

TRADITIONAL  
CHINESE  
MEDICINE  
HEALING CENTER

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# Got Qi?

Fall 2010

## 八段锦 Eight Treasures Qi Gong

- \*Improve overall health and energy
- \*Strengthen your immune system
- \*Increase coordination, balance and strength
- \*Prevent joint and tendon pain
- \*Calm your mind and nervous system
- \*Improve concentration

By Florence Lim, L.Ac., Dipl. O.M.

### History

Qi Gong (also known as Chi Gong) is a comprehensive form of meditative exercise which originates in ancient China and is appropriate for people of all ages. Eight Treasures Qi Gong, which in Chinese is pronounced Ba Duan Jin, is comprised of a set of eight specific, simple movements which focus on stretching and the breath. If you go to a Chinese arts and crafts shop, you will often see a figurine of a smiling Buddha with a big belly and his arms stretched over his head with his palms pressed up towards the sky. He is performing one of the eight exercises in the Ba Duan Jin. Although the origins of these exercises are clouded in mystery, there are historical records dating back to 206 BC from a book called Dao Ying Xing Qi Fa (Method of Inducing Free Flow of Qi) which contained 44 drawings of men and women performing exercises similar to those practiced in Eight Treasures Qi Gong. A famous general in the southern Song dynasty named Yue Fei (AD 1177-1279) was the one to simplify the exercises into what we know today as Eight Treasures Qi Gong.



### Benefits and Indications

Eight Treasures Qi Gong is comprised of eight separate movements that help stimulate and regulate various organs and systems of the body, as well as warm up and stretch the muscles. Research has shown that practicing this form of meditative exercise can reduce stress and calm the nervous system, strengthen immunity against disease and sickness, lower blood pressure, relieve joint discomfort in arthritic patients, and improve balance. Through the combination of slow, meditative movements, breathing, and gentle stretching, these exercises have been used in China for centuries to promote health of body and mind. "Qi Gong" literally means "energy cultivation" or "working with life energy." Thus, as we practice Qi Gong exercises, we are cultivating and unblocking our internal energy which is responsible for our health and vitality. In this day and age, where people live in a frenzy, where more is better, and where immediate gratification is the dominant trend, the consequences, unfortunately, are depletion of our inner energy resources, fatigue, hyperactive or underactive immune and nervous systems, muscular tension, and in the end, poor mental and emotional health. Our Qi, Blood, and vital energy become stagnant.



By performing the exercises at a slow pace, focusing on the breath, and quieting the mind, we can help to cultivate and nourish our "Qi," or life energy. Each movement has a special name which allows you to understand what the movement is, as well as the health benefit of the movement. For example, the first exercise is called "Regulate the Internal Organs by Raising Both Hands to the Sky." In this exercise, through the action of lifting and reaching both arms up (palms facing up)

(cont'd on p.4)

## Congratulations Expecting Mothers!



# Welcome to the World!

Brenley



Born to Joey and Melody  
On July 21, 2010  
6 lbs. 12 oz., 21 inches

Zachary



Born to Jessica and Tim  
On July 8, 2010  
7 lbs. 11 oz., 21 inches

Rumsey



Born to Dana and Billy  
On August 19, 2010  
7 lbs. 2 oz., 21 inches

Gianna



Born to Monica and Dominic  
On July, 18, 2010  
6 lbs. 11 oz., 19 inches

Carol G.  
April H.  
Merrilee G.  
Elaine G.  
Alexia Z.  
Margaret R.  
Erica D.  
H.K.  
Robin L.  
Sheila K.  
Jennifer T.  
Amanda M.  
Anu G.  
Kate O.  
Jamie D.  
Erin T.  
Janet R.  
Christine K.  
Lisa P.  
Haruko F.  
Hana S.  
Erin B.P.

## Quotes to Inspire

Two monks were arguing about the temple flag waving in the wind. One said, "The flag moves." The other said, "The wind moves." They argued back and forth but could not agree. Hui-neng, the sixth Patriarch, said: "Gentlemen! It is not the flag that moves. It is not the wind that moves. It is your mind that moves." The two monks were struck with awe. ~ Zen Koan

We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves. ~ Buddha

## We would like to welcome our new associate acupuncturist, Florence Lim!

We are happy to welcome our new associate acupuncturist, **Florence Lim**, to her new home at TCM Healing Center!

Florence has dedicated many years to the study and practice of holistic ways of healing and the traditional Chinese medicine approach to health and wellness. She obtained her medical training and degree in traditional Chinese medicine in Shanghai, China, at the Shanghai University of Traditional Chinese Medicine. During the course of her studies, she earned the highest honors in her class in the fields of TCM Gynecology and Acupuncture, as well as participated in a 2-year clinical internship at Shanghai's renowned East-West integrative hospitals, namely Shu Guang Hospital and Rui Jin Hospital, where she worked with doctors in the field of integrative medicine. She is currently in the process of obtaining a Clinical Doctoral degree specializing in infertility and TCM reproductive medicine at Yosan

University of TCM in Los Angeles, CA.

We are also delighted to have the opportunity to use Florence's skills and expertise in the field of Qi Gong and Tai Chi to help our patients. Qi Gong and Tai Chi are two forms of meditative martial arts that have long existed as a way of promoting health and longevity in China for thousands of years. Florence has studied and taught martial arts, including Chen and Yang style Tai Chi, for more than 15 years. In 2003, she won first place for her performances in both the Shaolin sword and 24-movement standard Tai Chi sequence at the Zhejiang International Martial Arts Conference in China. She has also taught Tai Chi at international corporate conference venues. Florence's knowledge of the body and musculoskeletal system also extend into her work in the rehabilitation field as a Polestar certified Pilates instructor for more than 6 years, where she has worked with a vast array of clients, including officers of

the Los Angeles Police Department. Florence will be available by appointment only to teach one-on-one or small group instruction to our patients who wish to learn Qi Gong and Tai Chi exercises for health and well-being.

Florence has extensive knowledge and experience in the use of both Eastern and Western healing modalities to treat digestive, respiratory, gynecological, immunological, endocrinological, and musculoskeletal issues. We are happy to have Florence as a part of our team at TCM Healing Center, and together we strive to provide the highest quality care for our patients.

**Florence Lim will be available to our patients by appointment only.**

**Please call our front desk to schedule an appointment.**



## Tips for a Healthy Immune System

In Chinese medicine, the concept of immunity goes back at least two thousand years, where it was mentioned in a classic Chinese medicine textbook called *Yellow Emperor's Classic of Medicine*. It stated that "If the body is full of vital energy (Qi), it will not be invaded by pathogens." At birth, we possess constitutional, or original Qi, and throughout our lives we obtain acquired, or post-birth Qi, from the food we eat, the air we breathe, and from the elements of the environment in which we live. The Spleen, Kidney, and Lungs play a major role in regulating our immunity. Studies have shown that patients with a Spleen Qi deficiency diagnosis in Chinese medicine terms also tend to have low T-lymphocyte counts and lower levels of the immunoglobulins IgA and IgG. Patients who are Kidney deficient tend to also have lower levels of IgA and IgG, and may also exhibit IgE reactions which trigger inflammation. The Lung system is responsible for the proper distribution of our Wei Qi, also known as defensive Qi, which circulates at the surface of our skin, keeps us warm, and prevents external pathogens from entering the body. If the Lung Qi is deficient, external pathogens such as viruses and bacteria can easily



pass through our protective Wei Qi and cause infections and colds. So how do we build a healthy, happy body and immune system? Here are some tips that will help you harness your body's own protective Qi:

**Make the decision to heal.** For some of us, making the decision to heal may bring about many changes in our lives that we may not be ready for, both emotionally and physically. Healing takes real commitment and time; it is not always easy and the changes that come with it may seem daunting. It may require regular visits to an acupuncturist, regular intake of herbs and supplements, meditation on a regular basis, and breaking away with bad habits or the influence of negative people in your life. Take things one step at a time and remember that the rewards of making the decision to heal are well worth it in the long run.

**Focus on the positive.** The great American writer Ralph Waldo Emerson said, "A man is what he thinks about all day long." In life, our thoughts manifest themselves into our everyday lives. Holding resentment, anger, and bitterness will only prevent us from getting better. In order to heal, we need to stop seeing ourselves as victims and instead focus on becoming healthier.

Visualize yourself as ultimately being well and doing healthy things for yourself and others, and focus on what you *can* do.

**Begin an exercise and stress-reduction program.** Make a decision to commit to at least half hour per day of exercise and stress reduction techniques such as yoga, tai chi, qi gong, meditation, or prayer. Exercise increases blood flow to all parts of the body, resulting in increased mental alertness, reduced anxiety and depression, and better sleep. Research has shown the beneficial effects of meditation, such as its ability to decrease oxygen consumption and carbon dioxide levels in the body, and slow brain waves. When you meditate, try to focus on gentle abdominal breathing,, which stimulates the lymphatic system.

Over time and with regular, daily practice, you will feel less pain, less stress, and more energy.

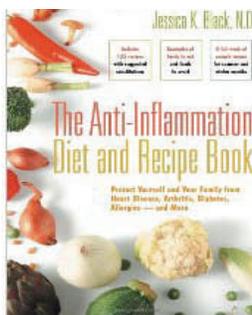
**Eat immune-enhancing foods.** A diet rich in fresh, organic vegetables, protein, and moderate amounts of fruits and healthy oils is the key to an immune-friendly diet. Eating healthy grains such as rice (brown rice preferably), millet, buckwheat, and quinoa promote digestive function. A few ounces of protein with each meal help to sustain energy levels. Fish like wild salmon and sardines, as well as game meats like rabbit and venison, all contain healthy omega-3 oils, which support a healthy immune response. For more information about healthy diet habits or herbal formulas which can enhance your immunity, ask our practitioners at TCM Healing Center.

**Heal your Leaky Gut.** Our gastrointestinal lining serves as a protective barrier against harmful bacteria, viruses, fungi, and parasites, and helps the body absorb essential nutrients. It may become damaged due to drugs such as antibiotics, as well as by alcohol, sugar, and unhealthy fats. Once the gastrointestinal lining is damaged, partially digested food molecules and other toxins can enter the bloodstream, causing autoimmune reactions such as arthritis, chronic headaches, and eczema. Relief can be found by eliminating all sugars, yeast, alcohol and other foods that may irritate the intestinal walls from the diet as well as taking your prescribed herbal formulas on a daily basis.

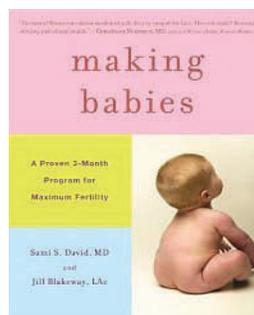
**Laughter is the best medicine.** Last but not least, engage in activities and hobbies that you enjoy, and surround yourself with people that fill your life with joy and laughter.



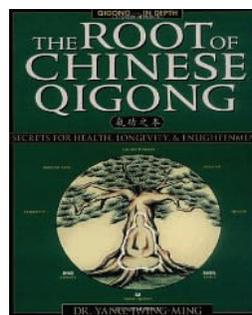
## Featured Books, CDs, and DVDs



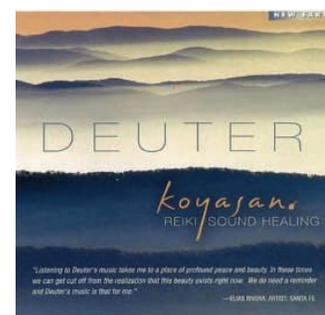
Jessica K. Black, N.D.



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Deuter



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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.

**(cont'd from pg. 1)**

to the sky, one can help stimulate and regulate the function of your internal organs, as well as relieve fatigue and invigorate the muscles and bones of your back and waist. Remember that the long-term benefits of these exercises, as with many things in life, can only be achieved through patience, dedication, and daily practice.

**Scheduling Qi Gong Lessons at Our Clinic**

Eight Treasures Qi Gong will be taught by our associate and licensed acupuncturist at TCM Healing Center, Florence Lim, who has studied and taught martial arts, including Chen and Yang style Tai Chi, for more than 15 years. Classes will be taught in either a private or small group setting, depending on the patient's needs. In a private session, you will get one-on-one instruction on the theory, benefits, and correct execution of the movements in Eight Treasures Qi Gong, as well as learn basic self-massage and self-care techniques to optimize your health, based on your individual constitution. Group classes consist of 2 to 4 people who wish to learn the movements together at a pre-specified time. Take-home handouts describing the exercises will be given so that you can practice on your own on a daily basis. Learning Eight Treasures Qi Gong requires about 6 to 8 sessions to learn the complete sequence, but this may vary depending on the learner's ability to grasp and understand the movements. \*Learning Qi Gong does not require expensive gear or equipment. However, you do need to wear non-restrictive, loose clothing (no jeans) and flat shoes (preferably sneakers or a shoe that has flat rubber soles).

Florence Lim will be available to our patients by appointment only (Tuesday through Saturday). If you have any questions or would like to schedule an appointment, please call our front desk at (310) 826-5288.

**Effect of Qigong on Fibromyalgia (FMS): a controlled randomized study**

In a study published in the journal *Disability and Rehabilitation* in 2008, 57 female patients diagnosed with fibromyalgia (FMS) were randomly assigned to either an intervention group, which included a 7-week Qigong intervention, or a waiting list control group. During the experimental and post-treatment parts of the study, significant improvements were found regarding pain and psychological health and distress in the treatment group. At 4-month follow-up, the majority of these results were either maintained or improved. Furthermore, there was a high degree of completion among participants (93%), and patients expressed contentment with the Qi Gong intervention. (Haak, T., Scott, B. 2008 *Disabil Rehab* 30(8): 625-33)

Do you realise that every time I turn my head to talk to you it stimulates Qi flow along the Small Intestine, Triple Heater, Stomach, Spleen, Gall Bladder and Liver meridians?

