Points & Needles: The Low Down on Chinese Medicine!

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Overview

- Introduction
- A brief history
- The basics
- Treatments
- Chinese Medicine in the West today
In the beginning

- 3rd oldest form of medicine
- Recorded instances dating as far back as two thousand years A.D.
- TCM is based, at least in part, on the Daoist belief that we live in a universe in which everything is interconnected

Yin and Yong

The theory of Yin and Yang is fundamental to the practice of TCM in terms of understanding, diagnosing, and treating health issues.

At the most basic and deep level, TCM treatment seeks to balance Yin and Yang in each person.

Where do we see this concept in modern times?
Three Branches of Traditional Chinese Medicine

- Acupuncture
- Herbaal Medicine
- Qi Gong
tai Chi
- Chinese Dietary Therapy

Development of Acupuncture

A primitive form of acupuncture and moxibustion can be traced back as far as the Chinese Stone Age (4,000-10,000 years ago).

While using hot stones to warm themselves, ancient people realized that pressing them against certain parts of the body could help alleviate certain sicknesses.

They also found that by using bone needles and pricking themselves in a particular spot could relieve pain in other areas of the body.
Development of Acupuncture

Bone Needles in the New Stone Age (4,000 – 3,000 BC), Preserved in Shanghai TCM Museum, China

What is Acupuncture?

Traditional Chinese medicine views the human body as an energy field and describes acupuncture as a way to balance that energy via meridians that flow throughout the body.

Western practitioners sometimes describe acupuncture as a way to stimulate nerves, muscles and connective tissue.
Acupuncture Meridians

- 14 major meridians
- Pass through organs
- Over 365 acupuncture points
- Intersect in numerous places
- Everything is connected

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Acupuncture Meridians

- Theories
  - Nervous system sends impulses
  - Signals sent via fascia
- Western thinking trying to put it into terms they can understand

Eastern Medicine - Heal the root, address the branch
Western Medicine – address symptoms, a pill for every ill.
Qi (Chi)

The underlying principle of Traditional Chinese Medicine

- Energy
- Life force
- Total absence is death

Why do people seek out TCM?

- Increasing dissatisfaction with existing health care services
- A rekindled interest in "whole person" care
- Disease prevention
- Increased demand for all health services
- An increased awareness of available options
- TCM focuses on quality of life when a cure is not possible
How we Treat

- No side effects
- Tongue
- Pulse
- Needles
- Assessment
- Treatment
- Frequency

Treatment

- Number of treatments will vary from person to person based on if the condition is acute or chronic in nature.
- Some people experience immediate relief and others may take months to achieve results.
- Treatment frequency depends on the nature of the complaint, the underlying health of the patient and how the patient responds to the treatments.
- Generally, acute conditions may take 6-8 treatments to begin seeing results and chronic conditions 8-12 treatments to begin seeing results.
Needles and then some

- Cupping
- Moxabustion
- Electro Acupuncture (EA)
- Gua Sha

Cupping

- Traditional Chinese Medicine
- Used heat or air to create a suction
- Pores open, muscles relax, blood moves to the area, toxins are removed, energy is balanced, and blockages are broken up
- Backs, legs, arms, stomach, neck
- Respiratory issues, migraines, anxiety, back and neck pain,...
Moxabustion

Heat therapy in which dried plant Artemesia Vulgaris called "moxa" are burned on or very near the surface of the skin.

Warm and invigorate the flow of Qi in the body and dispel certain pathogenic influences.

Very penetrating heat.

Used for
- pain due to injury or arthritis, especially in "cold" patterns where the pain naturally feels better with the application of heat
- Digestive problems and irregular elimination
- Gynecological and obstetrical conditions, including breech presentation in late term pregnancy
- Protection against cold and flu

Electro Acupuncture

1800, 1940s, 1958?

Points are stimulated during treatment

Device that generates continuous electric pulses using small clips

30 minutes

Useful for conditions in which there is an accumulation of qi, such as in chronic pain syndromes, or in cases where the qi is difficult to stimulate

Neurological disorders, pain, muscle spasms or atrophy, improve blood flow
Gua Sha

- Microperfusion (increases surface blood circulation)
- Gua sha’s immune and anti-inflammatory effect: heme oxygenase-1
- Redness disappears in several days

Auricular Acupuncture

- Microsystem
- Ear seeds
- Releases endorphins
Acupuncture in the West


Athletes Choose Acupuncture to Treat Injuries and Boost Performance

- Treatment of Injuries
- Boost Performance
- Manage pain
- Speed recovery from injury
- Achieve peak physical performance in their sport
Aaron Rodgers uses acupuncture to stay in the game!

- Rodgers on his radio show on ESPN Milwaukee said he first tried acupuncture for a sore hamstring in the 2014-15 season
- "I got a little acupuncture, which helped release it a little bit. But it's feeling better."
- Rodgers has acknowledged that acupuncture augments his daily treatment from the Packers' training staff.

Tour de France

- "Nibali's Secret to a Tour de France Win" (Wall Street Journal, July 27, 2014)
- Team Astana included 4 medical doctors, 2 osteopaths, 10-12 physics and 1 acupuncturist
- Treatments 2x day – once before stages at the back of the bus, once in the hotel.
- All team riders were treated
- Palliative measure. "If a rider has some pain, the goal is to keep him in the tour"
Other athletes using acupuncture

You might be surprised by the list of current and former pro athletes who have turned to acupuncture.

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<th>MLB</th>
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<td>Kobi Bryant</td>
<td>Marcus Stroud</td>
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<td>Michael Strahan</td>
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Other celebs using acupuncture

- Sandra Bullock
- Kate Winslet
- Celene Dion
- Madonna
Acupuncture in the Military

_used for_: Pain, PTSD

_Battlefield Acupuncture_: Generic technique for all pain, Rapid in effectiveness

An attendee at the battlefield acupuncture clinic inserts acupuncture needles into a volunteer patient's ear. Attendees at the workshop all have a chance to practice and to watch others practice the technique.

Acupuncture in the Military (cont)

_Military turns to acupuncture as alternative to prescription painkillers_

The military is finding that Western medicine alone doesn’t always work in relieving the suffering of troops dealing with a complex range of injuries after nine years of war, from multiple concussions to backs strained under heavy packs and body armor.
Acupuncture in Hospitals

In China, east and west medicine in same hospital

Zhejiang Provincial Hospital of TCM
Many others...

Acupuncture in Hospitals

In the US.... Integrative, a start but a long way to go

- Center for Integrative Therapies, Dana Farber
- Osher Clinical Center, Brigham & Women’s
- Program for Integrative Medicine and Health Care Disparities, BMC
- Integrative Therapy Programs, Mass General Hospital
- Memorial Sloan Kettering Center, New York
- Cleveland Clinic
  Many others...
### World Health Organization (WHO)

Recognizes acupuncture and Oriental medicine as effective for more than 43 common ailments *

- **Respiratory Disorders** – sinusitis, rhinitis, common cold, tonsillitis, sore throat, hay fever, bronchitis, bronchial asthma
- **Disorders of the eye** - acute conjunctivitis, myopia in children, cataracts without complications, central retinitis
- **Mental-emotional disorders** – anxiety, depression, stress, insomnia, addictions, weight control
- **Ear disorders** – ringing in ears, deafness, Meniere’s disease, earache

### WHO (contd.)

- **Musculo-skeletal Disorders** – frozen shoulder, tennis elbow, low back pain, osteoarthritis and joint pain, stiff neck, tendinitis, bursitis, sprains, injuries from auto accidents, chronic fatigue syndrome, fibromyalgia.
- **Gastro-intestinal Disorders** – acute and chronic gastritis, hyperacidity, hiccoughs, acute uncomplicated duodenal ulcer (pain relief), acute and chronic colitis, acute bacillary dysentery, constipation, diarrhea, paralytic ileus.
- **Disorders of the Mouth** – toothache, post extraction pain, gingivitis, acute and chronic pharyngitis
WHO (contd.)

- Neurological Disorders - headache and migraines, dizziness, trigeminal neuralgia, facial palsy (within 3-6 months), pareses following stroke, peripheral neuropathies, Meniere’s disease, neurogenic bladder dysfunction, nocturnal enuresis, intercostal neuralgia, sciatica.

- Reproductive System Disorders - infertility, premenstrual syndrome (PMS), irregular menses, menstrual cramps, pelvic inflammatory disease (PID), menopausal symptoms, morning sickness, urinary incontinence, impotence.


US National Institute of Health

US National Institutes of Health issued a consensus statement proposing acupuncture as a therapeutic intervention for complementary medicine.

https://nccih.nih.gov/health/acupuncture/introduction#hed3
Qualifications

- Master’s in Acupuncture and Oriental Medicine (MAOM) from ACAOM accredited college, 3 to 4 years.
- MAOM requires 3077 hours; MAc requires 2565 hours*
- Licensed by Board of Medicine (MA)
- NCCAOM national certification, board exams
- Curriculum includes biomedicine, acupuncture, pharmacology, herbal, 720 hrs of clinic rotations and more
- Broad range of health issues, including chronic disease, pain, internal medicine, rehabilitation and prevention
- Primary Care Practitioner in several states including Florida, California

*New England School of Acupuncture, Newton, MA


“When people come to you with a serious disease and ask for help, you cannot concern yourself with whether they are esteemed or dishonorable, wealthy or poor, elderly or young, beautiful or ugly. Your care must be safe, and not swayed by whether they are your dearest family member or your adversary, your good friend or a stranger, Chinese or foreigner, foolish or wise. In your mind’s eye each patient is on the same level, degree and class, and is treated as close as family. Your care must never be self serving or motivated by what brings good or bad fortune, or by that which is pleasing or upsetting. Your protection and care should be precisely what is necessary: no more, no less, without deference to your own safety and life. Know, in your heart, that your good deeds are sincere and not a game. Show courage but caution. Actively explore and broaden your knowledge, but stand firmly on the principles of which you are certain.”

Sun Ssu-Miao, a Chinese Medicine physician, during the Tang dynasty (618-907 AD).
**Case 1: Migraine headaches (1)**

**Subject:** 29 yr old female  
**Symptoms:** Chronic cluster migraines of 10 yrs. Anxiety  
**Previous care:** Under the care of a Neurologist for ~5 years for pain management. Despite medication (Imitrex, Propranolol) the pain is still not well managed (off the scale) and patient continues to get debilitating migraines as often as 4 X per month, with a duration of ~3 days each  
**Impact:** Patient’s work and social life suffer as a result of migraines. Symptoms include nausea, light sensitivity and debilitating pain that she describes as “gut wrenching”. Triggers include stress, menses and some foods. She is interested in acupuncture to reduce the frequency and severity of these, and possibly reduce the amount of medication needed.

**Case 1: Migraine headaches (2)**

**Treatment:** Patient was treated with acupuncture 1x per week.  
**Outcome/prognosis:** After 4 treatments patient reported a period of 2 weeks with no headache or migraine (decrease in frequency) and a decrease in severity (pain level) from migraine to headache. Medication seems to work better when taken. Patient currently is treated 1x in 3 weeks. Has occasional headaches which respond well to medication when needed. These episodes are usually identified as food trigger related due to social activities or intense stress. Many times she comes in for treatment and reports no headache for the previous period. We are currently focusing on back pain and continue to manage migraines preventatively.
Case 2: Swollen painful toe (1)

Subject: 56 year old female

Symptoms: right second toe pain for ~2 years. Toe is swollen, color is purplish/black/red, is bent like a “hammer toe” and painful ranging 3-7 out of 10. The pain is sharp to the touch and worse when weight bearing. The foot pad under toe is also painful

Previous care: No specific diagnosis provided. Cortisone shots into the toe, which have not helped and told the toe may be a result of complication from a bunion on the same foot. MD recommended surgery for the bunion to relieve the pain in the second toe

Impact: She travels by air for work approx. 3 weeks out of 4. The pain interferes with daily life and she has difficulty even walking. Has difficulty finding shoes that are comfortable. Pt does not want surgery and wants to try acupuncture instead.

Case Study 2: Swollen painful toe (2)

Treatment: Patient received acupuncture followed by pole moxa to the toe/foot, 2x week for 4 weeks. After 2 weeks an herbal soak was added and the patient was told to soak her foot each night in the warm herbal foot soak, 1/2hr.

Outcome/prognosis: After the first treatment her toe became less swollen, less painful and less discolored. By treatment 6 Pt reported no foot or toe pain for 5 days. After each treatment the pain continued to dissipate and the normal color began returning. Swelling continued to decrease. The toe is less raised/curved.

At treatment #7 the patient said the toe pain was manageable and the treatment focus shifted to her shoulder, although we continue to treat the foot as well, with the goal being to be pain free. Patient continues to come for treatment 1x per week.
Fun Facts – take a guess!

Fun Facts #1

Which of the following institutions is home to the largest collection of Chinese research in the Western world?

A. Harvard’s Yenching Library, Cambridge, MA
B. NIH (National Institute of Health) National Library of Medicine, Bethesda, MD.
D. The Asian Library at Leiden University, The Netherlands
Fun Facts #1 - Answer

Harvard's Yenching Library has the largest university collection for East Asian research in the western world.

The library was organized in 1928 but its origins go back to 1879 when Chinese was first offered as part of Harvard's curriculum.

Fun Facts #2

Which is the oldest and most prestigious school for Oriental Medicine in the US?

A. New England School of Acupuncture, Newton, MA
B. Pacific College of Oriental Medicine, San Diego, CA
C. American College of Traditional Chinese Medicine, San Francisco, CA
D. Southwest Acupuncture College, Santa Fe, NM
Fun Facts #2 - Answer

**New England School of Acupuncture, Newton, MA**

- NESA was the first acupuncture school in the United States and remains one of the most prestigious academic institutions in the field.
- Originally founded in 1975 by Dr. James Tin Yau So and later licensed as a vocational school by the Massachusetts Department of Education in 1976, NESA’s three-year program now culminates in a Master’s degree.
- Full Service Chinese Herbal Dispensary
- Library contains one of the largest. It includes more than 4500 books, DVDs and journals, including several hundred volumes in Chinese and a smaller number in Japanese and Korean.

Fun Facts #3

Which of the following is NOT a style of Acupuncture

A. Korean Hand
B. Auricular (Ear)
C. Japanese Style
D. Five Element
E. Jainism
Fun Facts #3 - Answer

E Jainism. Jainism is a strict Indian religious sect. They are Fruitarians

🎲 Korean Hand, Japanese, Auricular, Five Element, Scalp and Traditional Chinese Medicine (TCM) are all different styles of Acupuncture.

 自动生成 Acupuncture myths

Myth

Fact
Myth #1: Acupuncture hurts

Fact:
- Needles are very slender and fine (about the size of a cat whisker)
- You may or may not feel an initial prick
- You should experience a Qi (pronounced “chee”) sensation, often described as heaviness, throbbing or an electrical sensation.

Myth #2: Acupuncture’s effects are psychological. It doesn’t really do anything

Fact:
- Studies show that during acupuncture, our brains begin to release chemicals such as endorphins (natural painkillers)
- Research has shown Acupuncture has a anti-inflammatory effect
- Boosts the immune system.
Sample Research

  Review: Acupuncture and immune modulation
  Sun Kwang Kim and Hyunsu Bae

- Mediators of Inflammation
  Anti-inflammatory actions of acupuncture.
  Freek J Zijlstra, Ineke van den Berg-de Lange, Frank J P M Huygen, and Jan Klein

  Acupuncture for Chronic Pain: Individual Patient Data Meta-analysis
  Andrew J. Vickers, DPhil; Angel M. Cronin, MS; Alexandra C. Maschino, BS; George Lewith, MD; Hugh MacPherson, PhD; Nadine E. Foster, DPhil; Karen J. Sherman, PhD; Claudia M. Witt, MD; Klaus Linde, MD

Myth #3: Most people who use, or practice, acupuncture are into ‘New Age’ healing

Fact:

- Patients come from all walks of life
Interesting books, videos and websites

- www.ia-health.com
- 9,000 Needles. Devin Derths journey to China to seek treatment post brain bleed. Video
- www.NCCAOM.org
- The Web that has no Weaver by Ted Kaptchuk, OMD
- Four Paws Five Directions: A Guide to Chinese Medicine for Cats and Dogs by Cheryl Schwartz, DVM
- The Tao of Healthy Eating: Dietary Wisdom According to Chinese Medicine by Bob Flaws
- Between Heaven and Earth, A Guide to Chinese Medicine by Harriet Beinfield, LAc and Efrem Korngold, Lac, OMD

References

- U.S. Medicine The Voice of Federal Medicine
- Auricular Acupuncture: Convenient Technique for Battlefield Pain
  Department of Defense (DoD) | Department of Veterans Affairs (VA) | June 2014 | Pain Management
- Cleveland Clinic Health Essentials
- Military turns to acupuncture as alternative to prescription painkillers
  by Jennifer H. Svan Stars and Stripes. Published: August 27, 2010
  http://www.shen-nong.com/eng/front/index.html
  by Giovanni Maciocia
Thank you

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

Thomas Edison