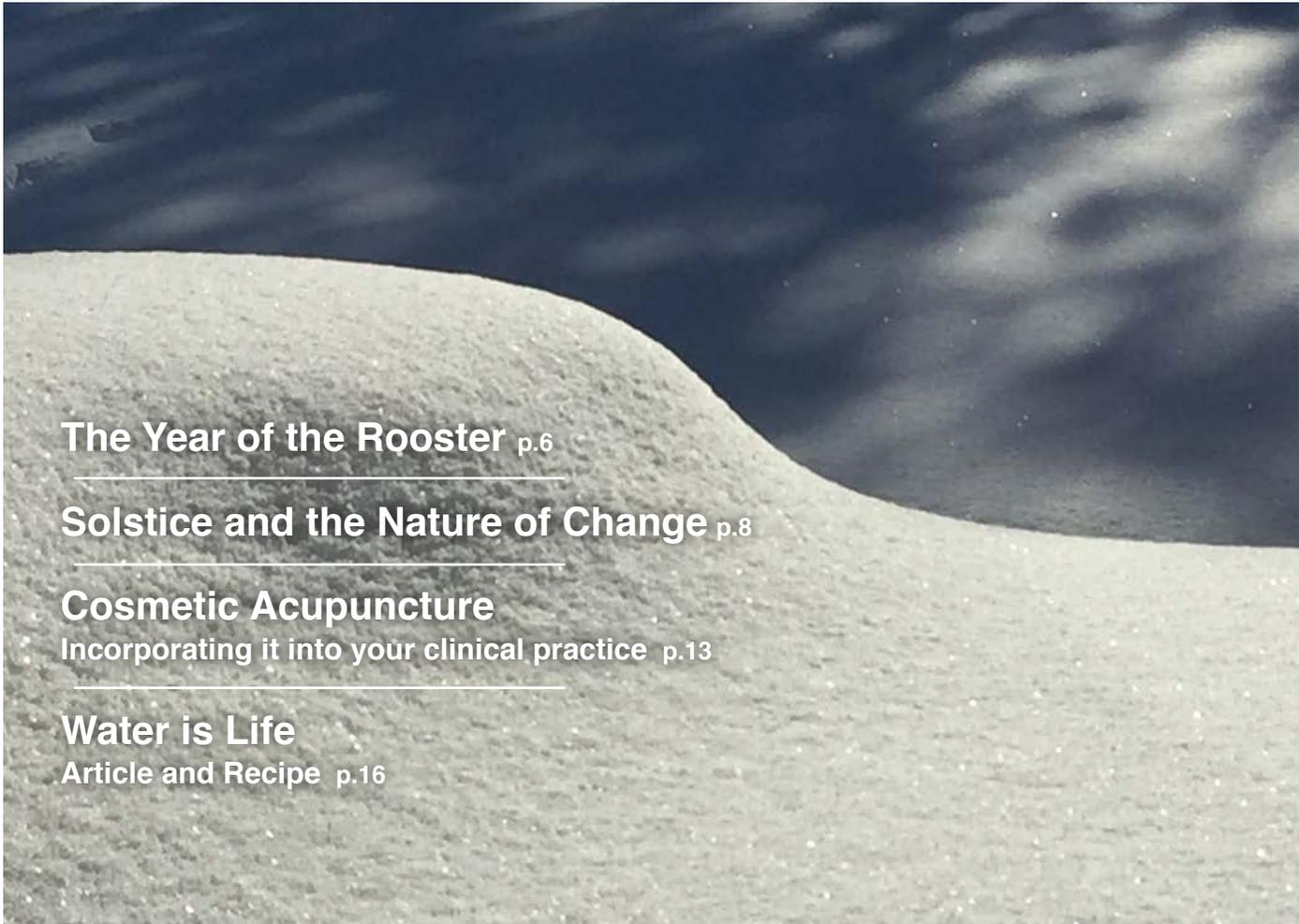


Winter 2017

MEDICINAL ROOTS 相慧 MAGAZINE

Ancient Wisdom - Modern Healthcare



The Year of the Rooster p.6

Solstice and the Nature of Change p.8

Cosmetic Acupuncture
Incorporating it into your clinical practice p.13

Water is Life
Article and Recipe p.16

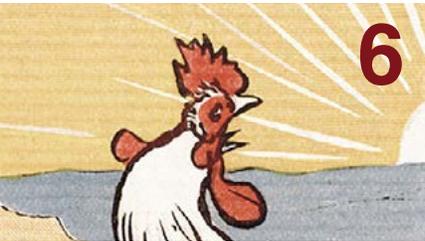
this issue



3

MRM's 7 Questions

Darcy Carroll, R.Ac. (BC)



6

The Year of the Rooster

Excerpts of *The Year of the Rooster*, approved for republication.

Raymond-Lo.com



8

Solstice and the Nature of Change

Daniel Schulman, Dipl.Ac. (NCCAOM), R.Ac. (PEI)



13

Incorporating Cosmetic Acupuncture into your Clinical Practice

Dr. Maryam Mahanian, Dr.TCM (BC)



16

Water is Life

Article and Recipe

Christine Lang, R.TCM.P (ON)



Photo Submissions

Photography from MRM readers:

Laura Breeden, L.Ac., p.12, 21

Christine Lang, *Front Cover*



EDITOR-IN-CHIEF

Kim Graham

DIRECTOR Kim Graham

PUBLISHER Kim Graham

CHINESE LANGUAGE Weijia Tan
Simon Au Young

COPY EDITOR Kyla Drever
Shanie Rechner

**SOCIAL MEDIA
MANAGER
INTEGRATED** Shanie Rechner

BUSINESS DIRECTOR Kyla Drever

**ADVERTISING
DIRECTOR** Kyla Drever

CREATIVE SERVICES Bizbee Creative

PHOTOGRAPHY Brian Goldstone

CONTACT

medicinalrootsmagazine.com
medicinalrootsmagazine@gmail.com

Kim Graham, Dr.TCM
Editor-in-Chief, Director, Publisher
drkimtcm@gmail.com
www.drkimtcm.com

Kyla Drever, Dr.TCM
Editor, Business Advisor
drkylatcm@gmail.com
www.kaizenholistics.com



CONTRIBUTE

MRM encourages all article submissions addressing any topic related to the practice of acupuncture and Traditional Chinese Medicine (TCM). Submissions can be emailed to medicinalrootsmagazine@gmail.com

Visit our website and click **Submission Guidelines** for more information.

MRM's 7 Questions

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



Poke is a community acupuncture clinic dedicated to providing affordable and effective acupuncture.

For our first issue of 2017, we are excited to be featuring acupuncturist and Poke owner **Darcy Carroll**. Darcy completed her studies in Traditional Chinese Medicine in 2005 at the Canadian College of Acupuncture and Oriental Medicine. She practiced acupuncture in various parts of BC before settling down

in Vancouver to open up its first community acupuncture practice: Poke. Darcy is a registered acupuncturist with the College of Traditional Chinese Medicine Acupuncturists and Practitioners of British Columbia and a proud member of the People's Organization of Community Acupuncture.

1. WHAT INSPIRED YOU TO PURSUE TCM?

My introduction into Chinese Medicine was somewhat unconventional. I had never had a treatment before, nor did I particularly like needles.

I had just returned from South America, where I had been living and working as an intern in El Salvador, putting my degree in Latin American and Caribbean Studies to use. I worked in a center for appropriate technology, in an environmental and social justice capacity. The work was quite intense, and by the end of my year long contract I was quite burned out. I was also disillusioned with development work and ready for a directional change upon my return home.

I had a friend who was studying Traditional Chinese Medicine and she mentioned how much she was liking it. I remember walking by a bookstore in Granville Island and seeing a book in the window about TCM. I purchased it and perused it and decided that it seemed to inherently reflect a lot of my beliefs. First and foremost was its connection to nature. Much of TCM theory arose from the study and observation of nature. This appealed greatly to me as I have always had a strong connection to the natural world. I also liked the idea of looking at the body as a whole, as opposed to breaking it down into its smallest components like our more Western rationalist approach. I enrolled in school and 16 years later I am still pursuing and evolving my passions in this field.

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

My greatest influence in TCM came later in my practice with the late Dr. Tan. As well as being a master of meridian theory acupuncture, he was an entertainer. His passion for his subject was apparent as he cracked jokes and paced around the room wearing his headset microphone. I had taken a multitude of seminars prior to finding him. For me, his teachings were the perfect mix of science and magic. I was particularly drawn to his systematic approach, which combined ancient Chinese Medicine Ba Gua theory with a rational, logical methodology for choosing points. It revolutionized my practice in that I no longer wondered whether the points I chose would be effective. It gave me an even greater confidence in treating whatever walked through my clinic door.

3. WHAT ARE THE BENEFITS AND CHALLENGES OF WORKING IN A COMMUNITY SETTING VERSUS A PRIVATE SETTING?

The benefits of working in a community style setting versus a private practice are numerous. One of its biggest draws is the fact that it is more affordable, which means that more patients can access treatment. The sliding scale allows patients to come more often. In turn patients get better more quickly. This creates a very positive working environment: patients are very appreciative!

For practitioners, the benefits are many. As the sliding scale allows patients to come in more often, practitioners quickly gain experience. Often a practitioner will treat 25-32 patients a shift. This translates into 75 plus patients a week. These numbers are difficult to achieve for many people working in a private setting. Moreover, as patients are coming in multiple times a week, you get to know your patients well. Creating this connection with a patient is a very satisfying component of the practice.

Another benefit of working in a community style clinic is the fact that no patient heals in isolation. There is a lovely collective energy created when multiple people are being treated at once.

Often people feel less nervous about receiving acupuncture in a room full of peaceful, sleeping patients.

On that note, it is also lovely as a practitioner to be a part of a community acupuncture clinic in that you are never completely isolated yourself. You are part of a team of practitioners. At Poke we meet regularly to share our complex cases, share our successes and support one another.

There are a few challenges in working in a community setting. It is a fast paced environment, so it requires you to do good self-care in order to treat this many people consistently.

It also requires you to let go of certain parts of your practice. For example, there is no room for massage, on site moxibustion, or modalities other than acupuncture. In many ways, I see this as liberating. I am no longer trying to fill an hour with a patient. No longer doing multiple things for a patient and then wondering what worked. At Poke we have simplified things. We do not do a lot of lifestyle counselling. We are not counsellors after all. We are acupuncturists, and we believe that our greatest strength for our patients lies in our ability to give consistent, effective acupuncture. Most patients know what they need to do - eat healthier, sleep well, exercise more. We find that when they start feeling better, they start making those lifestyle changes

4. HOW DO YOU THINK COMMUNITY ACUPUNCTURE HAS CHANGED THE PRACTICE AND ACCEPTANCE OF TCM IN CANADA?

Thankfully in BC there is a fair level of interest and acceptance around alternative medicine. Many people have heard of acupuncture. Having said that, I do get a good number of patients coming in as a "last resort". Our government has recognized TCM as a medical form of treatment, and as such have offered (marginal) subsidies to people

on income assistance. I do not have much experience with the rest of Canada in terms of TCM, though I know that some provinces still remain unregulated.

5. CAN YOU TELL US A BIT ABOUT YOUR VOLUNTEER PROGRAM AT POKE? HOW DID IT COME ABOUT AND AND HOW DOES IT WORK?

At Poke we have a team of volunteers that help us out with reception. These lovely people actually volunteer for The People's Organization of Community Acupuncture (POCA). This organization is a co-op that acts a resource for practitioners, patients, clinic owners, volunteers and the general public. Volunteers are then directed to contact their local clinics if they would like to volunteer in some capacity.

Our volunteers are the heart of our clinic. They add a unique, varied and personal touch to Poke. They are a huge part of our community.

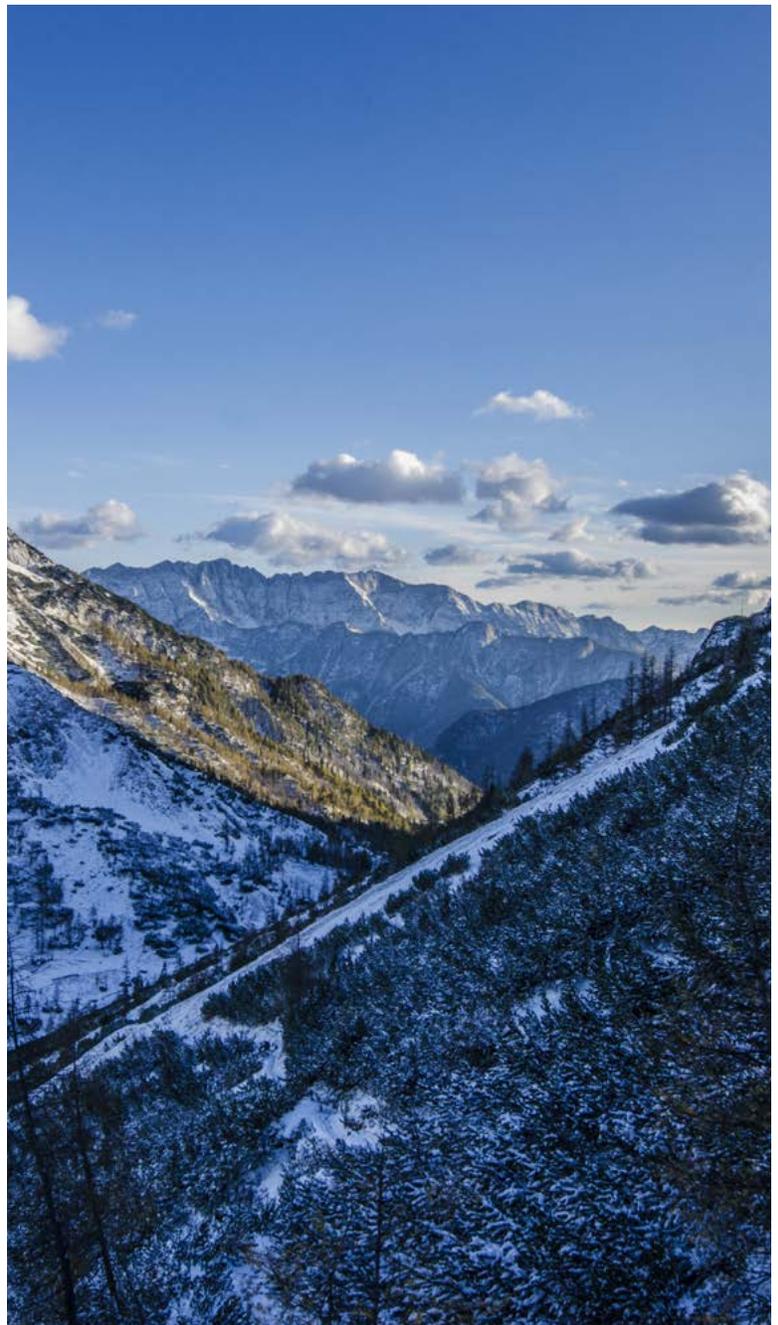
6. DO YOU HAVE ANY SUGGESTIONS FOR TCM PRACTITIONERS WHO WOULD LIKE TO START THEIR OWN COMMUNITY PRACTICE?

My suggestion for someone who would like to start their own community practice would be to first and foremost join POCA. I would also direct them to read Acupuncture is Like Noodles, and Fractal by Lisa Rohleder. I would tell them to get treatments at a CA clinic if they haven't already done so. I would also tell them to make sure this is what they want to do because it involves a lot of hard work.

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

When I find the time to be away from work I like to hang out with my four year old daughter. I also like to connect with my community and nature. And of course indulge in a little Netflix.

- Darcy Carroll



ADVERTISE IN MRM

Reach a growing, targeted readership of TCM practitioners and stakeholders across the globe.

For more information and to book your space today contact:

Kyla Drever, Advertising Director

Medicinal Roots Magazine

drkylatcm@gmail.com



THE YEAR OF THE ROOSTER

Year of the Rooster was featured on [Raymond-Lo.com](http://www.raymond-lo.com). Excerpts of this article have been graciously approved for republication in Medicinal Roots Magazine's Winter 2017 issue. For the full article: <http://www.raymond-lo.com/news/100044/the-year-of-the-rooster>

The Year of the Rooster, 2017, in the Hsia calendar, is symbolized by two elements – Yin 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 a fighting relationship. Normally, such conflicting elements means disharmony. In particular Yin Fire symbolizes a candle flame, which is flickering and unstable. It also represents an emotional, sentimental and sensitive person, not quick tempered like Yang fire, but tense and nervous; its temper accumulates and once it explodes, it will be more serious than Yang fire. The Chinese have a saying – “A spark of fire can burn down the field”, hence Yin fire is more associated with fire disasters and explosions. As fire and metal are in a conflicting relationship, there will be international conflicts and clashes.

The Chinese calendar of Heavenly stems and Earthly Branches go in 60 years cycles. This means that we have experienced the same yin fire Rooster year 60 years ago in 1957 as well as 120 years ago in 1897.

In Chinese metaphysics, Yin fire represents the heart and blood circulation. It also refers to the brain, nervous system and the eyes. Hence a Yin fire year is easy to bring sickness of heart, blood, inflammation problems, brain and nerve problem such as hypertension and stroke.

Metal in the human body is related to the lung and breathing organ. With fire attacking metal, there is chance of flu and other breathing organ or skin problems. Yin metal attacks yin wood, which is related to small bones in the body, so it is also necessary to beware of accidents causing injury to back bones, limbs, fingers and toes.

In Chinese medicine, fire element is related to the heart and blood circulation, as well as to the brain, nervous system and the eyes. As this year is fire burning metal, we have to beware of inflammation of skin and breathing organ problems. Flu pandemic may be more serious in 2017.

... Yin fire years often boost people's confidence about the economy bringing good performance to the stock market. Particularly during the spring and summer seasons when the wood and fire seasonal element will make the candle burn very bright and such illusory fire will drive up the stock market sky high. However, once the seasonal support of wood and fire expires in around August onward, there will be dramatic downturn as the illusive candle flame is dying. Hence for people who play in shares and the stock market have to prepare for big disappointment in the second half of the year. Such phenomenon of crazy markets in the first half year and collapse in autumn happened in many previous yin fire years before, such as 1987, 1997, 2007. The bearish market may commence from around August 2017 and this time the impact can be long lasting, as there will not be any support to fire element between 2018 to 2022.

The Rooster is strong metal element, in Chinese metaphysics it is also the "Peach Blossom" or "Flower of Romance" which brings beauty and charm particularly to people who are born in either year or day of Monkey, Rat and Dragon. Such Peach Blossom year will also be beneficial to glamorous industries such as beauty, fashion, entertainment, and music. Yin fire also relates to the kitchen and energy and will bring prosperity to restaurant and cooking business, as well as energy healing, sport and exercise such as fitness and yoga centre. The negative aspect of such "Peach Blossom" is sex scandals.

Regarding flying star feng shui, the current twenty year period from 2004 to 2024 is called "Age of 8" and this number 8 represents the Trigram of Mountain and it also is symbol of young children. Therefore since stepping into Age of 8 in 2004, it seems there are more disasters, troubles and misfortunes affecting children. This number 8, representing children will always present in the centre of the flying star chart in this 20 years from 2004 to 2024. So it is always important to pay attentions to children safety and well being in this period of 8.

Regarding the economy, fire element is often the driving force behind the stock market. The five elements are also affecting people's mood. In general fire is joy, water is fear, Earth is meditation, metal is sadness, and wood is anger. As such, fire year often generates optimism and drive up the stock market. For example the last financial tsunami happened in 2008 because it is strong water year of the Rat. The economic crisis deepened and continued until 2012 because all these years did not have fire element.

...In 2016, year of Fire Monkey, it was "sun setting in the west", so the economic atmosphere suffered slow down. However, for 2017 the Yin Fire is positive for the economy and this optimism will continue to bring confidence to buy, particularly in spring and summer time, when the candle flame gains seasonal support and drives up the illusory optimism.

- *Raymond-Lo.com*

For the full article, please visit:

<http://www.raymond-lo.com/news/100044/the-year-of-the-rooster>





Solstice and the nature of change

Daniel Schulman, Dipl.Ac., (NCCAOM), R.Ac. (PEI)

In the Fall 2016 issue, Lorraine Wilcox graced us with an understanding of Change in the practice of medicine. She rightly urged us to engage with the matter of change, not from the lower perspective of calculations and divinations, but from the higher perspective of principle. I will endeavour to provide my own small elaboration on this matter here.

We have just traversed the winter solstice in the Northern Hemisphere. The incremental lengthening of daylight in the long slow transition towards summer has begun.

Superficially, this reality runs counter to our experience. In much of North America, we have only just put our gardens to sleep, hauled out our winter clothing, started shoveling snow, and graced our windows with seasonal lights. It feels like winter has just begun. And yet, it is the unfolding of summer that has just begun? How can that be? The same apparent conflict between experience and reality can be found at the 'other end', when, it seems to us, summer has really just begun and the days are already starting to shorten (the day after June 21).

This is how the process and flow of change in nature works. The beginnings of things germinate long before they manifest enough for us to be in the full-fledged experience of them. The same thing happens in the 24 hour diurnal cycle. We think of 6 or 7 a.m. as the morning and 6 or 7 p.m. as the evening. Those are the times morning and evening are full blown; in their full expression. But the barely perceptible inklings of morning or evening, the very beginnings of morning-ness or evening-ness start many hours before the full expression arrives. Most spiritual traditions recognize this, with various practices engaging deep contemplative work in the very early hours of the morning, long before the day is in full flower.

If you are really tuned in to things, you can usually feel these unfolding phases of change somewhere quite early along in the process. You may be familiar with that day in January - the temperature is way below freezing, snow abounds, we are in the depths of winter, and yet, for a moment, you catch that very first germ of Spring in the air. It can be powerful enough to inspire unbuttoning your collar and tilting your head up towards the sun, a fleeting anticipatory worshipful nod to Spring long before it's fully abundant arrival.

Consider the Yin Yang symbol. The two small black and white dots in the centre of the curvy teardrop shapes of the opposite colour depict this germination of beginnings very well. Because it's a frozen picture, the Yin Yang symbol appears static. In fact, the symbol portrays a dynamic mutually rhythmic back and forth interplay of transformational change from embryonic beginnings to full blown manifestation between the Yin and the Yang. In ancient Chinese cosmology, this perpetual bellows-like process is seen as a core dynamic at play in all natural processes - and across all frames of time and space, from the immediate scale of one single breathing inhalation-exhalation cycle, through the 24 hour cycle of sunrise and sunset, to the annual cycling of the seasons and up and out to the unimaginably vast expansion and contraction of the entire universe. This is our matrix. The Universe, one of my Chinese Medicine teachers reminds us, is one giant breathing mechanism. And in the grandest, most profound medical context, the degree to which you are leading a life in resonance with that mechanism, on all levels, is a profound measure of your health, on all levels. Nothing is



more fundamental than this. This should be the very bedrock of any worthy healthcare framework, a 'mission statement' if you will.

We can use this implicit feature of the nature of change to inform how we interpret, relate to, go with and at times run the flow of our lives. Some of it is certainly out of our control with our task being to go along for the ride. This, in itself is often no small matter, no simple passive process. 'Going with the flow' is a big deal. Most of us actively exert varying degrees of energy-consuming resistance and habitually willed friction in opposition to even that process! And some of it is ours to actually orchestrate. Unlike most of nature (I say 'most' because, make no mistake, we ARE also nature, despite the characteristics which seem to generate the illusion we are not), we human beings stand alone in the exceptional degree to which exertion of our will plays a role in how we unfold. That is both, and at the same time, our genuinely unique opportunity for promise and for peril as human beings, a blessing and a curse. That's the deal.

Mastery of aligning and engaging with this process is the very art of living - knowing what (substance) and when (timing) not to resist and allow and what and when to embolden with active will and assertive engagement, to move with the breath and not against it.

Part of mastering the process of living life is learning to recognize, harness and even at times, execute the very germination of beginnings. Like catching a wave when body surfing, timing is nothing short of everything. It is very literally, pivotal. A moment too soon or too late and you've lost 90% of what the wave had to offer you, the sweet spot, the golden opportunity. On either side of that 'continental divide' of the timings of our lives, lie more effort, more struggle, more pain, and more suffering than is necessary. Of course, a life fully lived is a journey towards this ideal,

one to which we never fully arrive, but towards which, perpetually striving and approaching is the very stuff of full engagement.

Counter to core assumptions of our dominant current culture, it is rarely ever true that things just happen out of the blue, at least not according to this ancient insight into the fundamental dynamics of change. In this context, you don't just suddenly slip and hurt your ankle or wake up one morning to suddenly find your partner was having an affair. There is usually a long slow cumulative slide towards the point where events turn dramatically. That unfolding is rife with layers of some combination of avoidance, denial, suppression, repression, numbness and fog. In fact, the better part of our modern economy is built upon the habitual consumption of aids to support this dysfunctional relationship to change.

Let's consider some examples of how we might radicalize, reorient and recalibrate our relationship to life, with this perspective on the dynamic of change in mind.

1. RELATIONSHIPS

An argument, an affair, a deal-breaking conflict, situations most often largely attributed to what one person did or said at one point in time. At best, perhaps some collaborative or mediated admission of the I-said-you-said role of both, but usually just located in that very moment of crisis or a slight stretch back into the most recent lead up phase to the crisis. In truth, the more, the deeper, the further you look, the finer and more lucid your senses, candour and honesty allow you to look, the beginnings of such things stretch further and further back until, ultimately, it even becomes almost impossible to locate the embryogenesis of relationship discord.

Go deep enough and that day in blazing hot and passionate August when you felt that first homeopathic chill will be seen for what it was. In relationships, and particularly if life is lived with fully

reflective engagement, a shift from gross awareness to subtle awareness emerges and the perception of the beginnings of things clarifies. If we are healing and growing fully, all of our senses, feelings, and authentic intuitions (an important qualification because there are, indeed, counterfeit intuitions!) open up wide. And catching the early whiffs of discord, the very beginnings of things enables us to put our relationship to the test right then and there. If both partners can handle facing the beginnings of such things with loving, vulnerable care and engagement, the growth of discord and a pathological expression of the Yin Yang dynamic will be averted. Course correcting at the leading edge of things shifts the relationship into a healthy, rich and rewarding version of the Yin Yang dynamic (or even possibly, if it's the right thing to do, to leave it and move on).

Let's be very clear. Yin Yang does not care. It's dynamic will express itself regardless of our choices. From a Yin Yang perspective, a heart attack, cancer or even Donald Trump are perfect responses to the full set of movements in play. It is up to us to care and to master our navigation of the dynamic.

2. HEALTH

Some forms of medicine are most useful with the endgame. When things have gone far. Beyond thresholds into advanced stages of disease where heroic measures are what is appropriate and what is needed. That is the territory where often, (but not always, it's not clear cut) modern biomedicine is most appropriate. It is certainly where modern biomedicine is strongest (and indeed, life saving). The -ectomies and -otomies, the replacements and death-defying hookups, this is the medical equivalent of the realm of divorce. Drastic measures for drastic times.

Some forms of medicine are most useful in the earlier and intermediate unfoldings of things - when our bodies are most certainly telling us to pay attention, through all the implicit wisdom, signs, symptoms and compensations they offer us. That is often (again, not always) where Chinese Medicine is the tool chest of choice (or should be). In such stages, the inherent wisdom of a body-mind-spirit we can barely understand is still essentially intact - what is needed often is to get what is in the way out of the way and an appropriate course correction underway.

Collectively, our medical system and individually, our personal lives, are overwhelmingly oriented towards

the endgame - when crisis level dysfunction erupts and heroic measures are required. Certainly there is awareness and talk of preventative medicine and wellness but this conversation is very much in its infancy. The much needed recalibration of both our healthcare system and our personal lives lies ahead of us in strategies and perspectives we have barely begun to understand, develop and embrace. For example, as an acupuncturist, I am still much more often than not, a last attempt by a patient to seek resolution to a problem. "You're my last hope" is a refrain I hear almost daily. In a sane healthcare system that understood the nature of change, my services would most often be one of the first attempts at rectification.

3. PREPARING FOR MAJOR LIFE TRANSITIONS.

The majority of my patients fall into the 40 to 55 year age bracket. For those with children, this typically means 5 to 15 years away from the kids fully leaving home. For those with routine jobs, this means 10 to 20 years from 'retirement'. Big life junctures are appearing on the horizon - the empty nest, and the end of 9 to 5 commuter work patterns with varying degrees of soul-level imprisonment, depending on the details. We are all very much encouraged to plan for later stages of life in the financial realm (pensions, investments, college funds, etc). But comparatively, far less attention is paid to other domains of our lives that are certainly of equal, if not greater importance.

Engagement with the nature of change, the ebbs and flows, the very beginnings of things would have us actively seeding the transition to empty nest and 'retirement' 10-15 years before those junctures arrive in their full bloom. This should include candid consideration of who and what we want to be in that next phase of life. Thanks to longer life spans, this phase of life can easily be another 25 to 30 years. That seeding might involve something like learning a second language, learning a new skill, beginning a particular spiritual path or seeking and engaging in particular relationships.

Mastering our relationship to these principles is no small matter.

These are the hard learned principles of a life fully lived, acquired and embodied over a lifetime of engaged living, replete with mistakes, missteps, failures, successes, inspirations and disappointments, and nothing less than that.

The day after December 21, when each progressive day becomes longer, even though we feel deeply in the throes of winter, summer has begun! Translating that understanding and all of its implications profoundly into our lives is the highest practice of medicine, where the 'standard of care' radically reorients from short-term comfort into long-term transformation.

At that level, we must surrender our preoccupations with short-term cause and effect thinking and seek resonance with the dynamic of the grand breathing mechanisms that animates our matrix. We must perpetually fine-tune our capacity to enlist the magical paradox of surrender to and engagement with the grand process of change.

A Cautionary Note: I realize this can all be read and interpreted as a cold-hearted assertion that 'everything is our fault'. Please avoid the polarizing temptation within yourself to read it that way. It's very true that so much is way beyond our control and influence in this life and there is so much mystery we can never understand or anticipate. None of that is excluded from the picture I've painted here. At least that's not been my intention.

- *Daniel Schulman*

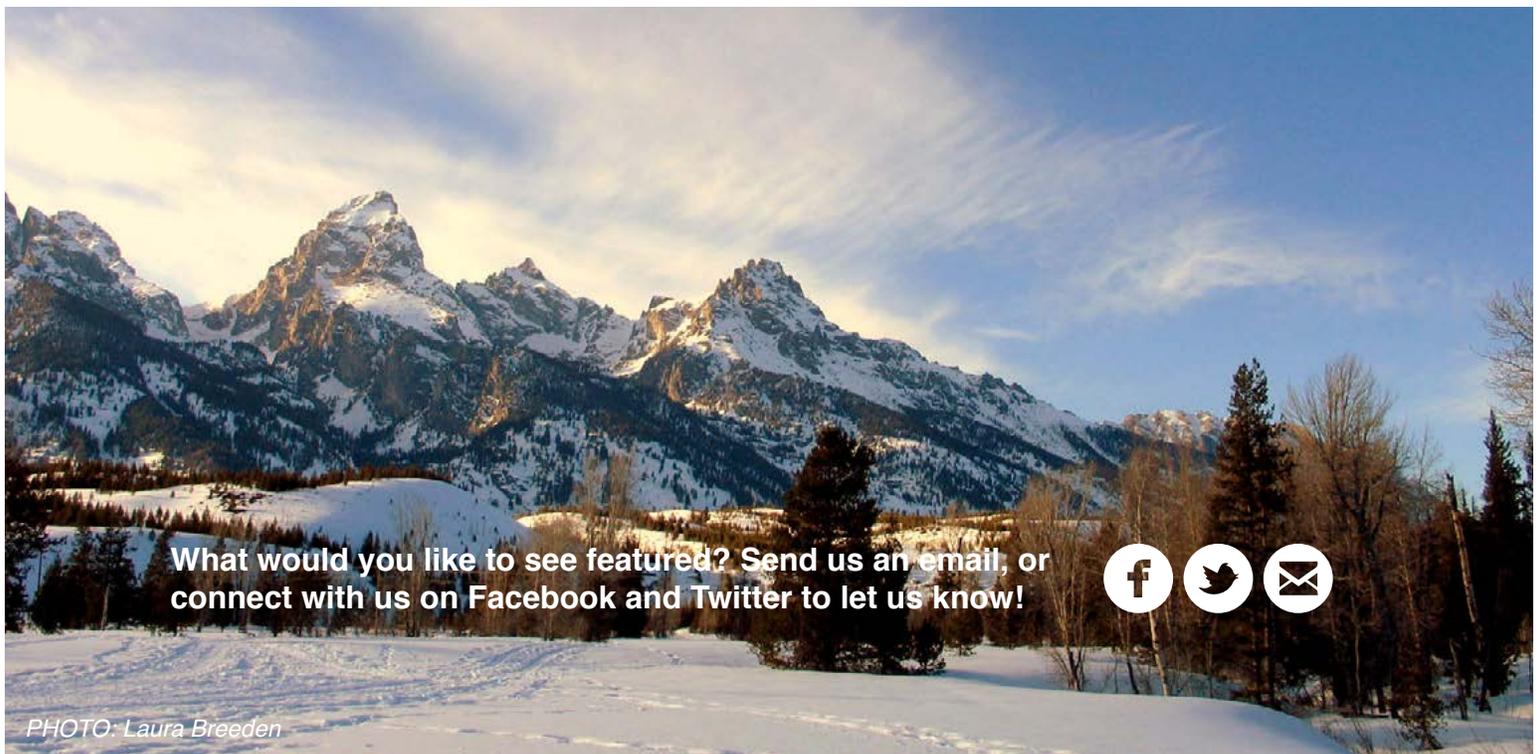


ABOUT THE AUTHOR

Daniel Schulman is a 1999 graduate of the New England School of Acupuncture. His acupuncture clinic is in Charlottetown, Prince Edward Island.

Daniel is chairperson of the Association of Registered Acupuncturists of Prince Edward Island.

Website: danielschulman.ca



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



PHOTO: Laura Breedon



Incorporating Cosmetic Acupuncture into your clinical practice

Dr. Maryam Mahanian, Dr. TCM

I started my clinical practice more than a decade ago at a time when there were very few TCM practitioners who were trained in cosmetic acupuncture.

I recall being asked quite regularly, by both men and women, if I could do acupuncture to help them look younger. They had seen it on television, read an article in a trendy magazine (like Elle and Chatelaine), or had friends who swore by it.

I was intrigued and curious to know more.

I soon found a practitioner, Shali Rassouli, in Toronto, Ontario whom I chose to train under. Rassouli had traveled the world studying different methods of cosmetic acupuncture and amalgamated these methods to create her own unique style. I must acknowledge that her method is labour intensive and takes a lot of practice. In order to complete the training, I had to undertake ten case study patients and administer a series of ten to twelve treatments per patient (which totaled over one hundred sessions). In doing so, I gained the appropriate technique and accuracy working with the needles on delicate areas of the face. I have now been regularly using cosmetic acupuncture in my clinic for the past twelve years.

Cosmetic acupuncture is not new. It has been used for thousands of years – there is evidence that it was used as far back as the Sui and Tang Dynasties (AD. 589 – 907) and it is known that in the Song Dynasty (AD. 960 – 1279) it was used to

beautify empresses and emperors concubines. It is in recent years, however, that cosmetic acupuncture has organically evolved and protocols have been introduced for a full facial acupuncture treatment to train practitioners, maybe due in part to the anti-aging craze that we see in the modern day.

Cosmetic acupuncture has grown in popularity to such a degree that many professionals worldwide are now offering the procedure. For those practitioners not yet offering this in their clinical practices, here are nine reasons why you may want to consider it:

1. YOU STILL GET TO BE A TCM DIAGNOSTICIAN

because pattern discrimination is still vital to the outcome of the treatment. When I see a new patient, I take my time doing a complete consultation including tongue and pulse diagnosis on the first visit. I treat the patients' unique pattern at the same time that I utilize the appropriate facial points. After looking closely at the skin, I consider that patients with bags under the eyes, puffy skin, and a sallow complexion have damp-phlegm or those with a dusty dull complexion or dark circles under their eyes may have blood stagnation. Therefore, I treat those underlying patterns. Also, I often see patients with a lot of emotional stress manifesting patterns of Heart and liver Qi stagnation.

When their stress is reduced with the acupuncture, it can do wonders for their skin.

I may also prescribe herbal medicine for patients

with marked spleen deficiency in order to benefit their blood and Qi nourishment. By aiding blood and Qi flow, the skin is nourished and moistened. Altogether, when patients' underlying imbalances are treated and the organs are fortified, the better their skin will be! It is a win-win!

2. COSMETIC ACUPUNCTURE PATIENTS ARE COMMITTED!

In my experience, the majority will come in for all of their visits and rarely miss appointments. They want good results and they value the treatments. They commit to coming in twice per week for five weeks and doing follow up maintenance treatments once per month thereafter.

3. COSMETIC ACUPUNCTURE WILL GROW YOUR PRACTICE.

It is an incentive to get patients in the door. Many people who come in for cosmetic acupuncture would not normally seek out acupuncture/Chinese medicine and have never tried it before.

If we do our part in educating them on what our medicine can help them with, they will become loyal long-term patients.

4. COSMETIC PATIENTS ARE USUALLY IN A GOOD MOOD.

They tend to view the treatments as a way of treating themselves to a luxury-type treatment similar to a spa experience. They are in an even better mood at the end of their sessions.

5. THERE ARE ADDED BENEFITS!

Patients are amazed when they not only get the cosmetic results but when they also have fewer menstrual cramps, better digestion, less acne breakouts, less jaw clenching and teeth grinding, and more restful sleep for example.

6. THE TREATMENTS ARE A NICE BREAK IN A PRACTITIONERS' DAILY SCHEDULE.

We often see complicated conditions, chronic pain, infertility, and other very difficult situations in our daily practices. Even though cosmetic acupuncture can be labor intensive, the sessions are generally straight forward once you have perfected the technique. Having a range of cases from typical to complex throughout the day is a great balance.

7. IT IS EASY TO EXPLAIN HOW COSMETIC ACUPUNCTURE WORKS TO YOUR PATIENTS.

When they understand it, they believe in it and will therefore easily commit to it (and not to mention they will spread the word to friends). The way I like to explain it to them is that the insertion of fine needles relaxes the facial muscles and stimulates blood flow. The increase in blood flow to the tissues of the face brings more oxygen, nutrients, and moisture to the skin and also allows for increased collagen production to fill out fine lines. The skin will have a fresher healthier glow with diminished lines.

8. COSMETIC PATIENTS ARE VERY OPEN TO COMING IN FOR PREVENTATIVE CARE.

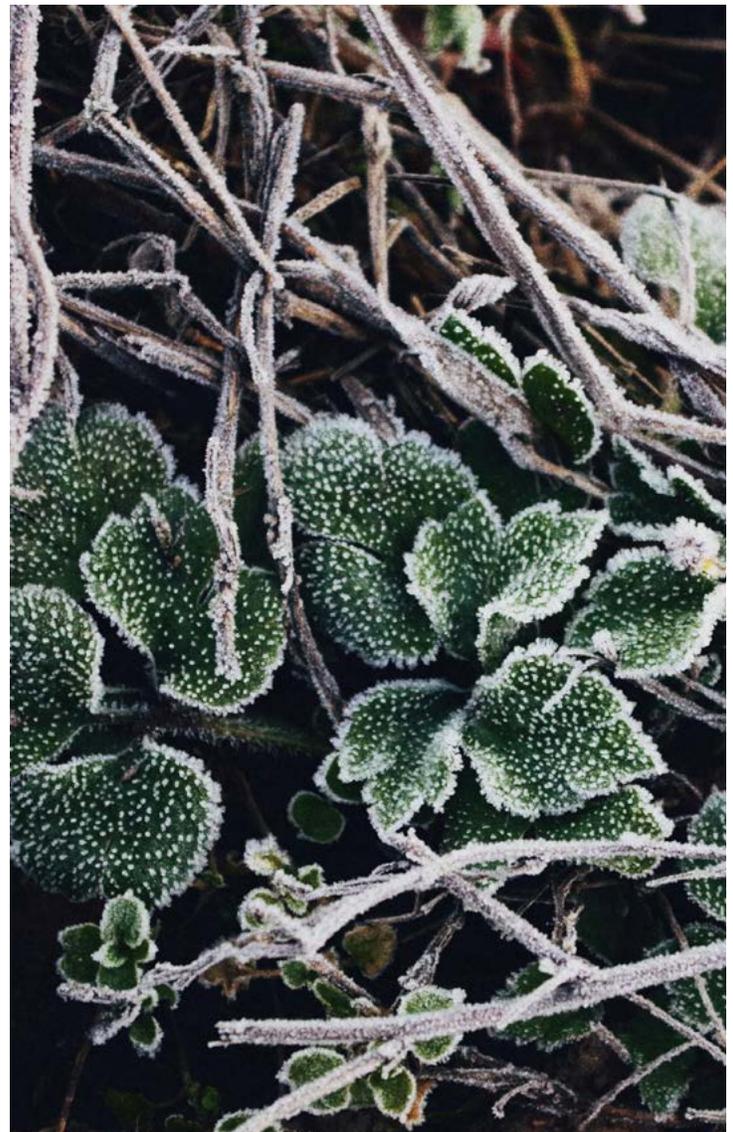
They easily understand and accept the benefits of preventative care in order to delay the signs of ageing. You may be surprised to know that I have numerous cosmetic acupuncture patients as young as their early 20's. After all, as TCM practitioners, our ideal patients are those coming in for prevention!

9. PATIENTS SEE RESULTS FAIRLY QUICKLY!

Within even the first few treatments, my patients notice a brighter complexion, smoother texture to their skin and a healthier glow.

Let's face it. The desire for beauty is everywhere. Helping people achieve radiant skin and better health at the same time can potentially become a large part of your clinical practice....and your patients will love you for it!

- Maryam Mahanian



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



Water is Life

Christine Lang, R.TCM.P

I am sure most will agree, 2016 was quite a year! That clever Yang Fire Monkey held true to his nature by being hectic and erratic yet unpredictable with a hearty dose of adventure rolled in for good measure.

As the Yin Fire Rooster prepares to make her entrance January 28, 2017, embrace the wisdom of sages, which encourages us to prepare for the upcoming year by aligning with the energy or nature of the year, using it to our advantage.

While it's wise to have resources to continue to stoke the fires started this year, it's prudent to ensure sufficient water to contain those fires if need be. And what better time of year to align with the environment to help strengthen the Water element within our selves than winter, especially here in Canada?

While we are blessed in this country with an abundance of water, the past year brought to light many issues pertaining to water. California continues to experience some of the worst drought conditions in decades yet, is not alone as parts of South Africa, Brazil and even North Korea continue to struggle with water shortages. Shamefully, in the midst of these deficiencies, governments continue to allow large corporations to drain our watersheds of undeniably, the world's most valuable resource for pennies while leaving surrounding communities to deal with the resulting scarcity of water. Who didn't hear about the video that surfaced this year of Nestle CEO Peter Brabeck-Letmathe in which he reportedly proclaimed that water is not a human right? Thankfully, such unchecked greed was

challenged at the end of 2016 by thousands around the globe who stood in solidarity with the Sioux of Standing Rock to remind us all how critical water is to our survival.

In the world of Chinese medicine, this past year demonstrated continued growth and acceptance throughout the country yet not without a few good challenges to keep us humble.

As the dust begins to settle in Ontario after several bumpy years following the 2013 proclamation of the TCM Act, Nova Scotia looks to join the group of provinces that regulate the practice of Chinese medicine and acupuncture. This past year, Ontario saw two public colleges admit their first cohorts in Traditional Chinese Medicine and Acupuncture in addition to the growth of several private schools throughout the province. Meanwhile this past September, British Columbia's Kwantlen Polytechnic University opened the doors of its Richmond campus to their first cohort in an Acupuncture diploma program.

In addition, research in Chinese medicine is on the cusp of really taking off in this country as knowledge and understanding of this system grows. An exciting concept I've discussed with several practitioners is to develop a program within Canada to support our grossly underserved, northern communities. I'm so proud of our global Acupuncture tribe that travels to areas in need to provide effective, sustainable and affordable healthcare. Why not celebrate our 150th anniversary as a country by bringing the wonders of our medicine to as many Canadians as we can?

I am fortunate to be one of the first instructors in Georgian College's Acupuncture Diploma program, which saw the successful completion of its first, student lead clinic this past term. If the overwhelmingly positive reviews from the clients are any indication, Canadians are more than ready for what we have to offer. As TCM practitioners and acupuncturists we

should be pleased with our accomplishments in a relatively short period of time but our work is just beginning.

Challenges with lack of coverage by some insurance providers, Health Canada proposals regarding additional herbal regulations and our own internal battles have been taxing to say the least however; I am hopeful that as our profession matures in this country, we will begin to speak with one voice.

With change comes apprehension and fear for many and as we approach the depths of winter, why not delve into the causes of that fear, the emotion associated with winter according to the Five Element theory?

The Kidneys, which are Yin in nature, are associated with Water elementally as well as the winter season and salty flavours. They are believed to store Jing or our Essence, dominate bones and, due to their location, are closely related to the health of the lumbar spine. According to my good friend Laura Erlich, fertility guru and co-author of the book Feed your Fertility; mussels are considered great Jing or Essence tonics, which is stored in the Kidneys. They are known to be warm and salty, can boost energy within the Liver and Kidneys and are reported to be effective in the treatment of night sweats, impotence and low back pain.

Bone broth has become quite popular over the last few years and is arguably one of the best Jing tonics we can add to our diet.

It contains gelatin and minerals such as calcium, phosphorus and magnesium as well as chondroitin and hyaluronic acid, which benefit teeth, bones and

joints among other tissues. With bone in the name, it's a safe bet it will be a good tonic for our Kidneys.

Lemongrass, or Xiang Mao in pinyin is a perennial herb used by cooks throughout Asia and is reported to be warm and pungent in nature. It contains various substances such as sterols, terpenes, alkaloids and essential oils and is said to treat a wide variety of conditions include respiratory conditions, rheumatic pain, headaches as well as colds and fevers. Coconut milk (although some sources argue its neutral) and ginger are both considered warming food, which are beneficial during the cold winter months.

Sour limes provide a cooling balance to this recipe, as they are considered cold in nature. They are purported to enter the Lungs, Spleen, Liver, Gallbladder and Kidney and aside from clearing heat they encourage circulation of both Qi and Blood.

Aside from the energetics of the ingredients used, how a meal is prepared also imparts varying degrees of Yang to food.



According to Richard Craze and Roni Jay in their book *Cooking for Long Life: The Tao of food*, electric stoves are very Yang and drying in nature, while the flame of gas or propane being closer to a wood fire, is still considered 'Yang but well-balanced toward being Yin'.

They go on to say that baking and the use of a pressure cooker are considered Yang while boiling is a rather Yin method of cooking with stir-frying being reported to be well balanced. Some sources indicate that steaming is closer to the cool end of the spectrum but Craze and Jay feel it's similar to stir-frying. As such, the following recipe is well suited for my intentions of the meal, which is to strengthen not only the Yin but also ensure sufficient warmth in the Yang aspect the Kidneys to help us get through the long winter ahead. What a great meal to celebrate Valentine's Day!

As a profession, we collectively need to bring our 'A' game as we are now under the microscope, and not just by our clients. Their primary care providers, allied health care team, insurance carriers, and the government are all watching, waiting for the mysteries of Chinese medicine to unfold. We will face many challenges during this period of growth but if we stay true to the wisdom of our ancestors, remain focused and strengthen our core values over the winter, we can continue share this amazing medicine with even more Canucks this coming year.

As the energy of the Rooster reminds us, the year is about a dawning or awakening, the realization of the many years of hard work and determination to get to this point. If you've ever been near a farm early in the morning, you are well aware that the nature of the Rooster is to wake every one, and every thing, up, a sort of call to action if you will. According to the website, www.chinahighlights.com, the Rooster is considered trustworthy and resourceful with Fire Roosters in particular demonstrating responsibility at work. Be diligent with your deep, core work this winter. Strengthen that back and postural muscles, investigate the root of your fears and for goodness sake, slow down! The frenetic pace many of us function at is not sustainable and I for one have vowed to do my best to pump the brakes more often. Its time to slow down in all aspects of our lives and what better way to share this principle with the masses than through the beauty of Chinese medicine.

- Christine Lang

Steamed Mussels in Thai Curry Sauce

Recipe from Bon Appétit, June 2002 - Yarrow Bay Grill, Kirkland, Washington

Makes 6 to 8 first-course servings

Ingredients

- 2 13.5-ounce cans unsweetened coconut milk (3 1/2 cups)
- 1 teaspoon Thai red curry paste
- 1 cup chicken stock or canned low-salt chicken broth (bone broth would be excellent)
- 1/2 cup (packed) fresh basil leaves
- 2 stalks lemongrass, trimmed, coarsely chopped (about 1/3 cup) or 1 tablespoon grated lemon peel
- 1/4 cup fresh lime juice
- 2 tablespoons fish sauce (nam pla)
- 3 kaffir lime leaves or 3 tablespoons fresh lime juice plus 1 1/2 teaspoons grated lime peel
- 2 tablespoons peanut oil
- 3 pounds mussels, scrubbed, debearded
- 4 plum tomatoes, diced (about 1 cup)
- 1/2 cup chopped fresh cilantro

Preparation

1. Bring coconut milk to boil in heavy large saucepan. Reduce heat to medium; add curry paste and whisk until dissolved. Add next 6 ingredients. Simmer uncovered 10 minutes. Strain into bowl.
2. Heat peanut oil in large deep skillet over high heat. Add mussels. Sauté 2 minutes. Add strained curry sauce. Cover and cook until mussels open, about 4 minutes (discard any mussels that do not open). Transfer to large serving bowl. Sprinkle with tomatoes and cilantro and serve.
3. Most ingredients are readily available at Asian markets and in the Asian foods section of many larger supermarkets.
4. Some white rice or some good, crusty bread would be wonderful with this dish to help soak up all that delicious broth.



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.

MRM's Best of 2016

A summary of the top posts of 2016 based on activity and engagement within the Medicinal Roots Magazine Facebook community and beyond.

Click the links below to read the posts, and keep the comments and shares coming.

JANUARY – YEAR OF THE MONKEY

<https://www.facebook.com/MedicinalRootsMagazine/photos/a.364516223729534.1073741828.352841814896975/517786671735821/?type=3&theater>

FEBRUARY – PATIENT EDUCATION

<https://www.facebook.com/MedicinalRootsMagazine/posts/521368861377602>

Medicinal Roots Magazine
February 5, 2016 · 🌐

Patient education is important! What kinds of conversations do you make sure to have with each of your #TCM newcomers?
<http://acutakehealth.com/when-acupuncture-does-not-work>

When Acupuncture Does Not Work
By Mei Li Many people believe acupuncture does not work. Sometimes this is an uninformed assumption, but often it's a belief held by those who have tried acupuncture to little or no avail. So, why didn't acupuncture work for these...
ACUTAKEHEALTH.COM

1,910 people reached Boost Post

MARCH - TCM TX FOR FIRST NATIONS

<https://www.facebook.com/MedicinalRootsMagazine/posts/539610159553472>

APRIL - TZU CHI TAKEOVER

<https://www.facebook.com/MedicinalRootsMagazine/posts/552715341576287>

MAY – HERB IDENTIFICATION RESOURCE

<https://www.facebook.com/MedicinalRootsMagazine/posts/556351774545977>

JUNE - OLYMPIC CUPPING HYPE

<https://www.facebook.com/MedicinalRootsMagazine/photos/a.364516223729534.1073741828.352841814896975/577563092424845/?type=3&theater>

JULY - MODERN CUPPING ESSAY

<https://www.facebook.com/MedicinalRootsMagazine/photos/a.364516223729534.1073741828.352841814896975/580206158827205/?type=3&theater>

Medicinal Roots Magazine
July 6, 2016 · 🌐

There has been a lot of chatter on social media recently about #cupping. Bruce Bentley, acupuncturist, herbalist, tuina therapist, and founder/director of the Australian School of Traditional Thai Massage has written a very interesting essay on the topic (see link). Give it a read, and tell us what you think in the comment section. Happy Wednesday #MRMFans
<http://www.healthtraditions.com.au/.../Modern%20Cupping%20ess...>

Mending the fascia with Modern Cupping

2,623 people reached Boost Post

AUGUST - 7 QUESTIONS WITH DAVID BRAY

<https://www.facebook.com/MedicinalRootsMagazine/photos/a.364516223729534.1073741828.352841814896975/602493436598477/?type=3&theater>

SEPTEMBER - STAGNATION QUOTE

<https://www.facebook.com/MedicinalRootsMagazine/photos/a.364516223729534.1073741828.352841814896975/615001435347677/?type=3&theater>

OCTOBER – FALL FOODS

<https://www.facebook.com/MedicinalRootsMagazine/photos/a.364516223729534.1073741828.352841814896975/617370318444122/?type=3&theater>

NOVEMBER – CHANNEL ANATOMY

<https://www.facebook.com/MedicinalRootsMagazine/posts/640607822787038>

DECEMBER - PARKINSONS; A STOMACH CHANNEL PATHOGEN

<https://www.facebook.com/MedicinalRootsMagazine/posts/645683232279497>

 **Medicinal Roots Magazine**
December 3, 2016 · 🌐

New research is showing that Parkinson's Disease may be due to bacteria in the 'gut'. Dr. Janice Walton Hadlock, DAOM, L.Ac is the leading expert in Parkinson's and treats it as a pathology of the stomach channel. Coincidence? We don't think so. These are exciting times indeed. #Ancientwisdom #Modernhealthcare #Parkinsons #TCM
Find more on Dr. Janice Walton Hadlock here:
<https://www.easterncurrents.ca/.../spea.../janice-walton-hadlock>



Understanding of Parkinson's 'transformed' - BBC News
The brain disorder Parkinson's disease may actually start with bacteria living in...
BBC.COM | BY BBC NEWS

4,219 people reached [Boost Post](#)

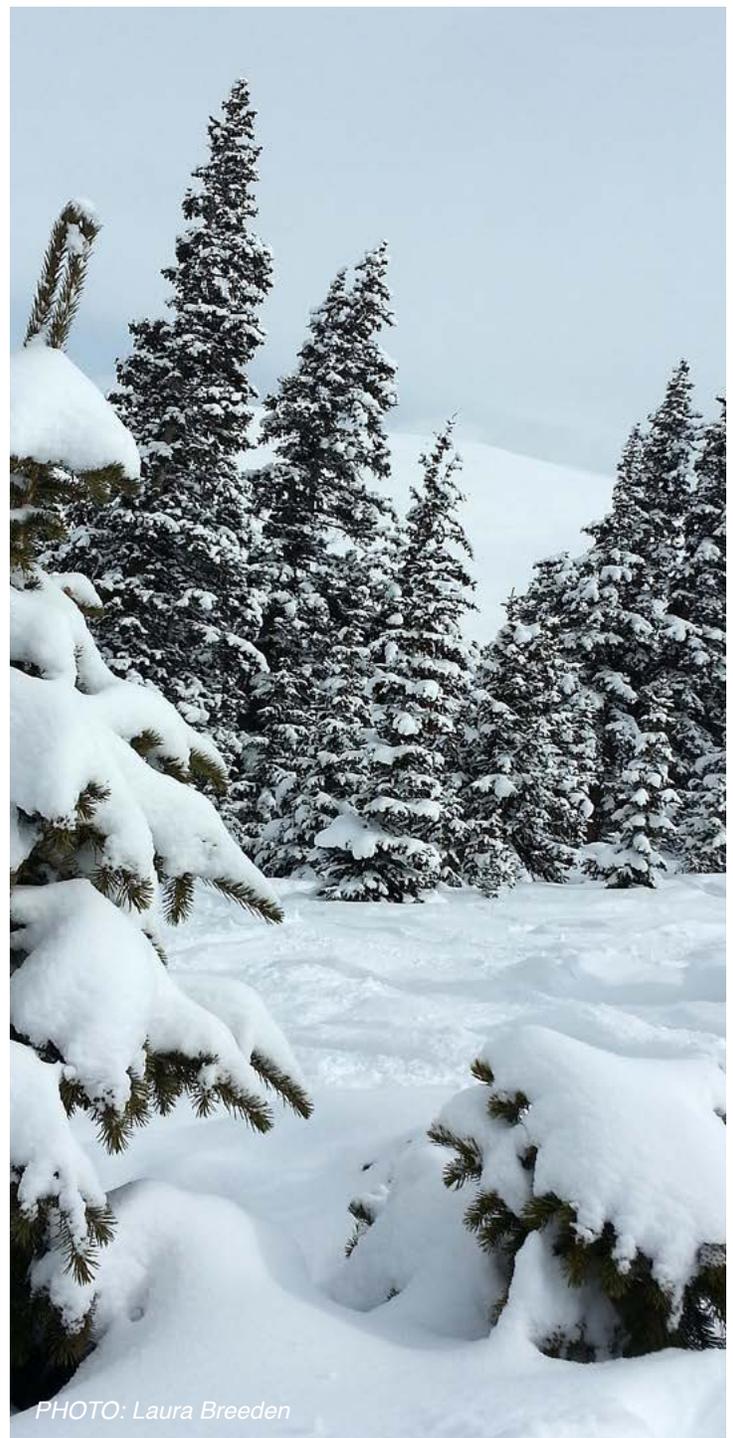


PHOTO: Laura Breeden

ADVERTISE IN MRM

Reach a growing, targeted readership of TCM practitioners and stakeholders across the globe.

For more information and to book your space today contact:

Kyla Drever, Advertising Director
Medicinal Roots Magazine
drkylatcm@gmail.com

REGISTER NOW FOR COMS 2017

ALL HEALTH PROBLEMS ARE LIFE'S WAY OF CALLING FOR HELP!

COMS 2017 is all about *FLOW: Facilitating Life, Optimizing Wellness* and your role as a health practitioner in responding to the call for help.

This year, to help you heed the call, strengthen your knowledge base and expand your TCM toolkit, we have assembled a stellar lineup of speakers including Stephen Birch, Lillian Bridges, Jake Fratkin, Holly Guzman, Whitfield Reaves, and more!

Join us at the 14th annual Canadian Oriental Medical Symposium March 16-19th, 2017 in Vancouver, Canada for the most energetic, dynamic and fun professional TCM and holistic wellness event in Canada.

Daily Prizes / Morning Qi Gong / Earn CEU Credits on-site

REGISTER NOW AT:

comsvancouver.com



MARCH 16-19, 2017
LIVE IN VANCOUVER, BC



World class speakers



MEDICINAL ROOTS 藥慧 MAGAZINE

Ancient Wisdom - Modern Healthcare

2017 RATE CARD

Advertising Rates

Full page	8.5" x 11"	\$600.00
1/2 page	8.5" x 5.5"	\$350.00
1/4 page	4.25" x 5.5"	\$225.00

Advertising Deadlines

ISSUE	BOOK AD SPACE	ARTWORK
Spring 2017	March 31st	April 7th
Summer 2017	June 30th	July 7th
Fall 2017	September 29th	October 6th
Winter 2018	December 29th	January 5th

Ad Specifications

Artwork must be supplied in PDF or JPG format, no larger than 25MB, and built to the exact size specifications noted above.

Contact

medicinalrootsmagazine@gmail.com
drkimtcm@gmail.com
drkylatcm@gmail.com

medicinalrootsmagazine.com

MEDICINAL ROOTS 智慧 MAGAZINE

Ancient Wisdom - Modern Healthcare



medicinalrootsmagazine.com