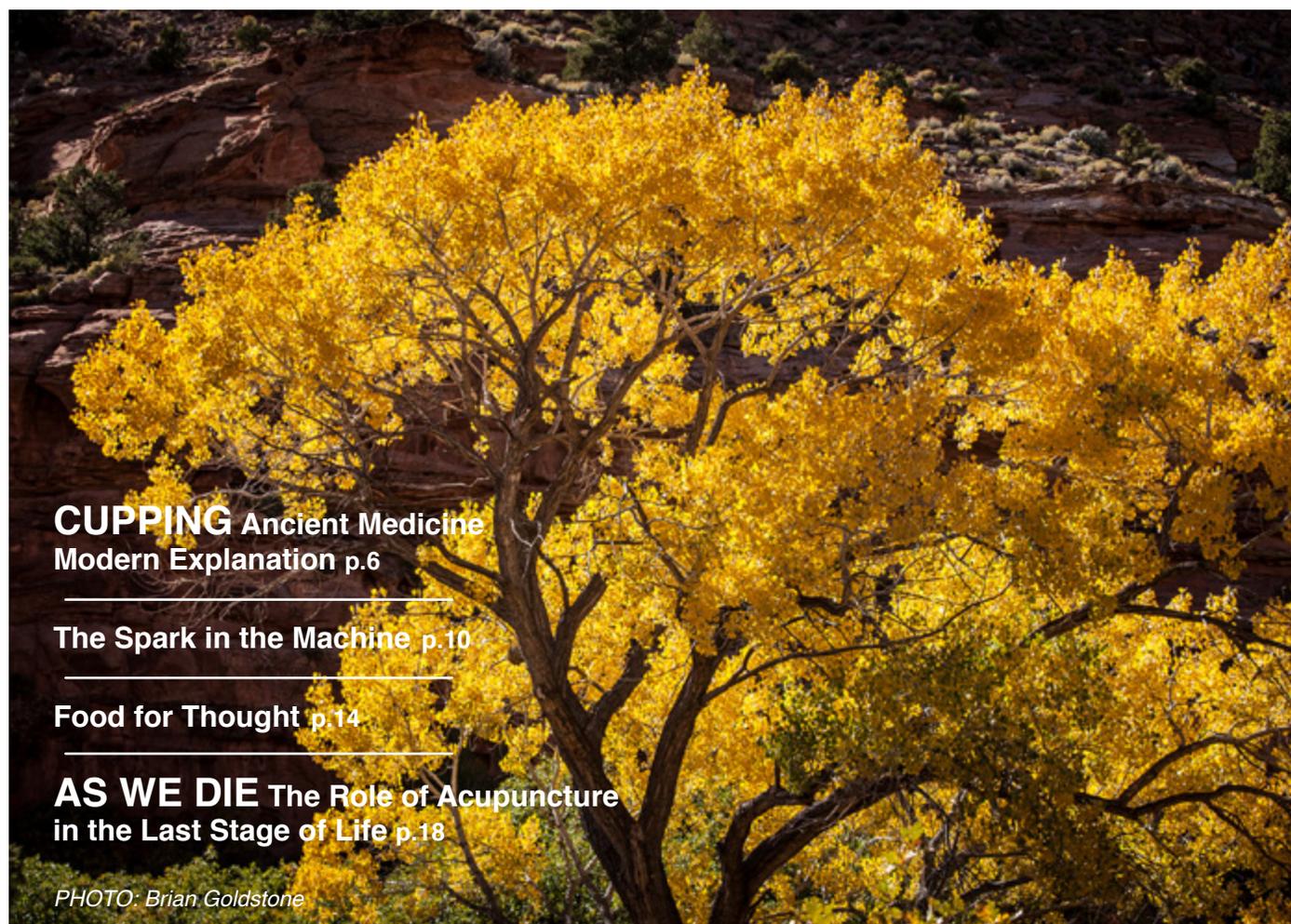


Fall 2015

MEDICINAL ROOTS 智慧 MAGAZINE

Ancient Wisdom - Modern Healthcare



CUPPING Ancient Medicine
Modern Explanation p.6

The Spark in the Machine p.10

Food for Thought p.14

AS WE DIE The Role of Acupuncture
in the Last Stage of Life p.18

PHOTO: Brian Goldstone

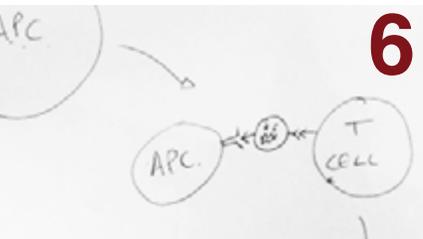
this issue



3

MRM's 7 Questions

Adam Chen, R.TCM.P, R.Ac (ON)



6

Cupping

Ancient Medicine, Modern Explanation

Dr. Daniel Keown, MBChB MCEM Lic Ac. (UK)



10

Book Review

The Spark in the Machine

Dr. Angela Foran, Dr.TCM (BC)



13

Fall Tips for Health

Public Forum

Clara Cohen, R.Ac (BC)

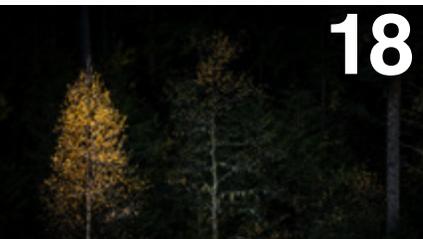


14

Food for Thought

Article and Recipe

Christine Lang, R.Ac (ON)



18

As We Die

The Role of Acupuncture in the Last Stage of Life

Karen R. Adams, Lic.Ac (MA)



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.



IN THIS ISSUE we catch up with Adam Chen, R.TCM.P, R.Ac, founder and clinical director of three acupuncture clinics (Mount Sinai, St.John's Rehab – Sunnybrook Hospital, and AC99 Health Center), located in Toronto and Markham, Ontario.

A graduate from Heilongjiang TCM University in China, Adam has been practicing TCM for over 40 years. After coming to Canada in 1983, he earned

M.Sc. and Ph.D. degrees (in Genetics) from the University of Alberta, and has spoken at national and international professional conferences, as well as published numerous research papers in various peer-reviewed journals.

There is no doubt that Adam is a leader in the TCM community. We are thrilled he has agreed to participate in this issue of MRM. Enjoy.

1. WHAT INSPIRED YOU TO PURSUE TCM?

I was pushed into the work force in 1969 during "Culture Revolution". Like tens of millions of the youngsters in China during that time period, I had no chance to think of my career. I had no choice but leaving home city to work in a farmland very far away and never heard of before. On that farmland, all of us were farmers to begin with. Everyone was like a chess piece: when you were placed to a position on the chessboard, you learnt about the job, and played the role you were assigned to. In 1970, I was placed to a position called "battlefield paramedical", while most of my peers stayed to be farmers. I was sent to a local hospital for a four months training program. After the brief training, I had a title of "barefoot doctor", and started my medical career. Working with two mentors, I used acupuncture, herbal and simple medication such as painkillers, sleeping pills and antibiotics to

treat the local people. I even sutured some simple cuts. A year later, I was called to the local hospital again. This time, I was assigned to apprentice with a TCM doctor. My master and I were the only TCM practitioners in that hospital, while all the others practiced western medicine there. We served about 50,000 local residents. During that apprenticeship period, I read several TCM classics. I was fascinated by TCM theories and practical methodologies. Everyday, I witnessed many cases cured by simple TCM methods: patients came to our hospital aided by relatives, and walked out by themselves after a brief acupuncture treatment; patients with headaches, shoulder and back pains were thankful as their symptoms were quickly stopped by acupuncture; herbal effectively cured asthma and pneumonia. I stayed at that position until 1975. Then I had an opportunity to study in a medical school. At this time, I had two options to

choose: a western medical university in Shanghai, my hometown, or a TCM university close to my working farmland. For the first time, I could make a decision for my own future. I picked the TCM university with a sound reason. I have never regretted that decision.

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

I have many professional role models. If I have to name one, it is the medical sage Dr. Zhang Zhong Jing, the author of Treatise on febrile diseases. He was a great scholar. He advises all the doctors to study for their whole life: study literatures; and study each and every patient case. He respected the tradition, and dared to discover new practical methods to resolve clinical challenges. He pursued truth rather than fame. He was a sage and humble gentleman.

3. WHAT ARE THE PROS AND CONS OF WORKING IN A HOSPITAL VERSUS A PRIVATE SETTING?

It is a privilege to work in a hospital. One has to meet certain criteria to be granted a permission. Hospital provides great learning opportunities that are not available in any private setting. Each department holds regular academic activities including case studies, rounds and seminars presented by renowned experts. One can easily keep up with the newest developments in the field of his interest.

Hospital provides a platform for open communications amongst all the healthcare providers. Many western medical practitioners watch what you do and hear what you say to the patients. Gradually, more western medical practitioners get to understand TCM. They treat you as a colleague and a resource person. And they refer patients to you.

In Canadian hospitals, government funding covers most of medical services. Canadian patients are not prepared to pay from their own pocket for healthcare service. Medicare here should be free. Those who are willing to pay often have a complicated medical condition. They also expect you to bring more superior results than the conventional treatments.

4. HOW DO YOU THINK MODERN RESEARCH WILL AFFECT THE PRACTICE OF TCM IN THE NEXT 10 YEARS?

Modern research enriches our knowledge. It explains how things happen. It discovers new ideas and corrects misunderstandings. It provides us with new ways to prevent disease from happening and with more effective methods to resolve health problems. Modern research benefits all medical practices, including TCM.

In past decades, the research has found why and how acupuncture is effective in treating many disease conditions. Studies showed that acupuncture stimulates endorphin production, establishing a modern explanation for acupuncture in pain management. Researchers using fMRI supported the association between the acupuncture point on feet and vision activity. Sleep studies have shown acupuncture treatment improves brain electrical activities, and resumes the normal profile of melatonin production. Such researches resulted in convincing evidence for acupuncture treatment. Healthcare professionals and general public become more acceptable to the TCM service.

In the next 10 years, modern research will continue to provide convincing answers to how TCM works. The research will also help us to better understand how our body functions.

However, almost all the medical funding goes to biomedicine research. TCM study gets very limited support at this moment. Therefore, it is only a wishful thinking to expect breakthrough in TCM research in the near future.

5. FROM YOUR POINT OF VIEW AS A RESEARCHER IS THERE A DIFFERENT METHODOLOGY THAT COULD BE USED TO MORE EFFECTIVELY STUDY TCM?

General readers are more familiar with acupuncture research than herbal research. In my view, current modern acupuncture researches are designed to answer two questions: whether TCM really works; and how it works. Following examples are the studies attempting to address the first question. The study for single PC6 point to stop nausea; the study of acupuncture to control post surgical acute dental pain; and the study for manage knee

joint arthritic pain. Results of modern research on acupuncture are often controversial. The arguments will never stop. To the positive results, the skeptical criticizes the control groups used in the experiments were never strict enough. To the negative results, TCM supporters questioned the competency of the acupuncture providers, and blamed the point selection. There have been different attempts to optimize the comparability between the study group and control group: acupuncture vs. no acupuncture; real points vs. wrong points, and real needle vs. fake needle.

I would like to see clinical studies to compare the acupuncture treatment with standard drug therapy, or other western medicine intervention for a number of disease conditions. Such study will state whether acupuncture could provide similar results as the standard drug therapy does.

6. DO YOU HAVE ANY SUGGESTIONS FOR TCM PRACTITIONERS WHO WOULD LIKE TO BEGIN TO COLLABORATE WITH OTHER HEALTH CARE PROFESSIONS IN CLINICAL CARE OR RESEARCH?

Work in synergy with other healthcare professionals is an expressway to infuse TCM into the mainstream healthcare system. Multidisciplinary approach is more advantageous than one disciplinary approach for patient care.

In a multidisciplinary healthcare team, everyone looks at health problems through an angle that is different from the others. There could be more than one solution to resolve a given problem. Meanwhile, the patients with a same disease condition may react differently to a given treatment modality.

In a healthcare team, if all team member places the patient interest at the priority, the whole team works efficiently. As a team member, every gesture we show and every word we express can make impact to the working relationship. We need to treat our collaborators as friends and colleagues. We must have an objective mind to evaluate the results. I prefer to use simple language, rather than TCM jargon in discussing disease and patient care.

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

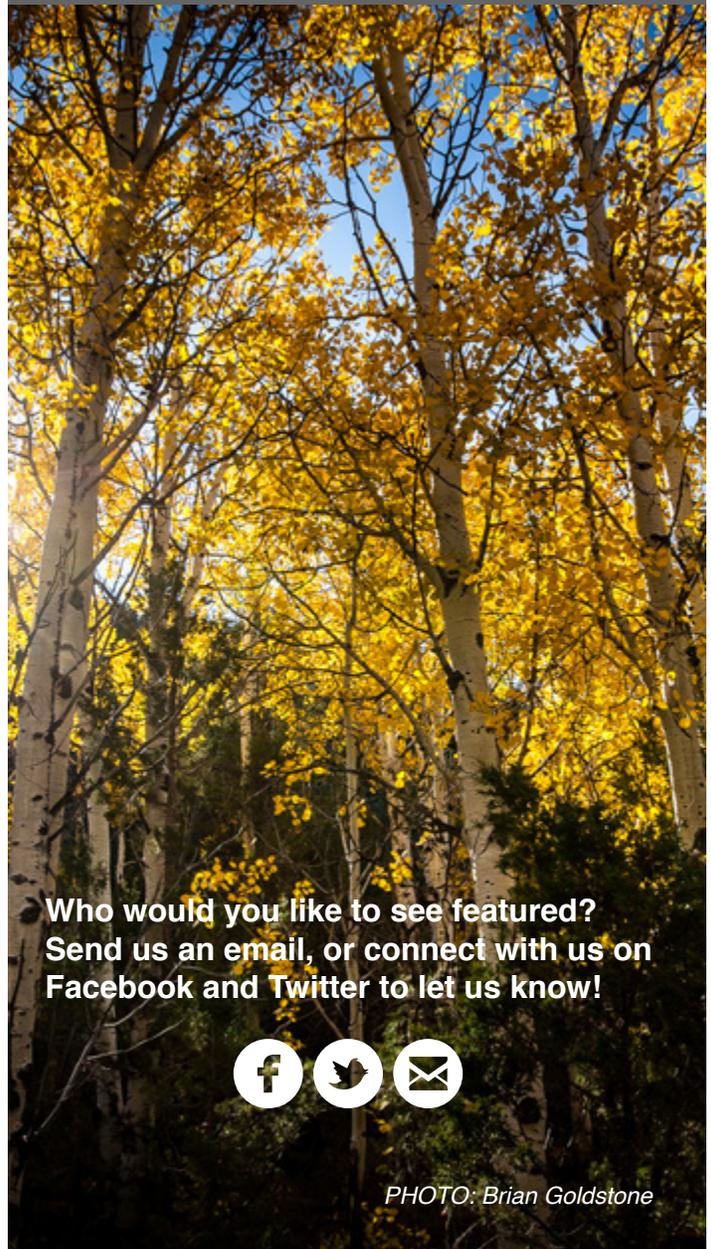
When I have spare time, I love to travel, learning more about the planet we live on, and the way people live their lives.

To learn more about Adam Chen, and the programs he is involved with, visit the links below:

<http://www.mountsinai.on.ca/wellbeing/biographies/biographies/adam-chen>

<http://sunnybrook.ca/content/?page=s-jr-patvis-prog-acupun>

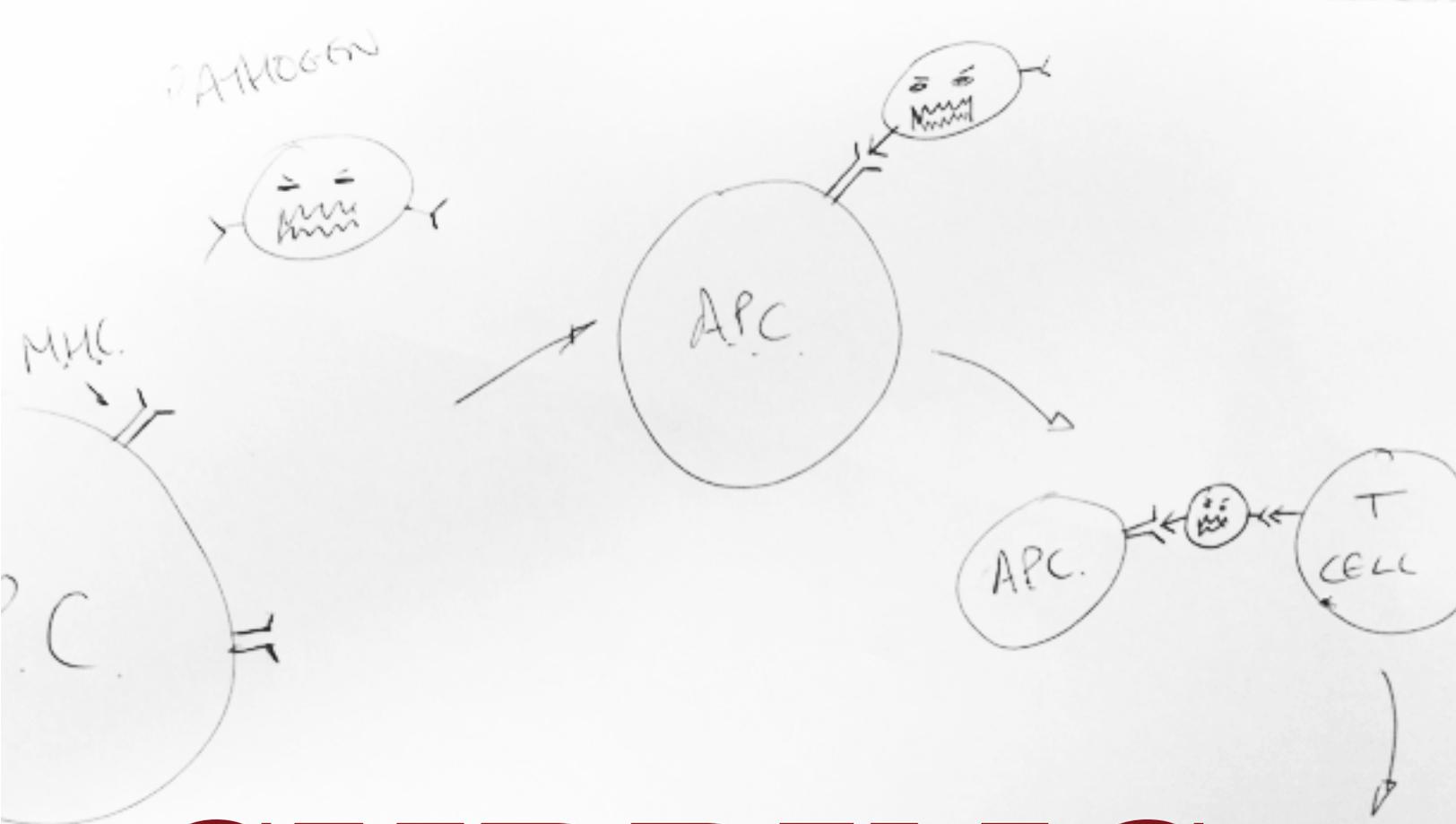
http://ac99.ca/doctor_chen.html



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



PHOTO: Brian Goldstone



CUPPING

ANCIENT MEDICINE,
MODERN EXPLANATION

Dr. Dan Keown
MBCbB MCEM Lic Ac.

INTRODUCTION

Cupping is one of the central treatment techniques in Chinese medicine. Interestingly, it is also practiced throughout many other cultures. Ancient Egyptian and Greek texts reference it; it is widely practiced throughout Asia; in Islamic cultures it is known as Hijama; and in Europe it remains in practice throughout many countries, although it fell out of favour in the 19th century in England. This commonality of use suggests a powerful therapeutic effect.

The rationale for cupping to be used, in Chinese medicine, is to remove toxins and move stagnant Blood and Qi. Whilst it is easy to understand, at a superficial level, how the suction effect of cupping can 'move' Blood and Qi, it is less easy to understand

its ability to 'remove toxins'. The purpose of this article is to explore a possible biomedical model for how cupping may work to 'remove toxins'. In order to do this we need to understand what toxins are, how the immune system works to remove them, and why cupping may augment this. This understanding will also create a deeper understanding of how cupping may 'move Blood'. Finally a simple therapeutic trial will be suggested which may both confirm the biomedical model as viable and cupping as a useful therapy.

PHYSIOLOGY OF THE SKIN

Cupping produces relatively low pressures that whilst capable of lifting the skin from the subcutaneous tissue would be unlikely to be able to physically

remove toxins. The skin is a relatively impermeable barrier, designed to prevent substances both being absorbed through it and lost from it. When lost, for instance in burns, the body rapidly loses massive amounts of fluid and electrolytes and infection becomes likely.

Whilst the skin barrier can be somewhat overcome with lipid soluble substances, there is little to no emphasis on their use in cupping therapy. Certainly little effort is made by practitioners to 'quarantine' any toxins trapped in the cup when the cups are removed. It is reasonable to assume, therefore, that cupping's effect on eliminating toxins does not involve it physically removing them from the body. (This may not be the case with 'wet' cupping and in cupping's use for abscess lancing)

Rationally then, the medium by which the toxins are removed must involve an internal physiological process.

TOXINS AND IMMUNITY

The Google dictionary defines toxins as:

a poison of plant or animal origin, especially one produced by or derived from microorganisms and acting as an antigen in the body.

Toxins are, therefore, simply poisonous substances in the body. These are most commonly caused by 'invasions' of microorganisms, creating an antigen effect. An antigen is a substance that is recognised by the body's immune system as being foreign.

In Chinese medicine these invasions are caused by a combination of Wind combined with Dampness, Cold or Heat. The ancient Chinese character for Wind includes within it one for insect (Maciocia 2005) which is a reasonable macroscopic description of the microscopic world of pathogenic creatures.

This world of bacteria, viruses and fungi clearly cause the majority of 'invasions' of external Wind: the success of antibiotics being just one proof of this. Removing these invasions, these toxins, is within the remit of the immune system. Understanding cupping and its role in removing toxins within a biomedical

model needs to incorporate both pathogens and the immune system.

A full summary of the immune system is well beyond the scope of this article, but it is important to understand that it behaves somewhat like an army. It has complex interlocking systems that amongst other things identify; manufacture 'smart-bombs' against; and then destroy the enemy. These parts correspond to Antigen Presenting Cells; T and B cells; and neutrophils respectively. The immune system has intelligence and is able to adapt and respond. Likewise, pathogens have mechanisms that enable them to hide and evade.

The 'smart bombs' it manufactures are called antibodies, and they respond to a specific chemical combination on the pathogen called an antigen. For the purpose of this article the terms toxin, antigen and pathogen are equivalent.

The immune system is highly complex and sometimes requires help: antibiotics, vaccinations, and cupping are all examples of this.

WHY THE BLADDER CHANNEL?

Cupping is most commonly done on the Bladder channel, the organ of excretion.

The Bladder channel itself follows the line of an embryological bladder, known as the mesonephros (see The Spark In The Machine - The Surfing Channel for more on this). The mesonephros has the function of a bladder and drains into what will become the physical bladder (the embryological cloaca). It consists of a paired line of, effectively; miniature kidneys that drain the organs of the body sequentially down the back. The parallels between this and the functions of the Bladder channel and Shu points are striking.

Although the mesonephros stops functioning in the embryo it is likely that a faint connection to the bladder, as well as each organ, would remain (although unlikely to transport significant amount of substances). This is the anatomico-embryological basis of the Bladder channel.

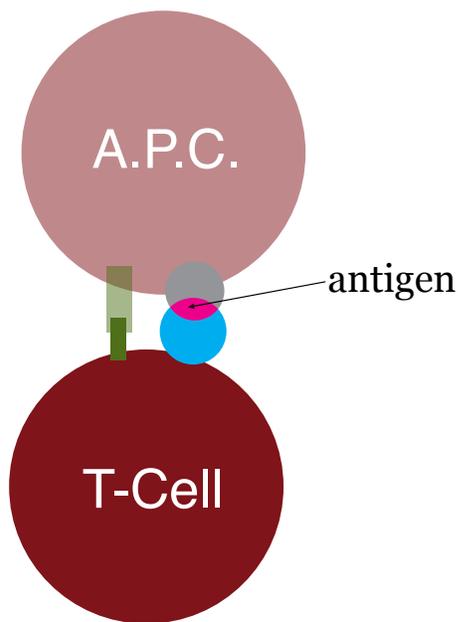
The Bladder channel is also integral to the circulation of Wei Qi. Wei Qi is the energetic aspect of the body that is linked to the ability to repel invasions of Wind. The closest biomedical analogue to this is the immune system.

The Ling Shu states that Wei Qi moves in a circuit, which begins upon waking in the Bladder channel.

Then, over the course of 24 hours, it circulates sequentially through the channels into the interior: residing in the Yin channels during the night.

Cupping draws fluid, blood and pathogens from deeper levels of the body into the more superficial level of the Bladder channel. By placing the cups over the Shu points a direct connection is made through this primitive structure - the mesonephros - to deeper levels of each organ. In the Six Level Theory of Acupuncture pathogens can work their way through the body getting progressively deeper and more difficult to remove. By drawing pathogens up into more superficial levels, i.e. the Bladder channel, it makes the energetic process of removing them easier.

At an immunological level removing pathogens means the immune system is able to recognise, kill and then eliminate them.



ANTIGEN PRESENTING CELLS AND PATHOGENS

The T-cells are then authorised to mount a full-on immune reaction. It is important to understand that without the APC giving the T-cell the pathogen (antigen) the T cell is completely dormant, even if swimming in pathogens.

It stands to reason then, as this is the very principle of vaccinations, that any additional help in allowing APC's to be introduced to pathogens will augment the immune response.

Pathogens can hide within the body. Examples

include infectious granulomatous diseases (of which TB is an example), and almost certainly other illnesses like glandular fever. There is also a growing body of opinion that Autoimmune conditions are examples of this and should be more accurately named Hyperimmune conditions.

In Hyperimmune (Autoimmune) conditions the body inexplicably attacks itself. Within accepted Western medical theory autoimmunity is considered to be a malfunctioning of the role of the MHC. However, within Chinese medicine many Hyperimmune conditions are considered to be caused by retained pathogens.

As Qi Bo says in Chapter 43 of the Nei Jing SuWen:

'A combination of three pathogens - Wind, Cold and Damp - invades the body leading to obstruction and causing Bi'.

To put this in a biomedical context: the immune system is not inexplicably attacking its own body; it is trying to get to a deep pathogen. This pathogen is so deep that the immune system has to destroy part of the body to get to it. It is like the police pulling down the walls of your house to get to a holed-up burglar within.

A NEW PARADIGM

It is here that the dangerous act (epistemologically speaking) of combining paradigms can be performed. Cupping does not work by 'removing toxins' but rather by drawing pathogens from deep levels to superficial. It gives the immune system (Wei Qi) another chance to 'see' the pathogen: Wei Qi is stronger at a more superficial level. Once recognised as foreign the immune system is able to mount a renewed challenge, in just the same way as a vaccination would cause an immune response. This is why cupping may cause a slight 'fluey' reaction after treatment: in essence the body is catching an (internal) Cold.

(Cupping's effect on 'stagnant Blood' can be seen in a similar light as drawing out immunologically and morphogenetically active blood into the path of the immune system. The immune system is also

responsible for policing cancerous changes of which stagnant Blood is an example.)

In creating increased 'visibility' of pathogens cupping should work on Hyperimmune conditions if these too are caused by retained pathogens.

These conditions are characterised by predictable hereditary characteristics in the Major Histocompatibility Complex (MHC). In the Hyperimmune theory, the MHC is defective not so much in wanting to attack it's own body, but in failing to pick up these pathogens and present them to the T-cells.

Cupping therefore can be seen to give the APC another chance to recognise the pathogen. A first step to proving that this occurs would be very simple. Studies with cupping on autoimmune conditions should show significant drops in inflammatory markers and disease.

At the time of press only one such study exists (Ahmed 2005). It is a study on wet rather than dry cupping but it does show that cupping does reduce inflammatory markers and disease severity.

Further studies should be done by us, the acupuncture community, to show whether or not cupping can reduce inflammatory markers and disease progression in Hyperimmune conditions. These could be done whether patients are on 'conventional' therapy or not. Furthermore, any effect should be synergistic with pharmacological therapy.

Ahmed SM1, Madbouly NH, Maklad SS, Abu-Shady EA. Immunomodulatory effects of bloodletting cupping therapy in patients with rheumatoid arthritis. Egypt J Immunol. 2005;12(2):39-51.



ABOUT THE AUTHOR

Dr. Daniel Keown developed an interest in Chinese medicine in his teens from his octogenarian grandmother's exploits in China. After finishing his degree in medicine he worked for over a decade as an Emergency doctor before returning back to college to complete a degree in Chinese medicine. Realising that aspects of Chinese medicine remained poorly understood from a biomedical standpoint he travelled to China to study under the masterful tutelage of Dr Wang Ju-Yi. It was this study that provided the impetus to write 'The Spark In The Machine.' He lives in Tunbridge Wells in England with his wife and two children, and in his free time he grows vegetables on his allotment and dreams about the perfect wave.

Website: <http://www.getwell.space/about/>

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



PHOTO: Brian Goldstone

The Spark in the Machine

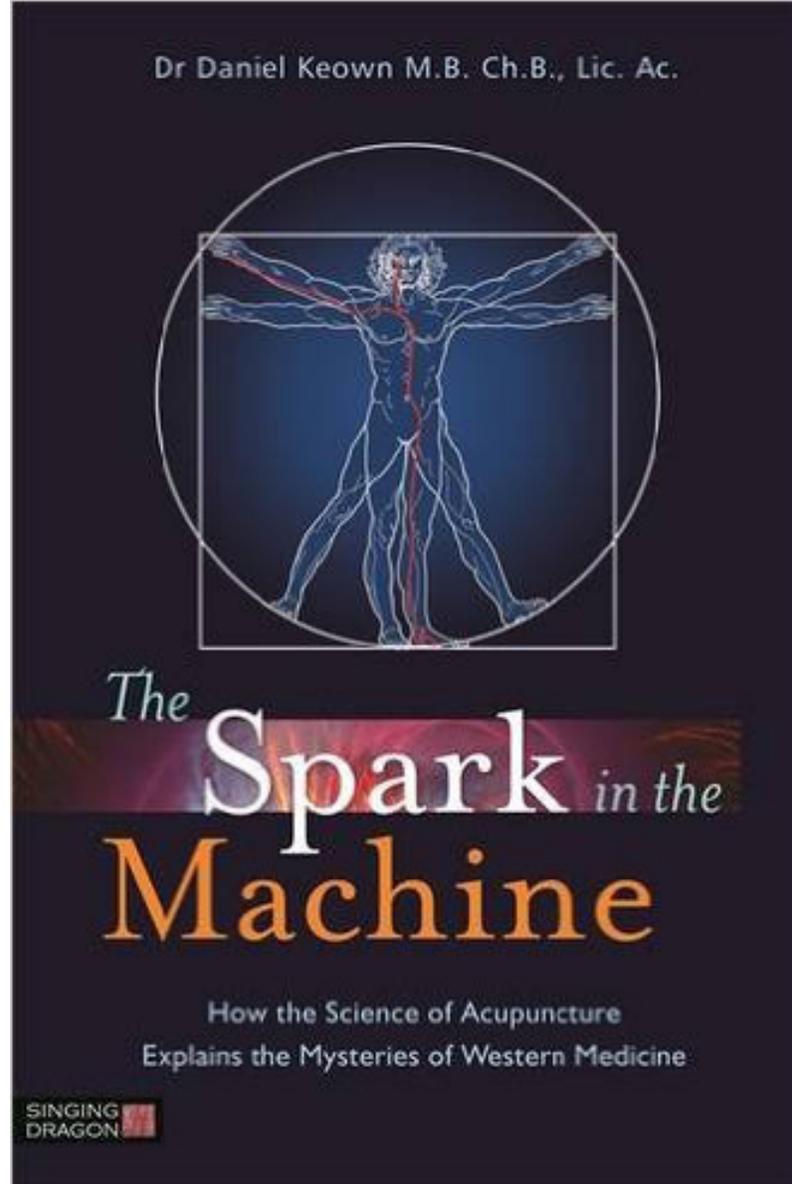
by Dr. Daniel Keown, M.B. Ch.B, Lic. Ac.

Reviewed by Dr. Angela Foran, Dr. TCM

A few months ago I casually picked up *The Spark in the Machine* by Dr. Daniel Keown and was immediately drawn in by his easy writing style and humour, it also helped I found the topic extremely relevant.

As a doctor of traditional Chinese medicine I sometimes struggle to explain, to my more academic and skeptical patients, how acupuncture works from a Western medicine/science perspective. Analogies to nature are useful, but some people want the nitty gritty of how the spleen holds blood in the vessels or why the back shu points regulate the organ systems and Dr. Keown provides such details.

I think Dr. Daniel Keown is particularly qualified to bridge the gap between Western Medicine and Acupuncture. His background as a medical doctor, surgeon and licenced acupuncturist he has a rare combination of skills and insights into both fields. The format of the book allows the TCM practitioner to dive a little deeper into the Western side of medicine as well as explaining the Chinese medicine terminology in a way that med students, doctors and



laypersons alike would be able to understand. There are many humorous quips and personal stories about his experiences in the ER which makes it an enjoyable read.

There were many highlights in the book for me. I found the early chapters very engaging with the explanations of electrical current in the body, how it relates to connective tissue and how Dr. Keown



ABOUT THE AUTHOR

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

More info at drforan.ca

believes fascia is the link between acupuncture and anatomy. I have patients that tune-out when they hear the term energy imagining it to be some kind of new age-y terminology. I am now able to share information on electrical currents in the body, the unique electrical properties of collagen and what that means in terms of acupuncture channels and points.

After discussing the foundation of Qi, electrical currents, Yin and Yang, the book delves into organ physiology. These chapters really mesh the Eastern and Western perspectives together and explain classical Chinese medicine sayings such as, “The Kidney stores Jing and Jing houses our willpower” or “The lung holds the office of minister” in a way that is physiologically relevant. I won’t go into the details of Dr. Keown’s explanations except to say they are entertaining and illuminating.

And to top it all off there are rough sketches scattered throughout which I found helpful in clarifying key points, plus the illustrations added personality to the book.

I’ll finish with a quote from the preface which I think sums up the book perfectly:

“It is to be read and enjoyed by anyone with an interest in how our amazing bodies are formed. It is a book that weaves together the very latest in our modern understanding of embryology and the very oldest of medical traditions. I hope in some way it enlightens your knowledge of the body and furthers your understanding of the most complete medical tradition in the world.”

- Angela Foran

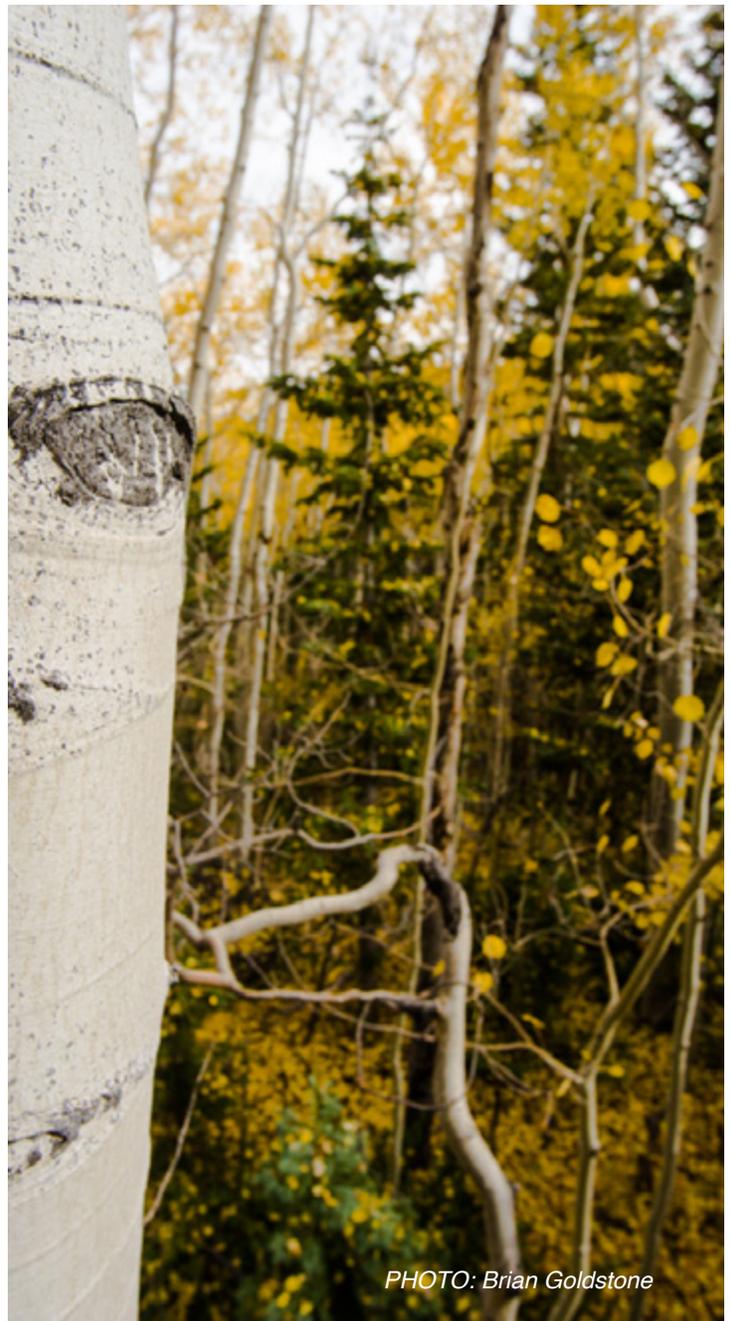


PHOTO: Brian Goldstone

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 three months of autumn

are the period in which the shapes of everything are formed. The energy of Heaven begins to blow swiftly, the energy of Earth begins to change color.

It is desirable to sleep early and get up early with the crowing of the rooster, to maintain a peaceful will in order to slow down the killing effects of autumn, to constrict the energy of spirits in order to calm down the energy of autumn, to refrain from moving outward in order to clean up the energy of lungs.

This is the way of nourishing life in response to the energy of autumn.

To act to the contrary will cause injuries to the lungs and one will suffer diarrhea with undigested foods in winter, because one will be bound to be short of energy to cope with the winter.

From “The Yellow Emperor’s Classics and Difficult Classic”, Translated by Henry Lu. Revised edition of Henry Lu’s 1978 *Neijing*, “A complete Translation of the Yellow Emperor’s Classic of Internal Medicine and the Difficult Classic”. Henry Lu Translation: <http://blackhistoryfactorfiction.com/wp-content/uploads/2013/06/yellow-emperors-internal-medicine.pdf>

PHOTO: Brian Goldstone

@MRM Online

Medicinal Roots Magazine encourages discussion and engagement in the field of TCM. Highlights from our online audience are featured in our magazine via this Public Forum.



/ MedicinalRootsMagazine



@MedRootsMag

Contributer via Facebook:

Clara Cohen, R.Ac

Owner and Founder of AcuPro Academy

FALL TIPS FOR HEALTH

Fall is my favourite season. I'm always amazed at nature's beautiful colours. I enjoy hiking in the crisp air, drinking ginger tea and wearing plush scarves. This is also the time I give lots of recommendations to my patients. Here are my 3 tips for a healthy fall and to prepare for winter.

1. HYDRATE AND LUBRICATE

During the fall season, leaves gradually dry up and eventually fall off. Similarly, our skin tends to dry up and flake off. As we age and reach the fall of our lives (middle age anyone?), our bodies start to dry up too (I know, not fun!). For those suffering from dry cracked skin, dry stools, dry mouth, and/or dry hair, and (yes I will go there) dry vagina, the solution is a little more complex than just drinking water.

According to Chinese medicine, in order to replenish the loss of body fluids, we need to both hydrate and lubricate!

Hydrate: Drink more water, herbal teas and eat more watery foods, such as broths and clear soups.

Lubricate: Eat food containing essential fatty acids such as nuts and seeds, avocado, fatty fish, and coconut oil.

2. EAT IN SEASON

Fall is also a time to start reflecting and planning for the winter ahead, by canning what we harvested. Fermented foods such as sauerkraut are the perfect way to keep the immune system strong. Also, eat in season by cooking with yams, pumpkins, squash, apples and pears, and spicing things up with cinnamon, garlic, rosemary and fennel.

3. STRENGTHEN YOUR IMMUNE SYSTEM

According to Chinese medicine and the 5 Element theory, the Metal element is very active in the fall. Metal is a strong element, which acts as a shield to protect the body from "invaders".

This is the time to tonify the immune system (our shield) against bacteria and viruses (invaders), with regular acupuncture treatments to prepare for winter.

Get the most out of this beautiful season by staying healthy naturally.

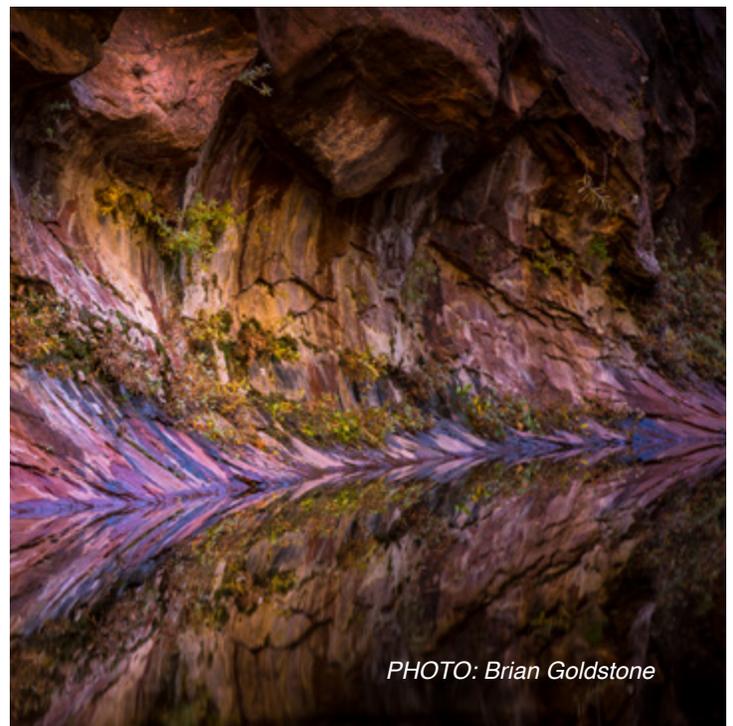
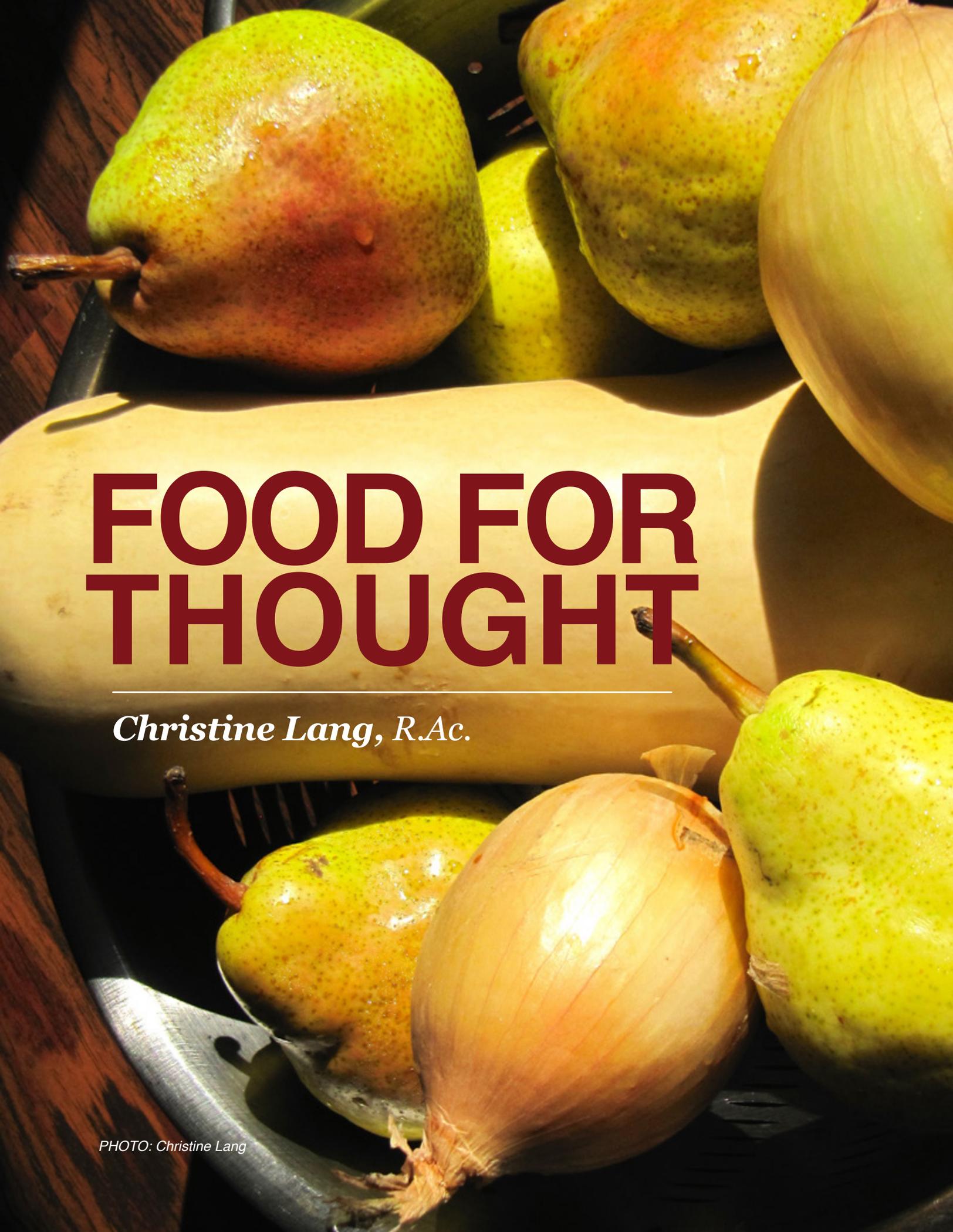


PHOTO: Brian Goldstone

A still life photograph of fresh produce. In the foreground, a large, light-colored squash is positioned horizontally. Behind it, several pears with yellow and red blush are scattered. To the right, a large, golden-brown onion is visible. The background is a dark wooden surface. The lighting is warm and directional, creating strong highlights and deep shadows.

FOOD FOR THOUGHT

Christine Lang, R.Ac.

Growing up on a farm in Southwestern Ontario, eating what we had grown or purchased locally was not considered 'au courant'. In fact it was the exact opposite: it was survival. With hard work, Grandpa Lang's magic touch and some help from Mother Nature, each fall we would come together as a family to harvest and preserve as much produce as we could. Everyone played a role; from the kids shucking corn to the men who stoked the fire and par-cooked the ears, to the women cutting kernels off the cobs and measuring into freezer bags, we all pitched in to get the job done. It was also a cost effective way to help nourish and strengthen our family to endure the winter months being surrounded by the Great Lakes. It's that sense of family support and hard work that really embodies, for me, what it means to be Canadian.

Although I don't get home to the farm as often as I'd like my appreciation and respect for the process of preparing for winter, or any season for that matter, has only been strengthened by my studies in Chinese Medicine. It provides valuable direction on how to maintain and promote health during all 4 crazy seasons we deal with in Canada (and yes, sometimes all in one day). However, with the advent of modern conveniences, we have lost our connection to this crucial process. Preparing your own meals from locally grown food is a great place to start. You won't find the health and wellness you seek from a pre-packaged meal and 2 minutes in a microwave.

According to the Five Element Theory, Autumn pertains to Metal or air and is associated with the Lungs, which are considered the commander of Qi. The Lungs dominate the skin by opening/closing the pores and are responsible for the even distribution of Wei Qi and Body Fluids. They are also said to receive pure Qi from Heaven and believe me, after a hot, humid summer the crisp air of fall can feel like Heaven.

Further, the Lungs are responsible for the quality of one's voice, interact with the external environment via the nose, and constitute one component of the immune system. Dryness is the external pathogen of this season as evidenced by such signs as dry lips and skin, itching, pink eyes, dry throat and cough as well as constipation that can become more pronounced during fall months.

The Large Intestines, the Lung's paired Yang organ, takes on the role of waste disposal ridding the body

of not only metabolic waste products, but also those that are mental and spiritual in nature. We are taught that grief or sadness relates to Metal and while a normal emotion we all experience, it can become pathogenic if allowed to remain for prolonged periods of time or conversely, not expressed when appropriate. It is said that grief can be cleansing, helping rid us of what no longer serves purpose in our lives.

Living off the land, one becomes acutely aware of the effect weather has, not just on our physical bodies but also our emotional and spiritual selves. Just as the trees will be stripped of their brightly coloured leaves by the end of this season, we too should be ridding ourselves of unnecessary thoughts, emotions, habits, or behaviours. Only then can we acknowledge what is important and begin to allow fresh, new energy (thoughts/feelings etc.) to flourish.

While completing my studies in Chinese Medicine in Southern California I became aware of the prevalence of Lung dryness in all seasons in comparison to where I've lived in Canada. One of my mentors used to direct patients suffering from sore throat and dry cough to eat baked pears drizzled with honey as long as they did not present with a productive cough. I find myself referring my own patients to this method of self-care quite often during the fall months. It's not only the environment that begins to dry out in preparation for the upcoming colder weather. Our bodies do as well.



PHOTO: Christine Lang

From Christine's kitchen, fall produce that includes various types squash, onions, cabbage and root vegetables as well as apples and pears.

Produce that can often be found in my kitchen come fall includes various types squash, onions, cabbage and root vegetables as well as apples and pears. It should be noted that many of these have flesh that is white, the colour attributed to Autumn according to the Five Element theory. I can think of no dish more comforting and soothing on a cool day than soup, and this Curried Squash and Pear Bisque fits the bill perfectly.

Chinese-Canadian food cure guru Dr. Henry C. Lu notes that pears exhibit an effect on the Lungs and Stomach and are sweet, cool, and slightly sour. They can lubricate dryness by promoting fluids as well as being able to eliminate mucus. Pears are used traditionally in the treatment of cough with phlegm production, constipation, indigestion and difficulty swallowing/urination.

Similarly, onions are good for coughs associated with the common cold as well as difficult urination and can also expel phlegm.

Squash (meaning hard skinned, winter squash) are warm and sweet and are purported to relieve pain and heal inflammation. Dr. Lu advises that squash is good for pulmonary abscess and bronchiectasis however; it should be avoided in people that suffer from water retention or congestion in the chest.

Milk or dairy products, when used appropriately, can produce fluids and lubricate the intestines. Considered neutral and sweet, milk products bear down and are reported to influence the Lungs, Heart and Stomach. Caution should be exercised in those patients who present with loose stools or mucus discharge.

Curry powder is a blend of spices that vary according to region as well as the cook's preferences. Commercially produced curry powders may include

such spices as ginger, garlic, turmeric, coriander, cumin, fenugreek, cinnamon, clove and pepper many of which are pungent in nature. Within the 5 Element theory pungent is the flavour associated with Metal. It is Yang in nature and ascending, encouraging the upward and outward movement that can help rid the body of wind. However, caution should be used when using pungent flavours as autumn is more closely aligned with Yin and drawing inward.

If you have the time, I strongly encourage you to make your own stock or broth (vegetable or bone) for this or any recipe for that matter. It comes together in minutes and will make your home smell delicious while it slowly cooks. I cherish this Sunday morning ritual during cooler months that uses the bones from the previous night's meal and vegetable ends that I store in the freezer (broccoli stalk, mushroom or kale stems, woody asparagus ends etc). Taking the time to brown the bones followed by some onions, carrots, celery and garlic only adds to the depth of the end product. Slices of fresh ginger, bay leaves, peppercorns or other fresh herbs like thyme make nice additions but I try to keep stocks rather neutral in taste. This makes it more versatile in many different soups, stews or sauces as well as when dealing with hot or cold conditions. You can read up on the benefits of bone broth at <http://articles.mercola.com/sites/articles/archive/2013/12/16/bone-broth-benefits.aspx>.

Autumn is a busy, yet beautiful time of preparation for what is to come. Find comfort in slowing down as the days grow shorter and cooler and we begin to draw more within. Get out for a walk and let the crisp, cool air fill your Lungs while allowing the rhythms of nature to guide us in preparation for the next season's growth. Just like the trees dropping their leaves.

- Christine Lang



ABOUT THE AUTHOR

Christine Lang is a Registered Acupuncturist in Barrie, 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.

Curried Squash and Pear Bisque

All-New Complete Cooking Light Cookbook, 2006

PREP 25 mins

COOK 1¾ hrs

YIELD 8 servings (serving size 1 ¼ cups)

Ingredients

- 1 butternut squash (about 2 ¾ pounds)
- 1 tablespoon butter
- 2 cups chopped peeled Bartlett pear (about 1 pound)
- 1 ½ cups thinly sliced onion
- 2 ⅓ cups water
- 1 cup pear nectar
- 2 (14 ½-ounce) cans vegetable broth
- 2 ½ teaspoons curry powder
- ½ teaspoon salt
- ⅛ teaspoon black pepper
- ½ cup half-and-half
- 1 small Bartlett pear, cored and thinly sliced

Preparation

1. Preheat oven to 375°. Cut squash in half lengthwise; discard seeds and membrane. Place squash halves, cut sides down, on a baking sheet; bake at 375° for 45 minutes or until tender. Cool. Peel squash; mash pulp. Set aside 3 ½ cups pulp, reserving remaining squash for another use.
2. Melt butter in a large Dutch oven over medium-high heat. Add chopped pear and onion; sauté 10 minutes or until lightly browned. Add squash pulp, water, and next 5 ingredients (water through pepper). Bring to a boil; partially cover, reduce heat, and simmer 40 minutes. Place one-third of squash mixture in a blender; process until smooth. Pour puréed mixture into a large bowl; repeat procedure with remaining squash mixture. Return squash mixture to pan; stir in half-and-half. Cook over low heat 3 minutes or until thoroughly heated.
3. Ladle soup into bowls, garnish with pear slices.

PHOTOS: Christine Lang



CALORIES 149 (25% from fat); FAT 4.2g (sat 2g, mono 1g, poly 0.2g); PROTEIN 1.9g; CARB 29.4g; FIBRE 3.7g; CHOL 10mg; IRON 1mg; SODIUM 622mg; CALC 70mg

References:

¹ All-New Complete Cooking Light Cookbook, 2006, Oxmoor House, Inc.

² Chinese Natural Cures; Traditional Methods for Remedies and Prevention, Dr. Henry C. Lu, 1994, Black Dog and Leventhal Publishers, Inc.

³ Prince Wen Hui's Cook: Chinese Dietary Therapy, Bob Flaws and Honora Wolfe, 1983, Paradigm Publications

A dark forest at night. A single tree on the left is illuminated by a warm, golden light, making its leaves glow. The rest of the forest is in deep shadow, with some faint light reflecting off the branches of other trees.

AS WE DIE

THE ROLE OF ACUPUNCTURE IN THE LAST STAGE OF LIFE

*Karen R. Adams, Lic Ac, Dipl Ac, BA(Hons), BS
Owner of Adams Acupuncture, Greefield MA*

It is not surprising to learn, given the centuries of knowledge that is acupuncture, and the thousands of years of philosophy that nourish it, that there are ways to assist us as we prepare to die, as we die, and after we die.

There are protocols to make sure that dying is what we are supposed to be doing – the Nine Needles to Return Yang, for instance. There are points that can help us navigate the end stages of our life journey, and provide comfort during the process of renewal, as spirit returns to Spirit. And there are ways to use acupuncture to open the portals so the spirit is released, to ensure that we pass on, and don't remain here as gui or ghosts.

I have been drawn to this aspect of acupuncture since I approached my practitioner, years ago, asking if acupuncture could help a friend of mine who had lung cancer. His reply, 'I can help her die', was both frightening and beautiful.

About six years ago, I was asked to tend to a woman who had end stage cancer. She was in her early fifties, in tremendous pain, very close to death – and absolutely unwilling to go. She was tired of the pain, and in that sense was ready to die. And she wanted desperately to continue to live so she could be with her 15 year old daughter. She had positioned herself where she couldn't move, couldn't make her choice, and this was increasing her emotional and physical suffering. She walked, all the time, as walking helped

her manage the pain. She'd worn a trench around the perimeter of her house, and couldn't sit for more than a minute to talk to me when I visited.

I found myself having to be in the dis-comfortable place of wanting to help, and not knowing what to do. Was my job to ease her physical pain, or help her die – or both? At least I was clear that I wasn't supposed to cure her, but how was I to help her heal so she could make her transition from this life easier? This place of not knowing what I was supposed to do was the place from which I would try to choose treatments that would ease the pain of body and mind. In this case, I would do my best to choose points, then follow her around to pick up needles as they fell out.

As I got ready for our third visit, I got a call from her sister to tell me that the end was very close, the family was gathering, and I didn't need to come that day. I said, tentatively, 'I can help her die, if you want me to come'.

Her husband called me back a bit later to ask me to come do what I could. When I entered the house, there were family members all over, talking, preparing food, catching up with those from out of town. And over and through it all, I could hear my patient upstairs, wailing and moaning.

When I got to her room, hospice volunteers were with her, trying to get her doctor's permission for stronger pain medications. She seemed completely unaware of anyone or anything around her, yet refused to get into her bed. Once again she was trying to walk off her pain, and there was someone stationed at the head of the stairs for safety.

I thought, 'Not using needles now, she's not even still enough to get them in, never mind keep them there'.

I noticed she would stand and run her hands down her throat. I remembered a teacher telling me that patients show us what points to use, and she was running her fingers over Windows of the Sky points, so I dropped my bag, stepped up to her and put my hands on those points. She continued to wail, but she stopped walking around, just sort of shuffled in place at the side of her bed.

I thought of the spirits of all those wonderful points on the back between the shoulder blades and over her heart, and placed my left hand there, steadying her with my right hand. She quieted a little, and I just stood with her, trying to see my hand as the needles on those points: Heavenly Window, Soul Door, Rich for the Vitals, Spirit Hall, Wail of Grief, Spirit Path, Wisdom's Advantage, Road to Happiness. I touched on all of them, and she quieted a bit more.

I had a strong sense of where she was headed once she decided to let go, and it was awe-some. It was as if I stood in a doorway to a place of great light with her. I kept thinking: 'See? Can you feel the wonder? How can you not step through?'

I have felt this each time I've worked with someone as they neared death, though this time it was strongest and clearest. I saw the beauty; she was not having any of it, and her resistance felt like iron.

At that point, the three hospice workers said 'You've got her? We're going to go talk to her family' and left me alone with her. Part of me was gibbering 'what if she falls?' She didn't weigh much, but a hundred pounds is a hundred pounds, and I wasn't sure I could keep her off the floor. Another part of me was silently urging her to get on the bed, to lie down, to rest, but that just seemed to bounce right off her. It was as if climbing into bed meant climbing into her coffin.

The largest part of me, though, got very still and peaceful. I began to see, in my mind, a 'face' to the pain, a monster all spiky and sharp-toothed, and I began to run a mental hand over it, soothing and smoothing, as if it were a soft kitten and not something that was eating her up from within. She began to whimper instead of wail, to rock instead of shuffle, to lean on the bed.

I did this for an hour, and then it was like someone flipped a switch, or dropped us back into real

time. The treatment was over, and she began to wail again, and the hospice workers bustled back upstairs with their meds. I left the house, feeling dazed and wondering if I could drive. One of the hospice workers ran up to me at my car, and said 'You're better than opiates', which made me laugh, as I wondered how to put that on my business card. I learned that she lived for three more days, though I never saw her again.

After she died, I began to sift through the lessons I had received. What is my role as an acupuncturist when my patient is dying? Am I supposed to pull out everything I know to try to 'save' her? Am I supposed to gently help him accept that he is dying, so he can take whatever steps he needs to take to leave life with no regrets, no feeling of things left undone? This is the most intricate and perhaps delicate of all the dances we dance when we join with our patients, to walk with them for a while. They are in charge of their own lives; we are only here to use our skills to help them get clear on what they want, and support them in their decisions no matter what our opinions are. Which leads to a very important question:

What is the difference between 'curing' and 'healing'?

Western medicine tends to think of illness as a problem to be solved, a malfunction to be corrected – or ameliorated, all from outside. We who study CM have at least been exposed to the ideas of the flow of life, the transitory nature of balance and imbalance, and we try to remember that the patient before us is made up of a rich diversity of experiences and choices that have led them to where they are – poised in infinite possibility. I hope to always remember that healing comes from within each of us. The patient chooses the path, and I try to select points that aid them – to find clarity, to get stronger, to release, to ease pain.

The Ling Shu states that the most effective treatments occur when the spirit of the practitioner connects with the spirit of the patient. This means being able to stand upright between Heaven and Earth as much as we possibly can in any moment. It means being willing to dare, to risk, to step out of 'self' while staying aware of who we are.

If we want to treat people as they die, we have to intimately know how we feel about our own deaths, our own dying.

Not that we have to have answers, only be willing to stand side by side with our patients and face our own questions and fears. We help them best when we connect with our own Upright Qi to the best we can.

- Karen R. Adams



ABOUT THE AUTHOR

After experiencing the healing power of acupuncture during an extremely trying time in her life, Karen went on to train at the College of Traditional Acupuncture in the UK, where she received her Licentiate in Acupuncture and a BA(Hons) from Oxford Brooks University in 2003. Her deep interest in using acupuncture for trauma recovery including combat and critical incident trauma and led her to volunteer with Acupuncturists Without Borders in New Orleans after Hurricane Katrina, in Springfield, MA after the tornado in 2011, and in many events for returning military personnel. Since 2007 she has been providing weekly free clinics to veterans, military personnel, first responders and their families.

*Karen R. Adams, Lic Ac, Dipl Ac, BA(Hons), BS
Greenfield, MA 01301
karen@TryGCA.com
or Karen@AdamsAcupuncture.net*

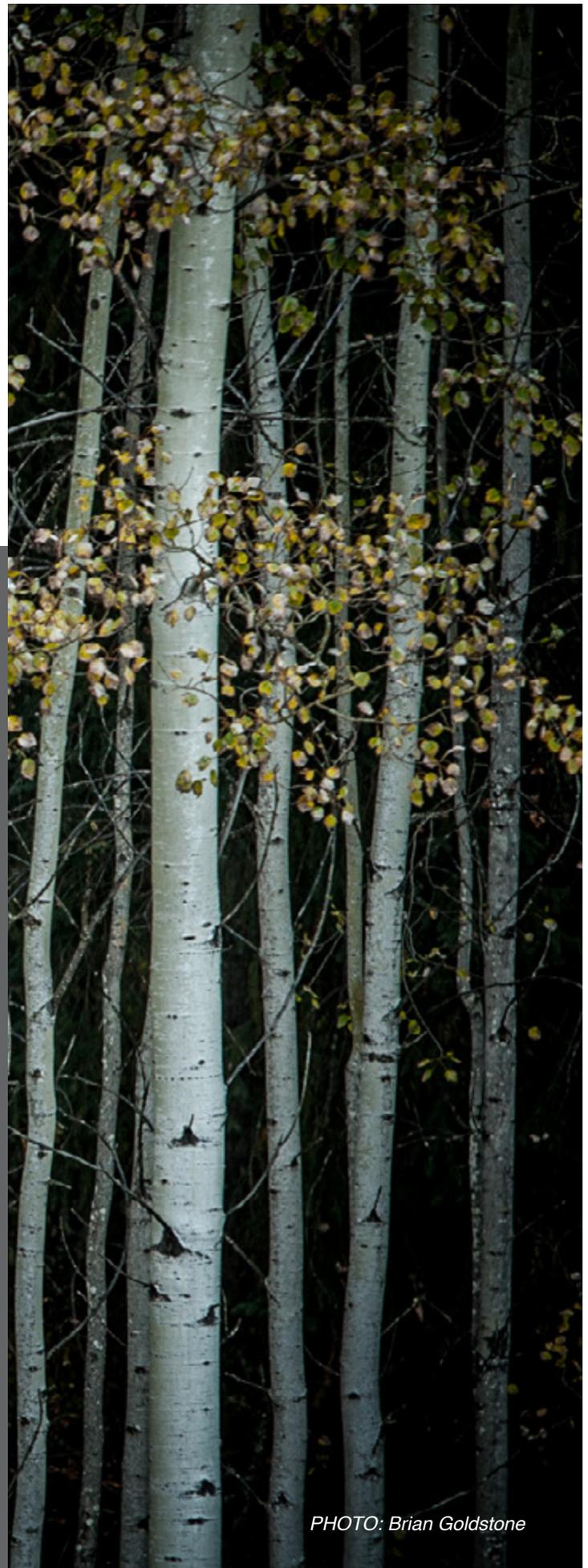


PHOTO: Brian Goldstone



Save the date for the 13th Annual Canadian Oriental Medical Symposium!

LIVE IN VANCOUVER, BC

FEATURED SPEAKERS



JEFFREY YUEN

Master of Classical Chinese Medicine (Topic TBA)
March 11-12, 2016



SUZANNE ROBIDOUX

Yuan Qi Classical Acupuncture for Quick Pain Relief
March 13-14, 2016

This year, we're going in-depth!

You told us you wanted more comprehensive workshops at COMS, and we listened! This spring, join Jeffrey Yuen and Suzanne Robidoux for our first-ever "COMS In-Depth". Two intensive, two-day seminars from March 11-14 will ensure you walk away with both a deeper understanding of the topics and concrete techniques to bring back to your clinic.

Visit us online to learn more about our new program of alternating COMS In-Depth with our standard Symposium format!

GO IN-DEPTH | GET INSPIRED | EARN CEUS

Sign up for updates at:

www.comsvancouver.com

Eastern Currents: All Your Clinic Needs

At Eastern Currents, we offer the very best in acupuncture needles, TCM Herbals, e-stim devices, clinic supplies, and more! Practitioners love our fast turnaround times, low shipping rates, and friendly, efficient service.



Visit us online and check out our 4,000+ products!



www.easterncurrents.ca 604-263-5042 1-800-667-6866

MEDICINAL ROOTS 藥慧 MAGAZINE

Ancient Wisdom - Modern Healthcare

2015 Advertising Specifications and Information

We're having a **sale!**

Take advantage of our first year pricing.

Full page	8.5" x 11"	50% off	\$300.00
1/2 page	8.5" x 5.5"	40% off	\$210.00
1/4 page	4.25" x 5.5"	30% off	\$157.50

*All advertisements must be: in PDF or JPG format, no larger than 80MB, and built to the exact document specifications.

Regular pricing rates

Full page	\$600.00
1/2 page	\$350.00
1/4 page	\$225.00

Contact

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

MEDICINAL ROOTS 智慧 MAGAZINE

Ancient Wisdom - Modern Healthcare



medicinalrootsmagazine.com

PHOTO: Brian Goldstone