



**Overview
of
Chinese Medicine**

Chinese Medicine is the oldest continuously practiced, written form of medicine in the world today.

- The earliest documents go back 2500 years
- 25% of the world's population use it
- Western and Chinese Medicine are the two predominant forms of medicine in the world



Chinese Medicine is based on the same methods of observation, experimentation, and documentation as western medicine. It is not based on any religious belief

1. Observe phenomena in the world
2. Create a theory to explain the observations
3. Test the theory by experimentation
4. Revise the theory and document the results



Chinese Medicine is based on the fundamental idea that there is a natural balance within each human being and between humans and the natural cosmos

Internal Balance is between

- Yin and Yang
- Five Phases
- Viscera and Bowels
- Qi, Blood, and Body Fluids



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External Balance is between

- Human Qi, Qi in the Environment, and Cosmic Qi



Dis-ease arises when something disrupts this natural state of balance



The Chinese Medicine practitioner must

- Determine the nature of the imbalance
- Determine the cause of the imbalance
- Take steps to assist the body return to its natural balance

There are two broad categories of Chinese and Oriental Medicine found in the United States

Traditional Chinese Medicine (TCM) is the form of systematized medicine developed in the last 50 years that is taught and endorsed by the People's Republic of China.

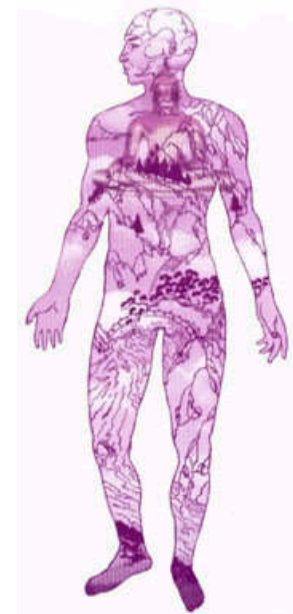
It is the form that most USA trained Oriental Medicine practitioners have learned in order to receive a license to practice and it will predominate in the future.



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Esoteric Oriental Medicine is largely passed from master to student and is focused on the inter-relationship and movement of energy. It was not included in the TCM standardization.

It is generally not taught as part of the licensing courses because there is no “standard” way to test. However, in a skilled practitioner it is the more powerful technique.

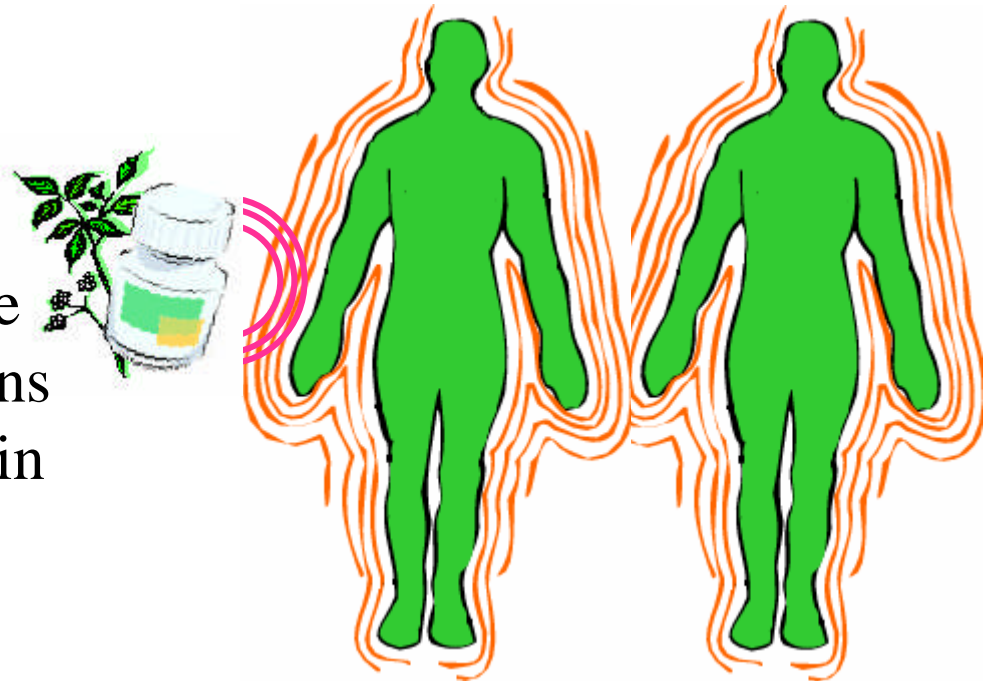




Esoteric theories teach that the human being consists of multiple fields of energy that constantly interact with and react to the energy fields of other living and non-living things in patterns of resonance or dissonance

The patterns of dissonance result in dis-ease.

Returning natural resonance and determining what returns natural resonance is the main task of the energetic healer





TCM teaches that the causes of imbalance that lead to dis-ease are:

- **Environmental**

- Coldness and Heat
- Dryness and Dampness
- Fire
- Wind
- *Environmental Pollutants*

- **Emotional**

- Anger
- Excess Joy
- Worry and excessive thinking
- Sadness
- Fear
- Shock

- **Diet and Work**

- Under or over-eating
- Too much preference for one type of food
- Excessive consumption of polluted or non-organic food
- Over-exertion physically and/or mentally
- Lack of exercise
- Excessive sexual activity



Esoteric adds the following causes of dis-ease:

- **Unhealthy Energetic Entities**

- Entities that for some reason are unable to evolve properly into their own space
- They attach energetically to humans causing ailments
- “Evil spirits”
- Feng Shui

- **Karmic**

- The force of bad deeds collects and results in dis-ease

- **Energetic Dissonance**

- The human energy fields not resonating internally
- External energies resulting in dissonance in the human energy fields



TCM has several conceptual models that allow practitioners to classify observed and discussed symptoms into *Patterns of Disease*. These models grew over 2500 years.

- Ying Yang
- Five Elements
- Eight Principles
- Qi, Blood, and Fluid
- Theory of Cold Invasion (6 stages)
- Theory of Heat Invasion (6 stages)
- Theory of Meridians
- Theory of the Triple Burners
- Zang-Fu



TCM works with patterns within the body rather than with diseases. One disease may have many possible patterns. One pattern may be possible in many different diseases.

For example -- The possible patterns for high blood pressure are

- Ascendant Liver Yang
- Phlegm Fire Harassing Ascending Liver Yang
- Liver Yin Vacuity
- Chong and Ren Disregulation
- Static Blood Obstructing the Network Vessels
- Phlegm Turbidity Obstructing the Center
- Qi and Yin Dual Vacuity
- Yin and Yang Dual Vacuity





Once the pattern is known the TCM practitioner will balance the disease using one of several treatment modalities.

- **Acupuncture**

- Acupuncture Needles
- Moxibustion
- Cupping

- **Herbs**

- Herbs
- Teas
- Soups
- Oils, Baths, & Liniments
- Compresses, Powders

- **Diet**

- **Massage**

- Tuina - muscle manipulation
- Gua Sha - Scraping
- An Mo - Visceral manipulation

- **Lifestyle**



For example...

A plan to treat hypertension associated with the *Ascendant Liver Yang Hyperactivity* pattern

• Acupuncture

- GB-38 (subdues liver yang)
- LV-3 (subdues liver yang, calms the mind)
- KI-3 (tonifies yin)
- GB-20 (subdues liver yang)
- LI-11 (clears heat)
- empirical ear points for hypertension and calming

• Herbs

- Tian Ma Gou Teng Yin Jia Jian (Gastrodia & Uncaria)

• Diet

- Avoid greasy, oily foods
- Avoid excessively sweet foods
- Add alfalfa sprouts, kelp, water chestnuts, carrots, and apples
- eliminate caffeine

• Lifestyle

- Reduce situations causing frustration, stress, and anger



Esoteric medicine focuses less on symptoms and more on the patterns of energy manifesting in the body at the time of treatment and uses symptoms more as a confirmation of the energy reading.

For example...

The Ascendant Liver Yang Hyperactivity may manifest as excessive energy flow toward the head and dissonance in the energy fields in the area of the heart and solar plexus.

However, the energy pattern may also show severe dissonance in the mental energy body indicating that the root cause is mental and emotional rather than physical.



The esoteric practitioner will seek to restore the natural energy resonance.

- **Elimination of “sick” Qi**
- **Restoration of “righteous” Qi**
- **Balance of the energy bodies**

- **A few of the tools**
 - The practitioner’s Qi
 - Redirection of cosmic Qi
 - Qi - charged objects
 - Crystals
 - Lasers
 - Sound
 - Colors



For example...

To reduce energy flow to the head and eliminate dissonance in the mental energy body.

Use a crystal on acupoint KI-1 to cause energy to flow down

Place Kava-Kava in the energy field of the person and determine that it reduces the mental body dissonance.