

Got Qi?

Volume I, Issue II

October 2008



Eight Extraordinary Vessels

In Chinese medicine the practitioner can choose from a variety of systems when providing treatment. Based on the patient diagnosis, the practitioner can choose a system such as Zang Fu, Tendo-Muscular, Divergent, Five Element, or Eight Extraordinary Vessels. In this issue we are going to briefly discuss the system generally used for psycho-somatic illnesses: Eight Extraordinary Vessels.

The Ren Mai is the first vessel known as the “Sea of Yin” or “Vessel of Bonding”. This vessel treats issues related to a deficiency or excess of the Ren Mai. A deficiency of the Ren Mai may result in the difficulties bonding with other people. Therefore, an excess of the Ren Mai may result in the overdependence on other people. Hence, in treating the Ren Mai, the patient’s goal is to love one’s self in order to feel complete.

The Ren Mai also involves voluntary reflexes, gender identification, blood regulation, essence (hormones), fluids (urinary bladder), and Qi regulation throughout the body.

The Du Mai is the second vessel known as the “Sea of Yang” or “Vessel of Individuality”. This vessel treats issues related to individualization and separation from the Ren Mai (maternal matrix). It is responsible for all activity relating to movement and action capabilities, and is the residence of our very intelligence. When we are faced with difficult choices and we ask ourselves, “What is the meaning of my life?” It is recommended to treat the Du Mai.

The Du Mai also involves the intestinal, urogenital, digestive, respiratory, cardiovascular, and neurological systems.

The third vessel, known as the central vessel is the Chong Mai, which translates to “Sea of Blood” or “the Cosmic Architect.” The Ren Mai and the Du Mai originate from the central vessel, which influences all aspects of blood in the body and is closely related to the heart. The Chong Mai is responsible for sexual arousal, difficulty with ejaculation or orgasm, and regulation of the uterus for infertility and menstruation. It can also be used to treat issues concerning the movement of the self in order to understand its confinements and to discover its boundaries. For example, if an individual does not like what the world has to offer constitutionally (race, religion, or sexual identity), it is recommended to treat the Chong Mai.

Energetically, the Chong Mai can be used when issues arise concerning the movement of the self to discover its confinements and to understand its boundaries. It goes outward and outside of itself into the earth to be able to conquer it then it retreats inward. It can also be used if we don’t like what the world has given us constitutionally (race, religion, sexual identity). When we are having personal boundary issues – treat the Chong Mai.

So far we have discussed the first three vessels: the Ren Mai, Du Mai, and Chong Mai. Like the structure of a house, the Chong Mai is the lumber, and the

Du Mai is the physical construction of the house itself. Hence, the Chong Mai supports the blueprint of one’s life, and the blueprint is applied to the physical material giving way to action.

The fourth vessel is the Yin Wei or “Vessel of Aging,” which connects all the Yin channels. It represents the cycles of our life, the process of aging, and the element of time, linking the past to the future. If there is no progress or change in life, then there is stagnation in the Yin Wei vessel. Over time, this will exhaust Ren and Du because they labor without progress or change. If one is able to link the present with the past, then one is able to get back to one’s true self (Ren) and have the ability to love one’s self.

The Yin Wei also links the Kidney (self) with the Heart (purpose). When there is a disharmony in the Yin Wei, it can manifest as low back pain, stomach ache, heart pain, (chest or cardiac pain) due to the natural process of aging which creates blood stagnation or emotional stagnation.

Thus, emotions are rooted in blood (Heart) and can be described as follows: anger disturbs heart Qi, anxiety disturbs heart blood, fear disturbs the communication between the heart and kidneys,

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Welcome to the World!

Congratulations Expecting Mothers!

Shiva S.
Slobo J.
Shirleen C.
Tina H.
Celes Y.
Heather S.
Jamie D.
Joelle E.
Yasaman G.
Amy Y.
Connie B.
Maya M.
Nicole K.
Denise Y.
Stacy P.
Caroline T.
Mary Jo D.
Molly H.

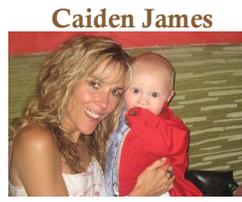
“Better than a thousand hollow words, is one word that brings peace.”

- Buddha



Soren Lidia

Born to Tracy & Alex on May 9, 2008 (8lbs and 21 in.)



Caiden James

Born to Jennifer & John in 2007



Kenzie Christina

Born to Lilas & James on August 16, 2008 (6lbs 7oz and 9 1/2 in.)



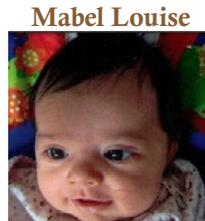
Tamara

Born to Elsa & Keith on July 7, 2008 (7lbs and 19 1/4 in.)



Makayla Anne

Born to Brooke & Jack on July 10, 2008 (8 lbs 4 oz and 19.5 in.)



Mabel Louise

Born to Rebecca & Allan on Dec. 24, 2007 (8 lbs 10 oz & 19 in.)



Layla Simone

Born to Carolyn & Matt on May 22, 2008 (6 lbs 14 oz & 19 3/4 in.)



Parker Ella

Born to Amanda & Dan on September 26, 2007 (7 lbs 4 oz & 19 3/4 in.)

Acupuncture Helps Psoriasis

I came to see Dr. Jing for the first time in October 2006 because I had a very serious case of psoriasis. My right leg, from the knee down to the ankle, was swollen, grotesquely infected, and the skin was peeling off. Nothing I had tried, including medication prescribed by a dermatologist, helped.

When Dr. Jing saw my leg, her first words were “This is very, very serious, but I can heal this.” Indeed by January, through the teas she gave me combined with the acupunc-

ture treatments, my leg was completely healed. To this day, there has been no recurrence.

Dr. Jing has my gratitude and utmost trust. I know that when she says, “I can heal this,” it is utterly true; as it has been when I found myself returning to her office for other ailments (colds, aches, and pains, dry skin). She is a marvelous doctor whom I have readily and enthusiastically recommended to others.

~ Miriyam

Success Story: Miriyam

When each patient comes to see me, I often feel that the cosmos brought us together for a purpose...for me to help them. This divine purpose can only manifest if both the patient and I create a healing space of utmost mutual trust. My job is to give my patients the tools they need in order to heal. Their job is to use the tools that I have given them with faith and sincerity.

~Dr. Jing

Acupuncture Helps Pre-Leukemia

Sarah has been coming to TCM Healing Center since April of 1999. Initially, she presented with pre-Leukemia. Her red blood cells were low, enlarged, and deformed, and HgB was low. The root of her condition lay in her bone marrow and her MD explained that she had an extremely serious condition and was steps away from developing full-blown Leukemia. He continued on to tell her that not many patients can recover from this stage.

Sarah was constantly feeling fatigued, experienced body chills, anxiety, insom-

nia, her glands were swollen and she felt a debilitating lack of stamina. She suffered on and off for 5 years with her condition progressively worsening. Then, Dr. Richard Hammerslag referred her to our clinic to see Dr. Biao Lu. When she came in her condition was so severe that her MD had diagnosed her survival rate as slim, and sadly, Dr. Lu knew that her Doctor's diagnosis was probably accurate. Dr. Lu told Sarah that he would do everything he could to help her but she needed to earnestly follow his treatment plan.

Sarah did everything Dr. Lu asked her; she

Success Story: Sarah

took all of her tea, came to her acupuncture treatments, changed her diet and sleep habits, lowered her stress level, and most of all she had faith in Dr. Lu and that she was going to get better. Many people told her that she wouldn't make it, to give up, that Acupuncture and herbs were a waste of time, but she didn't listen. One year later her condition began improving, she no longer felt cold, her glands were not as sore, she felt stronger and was able to resume light daily activity. Her blood work also showed improvement.

(cont'd p.4)

Ask the Expert

If acupuncture is working for me, should I feel better every day?

Not at all. Health development like anything else goes in cycles. This means you will see a great improvement for a while, then plateau, and start noticing a decline, and then you feel better again. In medicine and health, sometimes you have to go down before you can go up again. We call this the healing crisis or darkest before dawn. Over the long-term, however, you will feel a great improvement and lasting results.

Can traditional Chinese medicine discover something even though Western medicine could not find anything?

From a TCM point of view the human body is constantly in a state of energetic flux. Because of this constant imbalance, TCM Doctors can always find where your body is functioning at a less than optimum level. So, even if Western medicine does not diagnose you with an "illness", TCM can help treat minute imbalances before they become an illness. Western medicine often looks for physical structural abnormalities, whereas TCM searches for an underlying dysfunction before it evolves

into a larger problem effecting the physical structure.

Can acupuncture be used in conjunction with Western medicine to treat infertility?

A number of patients that we currently treat have been receiving acupuncture while undergoing IVF or IUI treatment. Our special training and great experience allow us to competently enhance the Western treatment you are receiving, meanwhile minimizing any side affects you may be experiencing from the treatment, thereby increasing your success rate!



Acupuncture News: Using Herbs To Prevent Stroke Recurrence

By: Editorial Staff (full story at acupuncturetoday.com)

Small vessel disease is a particular type of vascular disease that affects the brain. Recent research suggests as much as one-third of the risk for developing Alzheimer's disease is attributable to small vessel disease. Patients with the condition also appear to have an increased risk of stroke. According to a study published in *Neurology Research*, herbal therapy can significantly reduce the risk of stroke recurrence in patients with small vessel disease. KiHo Cho and colleagues, from the Department of Cardiovascular and Neurologic Diseases at the

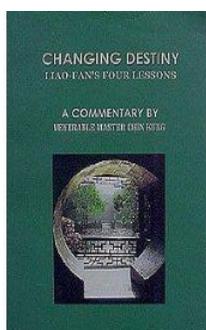
Kyung-Hee University College of Oriental Medicine in Seoul, tested the herbal formula *chung hyul dan* (otherwise known as *qing xie dan*) to determine if it could reduce the recurrence of small vessel disease stroke. *Chung hyul dan* is composed of *huan qin* (*Scutellariae radix*), *huang lian* (*Coptidis rhizome*), *huang bai* (*Phellodendri cortex*), *zhi zi* (*Gardeniae fructus*) and *da huang* (*Rhei rhizome*).

Previous research showed that *chung hyul dan* has anti-apoptotic (cell death), antioxidative, anti-

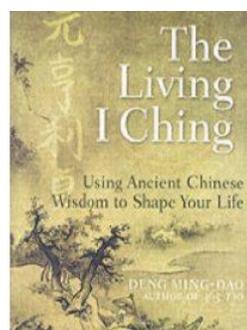
inflammatory and antihypertensive properties. The researchers speculated these effects might be helpful for reducing the risk of microangiopathy, which is believed to play a major role in the progression of small vessel disease.

One hundred forty-eight subjects with small vessel disease and a history of stroke were treated with 600 mg of *chung hyul dan* for two years and monitored for stroke recurrence. This group was compared to 208 other control patients who did not receive the herb.

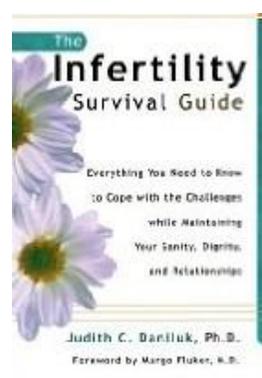
Book List



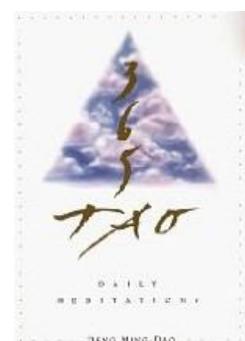
Chin Kung



Ming Dao-Deng



Judith Daniluk, Ph.D.



Ming-Dao Deng



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Where Body, Mind, and Spirit Come to Heal...

Our profoundly knowledgeable practitioners integrate the wisdom of thousands of years of medicine into our daily practice and always strive to provide the highest quality of treatment to our patients. At TCM Healing Center Clinic, we offer comprehensive Traditional Chinese Medicine healing techniques that include: acupuncture, herbal medicine, electric acupuncture, moxibustion, ear coning, nutritional counseling (which uniquely addresses the energetic properties of foods and their contribution to your health and state of imbalance), meditation, seasonal cleanses, and Qi Gong exercises.

We find that the best results are based on mutual respect and trust between our patients and practitioners.

Sarah (cont'd)

Her nurse at City of Hope told Sarah that she never saw any patient get better at this stage and she was amazed. To top it off, at age 46 Sarah became pregnant with her first child. Several MDs were concerned that pregnancy would be too much on her body and some even suggested terminating the pregnancy. Rather than taking their advice, she consulted Dr. Lu and he told her that her body could handle it as long as she continued to get treatment and take the medicinal herbs.

Presently, her daughter is nine years old and very healthy. Sarah is doing great now! Occasionally, she feels exhausted but this is due to normal stressors in life. Since her recovery, she has had her bone marrow tested three separate times and lab tests came back normal. Her MD has told her that she does not need to check her bone marrow any more and she can look forward to a long healthy life.

Sarah continues to see Dr. Lu as her primary care physician to treat anything from a sinus infection, to an injury or the cold and flu. Because she is allergic to antibiotics, Sarah can only take medicinal herbs to treat her ailments. She says that even when she is not ill, she likes to receive weekly acupuncture treatments (maintenance) as she notices an increase in her overall health and vitality compared to when she does not come in for treatment.

Eight Extra Ordinary Vessels (cont'd)

depression disturbs heart yang and worry disturbs heart yin. When we are trapped in a phase of life, are not living in the moment, or have a broken heart, treat the Yin Wei.

The Yang Wei is the fifth vessel known as the "Vessel of Aging," which connects all the Yang channels. It represents the Du Channel through various stages of Du's decline. The Yang Wei can treat symptoms such as chills and fever from a cold or the flu, tinnitus, watery eyes, and one-sided low back pain. In addition to these symptoms, the Yang Wei is also used to treat bone or joint Bi syndrome (pain related to dampness). When we try to avoid pain, we self-medicate by eating "damp producing" food, which numbs the emotions and causes Bi syndrome. Energetically, the Yang Wei gives us courage and strength to move ahead in life, especially when we are experiencing emotional instability or indecisiveness.

The Yin Qiao is the sixth vessel known as the "Vessel of One's Stance" or the "Vessel of Self Reflection." This vessel is used to polarize Yin/Yang, and is associated with insomnia, osteoporosis, bone spurs, spasm of the lower limbs, foot inversion, and hypothyroidism. It is often used to treat postural issues where an underlying energetic component is the cause. We can ask ourselves, "How do I stand up for myself? Am I comfortable at the present moment? Am I comfortable with my body?" The Yin Qiao works exceptionally well in treating low self-esteem, which can lead to self-destructive behavior and autoimmune disease. It is often said that there are three worms that eat away at self-esteem: 1) Gu worm – tumors, accumulations, and gatherings, 2) Shan worm – intestinal or gynecological issues, and 3) Sexual – dreams of sex, and issues with sexual identity.

The Yang Qiao is also known as the "Vessel of One's Stance," but in contrast to the Yin Qiao, it is concerned with the "Vessel of Reactivity." This vessel is associated with somnolence, phlegm, asthma, Parkinson's disease, herniated discs, and scoliosis (tied to shouldering too much responsibility), hyperthyroidism, and nervous tension. When the Yang is out of balance we may feel highly judgmental, as though everything is wrong in the world. We may also experience a conflict with our external environment and have the desire to intervene, and have either too much aggressive activism or the desire to retreat and fall into severe depression.

The last vessel is the Dai Mai, which translates to the "Vessel of Latency." This is a depository for postnatal junk and wraps itself around the waist. Anything that the body cannot transform or transport will go into the Dai, which acts as a holding receptacle. This vessel deals with deeply held sentiments that cannot be dealt with. The Dai Mai addresses the past, affecting the present, such as hidden secrets, Pandora's Box, traumatic issues, and other things we refuse to acknowledge. The Dai Mai can treat phlegm accumulation that evolves into tumors and fibroids, abdominal fullness, low back pain, uterine prolapse, weight gain, and muscular atrophy of the lower limbs.