



Professor Frank He & Karen Brown

Acupuncture and the Treatment of Pain

At the Cubberly Center
4000 Middlefield Road, Room H1, Palo Alto

March 18, 2004 at 7:00 PM

1. Every member should try to bring at least one guest to this meeting. We will not charge these first timers for this visit.
2. Our membership renewal rate is not going well. Too many of last years members have not paid their dues. At this meeting we will check each attendee against our master list. So for those who have not paid yet please bring a \$50 check for your annual dues.
3. About 10 of our members attended the Orthomolecular Health Institute's meeting February 27-29 and paid the half price fee of \$200 for the three day outstanding seminar. A brief summary will be presented at this month's meeting. We heard some of the same speakers we get at Smart Life. Is it too much to ask our members to pay \$50 for the whole year? Please pay your bill.

Future Speakers:(on Third Thursdays)

- * April 15, Michael Lesser, MD, on Nutritional Medicine.
- * May 20, William Wong, ND, PhD, Enzymes and Vitalzym's Amazing Stories.
- * June 17, Gary Gordon, MD, on New Treatments for Chronic Diseases

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* September 16, Frank Shallenberger, MD, on Energy Medicine

Meet our March Speakers

Frank He, LAc, QME Professor He currently heads the Acupuncture Department, manages the Sports Medicine Clinic and supervises clinical training for Five Branches Institute College of Traditional Chinese Medicine in Santa Cruz.. He is California State licensed and was trained at Liaoning College of Traditional Chinese Medicine , a prestigious medical school in China. He has done research in treating stroke, hypothyroid, and hyperthyroid with Chinese Medicine. Professor He has a specialty in Sports Medicine and is a widely respected lecturer in the US, China, and Germany. Professor He's private practice is in Sunnyvale.

Karen Brown LAc. Karen Brown, has a Masters in Traditional Chinese Medicine from Five Branches Institute, College of Traditional Chinese Medicine. She is California State licensed and nationally certified to practice acupuncture. She has a private practice in Sunnyvale and works at Kaiser Permanente, Santa Clara in the Department of Integrative Medicine.

Summary

Acupuncture, herbs, qi gong, tuina (Chinese massage and manipulation), and dietary prescriptions are all part of a fascinating body of knowledge that make up traditional Chinese medicine. They will focus their presentation on acupuncture and the treatment of pain. They will discuss some of the concepts or theories they use to diagnose and treat patients using case studies to clarify the methods they use to effectively treat patients.

History

Chinese medicine has its origins between 3000 and 5000 years ago. The first book that has survived until today is the Yellow Emperor Internal Classic (Huangdi Neijing) or the Neijing. It was written around 300 BC. This book was written to document the standard treatments and clinical practices of the time. It showed incredible insight into the

treatments and clinical practices of the time. It showed incredible insight into the functioning of the human body. There are diagrams that clearly identify the major organs in the body, writings that discuss the neurovascular network in the body, and a detailed knowledge of the skeletal system. Textbooks today often quote from the Neijing as a reference for the method and theory of treatment. Until the 1300's Chinese medicine was only known in Asia. Marco Polo wrote of "needles that cure" during his stay in China between 1275 and 1292. Jesuit missionaries in the 1400's were the first to introduce Chinese medicine to Europe teaching needling and moxabustion. As trade opened up with China through the Silk Road, Europe and the Middle East exchanged medical information. Acupuncture was known and practiced in America in the early 1800's. Chinese medical theory is based on using the normal function of the body to treat diseases. Research today demonstrates that acupuncture activates the natural process in healing the body. However the concepts of points and channels began, it was based on the normal functioning of the human body as it was observed over the last 5000 years. When looked at in the context of the times that they were written, the theories are very modern and perceptive. Acupuncture has many applications. The United Nations World Health Organization has listed many of the diseases that it has found to be treated effectively with acupuncture, including the following:

- * Infections: colds, flu, hepatitis, asthma ulcers
- * Internal Medicine: hemorrhoids diarrhea constipation, diabetes, deafness, earaches, sinus infection, sore throat, hay fever
- * Dermatology: eczema, acne herpes
- * Musculo-Skeletal and Neurological: arthritis, back pain, bursitis, tendinitis headache, stroke, polio, sprains
- * Genito-Urinary & Reproductive: impotence infertility, PMS, vaginitis
- * Mental/Emotional: anxiety, depression stress, insomnia

Accupuncture & Treatment of Pain

There are many tools or theories that are employed to diagnose and treat pain with Chinese medicine. Channel theory is a common resource used.

A understanding of qi needs to precede a discussion of Channel theory. Qi or Chi is never exactly defined in text. It is discussed by what it does or does not do. It is often referred to in popular text as an internal vital energy, life force, or life essence but that isn't quite

in popular text as an internal vital energy, life force, or life essence but that isn't quite complete. The function of qi is to promote growth and development in the body. Qi promotes the activities of the organs. It promotes the flow in the channels or vessel. Qi promotes the distribution of body fluids. It warms the body and maintains the correct temperature in the body. Qi defends the surface of the body from attacks from the outside. Qi keeps things in their place meaning it prevents prolapses and bleeding. Qi makes sure that the body is nourished.

Where do we get qi? When we are born, we have ancestral qi from our parents. When we breathe, we bring air qi into our lung and it is dispersed throughout our body. When we eat, we bring in food qi that is transported throughout our bodies to nourish us.

The ability of qi to flow smoothly is critical to maintaining health in the body. Disease reflects the state of qi that is not functioning correctly.

Channel Theory

As discussed earlier, the concept of acupuncture channels or vessels may have been developed by ancient physicians who discovered the vessels and nerves through dissections. Qi was believed to flow through the vessels to all of the muscles, ligaments, tendons, nerves, and organs of the body. Points along the vessels were found to be able to affect all of these. Physician mapped the points and defined their actions and described the techniques to be used to create the needed effect. A system of location was developed to find points on any body.

Twelve major channels or vessels flow through out the body. The vessels do not stand alone as discreet units. They flow from one into the next. It is much like a plumbing system in a house going from room to room. Everything is connected. Plumbing systems can develop problems. The flow of water can become stopped up. In Chinese medicine, pain is caused by stagnation or a blockage in the flow of qi. To remove the pain we need to fix the problem and move the flow of qi.

What can cause stagnation with the flow of qi? Trauma can cause stagnation in the flow of qi. Examples might be a fall or car accident . Stress can constrain the flow of qi. Too little qi can cause the flow of qi to slow and become blocked. This might happen with someone who has a poor diet, poor sleep or illness. Excess qi can cause the flow to stagnate. This might happen if someone is angry all of the time. Their qi can become

stagnate. This might happen if someone is angry all of the time. Their qi can become constrained. Many things can lead to stagnation in the flow of qi.

Organ Theory

A second tool or theory that is employed in treating patients with pain is Organ Theory. Each of the major organs in the body has been attributed responsibilities and symptoms based on observation of symptoms that correspond to the individual organs. This is a complex theory but to give you a sense of how it works let's look at an example.

The liver is responsible in Chinese medicine for the free flow of qi in the body. Only when the qi in the body is free flowing can the mind be at ease. When there is pain, there is stagnation in the body. So the correct function of the liver is critical to health. The liver also stores blood. It controls the tendons. It manifests in the nails. These functions are unique to Chinese medicine.

The symptoms of an imbalance in the liver include: constriction in the sides of the chest, being quick to anger, depression, or irritability. If the imbalance went on for a long time headaches on the side of the head, tinnitus, dizziness, red face and eyes might appear. If the imbalance continues, rage or stroke could be symptoms. Symptoms of tendon problems or nail problems would be resolved by treating the liver. Any symptoms that indicated a poor flow of qi in the body would require that we treat the liver.

So Organ Theory offers an additional way of diagnosing and treating pain. Each organ can be supported to function correctly. Specific points would be indicated depending on the symptoms that are reported.

Each person is evaluated as an individual. The specific quality of their pain, the location of the pain on the vessels, the underlying constitutional imbalances, and the emotional status of the patient are all considered in developing a treatment plan. Once a plan is devised, acupuncture is extremely effective in activating the healing process.

Join us for a discussion of this wonderful medicine and case histories that will give you a sense of the breadth of this discipline.

