

Summer 2016

MEDICINAL ROOTS 相慧 MAGAZINE

Ancient Wisdom - Modern Healthcare

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PHOTO: Laura Breeden

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Laura Breeden, L.Ac., *Front Cover*, p.13,16

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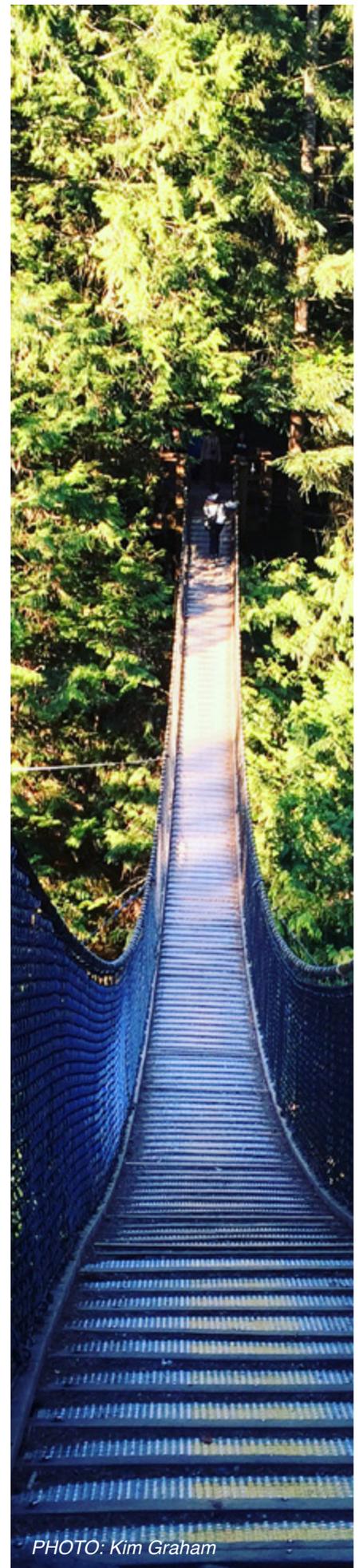
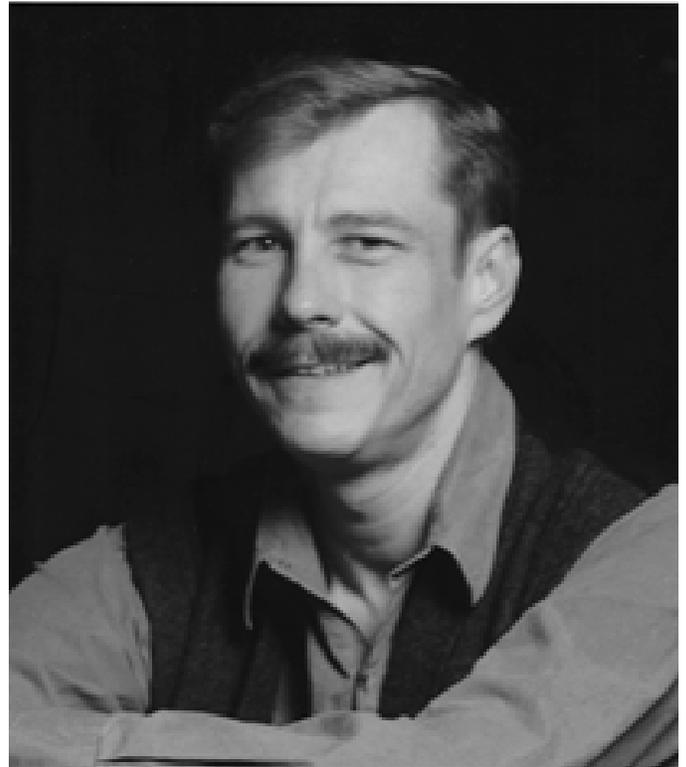


PHOTO: Kim Graham

MRM's **7** Questions

One of our aims at MRM is the desire to inspire and connect the TCM profession. As part of this dream, we developed a set of 7 simple questions to help us feature different practitioners and influential people in the field of TCM.



In this issue we are pleased to feature yet another Canadian pioneer, DAVID A. BRAY.

David Bray trained at and graduated from the Guangzhou University of TCM in 1980. He did his post-graduate specialist studies in TCM Gynecology at Hunan Regional Hospital in Changsha, China. David maintains a very busy

private practice in Toronto, Ontario focusing specifically on women's health issues and principally reproductive wellness and fertility, and has been in continuous clinical practice since completing his studies. He has been a student and instructor of Chinese internal martial arts and therapeutic exercise for over 50+ years.

1. WHAT INSPIRED YOU TO PURSUE TCM?

I was born and grew up in Montréal. As a young boy I was interested in a lot of unconventional things, certainly for a Montréaler, and was not very interested in a lot of the mainstream things that were available to me. I studied Chinese internal martial arts as a young child and followed my first and main teacher until adulthood. My study of Chinese internal martial arts led to my first exposure of the many aspects of Chinese culture including Chinese medicine. My first teacher was a man named Lee Shiu Pak in Montréal, and it was through his caring and patient tutelage spanning many years that I became introduced to Chinese medicine. I often remember being a young student in his class and feeling somewhat

resentful towards him as he sometimes pulled off to the side to see patients that would have come to his class seeking his assistance. I felt that it was taking away from valuable class time! However it was this exposure to Chinese medicine and his kind guidance and inspiration that ignited my interest in Chinese medicine, health and healing. Sifu Lee studied at a time in China when many practitioners followed different masters under an apprenticeship form-style of training. This was before the time of TCM as we know it now, which really was a product of the Cultural Revolution in China. Consequently, Sifu Lee's foundation was informed by many of the regional and cultural forms of healing, including family systems of medicine. Lee Shiu sparked my lifelong interest in Chinese medicine and it was through his urging

and prompting that I study officially and formally in school. In his words, these were different times than when he studied and it was important that I “take the paper”-- meaning that I go a formal route of education. He also said that I had the “heart and spirit to learn, and could help many people”. Somehow he knew more about me than I did!

2. WHO WAS YOUR GREATEST INFLUENCE - PERSONALLY OR PROFESSIONALLY?

Through my life I have had a lot of exposure to different people and teachers, and in many ways I credit all of them with influencing me to some extent. By far my greatest source of influence and inspiration was my first and main teacher who I mention above, Sifu Lee Shiu Pak. He laid a foundation in my life that has been a source of inspiration, wisdom and motivation to pursue studies that I maintain to this day. His generous and compassionate influence enabled me to learn about not just Chinese internal martial arts but health, healing and Chinese medicine. This led me to pursue formal studies in China.

3. HOW DID STUDYING IN CHINA BENEFIT YOU?

Immersed in an environment undiluted by cultural and linguistic separation I was able to see the nature of health and healing, and the different approaches of many masters who predated the TCM system in China. One of the greatest benefits was seeing a large volume of patients and how different Chinese medicine physicians and masters would approach different cases. This was long before Chinese medicine became a commodity in China

4. WHAT MOTIVATED YOU TO PURSUE A CAREER IN WOMEN'S HEALTH?

After completing my studies in general internal Chinese medicine I found myself drawn to pursuing a specialty. Because half of the population we tend to treat is comprised of women, I found myself treating a large number of women with female specific health complaints. I was interested in the correlation of their physiology to their main health

issues, which were not necessarily gynecological in origin but played a role in their specific clinical presentation. After working in general medicine, I later pursued postgraduate specialty training in gynecology. I was exposed to and involved with all aspects of women's healthcare from the point of view of Chinese medicine and developed a strong appreciation for how it interfaced with Western medicine. Eventually, through years of practice, I became known for a specific type of work, and many women sought my help and assistance in the area of reproductive medicine, specifically fertility.

5. WHAT HAS THE PRACTICE OF INTERNAL MARTIAL ARTS TAUGHT YOU?

The practice of Chinese internal martial arts first and foremost taught me a lot about myself; about my abilities and limitations, and pushing those abilities and limitations to a whole other level. It also gave me an appreciation for how mind-intent is such an important connection to who we are and what we do. Chinese internal arts are specifically involved with energetic flow and subtle forms of movement and exercise that are performed individually as well as in the form of partnered exercises. I found the study and practice of these arts encouraged and promoted a certain sensitivity, self-awareness and feeling. Study and practice with different teachers over the years added to my knowledge base and deepened my appreciation, awareness and skill. I believe every practitioner is influenced by his or her roots and interests, and I attribute my background in these arts to being a unique part of my journey.

6. WHERE DO YOU SEE THE PROFESSION HEADING IN THE NEXT TEN YEARS?

Certainly TCM and Chinese medicine has gone through a great evolution since the time that I graduated from school over 35 years ago. It is very refreshing to see a renewed interest in the Classics and how they are the sources that inform our practice. Returning to the Classics helps us truly see the origin of our medicine. Chinese medicine is not just a technique. It is all encompassing when you truly become involved in it. Chinese medicine has a long history, certainly much longer

than the TCM-style of medicine of which we speak so much, and as time goes on I do think the next generation of practitioners is looking a little deeper than what school is teaching them. This exposes us all to something much broader and bigger than what we call TCM. It draws us in to the source and nature of health and healing. Now, with regulation of the profession in many jurisdictions comes a certain credibility, and this is helping and also restricting Chinese medicine to really open up not only to the general public but to practitioners as well. When one is exposed to some of the older generation masters of Chinese medicine we truly see that it is not just a technique but also a thought process that is informed by a tradition that spans thousands of years. This process can inform our practice, and hopefully keep alive many of the traditions that are the regional systems of Chinese medicine. I have seen a growth with Chinese medicine, as a profession that I never thought would happen. It has moved from a place of what may have been considered an ethnocentric form of health and healing into the mainstream. These are exciting times!

7. COMPLETE THIS SENTENCE: WHEN I FIND THE TIME TO BE AWAY FROM MY WORK I ...

This is not an easy question to answer, particularly when a passion and obsession like Chinese medicine has played such a major role in my life. I find that when I'm away from work it is really important and necessary to disconnect on many levels. It is necessary to turn off and recharge. I find going to the country and being in nature something that is not just rejuvenating to me but also provides an environment that truly allows me to relax into my being, a time for me to reconnect with myself. I have two wonderful female standard poodles that are my companions in rest and relaxation, and even act as a gauge and reminder to be in the moment. Nature helps us return to ourselves.

- *David A. Bray*
R.TCMP, Dipl. C.H. (NCCAOM)

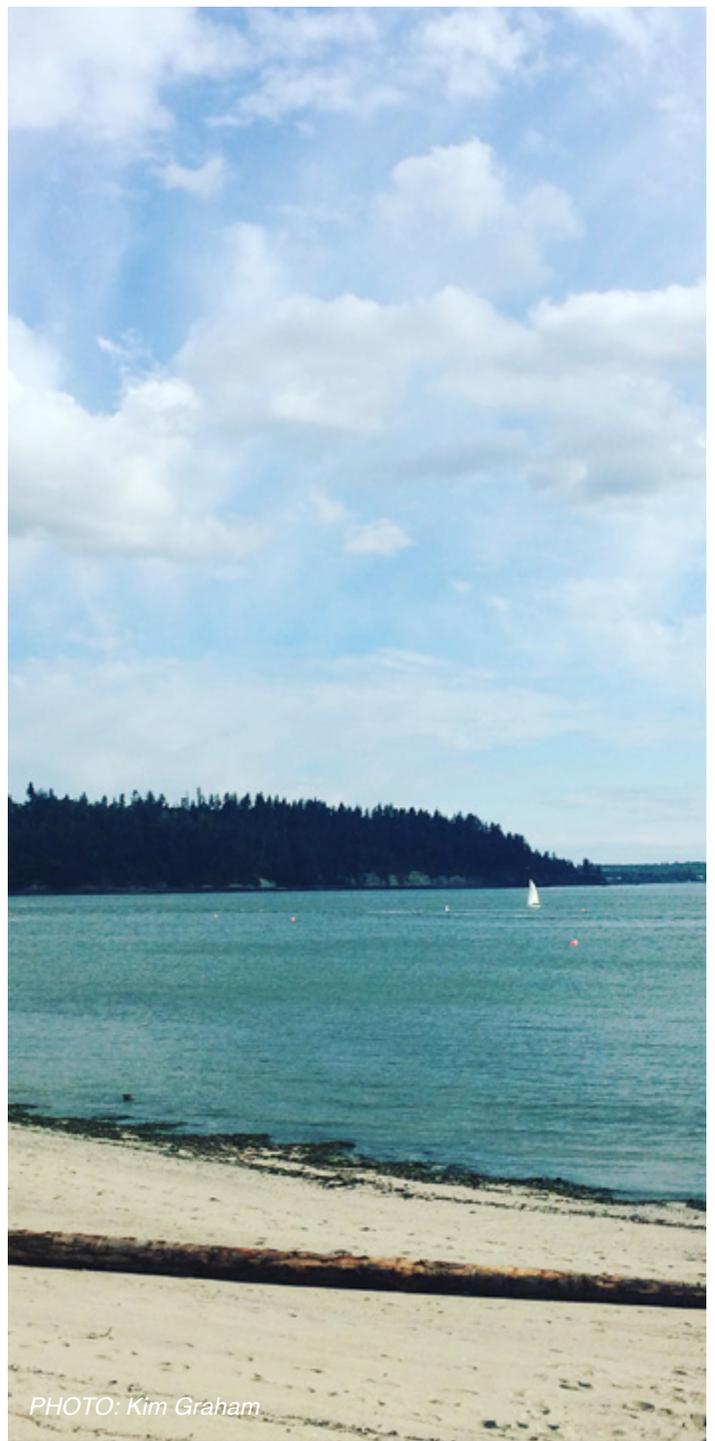


PHOTO: Kim Graham

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Inside the Ft. McMurray Fire

Interview with Amanda Gergely, R.Ac
Higher Health Clinic, Ft. McMurray AB

Dr. Kim Graham, Dr. TCM

At 4pm Sunday, May 1st Alberta Forestry discovered a seemingly controllable wildfire that spanned two hectares, but by 6pm it had grown to 60 hectares.

At 8pm the first evacuation centre opened and warnings were given to residents of multiple neighbourhoods to plan for evacuation at short notice; the fire was now 120 hectares in size.

At 10pm on the same day, Mayor Melissa Blake declared a local state of emergency and issued a mandatory evacuation order for at least 500 people. All of Canada watched for the next 48 hours, as evacuation orders were placed and lifted as residents and fire officials battled the blaze. On Tuesday May 3, however it seemed they were losing the fight. At 6:25pm that day all of Fort Mc Murray was put under a mandatory evacuation order, and the real horror for residents began. The terrifying images and videos of escape coming out of Fort Mc Murray during this time of evacuation were Hollywood-esque, but these weren't actors, and the fire wasn't a pyrotechnical special effect. These were real people, they were members of our families, they were our friends and colleagues and they were fleeing for their lives.

Fire timeline source <http://www.edmontonsun.com/2016/05/13/timeline-fort-mcmurray-wildfire-a-small-fire-turns-into-the-beast>

I would like to personally thank Amanda Gergely for taking the time to speak with me and for sharing her experience with the MRM readership. The images she has so graciously shared are personal and tragic, but through it all she has found support and healing.

Thank you to all of the volunteers currently organising and offering acupuncture-relief in Edmonton, Calgary, and Leduc, AB. Your work is making a difference.

This is Amanda's story.

Can you tell us a little about the TCM / acupuncture community in Fort McMurray?

I first moved to Fort McMurray in June of 2008, I had just graduated from CCAOM in Victoria and I was excited to start practicing acupuncture. I was also a practicing massage therapy, and most clinics wanted to hire massage therapists, not acupuncturists. I started out working at a physio clinic doing mainly massage because most people in town had never heard of Chinese Medicine or acupuncture. I did some free talks and promoted myself as best I could to get myself out there. I would hear a lot from clients 'I've had acupuncture before, But it didn't work'. I then realized that only 'acupuncture' you could get in town was from a Physio or chiro. I heard the receptionist at the Physio clinic I worked at answer the phone and ask what the person wanted acupuncture for; If the client said pain, then they were booked in with the physio, if the client said, digestion or sleep, then they were booked in with me. I was upset when I heard this, I came home and told my husband and that's when we decided to start our own clinic. I opened up Higher Health Acupuncture and Massage Therapy Clinic in June 2010. I stopped massaging and became booked



PHOTO: Amanda Gergely

up with acupuncture clients. I did everything I could to educate the community about TCM, but word of mouth was and still is our best advertising. When someone comes in with chronic pain and gets relief, they tell the world. I am happy to say that 8 years later, our acupuncture community is growing and I still have new clients everyday who come in and tell me how acupuncture 'fixed' their friend and they are hoping for the same results.

Describe the evacuation.

The evacuation day was interesting to say the least. It was a Tuesday, and since we had our big Spring trade show the weekend prior, I had taken Monday off from work so I could rest a little before going back to work. I left my house Monday May 2 at 1:30 pm and I could see the smoke was getting thicker and closer to our community, but I really did not think we were in danger. My husband was home working in the office and I phoned him from my car and told him to look outside at the smoke. We both made some comments and then I drove to work which was downtown, very close to the highway. At 2:00 pm the sky was starting to get dark from smoke, fire trucks were blaring and my staff was calling me asking if they should come into work. I told them it was their choice and that everything would be fine. By 2:45 pm the only highway in and out of town was closed, the fire had crossed the highway going south and you couldn't get out

of town. Meanwhile inside our happy clinic oasis, clients were still showing up for appointments, the last massage to start that day went in at 2:30 pm and was scheduled for 60 minutes. My husband called me and told me to stay at the clinic and to make sure I was the last to leave. The power went out so I decided to go into each treatment room and start unplugging everything I could, so when the power came back on everything would be off. I had clients calling saying they weren't going to make their appointment, and I said that was fine and for them to stay safe. I went out into the parking lot and talked to some people that looked panicked and terrified. I checked twitter for updates and the city was saying to head north to the camps to get away from the fires. At 3:00 pm my husband was told by a police officer that he had 30 minutes to pack up and get out of the house. My sister lives with us and manages our yoga studio downtown. She was already at work and I called her to say I was heading over there and for her not to leave. My husband was stuck in Abasand trying to get down the hill; his plan was to meet up at the yoga studio. At 3:30 pm the last massage finished and I made sure no one was left in the clinic. I took the wet laundry out of the washer and put it in the dryer and left the door open so it wouldn't get mouldy, I grabbed a flashlight and some water and headed out to my car. I took a video right before I got in my car, because the flames were so close to the building I thought it was going to burn.



PHOTO: Amanda Gergely



PHOTO: Amanda Gergely

The sun was completely blocked out by smoke at this time and ash and tree needles were raining down on the city.

The community we live in is called Abasand, and as my husband was leaving he could see all the trees behind him on fire. He knew our house was in jeopardy. By 5:00 pm we all met up at the studio and made a plan to get out of town. We didn't want to sit in traffic or drive north to a camp, so we stayed until we could go south. Around 7:00 pm we looked outside and traffic was gone and the streetlights were starting to come on because the sky was so black. We all loaded into my car. I had $\frac{3}{4}$ tank of fuel and my husband had $\frac{1}{4}$ tank so we had to leave his truck. As we drove through town, the community of Waterways was on fire at this point, Beacon Hill was done burning, but Abasand was blazing and the fire was heading further North. I called a friend that lives in Gregoire Lake Estates, a small community 35km south of town, and said I was coming over! It took us over an hour to get there. When we arrived there were already 15 or so people there, hanging out and drinking. I had a few friends call me to ask where I was and I told them, so they showed up at her place too. In the morning there were 3 tents pitched on her lawn and 9 vehicles in her driveway. We got up early and booked a hotel room in Edmonton and hit the road at 9:00 am. Later that day I found out that the community was evacuated at 10:00 am because

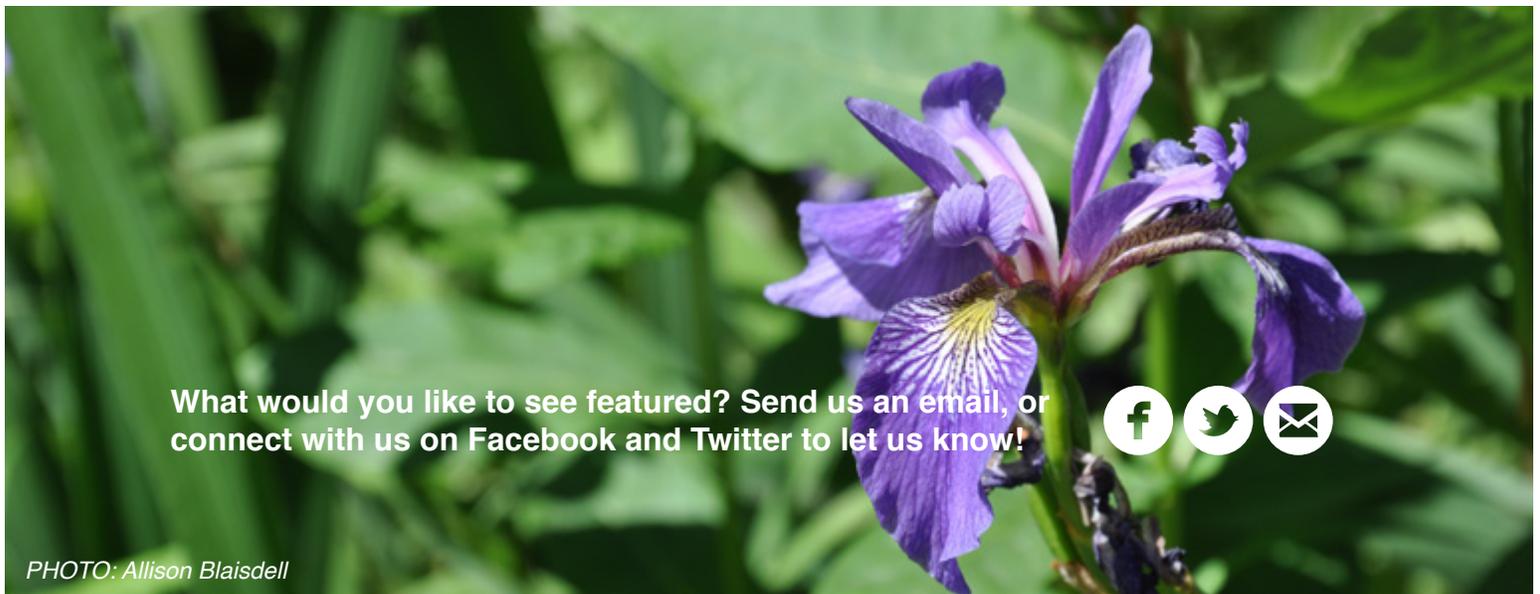
the fire was now heading south. This made me feel very unsafe. I started receiving a lot of Facebook messages and emails from friends I hadn't talked to in years, and I noticed that most of them were friends from TCM school. They were checking in to see how things were and if my clinic was still safe. It meant



PHOTO: Amanda Gergely



PHOTO: Amanda Gergely



What would you like to see featured? Send us an email, or connect with us on Facebook and Twitter to let us know!



PHOTO: Allison Blaisdell

a lot to me that all my classmates remembered that I had moved to Fort Mac after graduating and that they all wanted to help.

Did you lose your home? Clinic?

On Wednesday May 4 at 1:00 pm a photo was sent to me of my street, all the houses were gone. I didn't believe it at first that my place was gone, so I asked for more proof and I was sent 12 more pictures. That's when I knew it was gone. We had just arrived in Edmonton and stopped to get lunch at Tim Horton's. I was so sad I couldn't eat anything. I had a lot of friends still up in Fort Mac fighting the fires and working as first responders, and every time one of them drove by the clinic they would snap me a pic. I knew the clinic was ok.

How did you get involved in the Acupuncture Relief Project? What is your role? Are you accessing services yourself?

My friend and former classmate Heather Thompson called me and let me know they wanted to start another community acupuncture project like they did for the floods in High River. I told her that was great and I would promote the clinics for her, but I was in no shape to treat anyone. She rallied the troops and everyone came together to offer relief clinics in Calgary, Edmonton and Leduc. I promoted the locations and times on my business Facebook pages and I would post whenever I was heading down for treatment myself. I was honestly amazed at how great I felt with just 10 ear needles in me. I had 3 community acupuncture sessions and was

exchanging treatments with a friend in Edmonton with whom I was staying. These treatments did a lot for me, they made me relax, and let me know that I do need help and that my body is Stressed!!!

How many people are accessing the service?

I heard the numbers were low for the relief clinics, I think a lot of people thought they were alright, especially since they got out of town safely and their house was still standing.

I don't think the community as a whole realized right away how bad this could have been or how stressful this whole ordeal was on us.

I am now back to work and all my regular clients are coming in saying how much they missed their monthly session.

What is the overall feeling in Fort McMurray right now?

I am back in Fort Mac now, as of June 6th. And the city feels different, lighter in a sense. Like we can all take a deep breath now and relax. The energy has shifted. We all share something in common and it has brought us closer. The people who are here now, want to be here now. They want to rebuild and be a part of this new community. There is also a feeling of being cared for, when someone asks 'how are you doing?' you can tell they mean it and want an honest answer.

How are people coping?

I know everyone processes things in their own way. The majority of people I talk to are doing well. Many do need to talk about their experience and I know that it's essential to talk, process and share stories.

Today at work I asked each one of my clients about their evacuation story and



PHOTO: Amanda Gergely

how their time off was, it took a little longer for each person's session, but I knew it was important.

How has this experience changed you?

I realized that I stayed extremely calm during the evacuation; I didn't think we were in danger and I never thought my house would burn. I realized how much I can handle, and how well I was able to talk to people to help them calm down. I was able to be reasonable and stay present. I only had a few moments of what ifs, where I would get panicky. I have learnt that if you are able to stay present and focus you think more clearly.

How can the acupuncture/TCM community help?

The first day back to work was so fulfilling, my clients came in and said how happy they were that we were open and that they just needed their regular session because they hadn't been in in over a month. I know how powerful TCM and acupuncture is, and I see how it helps my clients, and I think they realize that more now. I am excited to be able to offer relief acupuncture to my community to accelerate the healing process.

Is there anything else you would like to share with us?

My husband and I always had a fire plan for our house. We talked about it openly and when my sister moved in with us, I made sure she knew the plan. We had 5 items that we would grab in the case of a fire; the cats, Passports, Laptop, external hard drives, and my engagement ring (I don't wear it to work) and the rest is replaceable. We had this plan set; we all knew it, and all these items made it out. If you know what's most important to you it makes it easier when you lose something unexpectedly. We were also lucky that we backed everything up to the cloud and used Google drive. We still have all our wedding photos digitally; all our legal documents were scanned to our hard drives. We lost a lot of stuff but in the end its just stuff.



*Amanda Gergely R.Ac of Higher Health Clinic,
Fort Mc Murray, AB*

Amanda studied Traditional Chinese Medicine (TCM) and Acupuncture at the Canadian College of Acupuncture and Oriental Medicine (CCAOM) in Victoria, BC. Upon graduating in 2008 Amanda moved to Fort McMurray, AB and started working at a physiotherapy clinic. In 2010, Amanda and her husband Chad opened up their dream wellness clinic.

Originally from Lethbridge, AB, Amanda first started receiving acupuncture treatments at age 16 because of chronic foot pain from competing in track and field. After experiencing amazing results Amanda was hooked and wanted to learn more.

Amanda has done additional training in Matt Callison's Sport Medicine Acupuncture for musculoskeletal disorders along with Whitfield Reaves Sports Medicine Acupuncture. Amanda is currently the athletic trainer for the Fort McMurray Monarchs Football team and helps out with the local high school football teams.

Amanda believes in the body's ability to heal itself and that acupuncture and massage therapy are two of the many paths to restoring health and wholeness to the body. She is also a strong supporter of self care and daily yoga practice.



a Review of the 2016

Integrative Fertility Symposium

Jane Cheung, B.Sc., R.TCMP

PHOTO: Laura Breeden

*Hosted by: Integrative
Fertility (IF) Symposium
and American Board of
Oriental Reproductive
Medicine (ABORM)*

Where: Vancouver, BC

When: April 28-May 1, 2016

Website: ifsymposium.com

What a great time to be an Acupuncturist in Canada!

It was with great excitement and high expectations that I arrived in beautiful Vancouver, British Columbia this year to attend the 2016 Integrative Fertility Symposium (IFS). I was not able to attend the inaugural IF Symposium last year but have only heard positive feedback about it both in person and over social media so this conference rose to the top of my “to-do” list for professional development this year. I was definitely not the only one with that idea as the conference sold-out again this year. Congratulations to Lorne Brown, Dr. TCM, the IF Symposium co-chair and his committee, for organizing and hosting this world-class Acupuncture Conference. It certainly did not disappoint.

First, a little bit about the locale. I flew in from Toronto and, after a quick jaunt on the Skytrain (it’s like a super-clean subway that runs on a monorail, like DisneyWorld), I found myself at the conference hotel, the Delta Vancouver Suites, which is nestled right downtown near the waterfront harbour and famous

English Bay beach. What a great spot! Besides being right on the ocean with the mountains in the background, I found myself surrounded by cool cafes and a variety of restaurants serving local favourites such as fish tacos, grilled (and very fresh) wild salmon, steak, and even a Japanese version of a hotdog at Japadog. There was also some fantastic retail shopping in the area. Even though it may put a dent in the pocket book, Vancouver always nourishes the stomach and the soul! You can almost breathe in the tranquility in this incredible locale.



PHOTO: Jane Cheung

The theme for this year's IF Symposium was "Nourishing the Soil Before Planting the Seed". As a Traditional Chinese Medicine (TCM) practitioner with a focus on women's health including fertility support, this theme rang true for me. But in addition to TCM practitioners, the IFS 2016 also welcomed all healthcare practitioners including MDs and Naturopaths and provided a wonderful, inter-professional, and integrative environment for us all to learn about reproductive health issues.

The conference itself ran from Friday April 29th to Sunday, May 1st with a pre-symposium day on the Thursday. Having free Wi-Fi access in the conference Centre and being able to download handouts for the sessions via the IF Symposium online account was very useful, cool and environmentally responsible. But most impressive was the roster of speakers for IFS 2016. These included Fertility Acupuncturists, TCM experts, Naturopaths, Functional Medicine Specialists, Reproductive Endocrinologists, and Urologists – truly a unique collection of integrative practitioners – and they were all focused on teaching us the latest about fertility and collaborative care. The topics ranged from how to optimize fertility naturally, how to support IVF, and how to improve live birth outcomes. Even though a lot of the information

being shared was "cutting edge" knowledge backed by recent studies, many of the participants, myself included, were impressed by the practical focus. Much of what we learned were things that can be meaningfully applied to daily practice.

If we break it down day by day, the pre-symposium session allowed participants the opportunity for interaction with some of the most sought-after presenters:

- Randine Lewis: Fertility Retreat for Practitioners
- Debra Betts and Sabine Williams: Nurturing the Fetus
- Sharon Weizenbaum: Habitual Miscarriage: Diagnosis and Treatment with Case Studies (Herbal Medicine)

Then the Symposium proper started off with the charismatic NYC's "fertility goddess" keynote address "Making Babies: Running a Fertility Practice" by Jill Blakeway, author of the bestselling "Making Babies: A Proven 3-Month Program for Maximum Fertility" and host of a weekly podcast "Grow. Cook. Heal." She shared some of the secrets to her success and emphasized the importance of educating the public by "spreading the word authentically" in your public relations as the key to growing a thriving practice.



PHOTO: Jane Cheung

From there, multiple sessions were run concurrently throughout the weekend. There were too many to acknowledge completely here but the full list of presentations with short bios for the presenters can be found at the IFS 2016 website. Besides the pure fertility topics for both men and women, there were also sessions addressing practice management, practitioner wellness, clinical case studies with acupuncture and herbs, lifestyle and diet – and everything in between. I particularly enjoyed topics

connected with Classical Chinese Medicine as well as an Integrative approach to Functional Medicine. But it was truly a challenge to try to decide what to attend and how to fit it all into my schedule (note: for a fee, you can purchase recordings of almost all of the lectures at the 2016 IF Symposium).

Beyond the lectures, there were other interesting events such as the Lunch and Learn panels which proved to be lively discussions:

- Forbidden Points and Blood Moving Herbs during Luteal and Early Pregnancy
- How to Develop a Working Relationship with IVF Clinics and Reproductive Urologists

And the learning didn't stop there! There were several books (and nice additions to my growing TCM

library) being sold at the venue including one from the aforementioned Lorne Brown, "Missing the Point: Why Acupuncturists Fail and what they Need to Know to Succeed". What a special treat for participants of IFS 2016 to have this book available fresh off the press.



PHOTO: Jane Cheung

As I usually find with international conferences, the unstructured break time is precious. Not just as a time to digest what was presented but it's always great to have an opportunity to connect with colleagues from around the world, visit the exhibitors, or just gaze out at the mountains. Speaking of digestion, the food and refreshments offered were plentiful and healthy including vegan and gluten-free options.

If you will indulge me, I'll share some of my personal highlights from IFS 2016. One of my favourite speakers was Sharon Weizenbaum and I enjoyed her explanation of clinical cases by referring to the classics to give a deeper level of understanding. How fantastic it was to be part of a room full of practitioners sharing some "Aha!" moments! It is also great to see many new speakers from the United States, New Zealand, and United Kingdom. I had the pleasure of attending the two-part lecture by Jani White, author of the new 4 part series "Fertile Fizz" from London, England, titled "Emotional Impediments to Conception". She has a lively and warm presence and her mind is like a fertility encyclopedia. Other topics I attended also covered interpreting the BBT pattern and functional blood chemistry for fertility – useful tools to implement in my daily practice. Overall, I came away with a deeper appreciation of the blend between Classical Chinese Medicine with Functional Medicine and how that is essential for a TCM practitioner in a world of integrative health.

On top of all of this, somehow the organizers even managed to arrange for the weather to be sunny for the duration of the event. Impressive!



ABOUT THE AUTHOR

In addition to her clinical practice in Oshawa, Ontario, Jane is one of the many passionate advocates for the TCM community in Canada. As Committee Chair for the Chinese Medicine and Acupuncture Association of Canada (CMAAC), Jane is excited to be working towards increasing public awareness of TCM on a global scale via media campaigns and through collaborations with Acupuncture Now Foundation, other TCM Associations, insurance providers and major health organizations, like WHO (World Health Organization). She continues to look forward to connecting with her community in promoting the health benefits that TCM can offer in modern healthcare. In the past, Jane has accomplished this via her roles as Vice-President (External Relations, CMAAC) and co-organizer of the World Federation of Acupuncture-Moxibustion Societies (WFAS) International Acupuncture Symposium at Toronto in 2015.

I would have to say the only down side (and this is just a personal pet peeve) was having to pay the registration fee in U.S. dollars for a conference that is in Canada! However, I truly appreciated the efforts that were made to make this symposium inspirational and successful.

I recommend to save the dates for next year March 30 to April 2, 2017 with IFS 2017 truly becoming bigger and better with an expanded focus which will cover:

- Fertility
- Pregnancy
- Pediatrics
- Women's Health (menopause, gynecology, etc.)

It was truly a very NOURISHING time spent in Vancouver and I can't wait to see what GROWS from the knowledge and inter-professional relationships that we planted here in Vancouver.

- Jane Cheung



PHOTO: Laura Breeden



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Missing the Point

Why Acupuncturists Fail... and What They Need to Know to Succeed

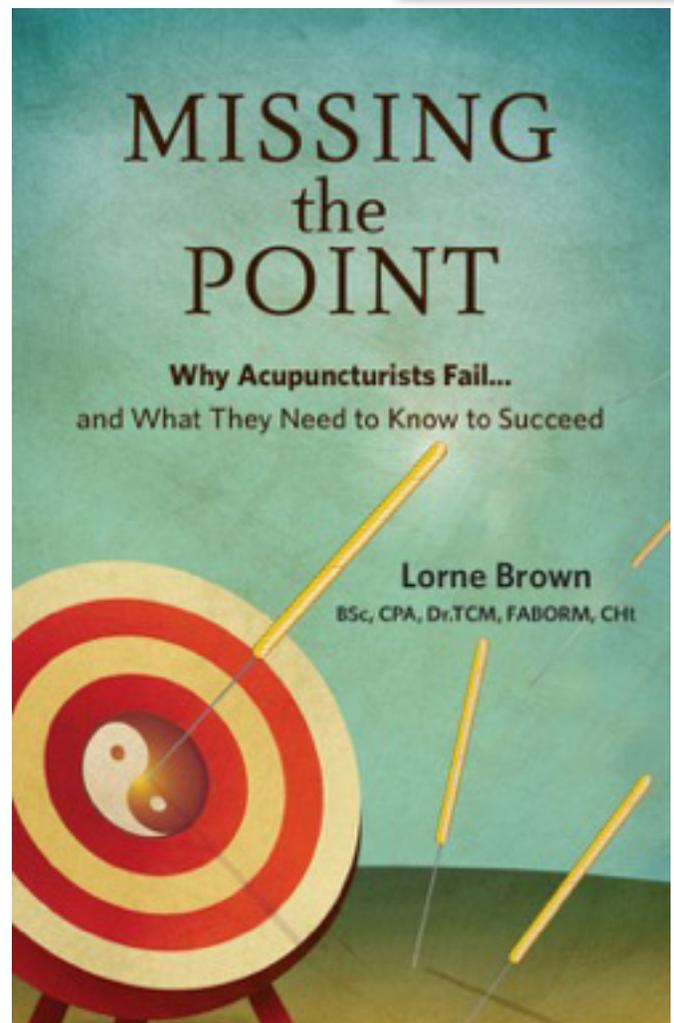
by Dr. Lorne Brown, BSc, CPA, Dr.TCM, FABORM, CHt

Reviewed by Dr. Kim Graham, Dr. TCM

The latest accomplishment for Dr. Lorne Brown of British Columbia, Canada is his new book titled Missing the Point Why Acupuncturists Fail... and What They Need to Know to Succeed.

Essentially, it's a 'how-to' book for TCM practitioners loaded with insight and practical tips on how to create and maintain a successful practice. As the founder of a successful fertility practice in Vancouver (Acubalance Wellness Centre,) the online continuing education websites ProDSeminars and Medigogy and Canada's Integrative Fertility Symposium, it's safe to say that he knows what he's talking about.

The book itself is a quick read (97pages), but it's one you'll surely want to read more than once. In fact, Dr. Brown suggests reading it at least twice and, because he himself is such a dedicated scholar, also recommends you take a studious approach to the principles within its pages. This is a recommendation you should take to heart. Grab a pen and paper and be prepared to examine a detailed inventory of your goals and your relationship with money and self. The type of success that Dr. Brown is offering through this book takes work, but it's work that everyone would benefit from doing.



I found myself nodding my head in agreement to much of what I read in almost all of the 17 chapters, and yes, I too grabbed a pencil to make notes and star pages I found particularly interesting.

One of my favourite chapters was early on (chapter 5) titled "Avoid the Destructive Entitlement Syndrome" where he made it clear that an attitude of entitlement was a sure recipe for destruction. In this chapter he also states that he has little tolerance for the entitled thinker and also that there isn't much advice for success to those stuck in this mode of thinking. In the last paragraph he writes:

"So avoid the entitlement attitude. Nobody owes you anything, and your associations are not

going to save you, either. Entitlement turns you into a victim, blaming others for your shortcomings and preventing you from taking action to create your own success”.

Amen. This was a refreshing and encouraging chapter to read.

Each of the 17 chapters of this book offers concrete and easy to follow advice that is laid out logically in progressively more useable concepts. At the end of each chapter, a practical application section is included to assist the reader in putting each of the chapters 'lessons' into practice. The common thread, that weaves its way throughout this book is Dr. Brown's frequent reference to how the attitudes and beliefs to which we subscribe (beautifully referred to through metaphors of qi) are either contributing to our success, or hampering it. It's truly food for thought.

Chapters 14 through 17 are where it all comes together. After learning essentially about who you are and how you work, the focus shifts to how to attract and retain the 'right' patients, marketing advice, communication strategies and daily/weekly actions for a (continued) successful practice.

I highly recommend this book to practitioners sitting at any point on on their career trajectory. It's as relevant to the new grad as to the seasoned Doctor and everyone else in between. It's one of those books where you will undoubtedly take something different from it every time you read it. I know I have. I've read it twice through already, and most certainly will be using some of the strategies and advice gleaned from its pages.

Copies may be purchased online at: <http://missingthepointbook.com/>

- Dr. Kim Graham



PHOTO: Allison Blaisdell

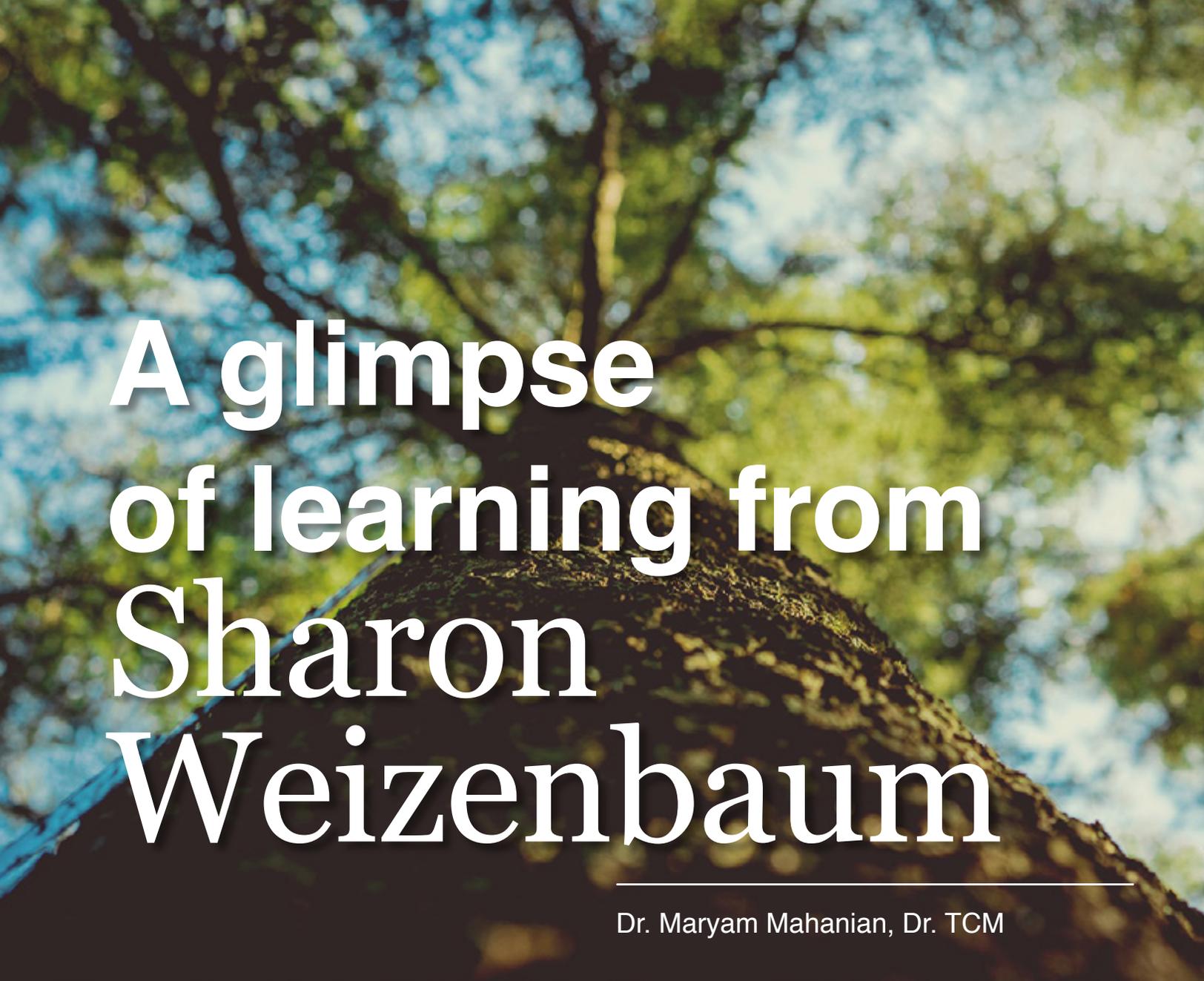


ABOUT THE AUTHOR

Dr. Kim Graham is passionate about the future and practice of TCM in Canada, and as such is an active member within the TCM community.

Kim is Medicinal Roots Magazine's Director and Editor-in-Chief.

Website: www.drkimtcm.com



A glimpse of learning from Sharon Weizenbaum

Dr. Maryam Mahanian, Dr. TCM

There are times when you attend a talk or seminar and what the speaker says really resonates and stays with you. One such speaker that has made a difference for me is Sharon Weizenbaum.

Since the onset of my career, I've had the opportunity of learning from Sharon Weizenbaum on several occasions through Pro-D seminars. For those of you who do not know her, she has over thirty years experience as a TCM doctor and is recognized as one of the greats.

In January 2016, I spent two days with Weizenbaum attending her live course called "Classic Formulas for Obstetrics and Gynecology: Accessing the (often miraculous) Power of the Shang Han Lun". She was able to present the material in an organized and concise manner. Attempting to delve too deeply into the considerable content of the course is not feasible in this brief article but I will touch on some points of interest. The earlier parts of the course were focused

on understanding the organization of the Shang Han Lun, accurate classical Chinese medicine diagnosis, and women's physiology. Numerous formulas were then differentiated from one another and practical case study examples were discussed in detail. The herbal formulas in this course were focused on but not limited to gynecology and obstetrics. Weizenbaum's objective was for the participants to understand the physiology and pathophysiology of the Shang Han Lun and finding the location of pathology (or lack of function) rather than merely memorizing patterns and their corresponding formulas. If only more teachers had this intention!

I found this course to be valuable. Based on my personal observation, many practitioners trained in the west may not have had extensive training in the classics specifically and are more comfortable using mainly modern Chinese herbal formulas for their patients. While this can be adequate, Weizenbaum demonstrated that when you have the correct diagnosis and truly understand where function is needed to be restored, the classic formulas work very quickly and have long lasting results. Weizenbaum describes the classic formulas as "lock and key" which means the right formula unlocks the physiological function that was not occurring. It can be quite miraculous.

The way she explained the cyclical physiology and pathophysiology of the Shang Han Lun was understandable and methodical. She also explained that:

"the Shang Han Lun can and should be read without the idea of a pathogen. There is no pathogen that got in. There is no pathogen we have to get out".

Our treatment methods are aimed at restoring function rather than clearing out pathogens. Our bodies are constantly permeable to our environment and this permeability should never be blocked. She further described that:

"The Shang Han Lun is all about tracking the yang".

This provided great clarity and a new fresh understanding of the Shang Han Lun.

Fast forward a few months, the most recent workshops I attended with Sharon Weizenbaum were held at the annual 2016 Integrative Infertility Symposium here in Vancouver, Canada. Among the talks she gave at the symposium, the most memorable for me was "Bringing the Joy back to your practice (Practice Management style with a shen twist)". Weizenbaum has mentored many practitioners over the years and has found that there is a great deal of suffering in our profession. For example, if patients are disappointed with the results of their treatments, or possibly even report feeling worse after treatments, this "suffering" may consist of negative thoughts on the part of the practitioner. Some examples of the practitioner's state of mind may be: 'I don't know what I am doing', 'I am such a failure', 'I am a fraud', and 'I don't deserve to be charging them money'. This suffering often leads to helplessness, unhappiness, and disappointment. Some practitioners may feel so disappointed with themselves to the point that they may want to give up their profession altogether. These thoughts



ABOUT THE AUTHOR

Dr. Maryam Mahanian is a registered doctor of TCM. Her private practice in North Vancouver BC focuses on infertility, pregnancy, women's health, skin disorders, and cosmetic acupuncture. When she is not seeing patients, she is trying to keep up with her energetic two children.

Website: chinesemedicineclinic.com

repeat in one's mind, bring up negative emotions and memories from the past, and impacts warm connections with patients. This lack of joy does not result in practitioners wanting to improve themselves in their work or desire to study harder. It can instead just leave them feeling overwhelmed.

By clearing away negative thoughts and feelings of self-doubt, practitioners are able to come back into their warm natures which are in fact their true natures. Stronger connections with patients, being more present, and heightened creativity result from this. They also feel encouraged and excited to further study the medicine. This allows for joy in practices.

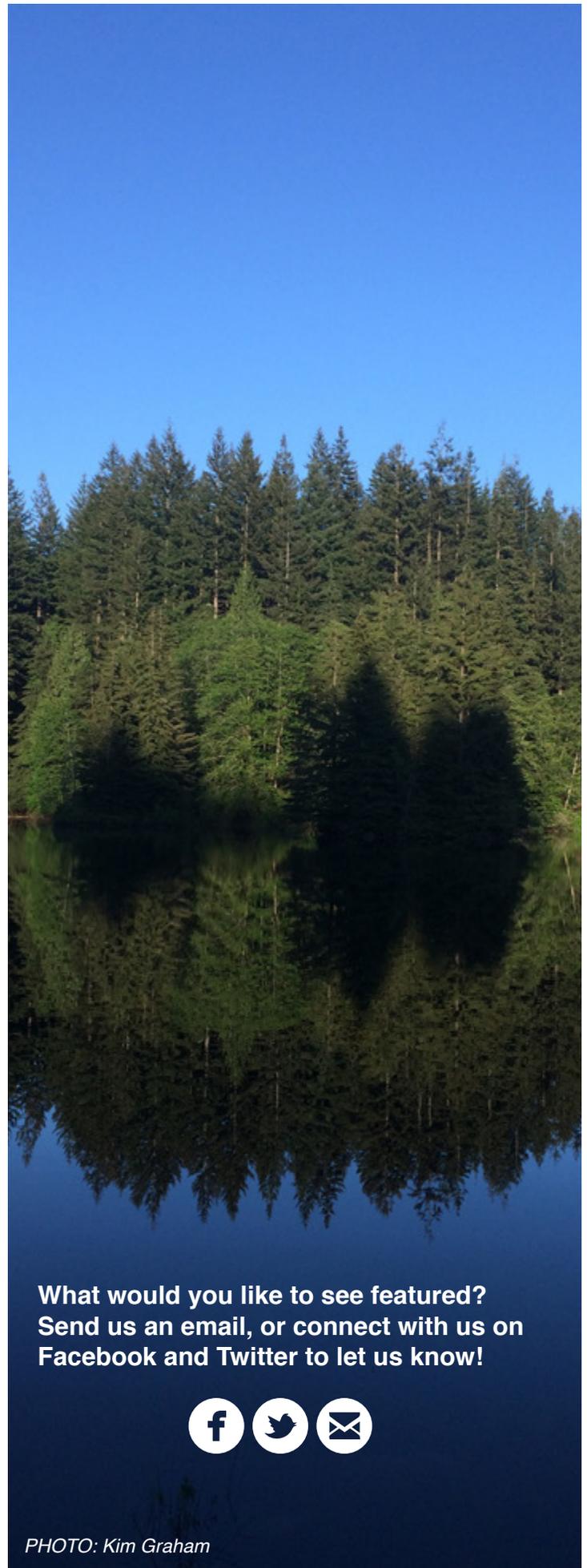
Many practitioners attending the talk shared and opened up about their own suffering. Weizenbaum created a space for honest real dialogue which I believe is so important and yet so rare and infrequent. I feel that there can be a great deal of isolation in our profession and being among other practitioners having this dialogue can be so valuable. I know that I am not alone when I say that I left the talk feeling supported and encouraged.

Sharon Weizenbaum's teaching style as a whole is inspiring and thought provoking. If you haven't yet had the opportunity to learn from her, I would encourage you to do so, whether you are a new or experienced practitioner.

- Maryam Mahanian



PHOTO: Allison Blaisdell



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PHOTO: Kim Graham

HOW TO BEAT THE HEAT

Christine Lang, R.TCM.P

Contrary to what many people around the world may believe, summers in Canada can get hot. Really hot. Anyone who's lived through summer in southern Ontario without air conditioning will attest to just how hot and humid Canadian summers can be! I was shocked by the blank stares I got while studying Chinese medicine in Southern California when I would explain that yes, in fact we do wear shorts and go swimming during the summer months. What I didn't mention was the crazy Canucks who continue to wear shorts and flip flops into November but that's a story for another article.

Having spent the majority of my life living in Ontario, one becomes accustomed to summers filled with bad hair days, lots of sweat and fingers so swollen there's no hope of getting your rings off. The time I spent on Vancouver Island in the late 90's was much more moderate, however, with many heat records already being broken across the country this year,

it's beneficial to learn how to maintain our health during the heat of the season.

Chinese medicine teaches us to align our bodies with the environment. In summer, things move fast. Plants grow rapidly and people generally have more energy as our Qi and Blood reflect the Yang nature of the season. In 5 Element Theory, the Heart is associated with summer and an overabundance of Heart energy can restrict or overact on the Lungs impairing their function. As such, it is important to consume more pungent and less bitter foods to help maintain balance between these 2 crucial organ systems. This supports the appropriate opening or closing of the pores to regulate the body temperature, which is managed by the Lungs.

Sweat is considered the fluid of the Heart and, when excessive, is believed to result in scattered Heart Qi that can cause weakness of the mind. Symptoms may include a short fuse, low spirit, disrupted sleep

and restlessness. By consuming salty and sour flavoured foods you will support not only the Kidneys but also the Liver, which acts as a mother to provide nourishing energy to the Heart.

Another concept within Chinese medicine that warrants discussion is that of external pathogens which are believed to be a cause of disease.

Summer has it's own, unique pathogen called Summerheat...

...which is Yang in nature with symptoms including headaches, thirst, fever and mental depression.

Excessive perspiration is also common with Summerheat and may harm Body Fluids if left unchecked as noted by signs of fatigue, weakness of limbs and a dry mouth. Finally, some regions of the country experience high levels of humidity or dampness which, when combined with Summerheat, can result in nausea and vomiting as well as chest congestion and loose stools.

So what can we do to not just get through this hectic season, but thrive and enjoy the excitement of summer? Eat to align our bodies with the season by consuming more fruits and vegetables to stimulate the appetite. We should consume warm, lightly cooked foods to encourage the digestive organs to function optimally and limit consumption of greasy or raw food, which can lead to loose stools, reduced appetite and stomach upset. Fruit and vegetables generally require a shorter cooking time, which can boost the internal Yin of the body to counterbalance an abundance of Yang that can become common during the summer months.

According to Daverick Leggett in Recipes for Self Healing, fruit generally has sweet and sour properties that support Yin and promote the production of Body Fluids. Fruit is also cooling, moistening and cleansing and is thought to reduce the inevitable stagnation associated with frequent barbecues that focus on meat. Further, artificially ripened fruit can be difficult to digest for some people resulting in unpleasant symptoms. Fresh tree or vine ripened, locally grown produce is recommended as their sugars and acids have been allowed to develop naturally making them easier for the body to assimilate.

With temperatures climbing as we approach the peak of summer, pay attention to how you feel. Listen to the cues your body is giving you. How well are you digesting your food or sweating to regulate your body temperature? Aim to align your body with fluctuations in weather, consume brightly coloured, naturally ripened fruits and vegetables and ensure your food is lightly cooked to assist with digestion. Although summer is about realizing the potential cultivated in the spring, we must not forget to conserve our Yang energies for the inevitable fall and winter seasons. It is Canada after all.

- *Christine Lang*



ABOUT THE AUTHOR

Christine Lang is a Registered Acupuncturist and TCM Practitioner in Barrie, ON a rapidly growing city just north of Toronto, Ontario that's enjoyed by outdoor enthusiasts. A self professed cookbook addict, she enjoys nothing more than sharing her love of healthy food with friends and family. Christine advocates spending time not only preparing your food but savouring the nourishment you are providing your body. With an undergraduate degree in Honours Kinesiology from the University of Waterloo, Christine's passion for health and wellness has always been paramount in not only her life but is shared with her friends, family and patients.

Sea Scallops with Corn Coulis and Tomatoes

Gourmet Magazine, August 2004

After reading the reviews associated with this recipe, I modified the original recipe and have indicated those modifications in italics.

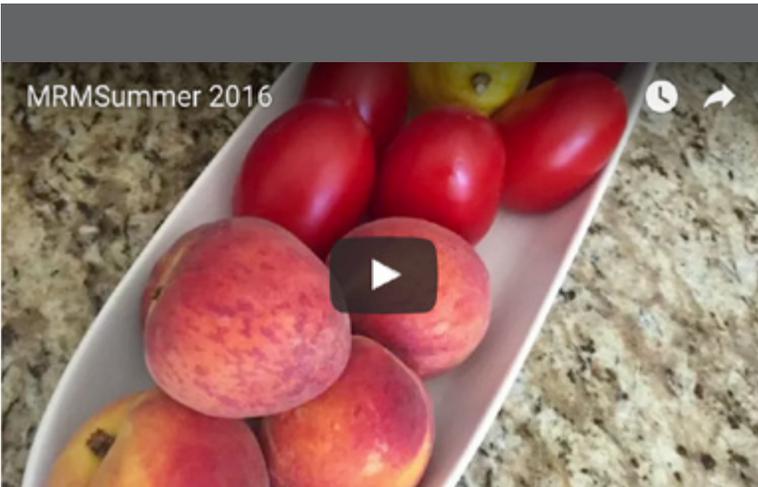
Ingredients

- 1 teaspoon finely chopped shallot
- ¼ teaspoon finely chopped garlic
- 4 teaspoons olive oil
- ¾ cup corn (from 2 large ears)
- 1 teaspoon finely chopped fresh basil
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- ½ *teaspoon of curry powder (or to taste)*
- ½ cup 1% milk (*I used table cream*)
- ½ lb plum tomatoes, seeded and cut into 1/4-inch dice (1 cup)
- 1 tablespoon chopped fresh flat-leaf parsley
- 30 large sea scallops (2 1/2 lb total), tough muscle removed from side of each if necessary

Preparation

1. Cook shallots and garlic in 2 teaspoons of oil in a small skillet over moderately low heat, stirring, until softened, about 1 minute.
2. Add corn, basil, salt, and pepper and cook, stirring occasionally, until corn is tender and beginning to lightly brown on edges, about 4 minutes.
3. Add milk and scrape up any brown bits from bottom of skillet, then remove from heat.
4. Purée corn mixture in a blender at medium speed until very smooth, about 1 minute.
5. Force purée through a fine-mesh sieve into a small saucepan, pressing hard on and then discarding solids.
6. Cover coulis until ready to serve.
7. Toss tomatoes with parsley and salt and pepper to taste in a bowl.
8. Pat scallops dry and season with salt and pepper.
9. Heat remaining 2 teaspoons of oil in 12 inch non stick heavy skillet (I prefer cast iron) over moderately high heat until hot but not smoking then sauté half of scallops, turning over once, until golden and just cooked through, 4 to 5 minutes total. (One trick I found is to put the oil on the scallops vs. into the pan, which results in scallops not sticking at all).
10. Transfer to a platter and keep warm, loosely covered with foil.
11. Sear remaining scallops in same manner.
12. Reheat coulis over low heat, covered, then spoon 2 tablespoons onto centre of each of 6 plates.
13. Arrange 5 scallops per plate in a circle on coulis then spoon tomatoes into the centre.

Each serving contains about 222 calories and 5 grams fat.



CLICK ABOVE: To visit the new Medicinal Roots Magazine Youtube channel, where you'll find a cooking tutorial and tips, provided by Christine Lang.

Also available here: <https://www.youtube.com/watch?v=V3-XOe1DHlc>

Scallop and Stone Fruit Gazpacho

Seamus Mullen's Hero Foods, April 2012

Ingredients

- 1 pound white peaches, pitted
- 1 pound sour plums, pitted
- 2 cups cubed yellow (or red) seedless watermelon
- 1 clove garlic, coarsely chopped
- 1 shallot, coarsely chopped
- 1 tablespoon Champagne vinegar
- 1 cup plus 3-4 tablespoons fruity olive oil
- Salt
- Freshly ground black pepper
- 4 jumbo diver scallops
- Espelette pepper
- A few sprigs of fresh thyme (with blossoms if possible)

Preparation

1. Combine the peaches, plums, watermelon, garlic, shallots, and vinegar in the Vitamix, blender, or food processor. Process on high until smooth and creamy, then reduce the speed and drizzle in the 1 cup olive oil until completely incorporated.
2. Season with salt and pepper and set aside to chill in the refrigerator. Go ahead and chill 4, glass soup bowls while you're at it.
3. Preheat the oven to 325°.
4. When the gazpacho is chilled, heat 2 tablespoons olive oil in an ovenproof skillet over medium-high heat.
5. Season the scallops generously with salt and pepper. Once the olive oil slips easily across the pan, carefully place the scallops in the pan and sear until golden brown. I like the scallops to be just barely cooked, so I only sear one side.
6. After about 2 minutes on the stovetop, put the whole kit and caboodle in the oven, without flipping the scallops; they will need 2-3 minutes

in the oven. (Again, I used the technique mentioned above to sear the scallops on both sides vs. finishing in the oven).

7. Fill each chilled soup bowl with a generous portion of gazpacho and nestle one scallop in each bowl, seared side up. A sprinkling of Espelette pepper and the thyme sprigs and blossoms and a drizzle of fruity olive oil is all you need.

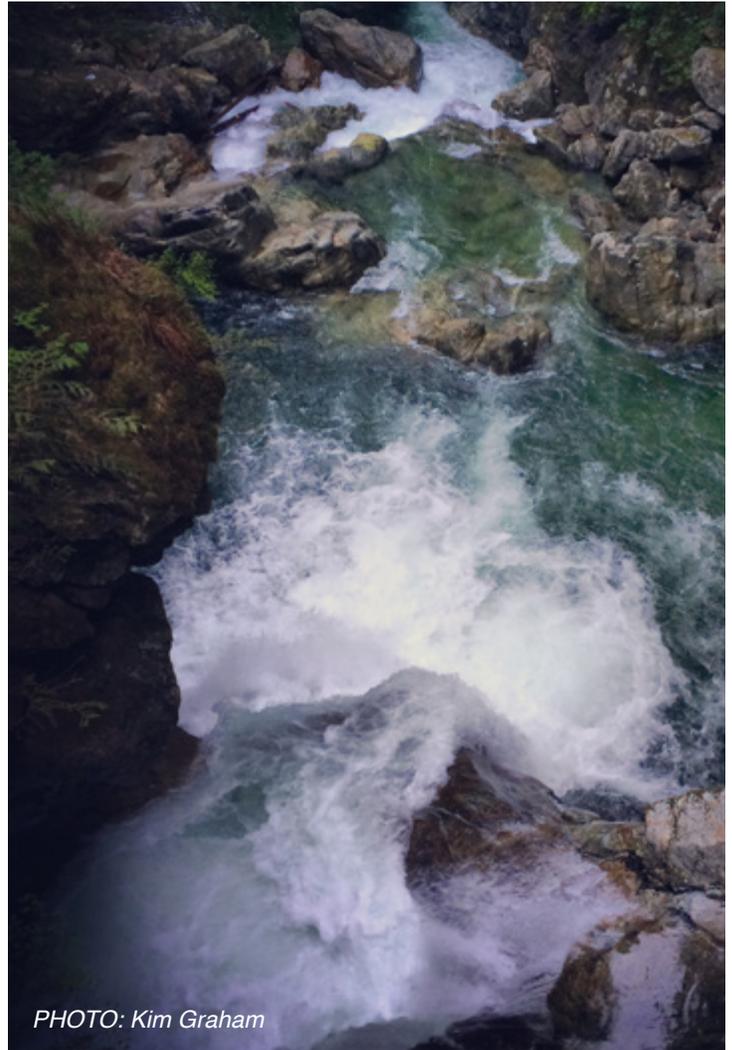


PHOTO: Kim Graham

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A Canadian pursuing a Doctorate of Acupuncture & Oriental Medicine in the USA

I was sitting at work at my clinic one day, contemplating how I could further make a difference in the world and in my field and, moreover, for my patients.

I had this yearning to do more, expand my brain, and continue to educate and bridge the gap between East and West.

An advertisement had caught my eye as I was reading an article from a Traditional Chinese Medicine (TCM) news site: "Further your education in a Doctorate of Acupuncture and Oriental Medicine (DAOM) with work in clinical and research...in the USA". It sparked my interest and I decided to look into it.

Two years later I finished an intensive clinical and research doctorate degree

in Acupuncture and Oriental Medicine at Yo San University of Traditional Chinese Medicine in Los Angeles, California.

Why would a Canadian go to the US to get a doctorate in TCM when I had completed the Doctor of Traditional Chinese Medicine diploma program in Canada? The answer has many layers. While I could give you a laundry list of reasons, I'll stick to the highlights.

One, I had always been interested in measuring the efficacy of the creative thoughts of my hypothesis and application of Acupuncture and TCM in my clinic. How would I be able to prove that beyond just saying "I get good results by doing this...?"

Two, while I've never felt that we need to prove our medicine to another field in their language (where we know there will be things lost in translation/not translatable), I do believe if we speak the same language, we then can begin to have the other understand, accept, and integrate. Let's accept reality here: Western medicine, or Biomedicine, is the mainstream foundation of medicine in North America and, some would argue, the world. So if we can produce research in a manner and language that Biomedicine understands, we will gain acceptance and start to bridge the gap and integrate, and hopefully, ultimately, start to collaborate. I personally see this as the future of medicine—integration and collaboration. We as a profession should stay not just with the curve, but ahead of it as well.

Three, two programs in California had a focus in integrative medicine. One in particular was also focused on Healthy Aging and Longevity, which was a particular interest of mine.

Four, where in Canada can you pursue a research doctorate? The DAOM program is a post-professional doctorate degree. Meaning, you need to have your professional education and licensing, and at least three years of clinical practice experience before you can enter the program. The Master's degree of TCM in the US and the DTCM diploma program in Canada (which are equivalent in hours), are first-professional programs. Beyond that, our field does

not have a doctorate/PhD level in North America. You could pursue a PhD in TCM, if you would like to go to China. For the convenience factor, quality of education, and resources, the US was a no-brainer.

Five, I am an educator at heart. I love to educate, not just with patients but with colleagues, whether this be as a seminar, or in a formal institution. Many educational institutions of higher learning require that you have a doctorate to teach. This program was therefore a step toward fulfilling that requirement.

You know when you have a feeling that something is right? I had that, and it vibrated deep within me as soon as I walked into Yo San University. Not only that, its philosophy and lineage appealed to me. So I went for it!

Ask yourself this: Do you have an interest in furthering your education in a more formalized setting (versus CEUs), where you have something to show for it at the end of the day? Do you have a desire (or think you have a desire) to pursue and produce research? Do you wish to teach at a university one day? Lastly, do you have a desire to be a leader in the field of Acupuncture and Oriental/Traditional Chinese Medicine? Then this program may be for you. These are many of the reasons why this Canadian decided to fly down to our neighbours to the south for a doctorate degree and to produce research.



PHOTO: Kim Graham

If you are interested in learning more about the research produced at my university here is the link to YSU's website where they are listed:

<http://www.yosan.edu/department/daom/>.

If you are interested in hearing or seeing more about my dissertation, feel free to contact me.

An abridged version of my dissertation presentation will be posted here: <http://phoenixspiritconsulting.com/research.html>.

As a final note, I gained so much more from this journey than just the education and research experience.

It was not an easy journey, but it was an enlightening one. I learned more about the perspectives and states of health care in other countries (and how much I appreciate Canada's). I produced research to help further the field of Acupuncture and TCM. I learned from and forged great friendships with intelligent, like-minded passionate TCM colleagues who also desire to change the world one person at a time. Moreover, this journey for me feels like I can make an even greater contribution to the field of Acupuncture and TCM, to help us all become even better at helping restore optimal health. At the end of the day, that is what we are here for.

- *Sonia F. Tan*



PHOTO: Allison Blaisdell



ABOUT THE AUTHOR

PHOTO: Matthew Dyck Photography

Sonia F. Tan is the Founder & Clinic Director of Red Tree Wellness Inc., a Doctor of Acupuncture and Oriental Medicine, a Registered Acupuncturist, and a Registered Traditional Chinese Medicine (TCM) Practitioner. Sonia obtained her clinical research Doctorate degree from Yo San University of TCM in Los Angeles, California, and was the recipient of the DAOM Distinction Award (for excellence in clinical research and clinical didactic work). This doctorate specialized in Integrative Medicine in Healthy Aging and Longevity. Her research was on "A novel approach to treating Allergic Rhinitis and its efficacy results." She is also a graduate of the five year Doctor of Traditional Chinese Medicine program at the International College of Traditional Chinese Medicine of Vancouver. Sonia was honoured to be named and be a part of the Vancouver 2010 Olympic and Paralympic Medical Teams, and is the Co-Founder and Co-Director of the BC Sport Acupuncture Association (BCSAA). Sonia is also a Certified Gold-Level practitioner of the late Dr. Richard Tehfu Tan's Balance Method of Acupuncture. Sonia also manages to find time to teach part-time at the Boucher Institute of Naturopathic Medicine. In following in the footsteps of her grandfather, Sonia is immersed in all aspects of Chinese Metaphysics, and thoroughly enjoys educating and inspiring about all things Acupuncture and TCM!

Websites: www.RedTreeWellness.ca
www.PhoenixSpiritConsulting.com



Dr. Angela Foran

Making Medicinals Part Two

PHOTO: Angela Foran

In the Spring 2016 issue of Medicinal Roots Magazine, Dr. Angela Foran contributed the article "Making Herbal Medicinals".

Part Two of this submission is featured here, in which she shares a few of her medicinal recipes - one is an herbal syrup and the other is a vinegar infusion.

I have made different types of syrups using both Western and Chinese herbs, some with honey, others with sugar and alcohol. A couple of my staples are elderberry for cough and Mei Gui Hua for stagnant Liver Qi however; I wanted to make syrup that would help with sleep. Wu Wei Zi appealed to me because of its sour flavour and ability to calm the Heart (although it has other indications and could be used in cases of sweating, diarrhea or cough). Syrups are quick and easy to make and in the recipe below I combine honey with Wu Wei Zi, though it could be adapted to use your favourite herb e.g. Suan Zao Ren for sleep, Gan Cao for cough, Huang Qi, Da Zao or Dang Shen to tonify Qi, etc.

Wu Wei Zi Syrup

Ingredients:

- Dried Wu Wei Zi
- Filtered water
- Honey (ideally local, raw, unpasteurized)

Instructions:

1. Measure out 1 part of Wu Wei Zi into a saucepan
2. Measure out 4 parts filtered water into saucepan with Wu Wei Zi
3. Bring water and herb to a boil. Reduce heat to a low simmer.

4. Simmer until about 1/3 of the liquid remains.
5. Let decoction cool and strain
6. Dissolve honey into warm decoction. Ratio of honey to decoction can be 1:1 or 1:2, which means in 1 cup of decoction you can dissolve anywhere from 1/2 cup to 1 cup of honey.
7. Pour into a sterilized bottle and label with the date and ingredients.
8. Take as needed or mix with tea, sparkling water

Since the Spring issue of MRM I have been experimenting with using vinegar to extract the medicinal properties of herbs. A friend and colleague reintroduced me to drinking vinegars after she purchased Shrub from the Farmer's Market. I played around with the idea of drinking vinegars using a variety of Western and Chinese herbs rather than fruit and using glycerin as a sweetener instead of sugar. Shrubs typically contain a lot of sugar and I was interested in making something more medicinal so I have omitted any sweetener in this recipe and instead added Gou Qi Zi. Depending on the purpose of the vinegar, adding a bit of honey or maple syrup would enhance the flavour. My purpose was to make an herbal infused vinegar that had multiple applications. For Summer I was looking to create a blend that would be cooling and regulate the Liver as I have a tendency towards to Liver Qi stagnation.

Borrowing from the Five Flower Tea recipe, I crafted my own cooling flower blend with vinegar as the base. Vinegar is dispersing in nature, can regulate Qi and detoxify. For the herbs I chose Ju Hua, Bo He and Jin Yin Hua for their ability to clear Heat and detoxify. Mei Gui Hua moves Qi and can harmonize the Stomach and Liver by keeping the Liver free

*Below Left: Wu Wei Zi dried
Below Right: Wu Wei Zi syrup*



PHOTO: Angela Foran



PHOTO: Angela Foran

from constraint. I added Ge Hua thinking it would help any Damp-heat accumulation because it is effective in easing hangovers. Even though Gou Qi Zi is warm it pairs well with Ju Hua for the eyes and benefits the Liver.

Four Flower Vinegar

Ingredients

Equal parts of the following dried herbs:

- Ju Hua
- Ge Hua
- Jin Yin Hua
- Bo He
- Mei Gui Hua
- Gou Qi Zi
- Apple cider vinegar (raw, organic)

Instructions

1. Grind up herbs and place in a mason jar
2. Pour in apple cider vinegar. Use enough to completely cover plus 2 - 3 inches above the herbs.
3. Seal and shake the jar. Label and date the jar.
4. Place in a warm spot, in front of a sunny window is good. Shake the jar everyday for a couple weeks.
5. After two weeks strain the herbs out of the vinegar. If you want a stronger flavour you could repeat the process using the infused vinegar with a new batch of herbs.
6. Bottle and label the vinegar with the date and herbs.
7. Use on salads, seasoning for beans or grilled veggies, take as a tincture or mix a couple tablespoons in with a smoothie or club soda for a refreshing drink. It's a great way to get the medicinal benefits of the herbs and can be adapted to the season or for the individual's constitution.

Experiment and have fun!

- Angela Foran

Below: Vinegar infusion



PHOTO: Angela Foran



ABOUT THE AUTHOR

Angela Foran is a Doctor of Traditional Chinese Medicine, with a private practice in Vancouver, Canada where she focuses on digestive health, chronic conditions and mental health. She also creates herbal tinctures for patients and practitioners and teaches Western anatomy and physiology at a local Chinese medicine school.

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