

Winter 2019

# MEDICINAL ROOTS 相慧 MAGAZINE

*Ancient Wisdom - Modern Healthcare*



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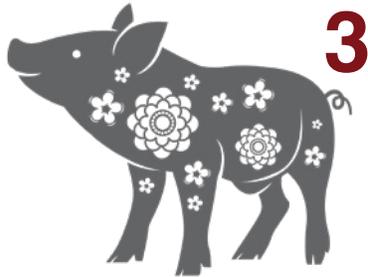
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Predictions for 2019 (Year of Earth Boar) was featured on [PaulNg.com](http://PaulNg.com).  
Excerpts of this article have been approved for republication in Medicinal Roots Magazine's Winter 2019 issue.

# Year of Earth Boar

Master Paul Ng's Predictions for 2019



## A. OVERALL PROJECTION

This is the fifteenth year of the Lower “8” Cycle of the world. Based on I-Jing, while the period between 1984 and 2043 (totaling 60 years) is “Fire-Wind Urn”, the year 2019 is “Sky-Thunder”.

## I-JING ANALYSIS

I-Jing “Sky-Thunder” contains 3 “Yang” on top and 2 “Yin” and 1 “Yang” at the bottom. There are far more Yang than Yin. Hence the righteous force will prevail.

## LIFE CHART ANALYSIS

This year is composed of “Earth Boar” year, “Fire Tiger” month, “Water Monkey” day, “Fire Horse” hour. Year and month connect and conflict. Month and day are opposite. Month and hour connect. As a result, the world remains very unstable. Countries are sometimes friends and suddenly could become enemies. This year favors the elements of Metal, Water, Fire but not Wood and Earth.

This year favors elements of “Earth, Metal, Water”, but not “Fire, Wood”. Hence favorable businesses

would be in the electronic, mobility and metals sectors. Hi-tech, travel, logistics and automobiles would do well. Precious metals would stay high. The clothing industry continues to suffer. Real estate would become very extreme and very much location sensitive.

## FLYING-STAR ANALYSIS

This is a very special year. All 9 stars return to their respective positions, indicating the world is to go through major adjustments. Asia, represented by China, is in the middle; whereas the western world, represented by USA, is on the sideline. This power shift affects the entire world in quite a long term sense.

The “8-White” star is the controlling force of this year. This is the 15th year of the 8-Cycle of the world. This star represents wealth. Its element is earth. It stands for tranquility and returning to the origin of things. There would be new orders and directions in the world.

The following would outline an analysis of orientations, businesses, politics, economies, climates and health, totaling 6 important factors affecting all of us.

## B. LOCATIONS AND ORIENTATIONS

### CENTRAL (POSITIVE)

The controlling force is the central “Double-Mountain” trigram. This is one of the 4 difficulty trigrams. Although it is still an uphill battle, China is managing to move ahead of the rest of the world. The past corruption problems are basically under control. However, there would still be natural issues such as drought and earthquakes in its South- Western regions such as Sichuan.

Middle East countries are a bit more stable than last year. Many of them would be seeking new directions other than reliance on oil alone.

### EAST (POSITIVE)

This is the “6-White” travel sign. At the same time, its controlling trigram is "Double- Sky". It represents authority. East regions would do better than last year. In China, places such as Shandong and Shanghai and in Canada's Toronto would do very well. However, In USA, Washington may go through a period of instability, such as social and crime issues. There would be a lot of people moving around in the eastern regions.

### SOUTH-EAST (NEGATIVE)

This is the “7-Red” Receding Center. It means recession but also political instability. Such phenomena would be obvious among countries in South-East Asia. There would be water issues such as flooding in places such as South-East China, and USA's Florida, etc. Canada's Toronto may go through a period changes and water issues.

### SOUTH (NEGATIVE)

This is the “3-Blue” Controversy Star. Southern countries would have come up with many political controversies and unexpected events. These would include Southern countries such as Indonesia, Vietnam, Thailand, Malaysia, Australia, South America and South Africa.

### SOUTH-WEST (VERY NEGATIVE)

This is the “5-Yellow” Problem Center. There would be many natural and man-made disasters. Countries affected include Spain, Portugal, France, etc. There may be new problems in the South-West part the Middle East countries.

### WEST (NEGATIVE)

This is the “1-White” Romance Center, plus "Triple Conflict". Western countries would get meddled up with political, economic and patents controversies. Many international corporations such as Apple, Google, Microsoft, etc. may get involved.

### NORTH-WEST (POSITIVE)

This is the "9-Violet" Joy Center. Northern European countries would enjoy economic stability. People should see more social peace. However, because it is also the double- fire center. It would be hot and prone to many fire issues.

### NORTH (POSITIVE)

This is the “4-Green” Learning Center. There would be inventions from northern countries. There would be many scholars from northern places. Canada's economy would improve. However, there could be plenty of wind storms in northern countries.

### NORTH-EAST (NEGATIVE)

This is the "2-Black” Illness Center. This would be new sources of illness. However, real estate would do well in those regions. North and South Korea would tend to focus on economic developments instead of military confrontation. Canada's Montreal would see its real estate market continue to advance. USA's North-Eastern states, especially Boston and New York, would see their real estate market advance further.



PHOTO: Pixabay.com

## C. ANALYSIS OF BUSINESSES

Business involving “fire, metal and water” would do well, but not “earth, wood”. For example, entertainment sectors would do well, so as logistics and travel.

Let us examine various businesses as follows.

### REAL ESTATE

Real Estate would become more dependent on locations. Positive ones would include those in regions of the Central, South-West, North-West, North and North-East. Negative ones are those in the East, South-East, South and West.

China's real estate would continue to prosper in First-line cities, such as Beijing, Shanghai, Guangzhou and Shenzhen. Those close to water would also do well.

The same phenomena would happen in Canada and USA. In USA, Northern-Eastern cities such as New York and Boston would appreciate more. In Canada, volatility would continue owing to governments' policies. However, in Canada's largest city Toronto, gradual recovery would happen, especially in areas such as Richmond Hill, Markham and Vaughan. Houses or condos close to education institutions would show many improvements.

Hong Kong may become very unstable.

### ENERGY

Oil and gas prices would be very volatile. Electric car are getting even more popular, especially inside China.

### ELECTRONICS

In spite of increased competition, the electronic sector would improve over last year. The fast growing ones would be China's Xiaomi and Huawei. Traditional organizations such as IBM would continue to suffer. There would be more jobs restructuring in the form of new areas or layoffs. There would be a surge of new specialized small start-up firms. Robotics is moving into the mainstream business.

### MEDICAL

There would be problems with various drugs. Many lawsuits may happen.



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## FOOD

There would be plenty of new breed of food. Hot pots and BBQ's would become quite popular. Food items would become more multi-national.

## METALS

There would be more breakthroughs in the metal sector. Demands for new types of airplanes and public transit vehicles would increase. This comes together with demands for metals. Precious metals would continue to appreciate.

## AUTOMOBILES

Cars sales would continue to grow, regardless of recalls from time to time. Demands for electric cars and low emissions ones such as hybrids would increase. Driverless cars are seeing more advancement.

## TRAVEL

There would be plenty of new breed of food. Hot pots and BBQ's would become quite popular. Food items would become more multi-national.

There would be more breakthroughs in the metal sector. Demands for new types of airplanes and public transit vehicles would increase. This comes together with demands for metals. Precious metals would continue to appreciate.

As the world population ages, travel demands become higher. Popular destinations are China, Europe, Japan and Korea.

## TEXTILE

The clothing business still stays low this year. Big chains and mortar and land types may run into more problems. There would be cutbacks and layoffs.

## BANKING AND FINANCIAL

The stock market would continue its normal violent swings. Banks would continue to improve their bottom lines. Confusions from crypto currencies would prevail this year and cause more market confusion.

## D. ANALYSIS OF POLITICS

The governing sign is "8-White", plus the central trigram "Mountains" and the controlling trigram of "Sky-Thunder". The world political picture would have to endure plenty of hardship and instability. It would be like climbing uphill. Much effort and co-operation would be required in order to move forward.

## CANADA

Canada is into a year of changes and adjustments. In the big picture, the country would perform better than last year. However, there would be many policy changes. More emphasis would be place in the hi-tech sector.

## USA

USA is into a year of "triple conflict". There would be problems both inside and outside of the country. Economic wars would intensify, eventually affecting its national economics. Crimes would increase, especially those involving guns.

## CHINA

China is the wealth center of the world this year. Its overall economics would advance further. Its open-door policy greatly improves its international relations and trading. However, Natural disasters such as drought, flood and earthquakes may still be an issue.

## HONG KONG

Hong Kong is at the "Receding" Center. Its unreasonably high real estate prices may take a big toll on its citizens. There may be many problems to do with rain and flooding. Water issues could become another problem.

## TAIWAN

Taiwan is in a "Warring" state. The government may market many political policies which end up pulling down its economy. Unreasonably high budgets would be spent on military supplies, buying outdated equipment from USA.

## JAPAN

Japan is in the "Travel" center. It would tend to express strength in many political stances. It would continue to be like a chess mate between China and USA.

*For the full article, please visit:*

<https://www.paulng.com/newsDtl.aspx?newsid=31>

## **SOUTH KOREA**

Korea would become more down to earth in its policies. Hence there may not be much political turmoil. However, there would be problems in its hi-tech and automobile sectors, which may affect senior corporate management.

## **NORTH KOREA**

North Korea has achieved its power play purpose with its neutral might. This year it would put more emphasis on developing its infra-structures and make more friends outside the country.

## **OTHER SOUTHERN COUNTRIES**

Countries such as India, Africa and Australia would suffer a round of arguments and controversies. Nevertheless, China's help for many African countries has helped their stabilities.

## **OTHER WESTERN COUNTRIES**

Europe is in a bind. While UK's Brexit is making a mess, the conflict between USA and China also has the European community squeezed in.

## **MIDDLE EAST**

Middle East may be into a period of stability. Most conservative policies may be liberated to fit the modern world environment.

## **RUSSIA**

Russia's politics would continue to be stable. Its strong leadership and connection with China have proven to benefit the country overall.

## **E. ANALYSIS OF WORLD ECONOMY**

The governing signs "8-White" and "Mountains" trigram implies new adjustments in the world.

CHINA is in the wealth center of the world this year. Its economy will continue to climb up. It would be multi-facet, such as new models for retail, new types of business. It's trading would increase with both Europe and Third World countries.

Southeast Asia is receding a bit. There would be signs of weakening, affecting countries such as Indonesia, Singapore, Vietnam, etc.

JAPAN is in the "Moving" Center. It may put more emphasis to develop its travel sector, thus stimulating

its overall economy. Its military ambition may take a back seat.

KOREA is at the "Illness" Center. There would be problems in its hi-tech sector. However, it plastic surgery business would stand out to lead the world. Hence the country's economy remains good.

INDIA is at the "Controversy" Center. Its economy would be much weaker than last year. There would be plenty of social problems, such as raping and extremity between wealth and poor.

USA is at the "Triple Conflict" Center, but with a "Speculative Money" sign. Although its foreign policies would be draining the country, its stock market would continue to rise. Logistics would stand out.

CANADA is at the "Learning" Center. There would be new economic directions. Emphasis would slowly shift from USA to China. Its low interest rate policy would help to stimulate the overall economy.

RUSSIA's economy is also at the "Learning" Center. Its economy would show slight improvement over last year.

EUROPE may suffer from the trade war initiated by USA. Their financing would swing wildly throughout the year.

As a whole, the world's economy would be going through a period of major adjustments. New forms of economy would appear. Banks' interest rates would still stay low.

## **F. ANALYSIS OF WORLD CLIMATES**

This year's governing trigrams are "Sky-Thunder" and "Mountains".

The world climate would tend to be hot as dryer. There would still be plenty of problems to do with drought and flooding. Drought would likely happen in central regions such as Middle East and China's central areas. Provinces such as Sichuan and Henan would be affected. South-East regions may have water problems. South areas may be subject to thunder storms. South-West regions would suffer from earthquake activities. West regions may have flooding. North-West regions may have many fires. There would still be lots of tornadoes in USA Midwest states.

## G. ANALYSIS OF WORLD HEALTH

The most common health issues this year would be related to the food, stomach, spleen and mental problems. Many new forms of illness may start at north-west regions.

## H. PROJECTION FOR THE WORLD STOCK MARKETS

- February: Positive-Negative
- March: Positive-Negative
- April: Negative
- May: Negative-Fluctuate
- June: Positive
- July: Positive-Negative
- August: Positive
- September: Positive
- October: Negative
- November: Negative-Positive
- December: Positive
- January (2020): Positive-Negative

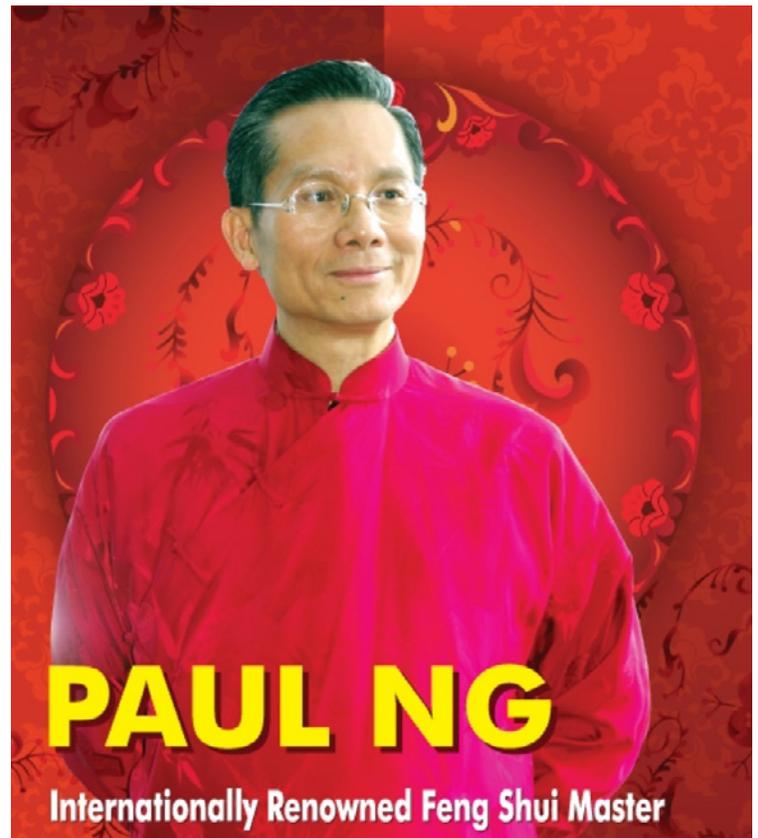
## CONCLUSION

The driving force of our planet Earth is continuous transformation of Yin (negative) and Yang (positive) energies and cycles. By knowing the rules of nature, we can avoid many pitfalls and have better chances to succeed. Hence I shall share these predictions with my readers around the world for reference and guidance.

- *PaulNg.com*



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Internationally Renowned Feng Shui Master

## Master Paul Ng, Philosopher & Geomancer

Since the mid 1980's, Master Ng has practiced ancient Chinese Geomancy and Astrology to guide many individuals and business people to prosper. His scope covers many walks of life and nationalities.

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# The Archetypal Nature of the Yin Wei Mai

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by Dr. Yvonne R. Farrell, DAOM, LAc

*In this edition we will be exploring the archetypal nature of the Yin Wei Mai. The Wei Mai or “linking” vessels create connections in the system that allow us to maintain continuity of self throughout the transitions of aging.*

This continuity is what allows us to determine how our resources will be used as we, and the context of our lives, change.

As we saw in the last 8EV article<sup>1</sup>, the Yang Wei governs the exterior of the body, Wei Qi and action. It links all of the post-natal Yang channels to each other and creates an avenue in which those Yang channels can connect with source Yang (Du Mai). The state of balance within the function of the Yang Wei is reflected in whether our actions reflect healthy decision-making, or, are we sabotaging ourselves by acting in a way that is contrary to a healthy sense of self?

In contrast to the Yang Wei, the Yin Wei governs the interior of the body. It is more closely related to Ying Qi, Blood and therefore feelings. Ying Qi is the Qi aspect of Blood and as such is the type of Qi that is most involved in interactions and relationships. Feelings and memories are mediated by Blood and affected by blood volume and circulation. The Ying Qi in our Blood holds the memory of our experiences as

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<sup>1</sup> See *Medicinal Roots Magazine*, Fall issue 2018

we age. How do we feel about ourselves as we age? Are we content with who we are and how we look? Can we embrace the reality that as we age our bodies change? Can we accept, with grace and contentment every scar, wrinkle or gray hair that appears as time rolls on? Can we internalize life's many experiences in a way that supports our sense of self?

One of the archetypes associated with the Yin Wei is the Prostitute. Often when people hear this they say, "well that's one I am never going to have to negotiate".

*The truth is, we will all negotiate this one because the archetypal nature of the Prostitute is not about selling sex, rather it is about determining how you value yourself.*

We may be very fortunate indeed to never be in the position that we have to consider standing on a street corner, selling our bodies to pay our rent or buy food. But each and every one of us has to determine for what, if anything, we will sell our souls. Will we compromise our bodies, our minds or our spirits in any way for something we crave or desire? Do we sell out at work or in our relationships? If we are selling out, then it is likely that we are not existing in the state of contentment that comes with a healthy understanding of our worthiness.

From an archetypal perspective, we are prostituting ourselves when we compromise who we are or what we believe for some sort of gain. That gain may be financial in nature or it may be the need for safety. The gain may be recognition from others or it may be a fantasy vision we have in our heads about what life is "supposed" to look like. To be stuck in this archetype is to believe that we have no choice but to give away pieces of who we are in order to get what we need or desire.

An abused spouse who stays in a marriage for reasons of financial security is negotiating this archetype. A person who stays silent in a job because they are afraid that if they speak up they will be laughed at or even lose that job, is in the thick of the lessons gifted by this archetype. If we are judging those who are trapped in this archetype as weak-willed or lazy, then we too have been captured by the Prostitute.

This is not to say that any time we compromise we are prostituting ourselves. We may decide to stay in an uncomfortable situation in order to take the time to plan for the future. We may decide to stay for a paycheck until we can complete a degree or look for a new job. The difference between these examples and the dark side of the Prostitute is the level of contentment we have with the choices we have made. If we somehow feel we deserve to be abused or we do not deserve love, respect or success, then we are stuck in this archetype. If we remain in a situation that is painful or destructive and we spend our days dreaming of a better future and waiting for that to magically happen, then we are stuck in this archetype.

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The Yin Wei links post-natal Yin to pre-natal Yin. This “link” gives us an opportunity to accept the gifts and challenges given to us by the Ren Mai. If we can accept and embrace the unconditional love of the Mother (Ren Mai) then we can use the surety of that love to recognize our worth. If we did not receive that unconditional love in childhood or the security of a healthy bond then perhaps it may be more challenging to negotiate this archetype. We may be prone to jealousy, envy and dissatisfaction with the way our life is going. We may also be trying to fill the void in ways that support a fantasy state of mind, where we waste our lives contemplating what might have been rather than accepting the reality of what is.

Pathology in the Yin Wei often looks like that old cliché; “The grass is always greener on the other side of the fence.”

*An unhealthy Yin Wei produces evidence of the discontent in the form of anxiety, worry, rumination, depression, sleep problems and emotional liability.*

We might also see the inability to digest the destructive and abusive experiences in the form of difficulty swallowing, epigastric and hypochondrial distention. Patients mired in this archetype also often experience bracing postures, as if they are constantly waiting for one more disappointment. They often experience that as stiffness in the neck and low-back pain.



PHOTO: Pixabay.com

If you are looking for examples of this archetype in film you need look no further than the movies like *Pretty Woman*. The main character, played by Julia Roberts, is a prostitute who eventually leads the way through this archetype by drawing the line. She will not settle by becoming the mistress of the man she loves. (Richard Gere) She will settle for nothing less than a full commitment. Men also have to negotiate this archetype. Richard Gere’s character Julian, in *American Gigolo*, is a good example. He sells himself to support a life-style filled with beautiful and expensive things. When he is accused of murder, he begins to realize the price he has paid for selling his body and soul.

### CASE STUDY:

CS is a 36-year-old female who has a chief complaint of anxiety and depression. She says she thinks it began in her late twenties. She doesn’t really remember the onset and there doesn’t seem to be a precipitating event. Additional symptoms include: difficulty sleeping, poor digestion with gas and bloating after eating, difficulty swallowing when the anxiety is exacerbated. She craves sugar and is prone to emotional eating. She also carries a lot of tension in her neck and upper back. Her tongue is pale, slightly puffy and moist. When asked about her life she reports being unhappy with many aspects of her life. Her job is not satisfying. She had hoped her relationship would have progressed to marriage and children by now. She feels as if she is failing to live up to expectations.

My decision to treat the Yin Wei was not based on the anxiety alone. Anxiety can be treated by several of the 8EV. This anxiety was accompanied by craving, desire and discontent. Physically, the symptoms of difficulty swallowing, emotional eating, digestive problems (inability to internalize) and neck tension (bracing for future disappointment) are consistent with Yin Wei pathology.

### FIRST TREATMENT:

**Left side:** Pc-6 master point of Yin Wei  
Bilateral Ki-9, Sp-16, Lv-14 and Ren-22

Typically, I choose to use points unilaterally to create movement and bilaterally to create balance or homeostasis. In this case, I wanted to create a sense of stability.

Ki-9 Zhu Bin (Guest House) Ki-9 provides a doorway that can be used in 2 ways. First, to remove unwanted guests that are distracting the patient from meaning and purpose. These guests can be feelings, beliefs, past events or destructive thoughts. The second action is to allow the patient to take up residence in their own lives. If people can regain sovereignty through the Yin Wei they will begin to establish healthy boundaries and embrace their worth.

Sp-16 Fu Ai (Abdominal Lament) this point is useful for cravings that distract from life. It can help to reduce emotional eating and also free the patient from the desires that keep them in fantasy.

Lv-14 Qi Men (Cycle Gate/Gate of Hope) This point is the front-mu point of the liver and also the last point in the Ying Qi cycle. So, it is about ending and beginnings. It helps engage the aspirational qualities of the Liver/Hun so that the patient can direct their qi with purpose. It supports hope that the future can be better.

Ren-22 Tian Tu (Heavenly Prominence) this point treats plum-pit syndrome but it is also a Window of The Sky point. It can be used to open consciousness to the possibility of bringing in new experiences that are fulfilling. It is also the place where the Yin Wei brings the post-natal Yin channels back into connection with the primary yin resources of the Ren Mai.

This patient had over 3 months of treatments, that were most often modifications of this Yin Wei treatment. The treatments were once a week at the beginning and then were stretched out to every other week after 6 weeks. The anxiety improved fairly quickly as did the stiff neck. The remaining symptoms took a little longer to impact. Eventually she began to feel as if she was empowered enough in her life to make choices that led to a more authentic expression of herself. She is still currently having treatment and we have begun lately to add the influence of the Chong Mai to her treatments to help her remember who she is.

The dark side or shadow of the Yin Wei occurs when people negotiate away their power in order to survive. Redemption occurs when they can establish an awareness of healthy boundaries. They are redeemed when they will no longer negotiate away their power because they know their worth. They experience what it is to feel content with who they are. They will direct their energies in life with purpose, knowing that they are not for sale.

*“Love yourself. Enough to take actions required for your happiness. Enough to cut yourself loose from the drama-filled past. Enough to set a high standard for relationships. Enough to feed your mind and body in a healthy manner. Enough to forgive yourself. Enough to move on.”*

—Steve Maraboli

*And be content in that love.*

—Yin Wei

- Yvonne R. Farrell



## ABOUT THE AUTHOR

Yvonne has been practicing and teaching since 1987. She received her Masters and Doctoral degrees from Emperor's College in Santa Monica, California.

Her first book, Psycho-Emotional Pain and the Eight Extraordinary Vessels was published by Singing Dragon in 2016. Book Two is in the works.

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# Qi Gong: Overview and History

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by David A. Bray, R.TCMP, R. Ac.,  
Dipl. C.H. NCCAOM

PHOTO: Laura Breeden

*The practice of Qi Gong 氣功 (sometimes seen written as Chi Gung), has roots originating in Chinese medicine, philosophy and martial arts.*

The meaning of *qigong* when translated is literally; "skill or achievement utilizing the qi". The two words are combined to collectively describe systems to cultivate and balance life energy, especially for health. *Qigong* practice usually involves syncopated and usually slow flowing movements that are

coordinated with rhythmic breathing and a calm and harmonious meditative state of mind that is also attributed to different meditative practices as well.

Historically *qigong* can be traced back to early Daoist literature to the early Tang dynasty (618-907 AD) with literary and historical references dating back much earlier. In more recent times, and as a result of the Cultural Revolution, the term *qigong* was popularized and promoted during the late 1940s through the 1950s. This term is used to refer to a broad range of Chinese self-cultivation exercises, and to emphasize health, systematic and scientific approaches, while downplaying spiritual practices and select elite lineages.

Circa 168 BCE, the Daoyin tu was discovered in the burial materials of Mawangdui 馬王堆 (near Changsha; Hunan).

*Qigong* can be divided into three main categories as seen by where they originated:

1. Chinese Medical *Qigong* – focusing on rectifying the flow of *qi*, eliminating blockages of *qi*, and the building and storage of *qi*.
2. Spiritual *Qigong* – deriving from the three main religious/spiritual traditions, namely Taoism, Buddhism & Confucianism with a slightly different intention/focus of practice.
  - a) Daoist – focuses on practices to achieve health, longevity and spiritual attainment as well as a closer connection to nature.
  - b) Buddhist – focuses on meditative practices and as part of a spiritual path that lead to spiritual enlightenment.
  - c) Confucian – focuses on practices to become an individual of high moral character and calibre
3. Martial *Qigong* – focuses on practices and techniques that develop power and skill in a martial application.

In modern times there is less distinction on the historical origins of the different systems of *qigong* and more emphasis on health benefits and is usually termed contemporary *qigong*.

*Through time the emphasis of qigong practice has moved away from traditional philosophy, spiritual attainment, and folklore, and increasingly towards health benefits, traditional medicine and martial arts applications, as well as a scientific perspective.*

While *qigong* is currently practiced by millions worldwide, primarily for its health benefits, many practitioners have also embraced traditional philosophical, medical, or martial arts perspectives, and even use the long history of *qigong* as evidence of its effectiveness. Regardless of the origin and historical origin of a specific system of *qigong*, there

are specific requirements of the practice that will be discussed next.

## THE THREE REGULATIONS – REQUIREMENTS FOR PRACTICE

No matter what system of *qigong* is practiced, there are specific requirements that one must pay attention to. These are referred to as the three regulations or requirements for practice. This is referred to in Chinese as (調) *tiao*, practices that harmonize/regulate and coordinate:

- Body posture / position (*tiao shen*) (調身)
- Breath - phase of respiration (*tiao xi*) (調息)
- Mind (*tiao xin*) (調心)

In order to practice *qigong* it is of utmost importance that these three aspects be in synchrony with each other in order to achieve an optimal state for one to be able to mobilize *qi*. As a technique/practice, *qigong* practice typically coordinates slow and stylized movement coupled with deep diaphragmatic breathing and calm mental focus. This is sometimes accompanied by visualization of guiding *qi* through the body. Techniques and requirements may vary from system to system, but generally *qigong* forms can be characterized as solo systems or as a mix of three types of practice:

1. Dynamic – involves fluid movement that is choreographed and coordinated with breath and awareness. As a form of gentle exercise, *qigong* is composed of movements that are typically repeated, strengthening and stretching the body, increasing fluid movement (blood, synovial, and lymph), enhancing balance and proprioception<sup>1</sup>, and improving the awareness of how the body moves through space.

<sup>1</sup> The sense of the relative position of one's own parts of the body and strength of effort being employed in movement. It is sometimes described as the "sixth sense".



IMAGE: courtesy of David A. Bray

2. Static – involves holding postures for sustained periods of time combined with regulation of the breath and the mind.
3. Meditative – utilizes breath awareness, visualization, and sometimes the use of chanting and sound with an internal focus on philosophical concepts such as *qi* circulation. In traditional Chinese medicine and Daoist practice(s), the meditative focus is commonly on cultivating *qi* in the different dantien energy centers and balancing *qi* flow in the meridians and other pathways.
4. External – generally speaking, *qigong* is a self-actuated form of treatment. However, in some instances *qi* is mobilized and manipulated externally by a *qigong* master and is reserved for those with a high level of skill, for example; in order to externally mobilize the *qi* of another individual requires mastery of the movement of ones' own *qi*.

The main principles related to the practice of *qigong* that arise are;

- Intentional movement: calculated and relaxed movement performed at a prescribed pace that may be variable
- Rhythmic breathing: respiration that is slow, deep and coordinated with the movements being performed
- Awareness: calm, relaxed, attentive and focused meditative state
- Visualization: of the flow of *qi*, including directing the movement with the mind or intention
- Chanting/Sound: use of sound as a focal point or a catalyst to induce subtle movement internally

Additional principles are;

- Softness: seemingly effortless movements combined with a soft gaze, expressionless face
- Solid Stance: proper body mechanics; firm footing, erect spine
- Relaxation: relaxed body and mind; relaxed muscles, slightly bent joints to avoid stressing the joints
- Balance and Counterbalance: expansion and contraction with rhythmic motion over the center of gravity

## APPLICATION OF QIGONG

*Qigong* is generally regarded as a safe and effective form of self-actuated therapy/treatment. The primary benefit(s) as they relate to the practice of *qigong* become evident to the individual as they learn and develop their practice. Among the benefits seen are increased levels of energy, increased physical mobility with a decrease in pain, increased physical strength and balance, calming of emotions and general regulation of the state of the body as it achieves a greater state of homeostasis.

*It is generally considered safe across a diverse group of populations and is cost effective.*

This makes it an ideal adjunct to ones' regimen of health and health care.



PHOTO: Pixabay.com

## FINAL THOUGHTS

As a practitioner of Chinese medicine, *qigong* and Chinese internal martial arts were my introduction to Chinese medicine 50+ years ago. Through the years and through time I have studied, taught and participated in a variety of *qigong* practices. These systems are vast, deep and profound and the many benefits still amaze me to this day. In the words of one of my teachers who summed it up quite beautifully in one sentence:

*“It is not for a good time, it is to makes things good for a long time.....it can keep you healthy and strong.”*

...a simple yet profound statement.

- David A. Bray



## ABOUT THE AUTHOR

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.

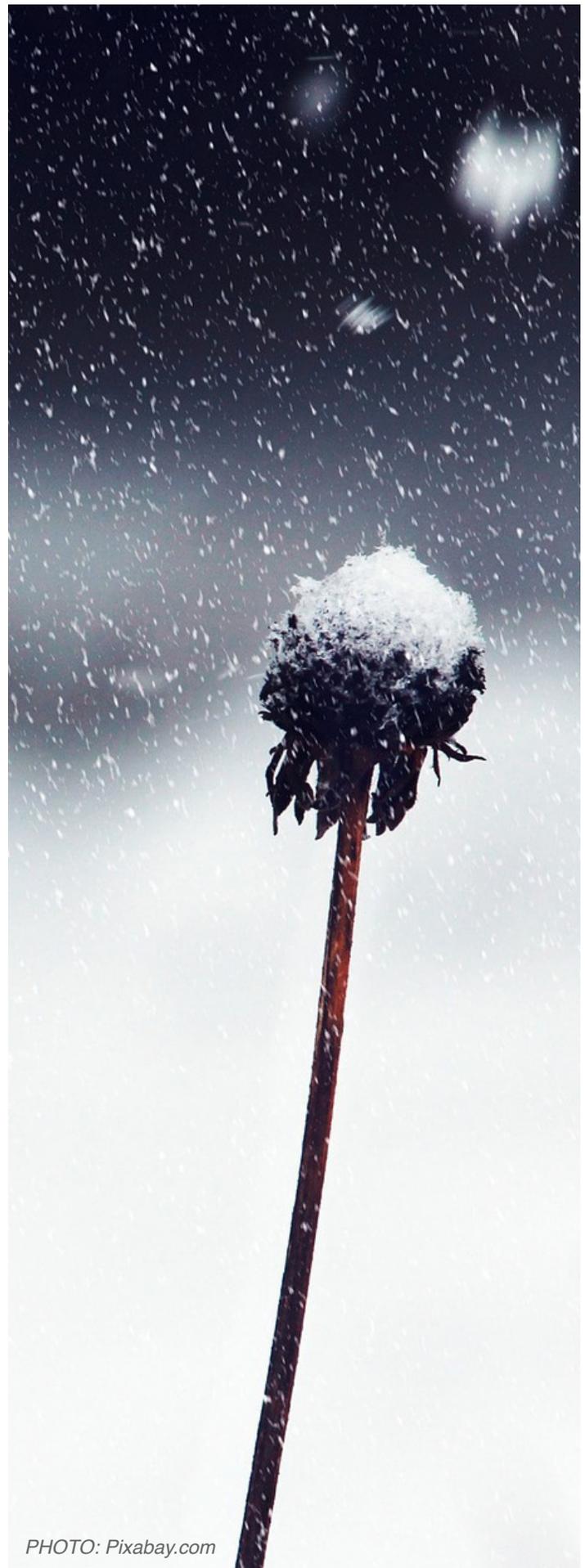


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# History of Acupuncture Point Injection Therapy

By Jason Tutt

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## ACUPUNCTURE POINT INJECTION THERAPY IN CHINA

Acupuncture point injection therapy also known as aquapuncture, hydro-acupuncture and acupoint injection, emerged in China during the 1950s, and is a modified acupuncture technique and part of traditional Chinese medicine (TCM).<sup>1,2</sup> The origins of TCM injections can be traced back to 1941, in the base areas behind enemy lines.<sup>3,4</sup> The Eighth Route Army division (1937-1947) was a branch of the National Revolutionary Army, but their allegiance was to the Communist Party of China.<sup>5</sup> It had infiltrated itself behind Japanese lines in Northern China, where it established many bases of operations.<sup>5</sup> The Eighth Route Army division built “the field Material Factory of Health Ministry” Shanxi Wuxiang (later renamed as Lihua pharmaceutical), which developed Bupleurum (Chai Hu) injection for the treatment of influenza.<sup>3</sup> Bupleurum injection was born in war for clinical urgency, and after liberation was put into production in December 1954 by the Wuhan Pharmaceutical Factory and

became the first industrial production of traditional Chinese medicine injections.<sup>3,4</sup>

Acupuncture point injection therapy was derived from intramuscular injection in Western medicine and then gradually integrated into traditional Chinese

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<sup>1</sup> Chen YH, Wang HP, Hong XY. Progress of research on acupoint injection therapy mechanism. *Shanghai J Acu Mox.* 2005;24:44–46.

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<sup>2</sup> Li P. *Clinical acu-point injection therapy.* Beijing: Military Medicine Press, 2003:15

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<sup>3</sup> Xiang Yongyang. Quantitative Pharmacovigilance Modeling for TCM Injections Adverse Event Reporting. Yongyang et al., *J Pharmacovigilance* 2014, 2:2. <http://dx.doi.org/10.4172/2329-6887.1000124>

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<sup>4</sup> Xiong XJ. Application status and safety counter-measures of traditional Chinese medicine injections. *Zhong Xi Yi Jie He Xue Bao.* 2010 Apr;8(4):307-11. doi: 10.3736/jcim20100402. <http://www.ncbi.nlm.nih.gov/pubmed/20388469>

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<sup>5</sup> Wikipedia. Eighth Route Army. [https://en.wikipedia.org/wiki/Eighth\\_Route\\_Army](https://en.wikipedia.org/wiki/Eighth_Route_Army)

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medicine.<sup>6</sup> Acupuncture point injection therapy is an acupoint-stimulating technique in which a liquid agent is injected to prevent and/or treat diseases.<sup>7</sup> It is now widely used in China for a variety of indications, such as pain, nausea, vomiting, and urine retention.<sup>8</sup> The agents generally used for acupoint injection include Chinese herbal extractions, Western medications, vitamins, bee venom, and normal saline solution.<sup>7,9</sup> These agents administered in acupoints are thought to play a synergistic effect with acupoint stimulation through the meridians, and this method is believed to have a more sustained effect than the traditional acupuncture needling or simple intramuscular injection.<sup>10</sup>

In the late 1950s, research studies on acupuncture point injection therapies began to emerge. One of the earliest papers was published in 1959 in Jiangxi Medical Journal evaluating the injection of distilled water at acupuncture points for acute appendicitis.<sup>11</sup> In 1960, a paper was published in the Chinese Journal of Surgery evaluating Novocaine (procaine) at certain acupuncture points also for the treatment

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<sup>6</sup> Wang M, Gao YH, Xu J, Chi Y, Wei XB, Lewith G, et al. Zusanli (ST36) acupoint injection for preventing postoperative ileus: A systematic review and meta-analysis of randomized clinical trial. *Complement Ther Med* 2015; 23:469-83. <http://www.ncbi.nlm.nih.gov/pubmed/26051583>

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<sup>7</sup> Li MH, Guo Y. Progress and prospects of research on acupoint injection. *J Clin Acu Med*. 2010;26:69-72.

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<sup>8</sup> Xu XK, Jia CS, Wang JL, Shi J, Qin L, Zhang X, et al. Analysis on characteristics and regularities of efficacies of acupoint injection by using data mining technique. *Zhen Ci Yan Jiu* 2012; 37:155-60. <http://www.ncbi.nlm.nih.gov/pubmed/22764604>

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<sup>9</sup> Fan GQ, Lu B. Present situation and prospects of studies on acupoint-injection therapy, *Zhongguo Zhen Jiu* 2001; 21:437-440. [http://en.cnki.com.cn/Article\\_en/CJFDTOTAL-ZGZE200107032.htm](http://en.cnki.com.cn/Article_en/CJFDTOTAL-ZGZE200107032.htm)

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<sup>10</sup> Zhu YH, Chen YH. On effects of acupoints and drugs in acupoint-injection treatment. *Zhengguo Zhen Jiu* 2005; 25:46-8. <http://www.ncbi.nlm.nih.gov/pubmed/16309157>

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<sup>11</sup> Hu Z. Distilled water point injection treatment of acute appendicitis (26 cases). *Jiangxi Medical Journal*. 1959:02. <http://mall.cnki.net/magazine/article/JXYB195902032.htm>

of appendicitis.<sup>12</sup> This initial research demonstrates the early adoption of Western medications into the practice of acupuncture point injection therapy.

In 1982, a conference was convened in Nanjing to survey the education climate in traditional medicine.<sup>13</sup> At the conference it was decided to produce a truly comprehensive and up-to-date set of textbooks, based upon a scientific approach, which would be systematically produced and cover all areas of traditional medicine. Qiu Maoliang's book "Chinese Acupuncture and Medicine" was one of the textbooks that was written as part of that plan.<sup>12</sup> This book aimed to provide a first text for all students and was prepared for the main TCM colleges in China. Five colleges of TCM in Nanjing, Shandong, Zhejiang, Shanghai and Chengdu were involved in preparing the book, which was based upon textbooks dating back to the 1960s.

Qiu Maoliang's book included a section on acupuncture point injection which defines it as;

*...a method of injecting liquid medicine into acupoints in order to prevent and treat disease. It combines permeating and stimulating functions of needles and medicine, and can enhance both their therapeutic effects in treating disease.*

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<sup>12</sup> Li KP. Novocaine block at certain acupuncture points in the treatment of appendicitis. *Zhonghua Wai Ke Za Zhi*. 1960 Jan;8:65-6. <http://www.ncbi.nlm.nih.gov/pubmed/14416636>

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<sup>13</sup> Maoliang, Qiu. —Subject Adviser's Preface, p. IX, and —Point-Injection Therapy (hydro-acupuncture therapy), pp.220-222, in *Chinese Acupuncture and Moxibustion* (Churchill Livingstone: February 8, 1993).

Throughout the book are listed medicines commonly used for injection, including dozens of Chinese herbs and Western medicines;

*...25% magnesium sulphate, Vitamin B1, B12, Vitamin C and K3, 0.25-2% Novocain, atropine, reserpine, ephedrine, antibiotics, fluid from placental tissue, normal saline, ...*

Other Western medicines listed throughout the textbook for use in treating common diseases include: 5 to 25% glucose, caffeine, testosterone propionate, and hydrocortisone acetate.

The World Federation of Acupuncture-Moxibustion Societies (WFAS) lists acupuncture point injection as a part of TCM therapies in their 2006 article titled "Water needle therapy".<sup>14</sup> They describe this

therapy as widely used clinically, and the addition of drugs is also used to diversify the Chinese and Western medicine in the most suitable way, treating both internal and external disorders, women, children, facial features, etc. Since the 1950s acupuncture point injection therapy has evolved in China to include several categories as described by the WFAS.<sup>14</sup>

#### 1. Acupoint injection

- Injections have traditional Chinese medicine, Western medicine or combinations of the two.

#### 2. Gas Injection

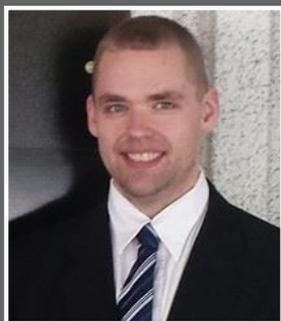
- Also known as inflatable therapy, commonly used oxygen, air, and ozone injected into acupoints.

#### 3. Blood Injection

- Drawing blood from patients, and injecting it into the indicated acupoints.

Gas injection, particularly with ozone was first performed in 2000 in China.<sup>15</sup> Initially ozone therapy was only used for lumbar disc herniation, but a decade later it was being used to treat various pains, osteoarthritis, gynecological inflammation, ulcers, viral hepatitis, cerebral infarction and so on. Currently hundreds of hospitals have already undertaken the program of ozone therapy, and hundreds of thousands of patients receive this therapy each year.<sup>15</sup>

The earliest research study on blood injection able to be located was published in the journal of Heilongjiang Medicine in 1960 evaluating the injection of the patient's own blood into acupoints for the treatment of tuberculosis.<sup>16</sup> Blood injection was developed on the TCM concept of combining acupuncture stimulation, delivering the nutrients contained in the blood to acupoints (especially in



## ABOUT THE AUTHOR

Jason Tutt is a registered Acupuncturist practicing in British Columbia who has served on the board of directors for the BC Acupuncture & TCM Association from 2016 – 2018, has been the President of the BC chapter for the Chinese Medicine and Acupuncture Association of Canada since 2016 and is currently serving on the Patient Relations Committee and the Registration Committee for the College of Traditional Chinese Medicine of BC.

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<sup>14</sup> World Federal of Acupuncture-Moxibustion Societies. *Water needle therapy*. 2006. <http://www.wfas.org.cn/tcm-tools/therapy/835.html>

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<sup>15</sup> He, X. —*Decade Review of Ozone Therapy in China* in *International Journal of Ozone Therapy* 9, Issue 2 (October 2010), p. 53.

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<sup>16</sup> *Advanced Clinical tuberculosis Meridian blood injection therapy*. Heilongjiang Medicine 1960:08. <http://mall.cnki.net/magazine/article/HJYY196008012.htm>

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areas of stagnation), and bloodletting.<sup>17,18</sup> Blood injection is now indicated in dozens of different conditions which are too numerous to list, but some are; cervical spondylosis, dermatological conditions, asthma, allergies rhinitis, etc.

In October of 1998, a new training center in China which includes injection training and came to be known as the Chinese Acupuncture Society - Water Needle Knife Training Center was established.<sup>19</sup> Since its inception it has held international training for Acupuncturists in Taiwan, Hong Kong, Malaysia, Singapore, Korea, Australia, New Zealand, Canada, Russia, UK, USA, South Africa and other countries and regions.

## PHARMACOPUNCTURE

Traditional Korean medicine (TKM) has also developed a form of acupuncture point injection therapy which went by many names early on before the Korean Pharmacopuncture Institute standardized the terminology as pharmacopuncture in 1990.<sup>19</sup> Before this standardization, pharmacopuncture went by several different names such as; aqua-acupuncture, acupuncture point injection therapy, and herbal acupuncture.

The definitive origin of pharmacopuncture in Korea is not known, but pharmacopuncture is presumed to have been used since the early 20th century based on a report on pharmacopuncture in the Kwonup newspaper in 1914.<sup>19</sup> The real research on pharmacopuncture in Korea began with Sang-Chun Nam in the early 1960's. After he had done research on the extraction of raw herbs and animal products, such as deer antler, astragalus, ginseng, Ziziphi spinosae semen (Chinese date seed), he published "Meridian Injection Treatment" in the Korean Pharmaceutical Industry News in 1965, after which he published "Meridian, Volume 1" in 1967.<sup>20</sup>



PHOTO: Jonathan Knepper on Unsplash.com

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<sup>17</sup> Wang Yi. *Blood Meridian Point Injection Therapy Clinical Application. New Chinese.* 2014:01. <http://mall.cnki.net/magazine/article/REND201401079.htm>

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<sup>18</sup> Leibo T. *Modern Meridian blood injection therapy. People Health* 2015:12. <http://mall.cnki.net/magazine/article/DJJK201512073.htm>

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<sup>19</sup> *Water Knife. Training Center.* <http://www.shuizhend-ao.com/yyjj/pxzx/index.html>

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<sup>20</sup> Kwang-Ho Lee. *History of Research on Pharmacopuncture in Korea. J Pharmacopuncture.* 2016 Jun; 19(2): 101–108. <http://dx.doi.org/10.3831%2FK-PI.2016.19.010>

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In research studies done in Korea on pharmacopuncture the conditions most frequently addressed in experimental/ clinical studies were musculoskeletal diseases because most patients who had visited TKM clinics suffered from musculoskeletal diseases.<sup>20</sup> In contrast to acupuncture point injection in China, pharmacopuncture in Korea is exclusively associated with TKM, i.e., meridian theories, traditional herbal formulas, and Qi and flavor theories, because legal regulations keep TKM doctors from using Western medicines. During the period of 1997 to 2006 the number of research studies in Korea on pharmacopuncture dramatically increased, after which it decreased due to the reduction in initial experimental studies. However, the number of clinical studies has increased from 2000, and even more clinical studies than experimental studies were reported from 2011 to 2013. Pharmacopuncture is now well established in Korea.

## ACUPUNCTURE POINT INJECTION THERAPY IN THE UNITED STATES

Acupuncture point injection therapy began to emerge in the United States in the late 1990s and is now part of the scope of practice in Washington,<sup>21</sup> Colorado,<sup>22</sup> New Mexico,<sup>23</sup> South Carolina<sup>24</sup>, West Virginia,<sup>25</sup> Florida<sup>26</sup> and the District of Columbia.<sup>27</sup> Substances injected vary from state to state and range from homeopathics, Chinese herbs, local anesthetics, medical ozone and in New Mexico, bioidentical hormones.

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<sup>21</sup> Colorado Revised Statutes: Article 29.5 – Acupuncturists: Injection therapy-- training--substances—rules. <https://drive.google.com/file/d/0B5zAmhRg5tCiUjVuM-1VxSF9jUVk/view>

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<sup>22</sup> Government of the District of Columbia: Department of Health – Acupuncture Licensing. <http://doh.dc.gov/service/acupuncture-licensing>

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<sup>23</sup> Florida Board of Acupuncture: Acupuncture Injection Therapy. <http://www.floridasacupuncture.gov/forms/acu-inject-therapy-info.pdf>

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<sup>24</sup> New Mexico Administrative Code: Acupuncture And Oriental Medicine Practitioners. <http://164.64.110.239/nmac/parts/title16/16.002.0018.htm>

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<sup>25</sup> South Carolina: Regulations for Acupuncture Injection Therapy (AIT).

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<sup>26</sup> Washington State Legislature: RCW 18.06.010. <http://apps.leg.wa.gov/rcw/default.aspx?cite=18.06.010>

## ACUPUNCTURE POINT INJECTION THERAPY IN CANADA.

Acupuncture point injection therapy began to emerge in British Columbia around 2003 when it began to be taught to Acupuncturists and subsequently began to be used by practitioners clinically. In 2008, the regulatory body for TCM Practitioners and Acupuncturists in BC known as the CTCMA, completed a member survey which found that 10% of their 1300 registrants were using acupuncture point injection therapy.<sup>28</sup> Also a member survey in neighboring Alberta indicated that approximately 28% of their practitioners were also using acupuncture point injection therapy.

Based on the results, the CTCMA began to seek a new regulation in regards to the scope of practice for registrants based on current practice, since the current regulation did not authorize some of the restricted activities surrounding acupuncture point injection therapies. The CTCMA put together a Regulation Amendment Task Force to develop new regulations surrounding the scope of practice for traditional Chinese medicine in BC and filed their proposed regulation amendments with the Ministry of Health in July 2015 which included acupuncture point injection therapies.<sup>28</sup>

Substances injected in BC range from local anesthetics, homeopathic medicines, vitamins, medical ozone, and Platelet Rich Plasma.

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<sup>27</sup> West Virginia Board of Acupuncture: Standards Of Practice Of Acupuncture By Licensed Acupuncturists. <http://www.wvacupuncture.org/RulesRegulations/324/tabid/1721/Default.aspx>

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<sup>28</sup> CTCMA. Regulation Amendment Proposal. July 2015. <http://ctcma.bc.ca/media/1210/2015-07-10-regulationamendmentproposal.pdf>



PHOTO: Emil Vilek on Unsplash.com

## LIQUID EAR ACUPUNCTURE

The term liquid ear acupuncture describes the injection of liquids into defined acupuncture points on the ear.<sup>29</sup> The earliest studies on liquid ear acupuncture appeared in the mid to late 1970s coming from China, France and Germany. All three studies used injections of small amounts of local anesthetics into auricular points for the treatment of insomnia,<sup>30</sup> asthma<sup>31</sup> or pain<sup>32</sup> with good results. During the decades after the 1970s, ear acupuncture continued to develop and be studied along with liquid ear acupuncture.

With the use of a thin injection needle, a small amount of liquid is injected under the skin of the ear to form a wheal which stimulates auricular points. Liquid ear acupuncture has also been described to use homeopathic substances and vitamins.

Liquid ear acupuncture has recently emerged in Europe, particularly in Germany when the German Academy for Acupuncture published an article related to liquid acupuncture in 2014.<sup>33</sup> The German Academy for Acupuncture now offers 1-day training courses in Liquid Acupuncture for the ear.<sup>34</sup>

- Jason Tutt

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<sup>29</sup> Litscher D. *The History of Liquid Ear Acupuncture and the Current Scientific State of the Art.* *J Pharmacopuncture.* 2016 Jun; 19(2): 109–113. <http://dx.doi.org/10.3831%2FKPI.2016.19.011>

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<sup>30</sup> Lee TN. *Lidocaine injection of auricular points in the treatment of insomnia.* *Am J Chin Med.* 1977;5(1):71–77. doi: 10.1142/S0192415X77000087. <http://www.ncbi.nlm.nih.gov/pubmed/848457>

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<sup>31</sup> Grobglas A, Levy J. [*Traité d'acupuncture auriculaire*] Editions Publi Réal; Paris: 1975. 227. French.

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<sup>32</sup> Fleck FG. [*Sekundenphänomen-Akupunktur*] Munks-Verlag; Krefeld: 1977. 127. German.

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<sup>33</sup> Ramme B. [*Verblüffend schnelle Hilfe bei Schmerzen: Die Liquidakupunktur*] *Akupunktur. Deutsche Akademie für Akupunktur.* 2014;4:3–7. German

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<sup>34</sup> Ramme B. [*Liquidakupunktur – Schnell gegen Schmerzen*] *Deutsche Akademie für Akupunktur; München: [[Cited by Feb 10, 2016]]. Available from: [https://www.akupunktur-seminare.de/uploads/tx\\_sysfiredaaseminare/DAA\\_Programm\\_Liquidakupunktur.pdf](https://www.akupunktur-seminare.de/uploads/tx_sysfiredaaseminare/DAA_Programm_Liquidakupunktur.pdf)*

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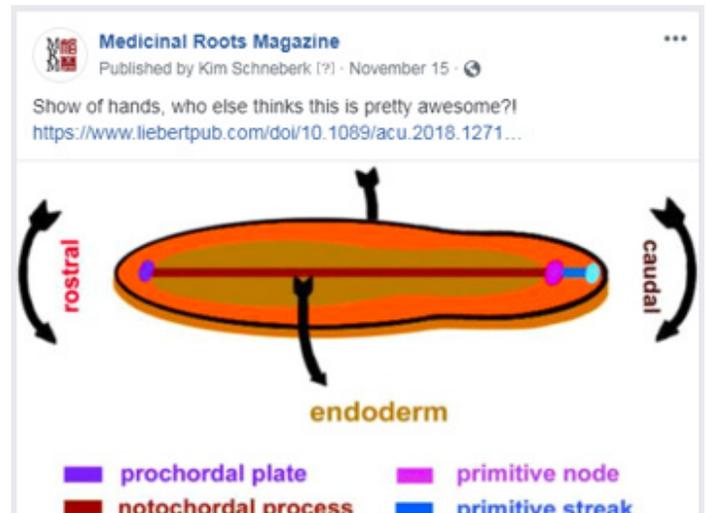
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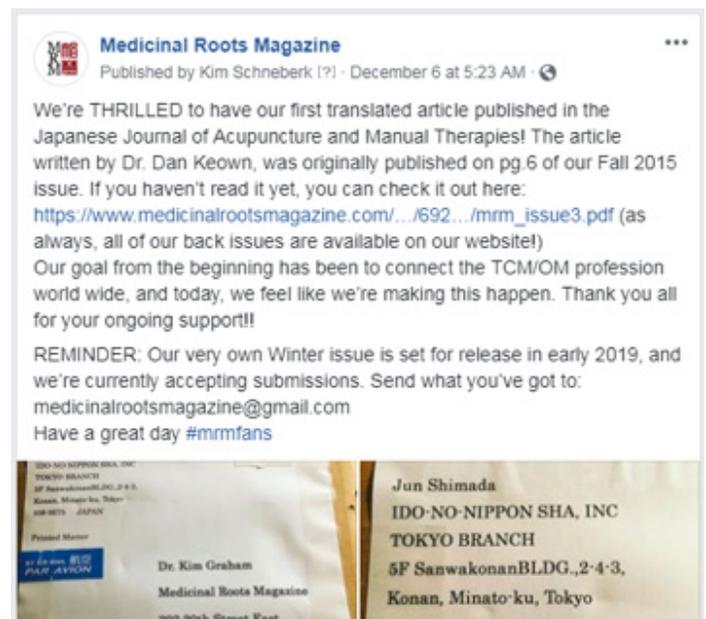
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