

Winter 2016

# MEDICINAL ROOTS MAGAZINE

Ancient Wisdom - Modern Healthcare

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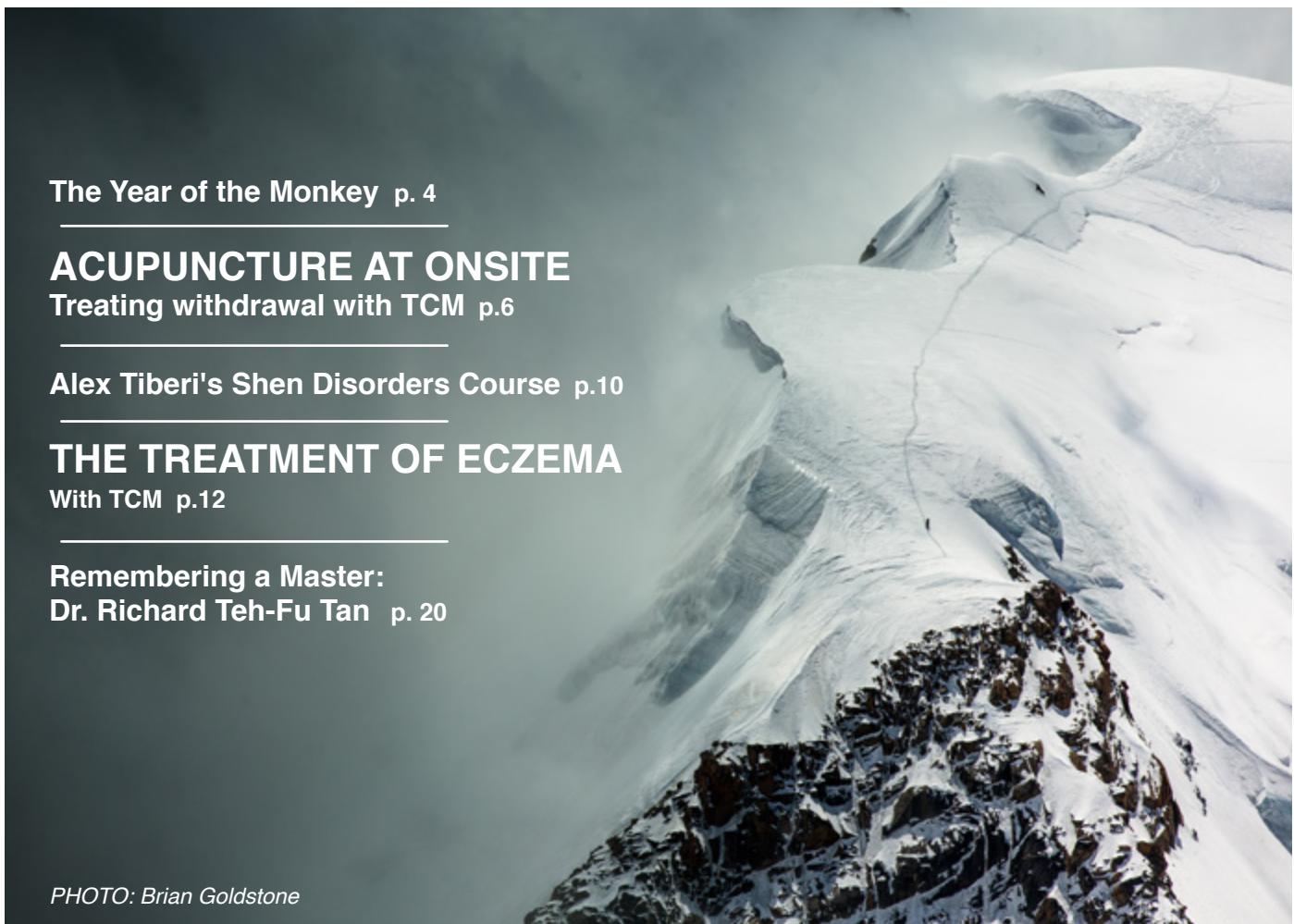
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*PHOTO: Brian Goldstone*



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# MRM's 7 Questions



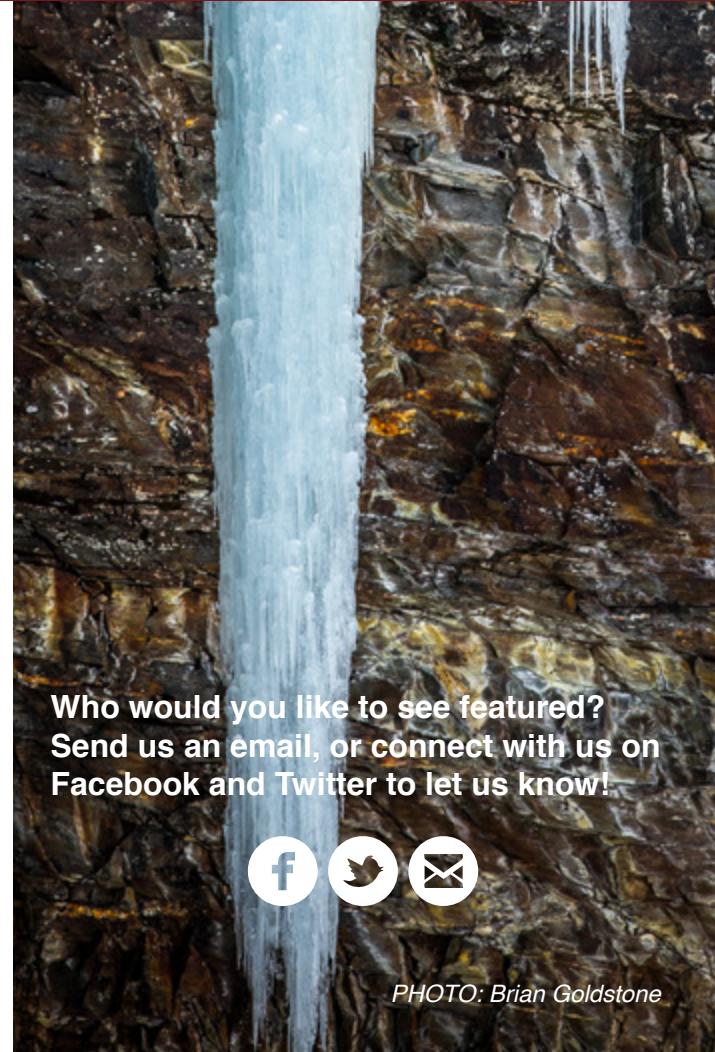
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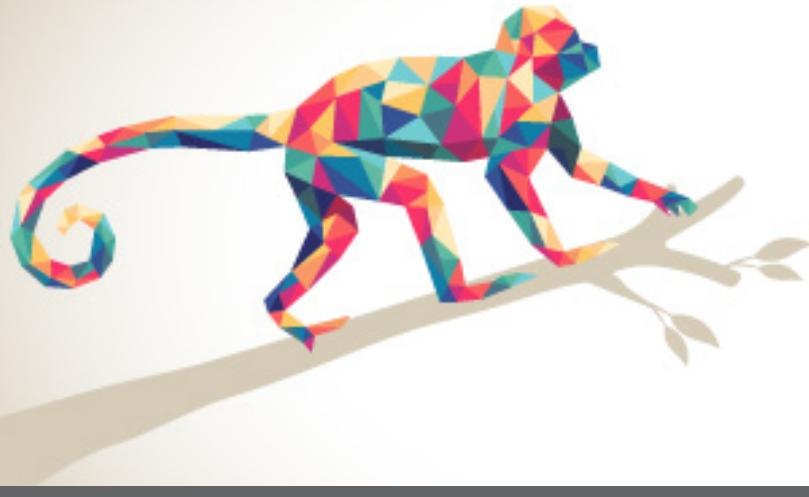
*As you know, one of our aims at MRM is the desire to inspire and connect the TCM profession. As part of this dream, we developed a set of 7 simple questions to help us feature different practitioners and influential people in the field of TCM.*

In 2015, we were honoured to interview notable industry leaders like Dr. John Stan, Dr. TCM (Summer 2015) and Adam Chen, R.TCM.P, R.Ac (Fall 2015 issue).

For our first issue of 2016, we want to hear from you. Connect with us via Facebook, Twitter or email and let us know who you would like to see featured in 2016.



*PHOTO: Brian Goldstone*



2016  
NEW YEAR of the  
**MONKEY**

*Year of the Monkey was featured on [Raymond-Lo.com](http://Raymond-Lo.com). Excerpts of this article have been graciously approved for republication in Medicinal Roots Magazine's Winter 2016 issue.*

*For the full article, please visit: <http://www.raymond-lo.com/14551/year-of-the-monkey>*

# THE YEAR OF THE MONKEY

The Year of the Monkey, 2016, in the Hsia calendar, is symbolized by two elements – with Yang fire sitting on top of metal. According to the cycle of birth and destruction, which governs the inter relationship between the elements, Fire conquers metal and so they are on the destructive cycle and have fighting relationship. Normally such conflicting elements means disharmony. In particular Yang Fire symbolizes a straight-forward and quick temper person more ready to explode. So there will be international conflicts and clashes. However, it seems such conflicts may not be very violent and yang fire sitting on Monkey is also symbol of the “Setting Sun” as Monkey is metal representing the west. So the yang fire is comparatively mild. Also yang fire people is known to lose temper quickly but is

honest and open at heart. So conflicts can be more easily resolved with compromise and concessions when the heat is cooling down after sun set. With such character of yang fire, I can expect 2016 will be comparatively less violent than 2014 and 2015 when the yang wood is a stubborn tree standing by its principles and refuses to bend. Also yang fire being the sun always brings optimism and warmth. As such, it will be easier to reach agreements and treaties to resolve conflicts and struggles.

*In Chinese medicine, fire element is heart and blood circulation, it is also related to the shoulder and the small intestines. Metal is breathing organ, lung, skin and the Monkey will create “fire penalty” when it meets with Tiger and Snake, such fire penalty will trigger fire disasters and explosions.*

In the human body, fire penalty will cause inflammation, heart disease and high blood pressure problems. As this year is fire burning metal, so we have to beware of inflammation of intestines and breathing organ problem, and the sick star 2 dominates the center. So flu pandemic may be more serious in 2016. The suitable supplements to improve our immune system and minimize the chance of inflammation is anti-oxidant, vitamin C and omega 3 oil.

*In the last 3 years from 2013 to 2015, we have experienced fire and earth years, fire is blood circulation, carbohydrate, energy and sugar, earth is stomach and muscles, as such, these years will make people gain weight more easily.*

However 2016 the arrival of metal element is a good chance to exhaust the excessive amount of earth we gained in the last few year. It is a good year to be active, watch diet and lose weight, one will find these two years of Monkey 2016 and Rooster 2017 will be more effective to trim down excessive fat.

Feng Shui energies also change from year to year. Therefore, it is necessary to watch for the re-allocation of good and bad energies at the beginning of each year, so that we can take necessary precautions if some bad energy happens to arrive at important locations of our residence or offices. In the year of the Monkey, the bad energy called "Five Yellow" – symbolizing obstacles and misfortune, arrives at the NE. It is recommended that one hangs a metal wind chime in the NE of the house to dissolve this bad energy. The worst months will be in February, May, November, 2016. Another bad star number 2, symbolizing sickness, will arrive in the centre in 2016. The traditional method to dissolve this 2 is to hang a string of six metal coins in the affected area in the centre of the house. The Grand Duke this year is in the Southwest, hence it is not favorable to "move earth" or make substantial construction work in this direction. It is also not recommended for one

to sit with back against South as you will be sitting against the unfavorable energy called "Three Shar" or "Three Killings". The Northeast is the "Crash position" against the Grand Duke which is also not good to sit. The bad star 3 is a star of conflict and robbery. This is present in the NW.. It is necessary to put a piece of red paper in this position to minimize such bad influence. Also the bad star 7, representing scandals is in the North, the traditional solution for this bad star 7 is to place 3 piece of bamboo plant grown in clear glass vase of water in the North location.

*The annual star 2 located in the centre is the Trigram Earth and it is also a star of sick spell. As such, it is anticipated that more sickness or flu pandemic can be anticipated in 2016 and the affected area could be Central and NE area.*

This will often affect Middle East and countries and regions with name "Central", this may include China as well as the name of China is Central Country.

- Raymond-Lo.com

*For the full article, please visit:  
[http://www.raymond-lo.com/14551/  
year-of-the-monkey](http://www.raymond-lo.com/14551/year-of-the-monkey)*



*PHOTO: Brian Goldstone*



# Acupuncture at **ONSITE**

**Brian Kushniruk**  
R.Ac

*OnSite is located above InSite, in the same building on East Hastings Street in Vancouver. InSite, which is on the first floor, is the well known safe injection site, intended to support injection users that are not well connected with the health care system. OnSite, which is on the second and third floor, is the withdrawal management component of InSite. These sites allow clients to see doctors, nurses, addictions counselors, mental health workers, and peer staff. This gives these clients the opportunity they might not otherwise have to connect with other community resources such as housing, addictions treatment, and other supportive services.*

OnSite deals primarily with clients that are users of InSite. One floor of OnSite is a detox centre and the other floor offers short-term housing. Besides seeing doctors, nurses and counselors at OnSite, clients take part in a number of programs that include yoga, massage therapy and Acupuncture. I have been fortunate to be one of the Acupuncturists that have worked at Onsite since its opening in 2007.

## TREATMENT SESSIONS

With limited funding for Acupuncture for Addictions and Mental Health, treatment time and space are also limited. Because of these restrictions, treatment is primarily undertaken in a “community” acupuncture setting. At OnSite, this means treating 10-20 clients in an open central room, in a time of 60-90 minutes. In this setting, clients are treated while they sit in a chair. Treatment is primarily auricular acupuncture

in combination with distal points. Once clients are treated they sit at chairs or lay on yoga mats. I don't allow clients to chat while in the treatment room but allow them to read or do crafts while listening to relaxing music.

## TYPES OF CLIENTS

At OnSite, treatment is generally focused on helping injection users reduce their cravings and withdrawal symptoms as they detox. Many clients are poly-substance users and many also have various mental health issues to deal with. As a generalization, the majority of clients also have experienced some sort of severe mental or physical trauma.

*As TCM practitioners, we know that all clients have a unique history that has brought them to where they are. This holds true in Acupuncture treatment in a detox setting, where we see a very wide variety of symptoms and syndromes presented.*

In brief, it is common to see symptoms of insomnia, excessive sleepiness, anxiety, mental sluggishness, dissociation, depression, agitation, manic behavior, and many different types of physical pains. The wide assortment of presented syndromes include yin deficiency, deficiency fire, qi stagnation, blood stagnation, heart and spleen qi deficiency, rebellious qi, liver wind, yang and essence deficiency, various phlegm obstructions and phlegm fire.

## AURICULAR ACUPUNCTURE

Most "community" Acupuncture treatment in withdrawal management settings is based on the "NADA protocol". The NADA protocol, 5 auricular points used to treat addiction and trauma, was developed over a period of 10 years in the 70's at the South Bronx's Lincoln Recovery Center. These

points were chosen through experience and through trial and error. It is my understanding that the clients treated of that time were, like those presently treated at OnSite, people that were not well connected with health care systems.

Auricular Acupuncture itself was developed in France by Dr. Paul Nogier in the 50's, allowing treatment of all parts of body through the ear. Traditional Chinese Medicine then, at a time when health care was difficult to deliver to the masses, adopted Dr. Nogier's ear map. This model was used by "bare foot doctors" who traveled to the poor villages, where by through their experience and through trial and error, came up with their own map of the ear, similar but different to the original French version. (Since then, originating with the Dr. Frank Bahr, who worked with Dr. Nogier, German Auricular Medicine has also developed their version of the ear map.)

Reflecting on this history, I see parallels to the present community work in mental health and addictions. With the time and environmental limitations mentioned above, combined with a population of clients in need of effective treatment options, community Acupuncture has come to take a key role in withdrawal management programs.

## ACUPUNCTURE TREATMENT

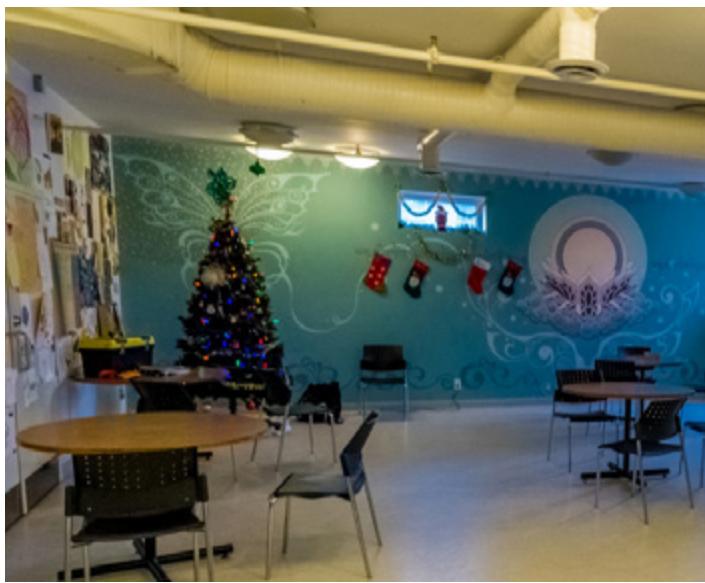
Any treatment "protocol", including the NADA protocol, by its very nature treats all clients as if they were the same.

*As people who practice TCM, we know this does not fit with reality, so we know that any protocol will not produce optimal results.*

With that, most clients that come for treatment to reduce or quit their use of drugs and/or alcohol, share many common characteristics. In a short article it is impossible to get into too much detail, but the NADA protocol points of Shen Men, Sympathetic Nervous System, Kidney, Liver, Lung combine generally in an attempt at treatment of the symptoms and syndromes listed above. Personally, I often add the Yin Tang point and either Du20 or Du24 to my treatments, as well as appropriate distal points that deal with a

particular client's unique symptoms. I have also found that points in the German Auricular Medicine system to be very helpful (such as the Anxiety, Depression, Psychotherapy and Worry points) and also find that the Battlefield Acupuncture system is very useful for most clients in pain. In addition, the German system also has various techniques that help determine if a particular auricular point is "active" or not, allowing for a more customized treatment.

*Besides basic treatment principles, I think it is very important to mention some of the more intangible elements of this treatment. It is important for me to give a client my undivided attention and care. Mindfulness plays an important role.*



Firstly, the awareness that results, aids greatly in the diagnosis of the client. Secondly, and possibly most important, mindfulness promotes relationship building that allows for a client to experience more clearly, that they are listened too and cared for. In turn, this hopefully encourages the client to continue the usually long, road of recovery. I like to think of

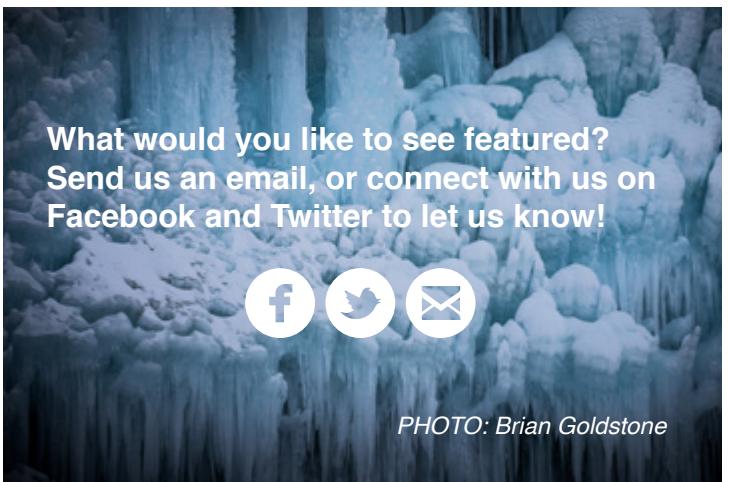
this other part of the process as "holding space" for my clients, where besides acting as their caregiver, I also strive to offer gentle, nonjudgmental guidance (whether by my words, actions and/or reactions) and support in a difficult time of their life. As with other caregivers at Onsite, creating a peaceful space is important.

*Providing the structure of a quiet, safe space plays a very essential therapeutic role in the lives of clients who often are faced with more chaotic environments.*

## TREATMENT BENEFITS

Some clients report that the Acupuncture treatments they receive are the most effective method of help that they receive in a detox setting. Clients generally report that Acupuncture treatments help them to feel calmer and help to reduce their pain. For many, the sessions have become a part of their routine, where the treatment and quiet moments help them to "change their mind and thinking". Some clients find the treatments "better than pharmaceuticals" as the use/abuse of pharmaceuticals may have unwanted side effects, and for some, can lead to seeking street drugs that potentially have dangerous ingredients added.

From my personal observation, clients often come to treatment having tried many different ways to reduce their drug and/or alcohol use in the past. Often their attempts have met with perceived failure up to that



point. With this experience, clients often find that complimentary medicine therapies and programs like OnSite in general, give them a fresh new opportunity to begin to meet their goals of a healthier life.

Although I hear clients say that Acupuncture is better than this or that, I think it is important to see Acupuncture treatment as an element of a clients vital holistic medical treatment that includes western doctors, nurses, counselors, etc.

*My experience in withdrawal management situations shows that this balanced approach to client care is very successful in helping a client have a more healthy and successful life.*

I also see that it is important here, for an Acupuncturist to promote harmony in a multi-disciplinary treatment situation, an accord that allows more readily for the continued acceptance of TCM into mainstream medicine.

- Brian Kushniruk, R.Ac.



## ABOUT THE AUTHOR

In 2002 after completing his studies in Traditional Chinese Medicine, Brian began a career in acupuncture working with Vancouver Coastal Health, primarily treating patients dealing with addictions and mental health issues. Brian is a Registered Acupuncturist and a Registered NADA Trainer, living in North Vancouver, BC.

He can be reached via email at [vancouverqi@gmail.com](mailto:vancouverqi@gmail.com)



PHOTO: Brian Goldstone

# Shen Disorders Course



Review of Alex Tiberi's online course on Shen Disorders offered through the **So Enlightenment** Website  
<http://www.soenlightening.com/alex-tiberi-pediatrics.html>

*By Susan Sandlin, L.Ac., M.S.O.M., Dipl. C.H., Dipl. Ac., E-RYT500*

Alex Tiberi is down to earth, warm, and caring. He has a deep love and respect for Chinese Medicine and it shows in his presentation style. I find listening to him very motivating. As both a professor and clinician, his experience is vast and he is willing to share not only from the Korean family tradition in which he was originally trained, but also from his years of being in clinic. Alex has a good sense of humor, which keeps his teaching lively.

After more than a decade of clinical practice, I have often wished for more training in the area of psychiatric conditions or Shen Disorders.

*Working with Shen-disturbed patients requires a special presence of mind and the more tools available, the better.*

This workshop gave me tools I had been wanting for years.

This category is broad and certainly many conditions have a Shen component, but the Shen Disorders category pertains to even more conditions than I had previously realized. Alex applies this information to modern patients in a fascinating manner. He offers pattern-based treatments not only for anxiety, which is exceedingly common, but also for overwhelm, memory loss, and body dysmorphic disorders.

Much of the information Alex provides is innovative and unique to this workshop. His explanation of the six types i.e.: Greater Yang, Greater Yin, etc., gave me more tools for working with the individual strengths and characteristics of each patient. On Day 2 of the presentation, there is an overview of the eye treatments I don't recall learning before. CFS is another condition we often see in clinic and he discussed some very interesting treatment approaches. As a pediatrics specialist, Alex includes treatment information on everything from colicky babies to autism.



## ABOUT THE AUTHOR

Susan holds a Master's of Science Degree in Oriental Medicine from the Midwest College of Oriental Medicine, one of the original schools of Oriental Medicine in the United States. Nationally certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), she earned certificates in both Acupuncture and Chinese Herbal Medicine. She has been treating patients with a combination of Acupuncture, Chinese Herbs, Chinese Food Therapy, Massage, Yoga and other modalities ever since.

More info at <http://westendeasternmedicine.com/about-susan-sandlin/>

For those interested in pediatrics, this workshop provides some very unique concepts.

I love taking workshops that offer immediately applicable information. This is definitely one of those. Some workshops I have attended have required that I learn a new technique or way of thinking. While I was eventually able to use the methods, they did not necessarily become immediately comfortable and required some practice. In fact, I was able to clinically apply some of this information after listening to the first section of Day 1.

Shen Disorders is incredibly valuable and I believe there are some principles that could apply to almost every patient. The point prescriptions are wonderful and some are quite unique. Alex teaches an appropriate balance of herbal formulas and acupuncture techniques. While this workshop includes many amazing ideas for herbal treatment, it is not too heavy on herbal information like I have found some to be.

Beyond the obvious advantages of not having to travel, a great benefit of this format is that you have the opportunity to replay a profound comment and to listen to it again and again. I wish I had taken this workshop years ago.

- Susan Sandlin



PHOTOS: [www.soenlightening.com](http://www.soenlightening.com)

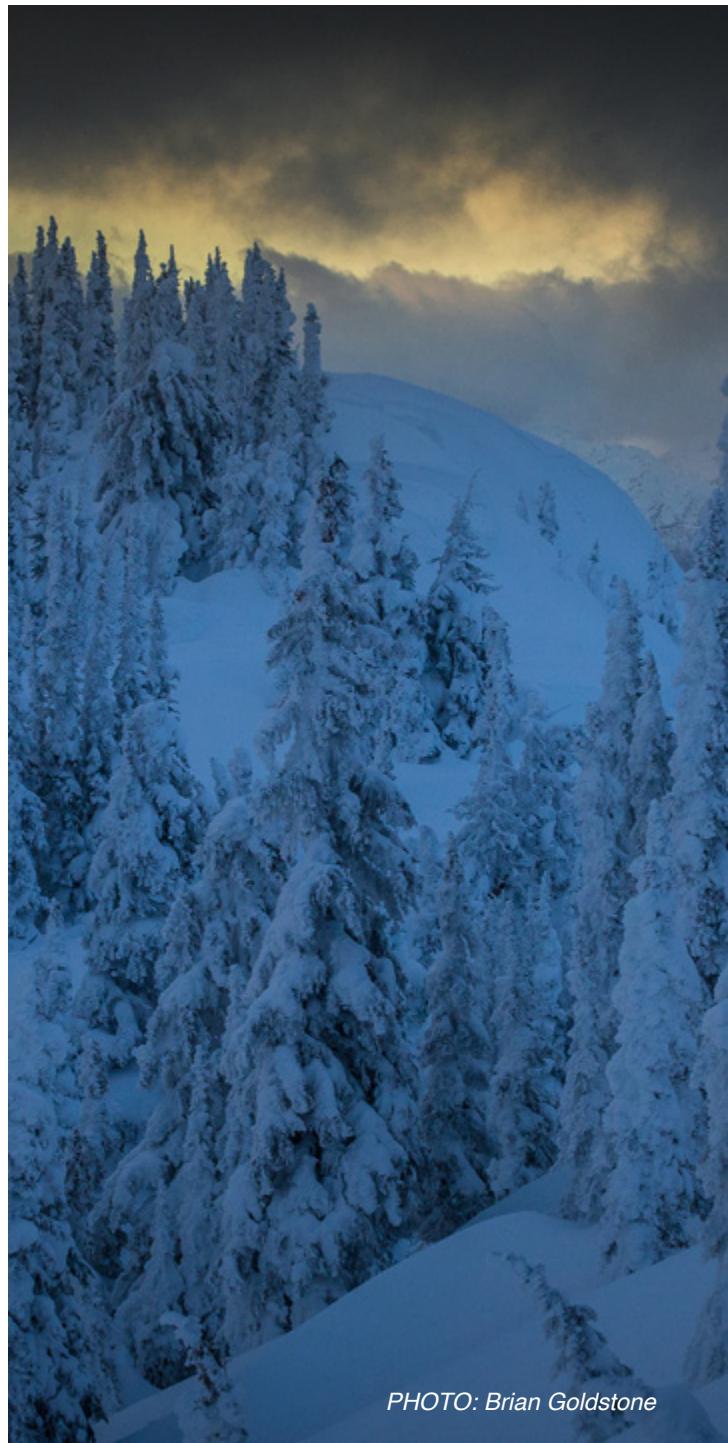


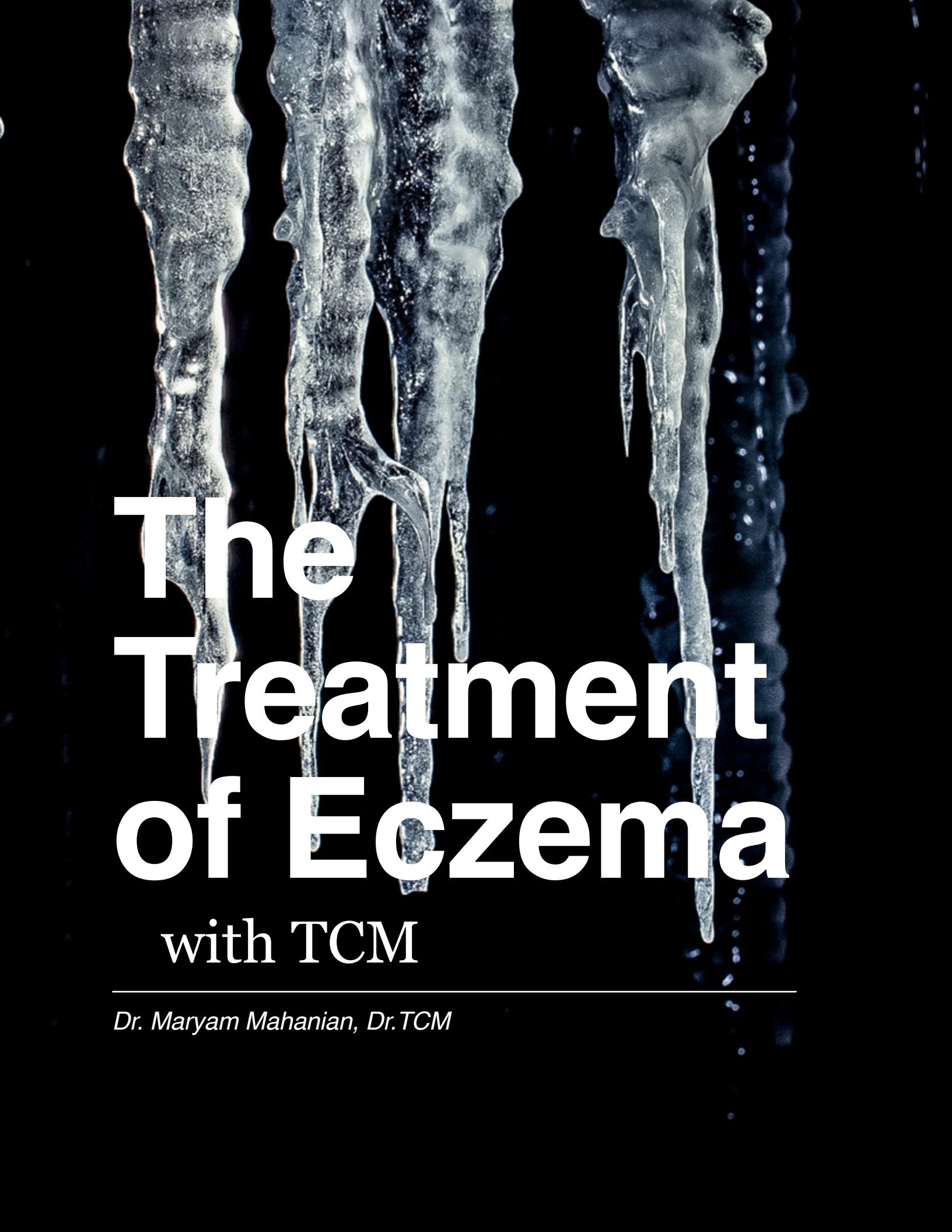
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# The Treatment of Eczema

with TCM

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*Dr. Maryam Mahanian, Dr.TCM*

# Eczema: Making a Difference

I remember one of my first eczema patients back in 2003. I was quite fresh out of school. The patient was a forty year old female with severe facial eczema. It was extremely uncomfortable even to just smile or speak. The itchiness would be overwhelming and would often keep her awake at night. Her face was bright red, hot, and swollen. She was exhausted and beyond frustrated. As a result of the physical appearance of the eczema, it took a great toll on her self-esteem. My heart broke for this patient. I knew that I had to do whatever I could to help her. I couldn't help but feel that my knowledge and experience to treat such a severe case was inadequate. I had to go beyond what I learnt in school and further deepen my knowledge on eczema.

Eczema refers to a group of diseases such as atopic dermatitis, contact dermatitis (allergic or irritant), and seborrheic dermatitis. I will focus on the most common type which is atopic dermatitis. Atopic Dermatitis usually begins in infancy and can recur later in life.

## ETIOLOGY

Constitutional Spleen deficiency results in the non-movement and non-transformation of fluids, which collect into Dampness. It is said in the Nei-Jing that defensive Qi exits from the middle burner meaning that it is manufactured by the Spleen. Insufficient defensive Qi makes one more susceptible to being invaded by Exterior-Wind evils. A poor diet engenders Dampness. This Dampness obstructs the free flow of Qi resulting in Heat. Wind, Damp, and/or Heat get trapped in the skin causing symptoms of dermatitis. Over time, injury to the Fluids results causing Blood deficiency and Dryness.

Dermatitis is often exacerbated by unfulfilled desires and easy anger. This results in Liver Qi stagnation.

Liver Qi stagnation may assail the Spleen leading to deficiency of Blood. Liver Qi stagnation also results in Heat. The Liver stores the Blood so the Heat easily transfers to the Blood aspect.

Heat floats upward to accumulate in and steam the Lungs. The Lungs govern the skin. The reason why eczema often affects the upper body is due to the upward moving nature of Heat.

Over time, malnourishment and obstruction by Wind, Dampness, and Heat impede the free flow of Qi and Blood leading to Blood stasis. This makes the condition more stubborn and the lesions take longer to heal.

## PATTERN DIFFERENTIATION

Theoretically, eczema can be broken down into the very simple patterns of Wind-Heat, Damp-Heat, or Wind-Dryness. Unfortunately, in practice it is not this simple. Patients often have a combination of the above patterns and it is imperative that the diagnosis be accurate.

The good and bad news: The bad news is that dermatological conditions can be difficult and slow to respond to treatment. It can take much time and patience on the part of both the patient and the practitioner. The good news is that it is relatively easy to identify the patterns. When creating a differential diagnosis, first and foremost, you must look at the lesions. Mazin Al-Khafaji, a leader in TCM dermatology, writes in his article titled *The Wind of the Four Crooks*, “the skin is like an open book, the vast majority of information is there to be deciphered by those who can read the language. By closely observing the morphology, a formula will almost write itself.”<sup>1</sup>

As a general rule, if there is redness, there is Heat. If the colour is purple-red, there are Heat toxins or stasis-Heat. If dark-red, there is stasis Heat. If there are blisters, there is Dampness. If there is pus, there are Heat toxins. If scaling, there is Dryness. If skin is pigmented (brown) with lichenification, there is Blood Stasis. If itching, there is Wind. If the lesion feels hot, there is Heat. If there is localized pain there is Blood Stasis. Add up the proportions and you will figure out how much of each herb to use in the formula. Also, keep in mind that you can have Dry and Damp at the same time (scaling and suppuration). It goes without saying that a complete patient history should always be considered in addition to looking at the lesions.

Itchiness is the universal symptom for eczema and

can be the most difficult symptom to live with. Wind and/or Dampness are the main culprits for itchiness. The practitioner needs to figure out if there is Wind, Dampness, or, if a combination of the two which one predominates. Itchiness is often worse at night because the circulation of Qi and Blood slows down during the Yin hours.

In my practice, I prescribe most formulas in concentrated powder form (at a high dosage) but in some exceptional cases as in the one described above, I do prescribe raw herbs. A few of the common herbs I use are the following:

- *Stop itching due to Wind: Bai Ji Li, She Chuang Zi*
- *Stop itching due to Dampness: Bai Xian Pi*
- *Blood mover: Dan Shen*
- *Cooling the Blood: Chi Shao Yao, Sheng Di Huang, Mu Dan Pi*
- *Clearing Damp-Heat: Long Dan Cao*
- *Dampness seeping: Fu Ling, Ze Xie, Che Qian Zi*

I am cautious when prescribing nourishing herbs. I most often treat excesses in my eczema patients, ie: Damp-Heat, Wind-Heat or Toxic-heat. I usually add nourishing herbs in small doses towards the end of the TCM treatment.

Acupuncture can be an effective complement to the herbal medicine in the treatment of eczema. Some of its benefits for eczema patients are calming the nervous system, soothing Liver Qi and relieving Blood stagnation, and helping patients sleep better.

## DIETARY RECOMMENDATIONS

Changing one's diet dramatically can often be a burden and too overwhelming on these already stressed out eczema patients. I recommend minor adjustments such as avoiding spicy foods, alcohol, greasy foods, and shellfish, and incorporating soups and stews, congee and steamed vegetables in their diet. Eczema can also be due to insufficient Blood-nourishing foods in the diet. For example, some of my vegetarian patients have seen a positive difference after incorporating animal meats into their diet.

## EXTERNAL REMEDIES

According to Bob Flaws, "Many failures in the Chinese medical treatment of dermatological conditions are due to failure to apply the correct external remedy."<sup>2</sup> External remedies should be applied two to three

times per day for best results. A long standing TCM doctor, Dr. Tran, introduced me to herbal foot soaks to bring fire downwards which I used for the above patient. I also commonly use external remedies from the Bluepoppy line. The eighteenth century physician Xu Da-Chun observed in *Discussion of the Origin and Development of Medicine*, that "External diseases emphasize external (treatment) methods the most."

Other lifestyle recommendations are to rest, refrain from overworking, and try to deal with stress and stay happy.

Nutritional supplements can be helpful but taking too many vitamins can be warming in nature. I always advise moderation. A few supplements to choose from are B complex, Fish oils, Quercetin, Zinc, and most importantly a good quality probiotic.

After working with the above patient for many months, her eczema improved dramatically. I just recently saw her again after more than a decade, and she reported that her facial eczema has not returned.

- Maryam Mahanian

## References:

- <sup>1</sup> Mazin Al-Khafaji, *Wind of the Four Crooks*
- <sup>2</sup> Bob Flaws (Blue poppy Institute): *Successful Treatment of Eczema* course



## 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](http://chinesemedicineclinic.com)

## 2-11-1

The three months of winter, they denote securing and storing.

The water is frozen and the earth breaks open.

Do not disturb the yang [qi].

Go to rest early and rise late. You must wait for the sun to shine.

Let the mind enter a state as if hidden, {as if shut in} as if you had secret intentions; as if you already had made gains.

Avoid cold and seek warmth and do not [allow sweat] to flow away through the skin.

This would cause the qi to be carried away quickly.

This is correspondence with the qi of winter and it is the Way of nourishing storage.

Opposing it harms the kidneys.

In spring this causes limpness with receding [qi], and there is little to support generation.

---

**Huang Di nei jing su wen An Annotated Translation of Huang Di's Inner Classic – Basic Questions Volume I Chapters 1 through 52 Paul U. Unschuld and Hermann Tessenow in Collaboration with Zheng Jinsheng**

[http://www.biblio.nhat-nam.ru/Huang\\_Di\\_Nei\\_Jing\\_Su\\_Wen-Unschuld-Tessenow-1-2.pdf](http://www.biblio.nhat-nam.ru/Huang_Di_Nei_Jing_Su_Wen-Unschuld-Tessenow-1-2.pdf)



# The Weather Outside is Frightful...

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*Christine Lang, R.TCM.P*

PHOTO: Christine Lang

Let's face it. Winter in Canada can be harsh and long. Months of cold dark days, even colder nights and undoubtedly some form of precipitation can make even the hardiest of Canuck's want to curl up in their pj's and hibernate. According to Traditional Chinese Medicine (TCM), this may in fact be just what your body needs.

Yin and Yang are commonly used terms in TCM that are viewed as relative opposites however one cannot exist without the other and are therefore, interdependent. Yang pertains to active concepts such as day, hot, movement and outward while Yin relates to more quiet notions including night, cold and rest and inward. From this its evident that winter is closely aligned with Yin.

This concept is evident in nature when trees drop their leaves while their Yang energy is diverted deep into the roots. It is only through this system of storage and replenishment during the season of rest that the trees can flourish in the spring and summer, showing off their blossoms and leaves as their vibrant Yang energy comes to the surface. A great place to start on the journey to wellness is to align with this constant ebb and flow between Yin and Yang that occurs in nature.

I'm sure most Canadians have experienced the feeling of being 'cold to the bone' in winter. TCM sheds some light on this old adage, as the main organs associated with winter are the Kidneys, which are integral to our overall health and longevity. They are said to store essence or life force and in fact govern the bones. The Kidneys are also associated with the emotion of fear as well as a salty taste.

The Kidneys have both a Yin and Yang component and it is the balance between them that helps nurture vibrancy and wellness. Weakness of Kidney Yang may be observed as: cold and soreness of low back or knees, decreased libido, asthma and reproductive or urinary difficulty. Typical signs of Kidney Yin deficiency can include: dizziness, ringing in the ears (tinnitus), a hot sensation in the palms/soles/chest, poor memory, constipation, and in men, seminal emission.

TCM is a holistic system that promotes health and longevity using a variety of methods including; acupuncture, herbal remedies, tai chi, and cupping to name a few. Yet perhaps the most fundamental way to care for your body is with food. The Chinese believe that eating locally grown, seasonal foods that

support optimal functioning of the body at certain times of the year is a great place to start.

Chances are if you regularly feel a deep coldness, you could benefit from boosting the Yang energy with some warming foods however; balance is emphasized in not only the foods you consume, but lifestyle choices as well. It is as unhealthy to consume only warm or hot foods in the winter, as it is to eat predominantly cold, raw foods when it's -25 Celsius outside. Likewise, it's not advisable to exercise and sweat excessively in winter or stay up until all hours of the night. As a reminder, although the flavour associated with the season is salt, too much can have a negative impact on the Kidneys so as always, moderation is key.

When choosing recipes to promote health specifically during the winter months, look for ingredients that utilize seasonal, warming food including cooked squash, onion, root vegetables and many hearty, leafy greens. Spices such as ginger, garlic, cinnamon, nutmeg and curries are warm in nature and make great additions to many dishes come winter to help combat the ever present cold. Seeds, nuts and legumes have the tendency to move inward and down, which as outlined above, is supportive of the Yin energy of the season and can help bring all other warming ingredients to where your Yang is residing – deep in your core or roots. In respecting the Yin Yang balance, its key to incorporate some neutral foods such as potatoes or eggs and/or more



PHOTO: Christine Lang

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*Spices such as ginger, garlic, cinnamon, nutmeg and curries are warm in nature and make great additions to many dishes, to help combat the ever present cold.*

cool foods such as apples/pears or citrus fruits into your diet for balance.

This recipe has become a cold weather favourite as it comes together quickly, leaving more time for other activities like skiing, hiking or simply wrapping up in a blanket and taking a nap. As our consumption of heavier foods tends to increase to combat the grueling weather we have to endure, this recipe provides a lighter option yet is just as satisfying. The house always smells so warm and comforting when coming inside from the bitter cold. A great compliment to this curry is steamed rice or naan bread. Rice, being neutral in temperature and sweet, is used as an energy tonic and is easy to digest. As a bonus, this dish reheats beautifully for several days.

*Winter is the time of year to pay attention to your inner landscape, to draw within and truly listen to your inner voice. Take a cue from nature. Hibernate like the bears.*

Go to bed early and arise when the sun comes up. Pull your energy toward your roots like the trees after dropping their leaves. Just as animals grow a winter coat ensure you're dressed warmly when exposed to the elements. It's a great time of year to work on your core issues and perhaps face some of your fears. You just might be amazed at what blossoms come spring.

- Christine Lang

# Slow Cooker Squash and Chickpea Curry

*Canadian Living, December 2006*

**SERVES 8**

## Ingredients

2 cups (500 mL) cubed peeled butternut squash  
2 cups (500 mL) diced peeled potatoes  
1 can chickpeas, drained and rinsed  
1 tbsp. (15 mL) vegetable oil  
1 onion, diced  
2 cloves garlic, minced  
1 tbsp. (15 mL) minced gingerroot  
3 tbsp. (45 mL) mild curry paste  
1 can light coconut milk  
1 cup (250 mL) vegetable stock  
1/4 cup (60 mL) natural cashew butter or peanut butter  
1/4 tsp. (1 mL) salt  
2 cups (500 mL) packed shredded Swiss chard (kale works well also)  
1 cup (250 mL) frozen green peas  
2 tbsp. (30 mL) chopped fresh coriander

## Preparation

1. In slow cooker, combine squash, potato and chickpeas.
2. In large skillet, heat oil over medium heat; fry onion, garlic and ginger, stirring occasionally,



## 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.

until onion is light golden, about 7 minutes. Add curry paste; cook, stirring, until fragrant, about 1 minute. Add to slow cooker.

3. Add coconut milk and stock to slow cooker; stir in cashew butter and salt. Cover and cook on low for about 4 hours or until vegetables are tender.
4. Stir in Swiss chard and peas. Cover and cook on high for about 15 minutes or until Swiss chard wilts. Sprinkle with coriander.



#### Nutritional Information, per each of 8 servings

CALORIES 217; PROTEIN 6g; CARBS 32g; FIBRE 5g; CHOLESTEROL 0mg; IRON 1mg; SODIUM 543mg; SATURATED FAT 3 g; TOTAL FAT 8g.

% RDI: CAL 4; IRON 11; VIT A 50; FOLATE 25.



# Remembering a Master

Dr. Richard Teh-Fu Tan

*“Dr. Tan touched the lives of countless people in immeasurable ways. He was beloved by thousands of people across the globe for his wisdom, inspiration, humor and compassion. He tirelessly shared his teachings with innumerable practitioners for three decades.”*

-<http://www.drtanbalance.com/memorial-dr-richard-teh-fu-tan/>

“

Dr. Tan is probably the greatest Chinese medicine teacher I've ever encountered.

His knowledge, application, and personality was/is an experience that I will hold forever in my heart.

I had the great privilege to attend his balance conference on 2 occasions, Berlin 2008 and Paris 2012.

I will miss his presence and incredible energy but his legacy will live on through each of his students.

- David Boyle

David Boyle is a Registered Acupuncturist and TCM Practitioner, from Cork, Ireland.

Photos on this page are courtesy of David Boyle, taken during the Dr. Tan Balance Conference in 2012.

**If you would like to pay tribute to our dear teacher and friend, please add your message to his online memorial page: <http://beautifultribute.com/dr-richard-teh-fu-tan/>**





“

### How does one handle greatness?

Anyone who has ever been a student of Dr. Richard Teh-Fu Tan knows that he knew exactly how to handle greatness. It was as simple as... “dedicate yourself to something and make it part of who you are... then share that knowledge and understanding with the world...”

Dr. Tan or as I knew him... Sifu... Sifu lived his life in exactly that manner.

He called this... Li Gan Jian Ying. You stand a pole and you'll see the shadow...

But Dr. Tan stood in no one's shadow and he never expected his students to either...

His love for teaching was only exceeded by his love for laughing, helping people, great food, and a chance to dance.

Anyone who has ever spent time with Dr. Tan knows that his heart was always in your best interest and the interest of your patients. He genuinely wanted every person that choose this incredible field of Acupuncture to benefit... Humble, caring, passionate, gifted are but a few on a long, long list of words that could be used to describe this amazing man.

As anyone of his students will tell you... my practice of Chinese medicine, my understanding of Chinese medicine, my life will forever be changed having known and been privileged enough to call him my Teacher, to call him friend, to call him Sifu.

Sifu may you forever smile upon the world knowing that through your work and your teachings you have touched the lives of millions and millions of people.

Thank you Sifu for the laughs, the hugs, and the learning... may you find the peace you so richly deserve...

In loving memory and gratitude forever your student.

- Jeremy Gilsoul

Jeremy Gilsoul L.Ac, MSOM

Acupuncturist in Private practice in Seattle, WA.  
Director of Marketing for Brew-It-Yourself Bone Broth, San Jose, CA.

Photos on this page are courtesy of Jeremy Gilsoul.

# MRM's Top 15 of '15

2015 was a big year for activity and engagement within the Medicinal Roots Magazine Facebook community and beyond.

Below are the Top 15 posts from the MRM Facebook page. Click the links below to read the posts, and keep the comments and shares coming.

## 1. NOVEMBER – PALLIATIVE CARE

<https://www.facebook.com/MedicinalRootsMagazine/photos/a.364516223729534.1073741828.352841814896975/492277464286742/?type=3&theater>



## 2. MARCH – B12

<https://www.facebook.com/MedicinalRootsMagazine/posts/3956986572777957>

## 3. NOVEMBER - PTSD

<https://www.facebook.com/MedicinalRootsMagazine/posts/490410561140099>

## 4. DECEMBER – PC 6 NEURO

<https://www.facebook.com/MedicinalRootsMagazine/posts/502552179925937>

## 5. NOVEMBER – WINTER RECIPES

<https://www.facebook.com/MedicinalRootsMagazine/posts/497058293808659>

## 6. OCTOBER - CUPPING

<https://www.facebook.com/MedicinalRootsMagazine/photos/a.364516223729534.1073741828.352841814896975/487508241430331/?type=3&theater>

## 7. NOVEMBER – THE NFL

<https://www.facebook.com/MedicinalRootsMagazine/posts/495771083937380>

## 8. JUNE - CARDIOLOGIST

<https://www.facebook.com/MedicinalRootsMagazine/posts/432661690248320>

## 9. OCTOBER - NOBEL PRIZE

<https://www.facebook.com/MedicinalRootsMagazine/posts/483551618492660>



## 10. OCTOBER – ADAM CHEN

<https://www.facebook.com/MedicinalRootsMagazine/photos/a.364516223729534.1073741828.352841814896975/484341148413707/?type=3&theater>

## 11. NOVEMBER – RU XIANG

<https://www.facebook.com/MedicinalRootsMagazine/posts/495153850665770>

A screenshot of a Facebook post from Medicinal Roots Magazine. The post was made on November 19, 2015. It features a small image of a person's hand holding a root, with the caption "[Tome] | Frankincense Proven To Be Psychoactive Antidepressant - TIMEWHEEL". Below the image, it says "TIMEWHEEL is a record label, audiovisual studio and blog". The post has received 668 likes, 22 likes, 1 comment, 4 shares, 35 post clicks, 0 photo views, and 17 link clicks. There are options to hide the post or report it as spam.

## 12. MAY - BBC DOCUMENTARY

Acupuncture as anesthesia, sound scientific based trials and more in this #TCM #documentary by #BBC

[https://youtu.be/aeDv\\_PKEgPk](https://youtu.be/aeDv_PKEgPk)

## 13. AUGUST - COMA STUDY

<https://www.facebook.com/MedicinalRootsMagazine/posts/466058050242017>

## 14. FEBRUARY - SIDE EFFECTS

<https://www.facebook.com/MedicinalRootsMagazine/posts/381079192073237>

## 15. JULY - RAT PARK

<https://www.facebook.com/MedicinalRootsMagazine/posts/459855997528889>

A screenshot of a Facebook post from Medicinal Roots Magazine. The post was made on July 20, 2015. It features a video thumbnail of Johann Hari speaking at a TED talk. The caption reads: "If #TCM has taught us one thing, the impact our environment has on us, is certainly one of emphasis. #MondayMustWatch #Addiction #Bonding #YYRRResearch #RatPark". Below the video, it says "http://www.ted.com/talks/johann\_hari\_everything\_you\_think\_you\_know\_is\_wrong". The post has received 10 likes, 7 likes, 1 comment, 2 shares, 23 post clicks, 0 photo views, and 17 link clicks. There are options to hide the post or report it as spam.



What would you like to see featured?  
Send us an email, or connect with us on  
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PHOTO: Brian Goldstone



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# MEDICINAL ROOTS 相慧 MAGAZINE

*Ancient Wisdom - Modern Healthcare*



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*PHOTO: Brian Goldstone*