi shao, Ru xiang, Mo yao, Yan hu suo, Chuan xiong, Rou gui, Chao xiao hui xiang, Chao gan jiang

Lifestyle: Periodic pelvic exams, ultrasound, and laparoscopy are common diagnostic tests

Perimenopausal Syndrome

Signs and Symptoms:

- Hot flashes, flushes, night sweats and/or cold flashes, clammy feeling
- Irregular heart beat
- Irritability
- Mood swings, sudden tears
- Trouble sleeping through the night (with or without night sweats)
- Irregular periods; shorter, lighter periods; heavier periods, flooding; phantom periods, shorter cycles, longer cycles
- Loss of libido
- Dry vagina
- Crashing fatigue
- Anxiety, feeling ill at ease
- Feelings of dread, apprehension, doom
- Difficulty concentrating, disorientation, mental confusion
- Disturbing memory lapses
- Incontinence, especially upon sneezing, laughing; urge incontinence
- Itchy, crawly skin
- Aching, sore joints, muscles and tendons
- Increased tension in muscles
- Breast tenderness
- Headache change: increase or decrease
- Gastrointestinal distress, indigestion, flatulence, gas pain, nausea
- Sudden bouts of bloat
- Depression
- Exacerbation of existing conditions
- Increase in allergies
- Weight gain
- Hair loss or thinning, head, pubic, or whole body; increase in facial hair

- Dizziness, light-headedness, episodes of loss of balance
- Changes in body odor
- Electric shock sensation under the skin and in the head
- Tingling in the extremities
- Gum problems, increased bleeding
- Burning tongue, burning roof of mouth, bad taste in mouth, change in breath odor
- Osteoporosis (after several years)
- Changes in fingernails: softer, crack or break easier
- Tinnitus: ringing in ears, bells, 'whooshing,' buzzing etc.

(From <http://www.project-aware.org/Experience/symptoms.shtml>)

Acupuncture: Huo Ying, Huo Zhu, Liv 6, XIA SAN HUANG, K 3, 6

Huo Ying, Huo Zhu, Liv 6 K 3, 6	Xia San Huang
---------------------------------------	---------------

Herbals: Zhi Bai Di Huang Tang - Shu di huang, Shan zhu yu, Shan yao, Ze xie, Mu dan pi, Fu ling, Huang bai, Zhi mu

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

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

Lifestyle: Engage in regular exercise program and proper nutrition.

Depression

Signs and Symptoms: Major depression is when a person has five or more symptoms of depression for at least 2 weeks. These symptoms include feeling sad, hopeless, worthless, or pessimistic. In addition, people with major depression often have behavior changes, such as new eating and sleeping patterns.

Additionally, one may experience:

- Agitation, restlessness, and irritability
- Dramatic change in appetite, often with weight gain or loss
- Extreme difficulty concentrating
- Fatigue and lack of energy
- Feelings of hopelessness and helplessness
- Feelings of worthlessness, self-hate, and inappropriate guilt
- Inactivity and withdrawal from usual activities, a loss of interest or pleasure in activities that were once enjoyed (such as sex)
- Thoughts of death or suicide
- Trouble sleeping or excessive sleeping

(From <https://health.google.com/health/ref/Major+depression>)

TCM looks at this as Liver Qi Stagnation turning into Liver Fire.

Acupuncture: Huo Ying, Huo Zhu, Liv 6, XIA SAN HUANG, San Hui

San Hui	
Huo Ying, Huo Zhu, Liv 6	Xia San Huang

Herbals: Jia Wei Xiao Yao Wan and Gan Mai Da Zao Tang

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

Gan Mai Da Zao Tang - Ye jiao teng, Fu xiao mai, Da zao, Fu ling, Bai he, Gan cao, He huan pi

Lifestyle: Encourage more activity to move the Qi. Suggest counseling to the patient. If patient on antidepressants, check to see if patient is experiencing adrenal fatigue.

Adrenal Fatigue signs and symptoms include constant fatigue and low energy. Additionally, one may experience:

- Morning fatigue. You don't really seem to wake up until 10 a.m., even if you've been awake since 7 a.m.
- Afternoon "low" (feelings of sleepiness or clouded thinking) from 2 to 4 p.m.
- A burst of energy at 6 p.m. when you finally feel better from your afternoon lull
- Sleepiness around 9p.m. to 10 p.m. However, you resist going to sleep
- A "second wind" at 11 p.m. that lasts until about 1 a.m., when you finally do go to sleep
- Cravings for foods high in salt and fats
- Chronic low blood pressure
- Sensitivity to cold and feeling chilled
- Increased PMS or menopausal symptoms
- Mild depression
- Mood swings
- Mental fog
- Memory problems
- Lack of energy and feeling rundown
- A decreased ability to handle stress
- A decreased ability to recover from illness
- Muscular weakness

- Increased food allergies
- Lightheadedness when getting up from a sitting or lying down position
- Decreased sex drive
- Frequent sighing
- Inability to handle foods high in potassium or carbohydrates unless they're combined with fats and protein
- You crave sugar

(From <http://www.myadrenalfatigue.com/adrenal-fatigue-symptoms>)

An excellent herbal Rx for adrenal fatigue on the market is Evergreen Herbs' **Adrenoplex** formula.

Ba Ji Tian (Radix Morindae Officinalis)
Da Zao (Fructus Jujubae)
Du Zhong (Cortex Eucommiae)
Fu Ling (Poria)
Fu Zi (Radix Aconiti Lateralis Praeparata)
Gou Qi Zi (Fructus Lycii)
Huai Niu Xi (Radix Achyranthis Bidentatae)
Mu Dan Pi (Cortex Moutan)
Ren Shen (Radix Ginseng)
Rou Gui (Cortex Cinnamomi)
Shan Yao (Rhizoma Dioscoreae)
Shan Zhu Yu (Fructus Corni)
Shi Chang Pu (Rhizoma Acori)
Shu Di Huang (Radix Rehmanniae Preparata)
Suo Yang (Herba Cynomorii)
Wu Wei Zi (Fructus Schisandrae Chinensis)
Xiao Hui Xiang (Fructus Foeniculi)
Yuan Zhi (Radix Polygalae)
Ze Xie (Rhizoma Alismatis)
Zhi Gan Cao (Radix Glycyrrhizae Preparata)

Borderline personality disorders

Signs and Symptoms: An insecure sense of who you are. That is, your self-image or sense of self often rapidly changes. You may view yourself as evil or bad, and sometimes may feel as if you don't exist at all. An unstable self-image often leads to frequent changes in jobs, friendships, goals and values.

Your relationships are usually in turmoil. You often experience a love-hate relationship with others. You may idealize someone one moment and then abruptly and dramatically shift to fury and hate over perceived slights or even minor misunderstandings. This is because people with the disorder often have difficulty accepting gray areas — things seem to be either black or white.

Borderline personality disorder symptoms may include:

- Impulsive and risky behavior, such as risky driving, unsafe sex, gambling sprees or illegal drug use
- Strong emotions that wax and wane frequently
- Intense but short episodes of anxiety or depression
- Inappropriate anger, sometimes escalating into physical confrontations
- Difficulty controlling emotions or impulses
- Suicidal behavior
- Fear of being alone

(From <http://www.mayoclinic.com/health/borderline-personality-disorder/DS00442/DSECTION=symptoms>)

TCM looks at this as Liver Qi Stagnation, Blood Stagnation, Heart and Gall Bladder Deficiency, Heart Blood and Spleen Qi Deficiency

Acupuncture: Huo Ying, Huo Zhu, Liv 6, XIA SAN HUANG, San Hui, Wai San Guan, Yin Tang

San Hui	Yin Tang
Huo Ying, Huo Zhu, Liv 6 Wai San Guan	Xia San Huang

Herbals: Chai Hu Shu Gan Tang - Chai hu, Jiu chao bai shao, Cu zhi xiang fu, Chao zhi ke, Chuan xiong, Gan cao, Chen pi.

Xiao Yao Wan

Long Dan Xie Gan Tang

Lifestyle: Suggest Brief Therapy counseling, engage patient in balanced diet and regular exercise.

Bibliography:

Ten Lectures on the Use of Formulas by Jiao Shu De, Paradigm Publications, March 2005, ISBN-13: 978-0912111759

Advanced Tung Style Acupuncture: Obstetrics and Gynecology, James H. Maher, DC, L.Ac., 2005, ISBN 0-9759096-7-3

A Handbook of Traditional Chinese Gynecology, Zhang Ting Liang, et al, Blue Poppy Press; 3rd edition (April 1987), ISBN-13: 978-0936185064

Obstetrics and Gynecology in Chinese Medicine, Yu Jin, MD, Eastland Press; 1st edition (June 1, 2001), ISBN-13: 978-0939616282

Web MD, Internet resource: September 2004 - Present

Acupuncturist's Handbook Revised Edition by Kuen Shii Tsay, Published: 1996, ISBN: 0-9647445-0-3

Acumoxa Therapy 1- A Reference & Study Guide by Paul Zmiewski, Richard Feit, Published: 1989, ISBN: 0-912111-22-4

Acumoxa Therapy 2- Treatment of Disease by Richard Feit, Paul Zmiewski, Published: 1990, ISBN: 0-912111-27-5

Acupuncture Point Combinations, Key to Clinical Success by Jeremy Ross, Published: 1995, ISBN: 0-443-05006-6

Chinese Acupuncture and Moxibustion NEW EDITION by Xin-nong Cheng, Published: 1996, ISBN: 7-119-01758-6

Five Elements and Ten Stems by Kiiko Matsumoto, Stephen Birch, Published: 1983, ISBN: 0-912111-25-9

Fundamentals of Chinese Acupuncture, by Andrew Ellis, Nigel Wiseman, Published: 1991, ISBN: 0-912111-33-X

Grasping the Wind, the Meaning of Chinese Acupuncture Points by Andrew Ellis, Nigel Wiseman, Published: 1989, ISBN: 0-912111-19-4

Insights of a Senior Acupuncturist by Miriam Lee, Published: 1992 ISBN: 0-936185-33-3

Manual of Acupuncture by Peter Deadman, Mazin Al-Khafaji, Published: 1998, ISBN: 0-9510546-7-8

Optimum Time for Acupuncture, by Liu Bing Quan, Published: 1988, ISBN: 7-5331-0282-7

Practical Application of Meridian Style Acupuncture by John Pirog, Published: 1996, ISBN: 1-881896-13-7

Sticking to the Point Vol 1 by Bob Flaws, Published: 1998, ISBN: 0-936185-17-1

Sticking to the Point Vol 2 by Bob Flaws, Published: 1998, ISBN: 0-936185-97-X

Study of Daoist Acupuncture by Liu Zheng-Cai, Published: 1999, ISBN: 1-891945-08-X

Traditional Acupuncture, Law of the Five Elements, by Dianne M Connelly, Published: 1979

Foundations of Chinese Medicine by Giovanni Maciocia, Published: 2000, ISBN: 0-443-03980-1

Fundamentals of Chinese Medicine (PAPER) by Nigel Wiseman, Andrew Ellis, Published: 1996, ISBN: 0-912111-44-5

Web That Has No Weaver by Ted Kaptchuk, Published: 1983, ISBN: 0-8092-2840-8

Clinical Applications Yellow Emperors Canon by Hong Tu Wang, Published: 1999, ISBN: 7-80005-444-6

Practice of Chinese Medicine by Giovanni Maciocia, Published: 1994, ISBN: 0-443-04305-1

Classic of Difficulties (Nan Jing Translation) by Bob Flaws, Published 1999, ISBN: 1-891845-07-1

Early Chinese Medical Literature by Donald Harper, Published: 1998, ISBN: 0-7103-0582-6

Huang Di Nei Jing Su Wen by Paul Unschuld, Published: 2003, ISBN: 0-520-23322-0

Ling Shu, The Spiritual Pivot by Jing-Nuan Wu, 1993, ISBN: 0-8248-2631-0

Master Hua's Classic of the Central Viscera by Hua Tuo, 1999, ISBN: 0-936185-43-0

Master Tong's Acupuncture by Miriam Lee, 1992, ISBN: 0-936185-37-6

Medicine in China: Nan-Ching, Classic of Difficult Issues by Paul Unschuld, 1986, ISBN: 0-520-05372-9

Medical Classic of the Yellow Emperor (ILLUSTRATED)
by Ming Zhu, 2001, ISBN: 7-119-02664-X

Yellow Emperor's Canon Internal Medicine by Wang Bing, Nelson Liansheng Wu, 1999, ISBN: 7-5046-2231-1

Yellow Emperor's Classic of Medicine by Maoshing Ni, 1995, ISBN: 1-57062-080-6

Yellow Emperor's Classic of Internal Medicine by Ilza Veith, 1949,
ISBN: 0-520-22936-3

Medicine in China: A History of Ideas by Paul U Unschuld, 1985,
ISBN: 0-520-06216-7

Statements of Fact in Traditional Chinese Medicine by Bob Flaws,
1994, ISBN: 0-936185-52-X

Tung's Orthodox Acupuncture, by Palden Carson, MD, Hsin Ya
Publications, Ltd, 1988

Tung's Acupuncture, by Palden Carson, MD, Hsin Ya Publications,
Ltd, 1973

Personal notes from lectures by Dr. Young, Robert Chu 2001-2005

Personal notes from Dr. Tan's lectures, Robert Chu, 2001-2004.

Sources In Chinese:

Ci Xue Liao Fa, by Wang Xiu Zhen, Zhi Yuan Publishing, Taiwan
1990

Dong Shi Qi Xue Zhen Jiu Xue, by Young Wei-Chieh, Zhi Yuan
Publishing, Taiwan 1992

Dong Shi Qi Xue Zhen Jiu Xue, by Young Wei-Chieh, Zhong Yi Gu
Jing Publishing, China 1994

Zhong Hua Shi Deng Zhen Liao Fa, by Liu Yan, Shang Hai Ke Xue
Publishing, China 1992

Zhong Hua Ji He Xue, by Liu Yan, Shang Hai Ke Xue Publishing,
China 2002

Zhong Hua Qi Xue Da Cheng, by Liu Yan, Shang Hai Ke Xue Publishing, China 2002, ISBN 7-5439-1738-6/R 444

Zhen Jiu Jing Wei, by Young Wei-Chieh, Zhi Yuan Publishing, Taiwan 1985, ISBN: 957-8609-43-4

Zhen Jiu Wu Shu Xue Ying Yong, by Young Wei-Chieh, Zhi Yuan Publishing, Taiwan 1981

Zhen Jiu Ban Xue Xue, by Young Wei-Chieh, Zhi Yuan Publishing, Taiwan 1980

Taiwan Dong Shi Zhen Jiu Jing Xue Xue, by Li Guo Zhen, Zhi Yuan Publishing, Taiwan 1994

Taiwan Dong Shi Ji Chu Jiang Yi, by Li Guo Zhen, Zhi Yuan Publishing, Taiwan 1995

Taiwan Dong Shi Zhen Jiu Zhen Duan Xue, by Li Guo Zhen, Zhi Yuan Publishing, Taiwan 1994

Taiwan Dong Shi Zhen Jiu Jing Xue Xue, by Li Guo Zhen, Zhi Yuan Publishing, Taiwan 1994

Taiwan Dong Shi Zhen Jiu Dao Ma Zhen Ci Liao Fa, by Li Guo Zhen, Zhi Yuan Publishing, Taiwan 1994

Taiwan Dong Shi Zhen Jiu Shou Zhen Liao Fa, by Li Guo Zhen, Zhi Yuan Publishing, Taiwan 1996

Dong Shi Zhen Jiu Fang Xue Liao Fa, by Li Guo Zhen, Zhi Yuan Publishing, Taiwan 1993

Taiwan Dong Shi Zhen Jiu Shou Jiao Dui Ying Zhen Fa, by Li Guo Zhen, Zhi Yuan Publishing, Taiwan 1996

Taiwan Dong Shi Qi Xue Fu Ke Zhen Ci Liao Fa, by Li Guo Zhen, Zhi Yuan Publishing, Taiwan 1996

Taiwan Dong Shi Jiao Yuan Jing Bing Zhen Ci Liao Fa, by Li Guo Zhen, Zhi Yuan Publishing, Taiwan 1996

Dong Shi Zhen Jiu Tu Pu Jing Duan Shang/Xia Pian, by Hu Bing Quan, Zhi Yuan Publishing, Taiwan 1998

Dong Shi Qi Xue Tu Pu Zhi Liao Fa, by Hu Bing Quan, Zhi Yuan Publishing, Taiwan 1988

Dong Shi Zhen Jiu Qi Xue Jing Nian Lu, by Lai Jin Hong, Zhi Yuan Publishing, Taiwan 1987

About the Lecturer:

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 Cancer Support 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 and Alternative 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.

Robert can be reached at: (626) 345-0441 chusauli@gmail.com
1028 N. Lake Avenue, Suite 107, Pasadena, CA 91104 or for more information,
please see:

<http://acuchu.com>

<http://www.acupuncturetoday.com/archives2003/jan/01carter.html>

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