



Introducing Traditional Chinese Medicine (TCM)

- a useful tool in your health care toolkit



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Presentation Goal & Overview

- ▶ My goal for this presentation is to empower you by giving you enough information to make informed choices.
- ▶ This presentation contains a lot of information. Let it wash over you. The presentation slides are available and I intentionally included a lot of links for you to follow at your leisure.
- ▶ Because this is a big topic and because of the nature of the topic we might spiral a bit as opposed to a linear progression of information.
 - ▶ Lao Tsu supposedly said *'All I have to teach is simplicity, patience & compassion'*.
- ▶ Q&A at the end so write down your questions and I'll do my best to answer all of them.
- ▶ Here's the overview:
 - ▶ Definitions & Worldviews: West & East
 - ▶ A Brief History of TCM & Taoism
 - ▶ Acupuncture: Evidence, Definition, Who, What & Why
 - ▶ TCM Assessment and Factors that Create Disharmony
 - ▶ Coronavirus Update: Acupressure Self-help & Herbs



Definitions

- ▶ What is traditional Chinese medicine?
 - ▶ Originated in China over 3,000 years ago; codified into a system called *traditional Chinese medicine* or *TCM* under Mao Tse Tung in the 1950s
 - ▶ Spread and evolved and was informed by other ancient Asian medical philosophies like ayurveda in India
 - ▶ Based in Taoist philosophy
 - ▶ Goal is to discern and treat the root cause(s) of pattern(s) of disharmony as well as the symptoms (branches)
 - ▶ Overview of techniques categorized from least to most invasive:
 - ▶ acupressure -> acupuncture -> herbal remedies
 - ▶ Medicine = “the art or science of restoring or preserving health” (from <https://www.dictionary.com/browse/medicine?s=t>)



Different Views of the World

- ▶ Just like each individual has his or her own perspective on the world; every medical system has a context and worldview from which it originates and in which it operates
- ▶ Before beginning to appreciate traditional Chinese medicine (TCM) and other Asian medical systems (Japanese, Korean, Taiwanese for example) it's important to consider our own Western medical worldview so that we can be open minded about a different perspective.
- ▶ Western and Eastern worldviews are different; neither is inherently 'better' than the other and they can work together synergistically



Western Worldview

Western medicine is reductionist, based in materialism, and typically uses the metaphor of a machine to explain the workings of the human body & mind

- ▶ **Materialism** “the philosophical theory that regards matter and its motions as constituting the universe, and all phenomena, including those of mind, as due to material agencies” <https://www.dictionary.com/browse/materialism?s=t>
- ▶ **Reductionism** “the theory that every complex phenomenon, especially in biology or psychology, can be explained by analyzing the simplest, most basic physical mechanisms that are in operation during the phenomenon.” <https://www.dictionary.com/browse/reductionist?s=t>

Western medicine uses the scientific method to validate theories of how the body/mind work and which treatments are effective.



Eastern Worldview

Eastern medicine is holistic, based in Taoism, and typically uses the metaphor of a garden or a weather system to explain the workings of the human body & mind

- ▶ **Holistic:** dealing with whole systems rather than only parts; "[the] tendency in nature to form wholes that are greater than the sum of the parts through creative evolution." <https://www.merriam-webster.com/words-at-play/wholistic-word-origin-and-use>
- ▶ **Taoism:** a philosophical, ethical & religious tradition that originated in China in the 4th century BCE and whose primary teaching is about attaining health, happiness & longevity by becoming one with the rhythms of the universe which it calls "the way" or Tao (aka Dao)
- ▶ The accumulated knowledge of TCM evolved through the centuries through the collection of empirical evidence and in the modern era since the Communist Republic of China through clinical research.
 - ▶ **Empirical evidence** is the [information](#) received by means of the [senses](#), particularly by [observation](#) and documentation of patterns and behavior through [experimentation](#).^[1] https://en.wikipedia.org/wiki/Empirical_evidence

West Meets East

In terms of strengths, my personal opinion is that:

- ▶ Western medicine excels at crisis management and surgery; for instance if you break your leg go to the ER not your acupuncturist
- ▶ Eastern medicine excels at prevention and working with issues that Western medicine overlooks because they are 'subclinical' but nonetheless adversely affect someone's well-being; for example, dry mouth with a cough

Combining the two approaches leads to the concept of 'functional medicine': "Functional Medicine is a systems biology–based approach that focuses on identifying and addressing the root cause of disease. Each symptom or differential diagnosis may be one of many contributing to an individual's illness." <https://www.ifm.org/functional-medicine/what-is-functional-medicine/>

West	East
materialist	vitalist
reductionist	holist
symptom-based	pattern-based
particle	wave



A Brief History of TCM: Over 3,000 Years

Prehistory

- ▶ Pan Gu – primordial being who evolved from chaos and who transformed into the entire creation
- ▶ Shamanic healers called Wu were ‘women who bring down spirits’; Wu used bells, drums, knives, medicines, and chants in their work sometimes inflicting torture on themselves and their patients. Treatment could be fatal to both.

Langshan Culture: 2500 BCE

- ▶ Shen Nong, the forefather of Chinese medicine is said to have taught the people how to raise crops, domesticate animals, and identify medicinal plants.
- ▶ Huang Ti, the Yellow Emperor is said to have existed. The Yellow Emperor is a legendary figure and is considered to be the ancestor of the Chinese people and author of the ancient medicinal classic *The Yellow Emperor's Classic of Internal Medicine*.
- ▶ Fu Xi, legendary author of the I Ching existed. Fu Xi is attributed with inventing the calendar, musical instruments and taught the people how to hunt and fish.



Over 3,000 Years in 3 Slides...

From 2852 BCE to 1911 CE numerable dynastic periods in China occurred. The highlights below emphasize significant events and the actual writing down of manuscripts important to TCM.

- ▶ Zhou Dynasty, 1122-256 BCE:

- ▶ *Yellow Emperor's Classic of Internal Medicine (Huang Ti Neijing)* written down; format of the Neijing is a conversation between the Yellow Emperor and Qi Bo, another legendary founder of Chinese medicine.
- ▶ Confucius (551-479BCE) and possibly Lao-Tzu, to whom the Tao Te Ching is attributed and is the writings on which Taoism is based

- ▶ Sui Dynasty 589-618 CE

- ▶ Sun Simiao wrote *Thousand Golden Prescriptions for Medical Emergencies (Pei Chi Chien Chin Yao Fang)* and the *Golden Supplementary Prescriptions (Chien Chin I Fang)*. Sun Simaio wrote the equivalent of the Hippocratic oath.
- ▶ Founding of the Imperial Medical College with acupuncture as a unit in the medical department.



Over 3,000 Years: Last Slide

Qing Dynasty 1644-1911 CE

- ▶ Chinese medicine spreads to Europe with the publications in France in 1671 of *Secrets de la Medicine des Chinois*.

Republic of China 1911-1949 CE

- ▶ TCM prohibited in 1929.

People's Republic of China 1949 – present

- ▶ Rebirth of TCM, Mao basically got the most renowned acupuncturists and herbalists of the time in one place and made them codify their knowledge into what is now modern TCM.
- ▶ 1950s research into the use of acupuncture for anesthesia begins & ear acupuncture is expanded in China from knowledge received from Europe.
- ▶ President Richard Nixon visits China in 1971 which initiates growth of TCM in US.

Note that currently in China now research into TCM and Western medicine occurs continually. For example into Covid19:

<https://www.healthcmi.com/Acupuncture-Continuing-Education-News/2010-acupuncture-and-herbs-covid-19-coronavirus-findings>

TCM Evolved Out of Taoism

Taoism is a philosophy that considers the Tao to be:

- ▶ The source of all things
 - ▶ From the Tao arises Yin & Yang
- ▶ All encompassing and no-thing
- ▶ Unnamable

“There was something undifferentiated and yet complete, which existed before Heaven and Earth. Soundless and formless, it depends on nothing and does not change. It operates everywhere and is free from danger. It may be considered the mother of the universe. I do not know its name; I call it Tao.”

Lao Tzu

Read more at <https://www.brainyquote.com/authors/lao-tzu-quotes>

- ▶ The overarching goal of TCM and Taoism is to live a long healthy and happy life and to do this you must align yourself with the Tao. Going against the Tao creates disharmony.



Yin & Yang

Yin & yang are:







- ▶ Opposites
- ▶ Interdependent
- ▶ Mutually consuming
- ▶ Transform one into another with time & potential
- ▶ Infinitely divisible

When yin & yang are imbalanced you have disharmony which impedes the free flow of energy (aka Qi) in the body/mind. It is this disharmony that Western medicine terms disease.



Yin & Yang Correspondences

There is no Platonic ideal of 'perfection' or belief in 'black & white' in TCM; only the constant transformation of yin and yang. Some correspondences for yin & yang are as follows:

				
	Yang		Yin	
	1		0	
	Masculine		Feminine	
	Active		Restful	
	Outward		Inward	
	Light		Dark	
	Warm		Cool	
	Weightless		Heavy	
	Ascending		Descending	
	Configurative		Substantial	
4 stages	Yang Within Yin (Growth of Yang) 	Yang Within Yang (Maximum Yang) 	Yin Within Yang (Growth of Yin) 	Yin Within Yin (Maximum Yin) 
Time	Second half of night	Morning	Afternoon	First half of night
Season	Spring	Summer	Autumn	Winter
Direction	East	South	West	North



Evidence Behind TCM

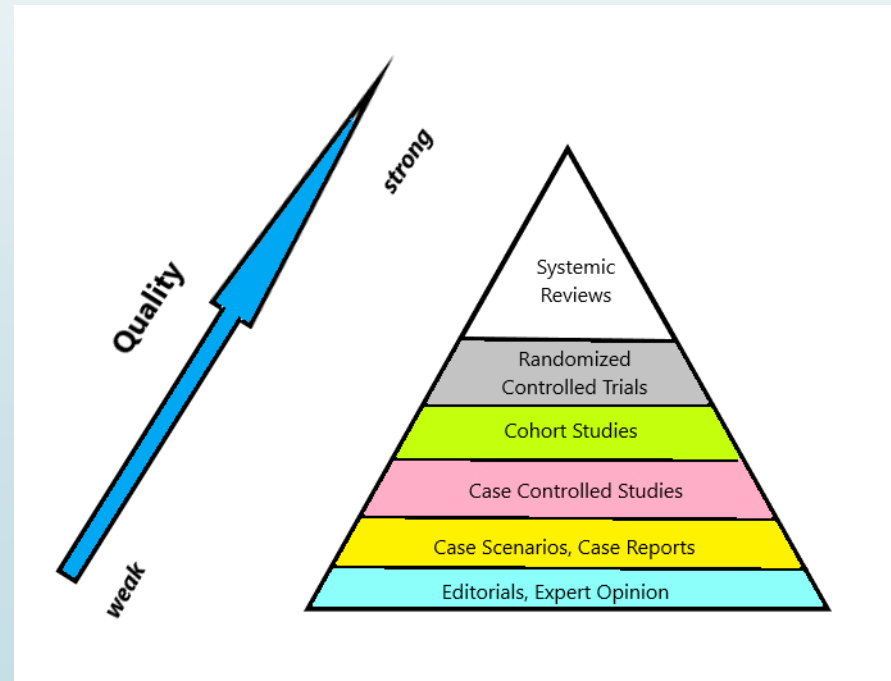
Throughout the world studies on acupuncture and herbs are ongoing. In 2016 the World Health Organization added TCM to the 11th revision of its International Classification of Diseases.

- ▶ **The contribution of traditional Chinese medicine to sustainable development: Keynote address at the International Conference on the Modernization of Traditional Chinese Medicine** Dr Margaret Chan, Director-General of the World Health Organization, Singapore, 23 October 2016 <https://www.who.int/dg/speeches/2016/chinese-medicine-sustainable/en/>

Well designed and well conducted research is necessary to prove the efficacy of TCM and ensure it's acceptance in the West. That is actually happening.

Evidence Based Medicine

- **Evidence-based medicine (EBM)** "is an approach to medical practice intended to optimize [decision-making](#) by emphasizing the use of [evidence](#) from well-designed and well-conducted [research](#). Although all medicine based on [science](#) has some degree of [empirical](#) support, EBM goes further, classifying evidence by its [epistemologic](#) strength and requiring that only the strongest types (coming from [meta-analyses](#), [systematic reviews](#), and [randomized controlled trials](#)) can yield strong recommendations; weaker types (such as from [case-control studies](#)) can yield only weak recommendations."
https://en.wikipedia.org/wiki/Evidence-based_medicine



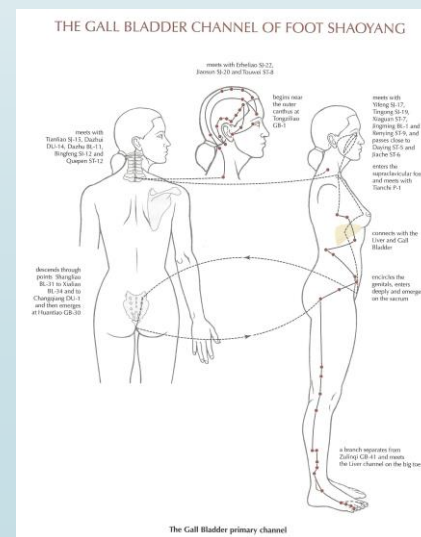


Sampling of Evidence for Acupuncture

- ▶ On PubMed there are over 32,000 studies on acupuncture:
 - ▶ <https://www.ncbi.nlm.nih.gov/pubmed/?term=acupuncture>
- ▶ Worldwide you can see over 1,200 clinical trials involving acupuncture at:
 - ▶ <https://clinicaltrials.gov/ct2/results?cond=&term=acupuncture&cntry=&state=&city=&dist=>
- ▶ A 2015 meta study on the effectiveness of acupuncture in cancer care found “There is evidence for the therapeutic effects of acupuncture for the management of cancer-related fatigue, chemotherapy-induced nausea and vomiting and leucopenia in patients with cancer.”
 - ▶ <https://www.nature.com/articles/srep16776> Wu, X., Chung, V., Hui, E. *et al.* Effectiveness of acupuncture and related therapies for palliative care of cancer: overview of systematic reviews. *Sci Rep* **5**, 16776 (2015). <https://doi.org/10.1038/srep16776>
- ▶ *Restored Harmony: An Evidence Based Approach for Integrating Traditional Chinese Medicine into Complementary Cancer Care* by Stephen Sagar, MD also includes references to clinical studies and is an approachable read.
- ▶ *Medical Acupuncture: A Western Scientific Approach* Edited by Filshie, White, Cummings, Elsevier, 2016.

What is acupuncture?

- ▶ Acupuncture is the practice of inserting hair-thin sterile disposable needles into the skin at specific points on the body at various depths to help the body/mind heal itself
- ▶ Along with acupressure and herbal therapy, acupuncture is practiced in the context of traditional Chinese medicine (TCM) and other Eastern medical traditions
 - ▶ “Energetic plumbing” that works to affect change on the physical, emotional, mental, & spiritual levels by activating certain points within the myofascia





How does acupuncture work?

- The theory in TCM is that qi (aka life force, energy, prana, movement) runs through the body in channels at both deep and superficial levels
 - When qi stops moving you have disharmony (pain, disease)
 - TCM causes of disharmony: lack of exercise or sleep, poor nutrition, heredity, trauma, emotions, environment (toxins, EMFs, fashion, weather: wind, cold, heat, damp, dry)
- The Western medical view has various theories as to how acupuncture works that include:
 - Activates nerves which send signals to the brain which releases various chemicals for example: hormones like beta-Endorphins that reduce pain
 - Activates muscles (mechanoreceptors) & connective tissue (release ATP)
 - Reduces pro-inflammatory markers (certain proteins: TNF & IL-1B) to reduce inflammation & pain



When should I get acupuncture & how often?

- ▶ 'It depends.'" Depends on your condition, how long you have had it and what it is. Here's some conventional wisdom:
 - ▶ **most issues** = 2x per week until 50% improvement than 1x weekly until resolved
 - ▶ **excruciatingly painful/can't stand it anymore** = everyday treatments UNTIL IT CHANGES FOR THE BETTER
 - ▶ **gynecological pain/irregularity** = weekly UNTIL NORMAL; then taper off to only week before cycle
 - ▶ **somewhat chronic** issues you've had for less than 1 year = once a week for 8-10 weeks then re-evaluate
 - ▶ **long-term chronic** issues you've had for more than 1 year = 2-3x per week for 8-10 weeks then re-evaluate
 - ▶ **wellness and prevention** = 1x weekly before travel, during transitions, change of season, or higher stress
- ▶ **You are the expert on you! You decide.**



When shouldn't I get acupuncture?

- ▶ Some things are just too physical for acupuncture to have any effect other than palliative care. Some examples:
 - ▶ Uterine fibroids equal to or larger than 4cm
 - ▶ Spinal stenosis, osteoarthritis or disc herniation that has severely obstructed nerves, musculature & vasculature
 - ▶ “If you break you're leg, go to the ER.”
- ▶ Ideally, acupuncture is best used preventatively despite being what people turn to after ‘they’ve tried everything else’
- ▶ If you are needle phobic, acupuncture isn't your best choice
 - ▶ ‘Qi follows the Mind’ & if you have that much fear, your treatment outcome will suffer



What's the difference between acupuncture & dry needling?

- Dry Needling Definition

“Dry needling is a skilled technique performed by a physical therapist using filiform needles to penetrate the skin and/or underlying tissues to affect change in body structures and functions for the evaluation and management of neuromusculoskeletal conditions, pain, movement impairments, and disability”
Analysis of Competencies for Dry Needling by Physical Therapists, Human Resources Research Organization (HumRRO), 2015

- Legal in Delaware since August, 2014 with passage of HB359

- More information on dry needling:

- <http://www.apta.org/StateIssues/DryNeedling/>

- The technique of needling in areas of tight & tender muscles in TCM acupuncture is called ‘Surround the Dragon’ so ‘dry needling’ as a subset of acupuncture



Who practices acupuncture?

- Various professions are allowed to practice acupuncture in Delaware:
 - Acupuncturists (L Ac, M Ac)

Indicates graduate degree and national certification through NCCAOM (National Certification Commission for Acupuncture & Oriental Medicine) & met state requirements for licensure
 - Medical doctors (MDs)
 - Chiropractors (DCs)
- Physical therapist (PTs) practice dry needling
- For information on professional requirements, see the Delaware Division of Professional Regulation: <https://dpr.delaware.gov/>



Does insurance cover acupuncture?

- ▶ “It depends.....” on the insurance & who is doing it
- ▶ If you are a veteran you can have acupuncture covered under the Veteran’s Choice Network (VCN)
- ▶ If you are a current or retired federal employee (FEP) or from a state like NY, NJ or MD the likelihood of being covered is greater
- ▶ **ASK** – your insurance carrier and if yes, under what circumstances?
 - ▶ Anesthesia only for example



TCM Assessment

All TCM assessment includes:

- ▶ Looking
- ▶ Asking
- ▶ Listening
- ▶ Smelling
- ▶ Palpating

Different ways of looking at disharmony include:

- ▶ 8 Principles: **yin/yang**, internal/external, cold/hot, deficient/excess
- ▶ 5 Elements: Water, Wood, Fire, Earth, Metal
- ▶ 12 Meridians

Some other TCM techniques besides acupuncture, acupressure & herbal therapy include:

- ▶ gua Sha (body scraping) to move Qi & Blood; bruises
- ▶ cupping (suction) to move Qi & Blood; bruises
- ▶ moxabustion (burning of mugwort on needle heads or directly on the skin) to warm, dry &/or move Qi & Blood

A decorative graphic on the left side of the slide. It features a dark grey arrow pointing to the right at the top. Below it, several thin, curved lines in shades of blue and grey sweep upwards and to the right, creating a sense of movement and design.

Other Factors Creating Imbalance

Other factors besides an imbalance of yin & yang that contribute to disharmony include:

- ▶ 7 Emotions: mania, overthinking, worry, sadness, fear, shock, anger
- ▶ 6 Climates: dryness, heat, fire, wind, cold, damp
- ▶ Trauma, poisoning/toxicity, external pathogen, wrong treatment

TCM & Pathogens: Coronavirus

According to TCM whether or not you get sick depends on the strength of your constitution (Zheng/Upright Qi) in relation to the strength of the external pathogen (Xie/Evil Qi)

Upright Qi/ Immunity	Evil Qi/ Pathogen	Result	TCM Strategy
good	strong	healthy	prevention; tonify constitution
slightly weak	strong	mild disease	reduce pathogen
weak	strong	serious disease	reduce pathogen & tonify constitution













Coronavirus Update

- ▶ Check Delaware's Health & Human Services website for updates:
 - ▶ <https://www.dhss.delaware.gov/dhss/dph/epi/2019novelcoronavirus.html>
- ▶ An ounce of prevention is worth a pound of cure
 - ▶ Wash your hands for at least 20sec- sing 'Twinkle Twinkle Little Star'
 - ▶ Avoid touching your face
 - ▶ Clean surfaces frequently & use hand sanitizer liberally because Covid19 can live on surfaces up for varying lengths of time depending on the type of surface
 - ▶ Stay at home if your sick
 - ▶ Wear a mask if you go out to prevent the spread in case you have Covid19 and don't know it

Coronavirus Update: Symptoms

- ▶ **Contact your medical doctor if you are sick**
- ▶ Given the season, it's hard to tell if you have allergies, a cold, the flu or coronavirus, here's a great graphic to help:

Symptoms	Coronavirus Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common* (usually dry)	Mild	Common* (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometimes
 Sore throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes for children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention

Coronavirus Update: TCM Tips

Things you can do to boost your Upright Qi (aka immunity) include:

- Avoid over- or under-stimulants like caffeine or alcohol respectively
- Eat a healthy 'real food' diet & drink enough water (Food Qi)
- Breathe! (Air Qi)
- Balance rest & exercise (qi gong, yoga, walking); plenty of options on YouTube....
- Manage your stress level:
 - Energy follows the mind '*yi dao qi dao*'
 - Meditation
 - Oprah & Deepak Chopra or Calm app
 - Dr Krista Griffin (alchemy4life.com) offers 7:30am daily mediation on Zoom <https://zoom.us/j/2020019958> Password: ONEHEART
 - sing, scream in your car, use a pillow for frustrations; 'express not repress' because repressed emotions cause disharmony
 - ground yourself literally by putting your feet in the earth and figuratively: cup slap Kidney1, connecting Heaven & Earth qi gong
- Get out in nature even if it's just your backyard
- Stay connected with others even if it's only online
- Manifest your life's purpose



Coronavirus Update: Acupressure

- ▶ You can tap, rub or hold any of the following points depending on your tolerance. If you are already immunocompromised start by holding or gently rubbing a point.
- ▶ You can also use essential oils on acupressure points. For example, lavender is calming and peppermint is pain relieving. Dilute the essential oils in a carrier oil if you are sensitive and doing a spot check on the underside of your wrist is always a good safeguard.
- ▶ If you are pregnant do NOT manipulate the following points:
 - ▶ Spleen 6, Colon 4
- ▶ FYI: All point location images (except Shen Men) are from *A Manual of Acupuncture*, Deadman, Al-Khafaji, Baker, 2nd ed, Journal of Chinese Medical Publications, 2008.
- ▶ Shen Men is an ear point and its image is from *Auriculotherapy Manual*, Terry Oleson, 4th ed, Churchill Livingstone Press, 2014.

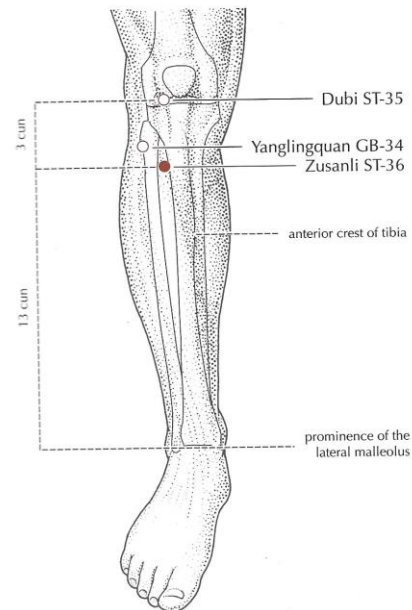
Acupressure to Boost Immunity: St36

Some acupressure points to boost your immunity (Defensive/Wei Qi) include:

- Stomach 36 - run your finger up the outside of your shin and where the bone starts to flare is the point (<https://exploreim.ucla.edu/self-care/acupressure-point-st36/>)

LOCATION

Below the knee, 3 cun inferior to Dubi ST-35, one finger-breadth lateral to the anterior crest of the tibia.

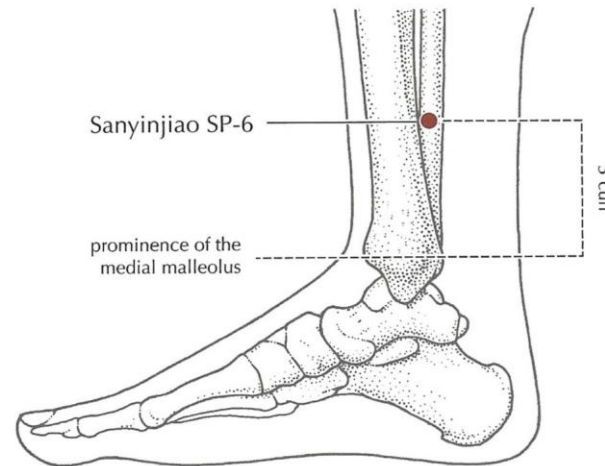


Acupressure to Boost Immunity: Sp6

- Spleen 6 - place your hand with one edge on the highest point of your inside ankle and where the other edge lands is the point just under the bone (<https://exploreim.ucla.edu/self-care/acupressure-point-sp6/>)

LOCATION

On the medial side of the lower leg, 3 cun superior to the prominence of the medial malleolus, in a depression close to the medial crest of the tibia.

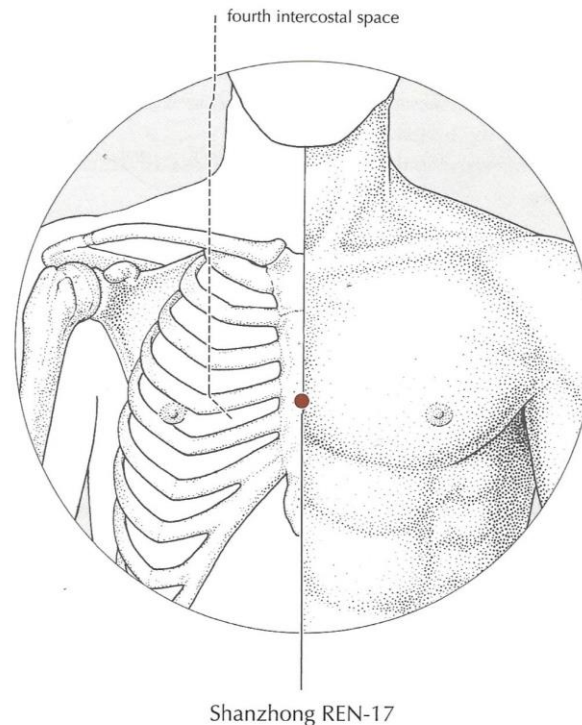


Acupressure to Boost Immunity: Ren17

- ▶ Ren 17 - with your arms by your side, bend one elbow towards your chest and where your hand lands between your breasts is the point

LOCATION

On the midline of the sternum, in a depression level with the junction of the fourth intercostal space and the sternum.

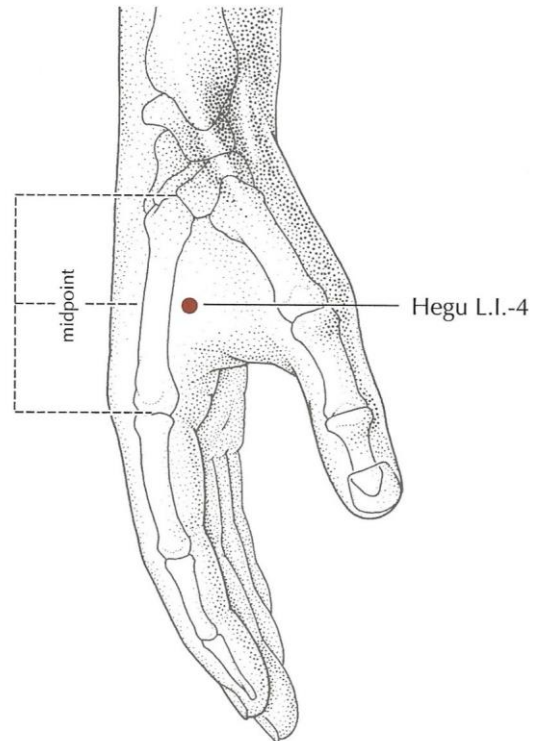


Acupressure for Pain

- ▶ To reduce any kind of pain, press Colon4 and can be combined with any other point:

LOCATION NOTE

Ask the patient to squeeze the thumb against the base of the index finger, and locate Hegu L.I.-4 at the highest point of the bulge of the muscle and approximately level with the end of the crease.



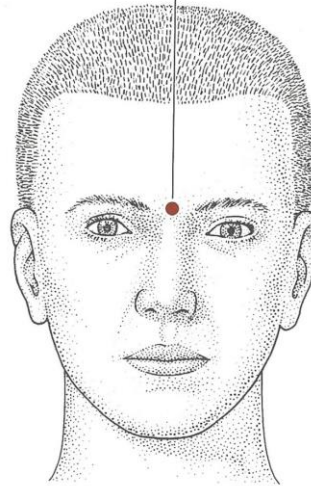
Acupressure for Headache

- ▶ To reduce headache, press YinTang, and Colon 4.
- ▶ Also facial massage across the forehead and gently tapping around the eyes can be helpful.
- ▶ In reflexology the big toe represents the head so massaging it, the whole foot and rolling out your foot on a ball can also be helpful and grounding.

LOCATION

At the glabella, at the midpoint between the medial extremities of the eyebrows.

Yintang (M-HN-3)

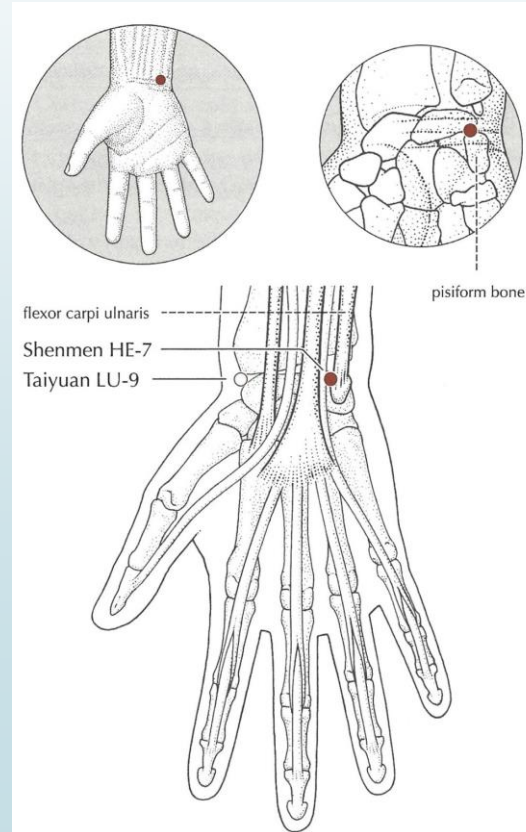
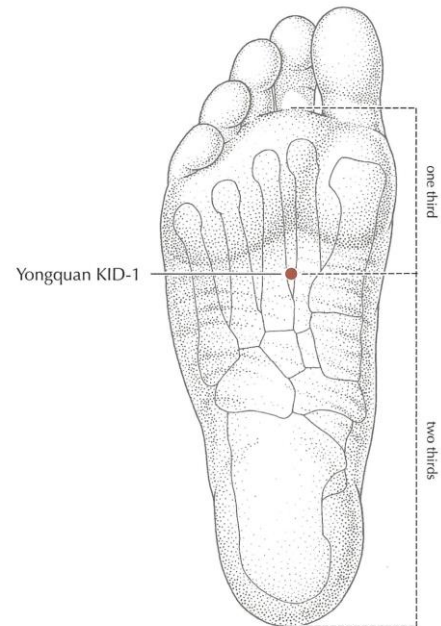


Acupressure to Calm

- ▶ To calm stress: Kidney1 (foot), Heart7 (hand), Shen Men (ear)
- ▶ Sometimes energy can rise up and cause or exacerbate stress, so massaging your feet and rolling out your feet on a ball can also be helpful and grounding.

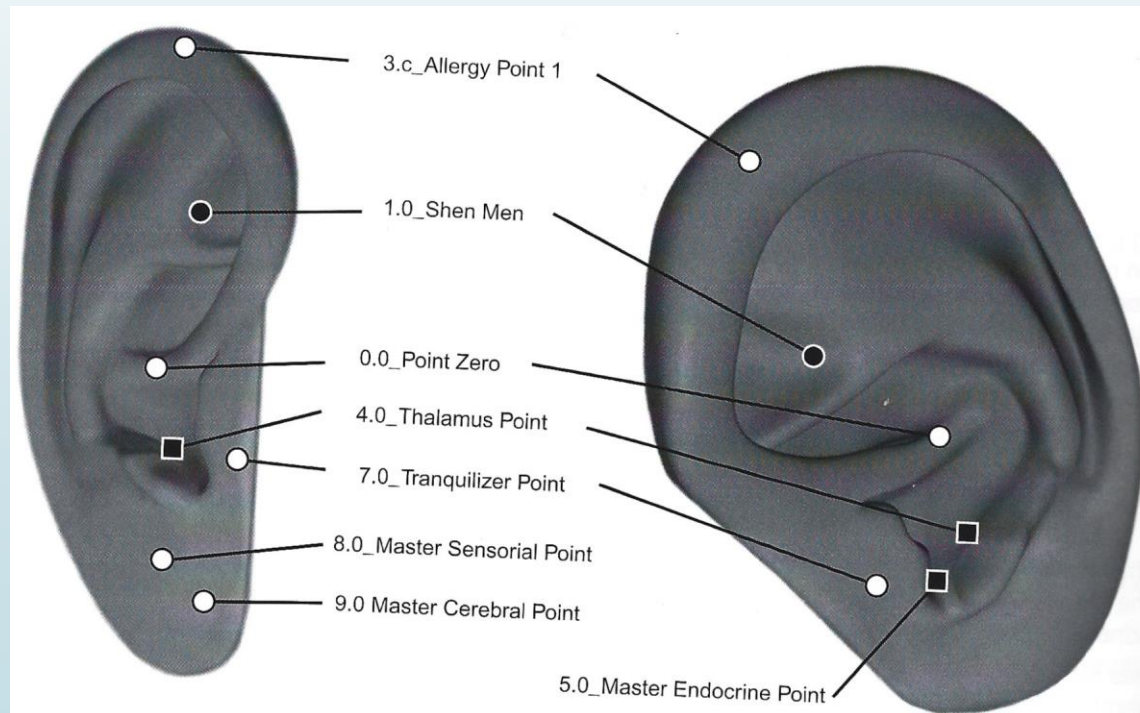
LOCATION

On the sole of the foot, between the second and third metatarsal bones, approximately one third of the distance between the base of the second toe and the heel, in a depression formed when the foot is plantar flexed.



Ear Points: Shen Men

- ▶ Shen Men means Spirit Gate and is a good overall point for anxiety and sadness. Tranquilizer is also an option.
- ▶ The Master Sensorial & Cerebral points can also be used for pain
- ▶ Allergy 1 (2 is underneath 1)
- ▶ Point 0 is good for overall balance





Coronavirus Update: Herbs

- If you are taking any pharmaceutical medications, please contact your MD or a professional herbalist, before you take herbs (Chinese or Western)
 - Examples: elderberry, astragalus, echinacea, goldenseal, mullein, nettle
 - Many Chinese herbal formulas exist to dispel pathogens as well as those to help prevent you from getting sick (notably Jade Windscreen); Chinese herbal formulas are a well-balanced blend of herbs that address a given pattern or patterns of disharmony. An herbalist will chose a formula based on an individual's patterns of disharmony and change the formula over time in response to an individual's reaction and the resolution of disharmony
 - Herbs for prevention are NOT the same as herbs to clear a pathogen, contact an herbalist if you're confused because taking preventative formulas when you are sick can actually make the sickness worse and/or prolong it
 - CAUTION: dosing yourself with any one herb especially if you are on medications is NOT a good idea without discussing it with your MD and/or an herbalist

Be informed, be aware, be cautious; everything you ingest is medicine

Jade Windscreen: Yu Ping Feng San: Astragalus & Siler Formula

- ▶ Jade Windscreen is the basis for many other herbal formulas.
 - ▶ It is meant to help those people with weak Defensive Qi & Lung Qi who are susceptible to recurrent illness fight off pathogens and is given as a preventative before any signs of illness
 - ▶ Wind brings in Cold or Heat (often also Damp) = beginning of illness
 - ▶ 3 ingredients:
 - ▶ *Radix astragali membranacei* (**huang qi**) 30g: tonifies qi (Spleen & Lung) & blood, raises yang, stops sweating, facilitates urination, promotes pus discharge, generates flesh; sweet slightly warm
 - ▶ *Rhizoma atractylodis macrocephalae* (**bai zhu**) 60g: tonifies the Spleen, augments qi, dries damp, promotes water metabolism; stabilizes the exterior, stops sweating, calms the fetus; bitter, sweet, warm
 - ▶ *Radix ledebouriellae divaricate* (aka *siler*) (**fang feng**) 60g: release exterior & dispels wind; wind-dampness, alleviates pain; acrid, sweet, slightly warm
- (Chinese Herbal Medicine, Materia Medica, 3rd ed, Bensky, Clavey, Stoger, Eastland Press, Inc, 2004.)
- ▶ All of these herbs have cautions/contradictions; for example *huang qi* astragalus is inappropriate for early stages of sores or when significant heat toxin is present after sores ulcerate. Also *huang qi* may potentiate anticoagulant and antiplatelet effects of medications like aspirin. (Integrated Pharmacology: Combining Modern Pharmacology with Chinese Medicine; Flaws & Sperber, Blue Poppy Press, 2007.)